

Rocky Hospital ED officially opened

Premier Anna Bligh and Member for Rockhampton Robert Swarten officially opened Rockhampton Hospital's new Emergency Department this morning.

The Redevelopment Project team and Hotel Services did a fan-

tastic job, with guests enjoying a lovely morning tea after the ceremony. Aunty Ethel Speedy welcomed guests to country in the local Darambul language. While in Rockhampton, the Premier announced a further \$10m funding for 16 sub-acute beds

in the new seven-storey ward block; and also announced the appointment of Hansen Yuncken as the managing contractor of stage 2 of the \$244 million redevelopment project. **See the next Redevelopment News for more on this.**



Acting District CEO Maree Geraghty, Member for Rockhampton Robert Swarten, Premier Anna Bligh and Aunty Ethel Speedy, an Elder from the Darambul people, show the newly unveiled plaque at Rockhampton Hospital's brand new Emergency Department.

Public gets a sneak peek at our new ED

Everyone is invited to take a guided tour of the new Emergency Department at an Open Day tomorrow (Saturday, April 2). From 10am to 2pm tomorrow guided tours will give residents a sneak peek at the new department before it becomes fully operational next Wednesday (April 6). For those staff members who didn't get a chance to take a

tour last week this will be a good opportunity for you to see the fantastic new facility. Please feel free to bring your family members and friends to show them the fruits of all the hard work. There will be a sausage sizzle and health service displays. Don't forget the entrance to the ED is on the Canning Street side of the hospital, but car parking is

still through the North Street traffic entrance. A tremendous amount of planning and preparation has been done to make Wednesday's first day of operation in the new department as smooth as possible. Good luck to all involved for a smooth transition.





Dr David Austin, Dr Alan Sandford, Dr Henk Sigle and Dr Ajay Chipiri.



Ajay and Henk show off the new ED to the Premier.



Brenda Stockall and Ethel Speedy.



The Premier meets ED NUM Joyce Jaquet, Nursing Directors Lynn Jamieson and Andrew Jarvis and retired NUM Jan Randall.



Dr David Shaker, Lynn Jamieson, Dr Meredith Arcus, Maree Geraghty, Premier Anna Bligh, Dr Neil Scholes, Dr Alan Sandford, Dr David Austin, Member for Rockhampton Robert Schwarten, Andrew Jarvis, Dr Henk Sigle and Dr Ajay Chipiri.



This green machine were on hand to take guests on tours of the new department. Volunteers John Gray, Trish Yocklunn and Sandra Jones, with nursing staff Demetra Stouraitis, Anna Froschauer, Tanya Ingrey (AIN) and Daron Kalff.



Tracey Alcorn, Maleeta Richards and Rod Boddice.



Meghan Dillon and Amy O'Rourke from the Redevelopment Project team.



ED Nurse Educator Anne Lynam meets the Premier.



Bill Drake, Principal Operations Manager for S2F and Kate Cope-land, Director Capital Delivery Program (Northern).



Sandy Greensill (Clinical Leader Redevelopment) with representatives from architects S2F Sandra Surkamp, Samita Chatterjee and Bill Drake.



Grant Searles, Acting Executive Director Rocky Hospital, and Peter Moss, Redevelopment Project Officer.



Steve Waller (District Executive Director Support and Infrastructure Services) and Mark Hamilton from BTS.



Janelle Diamond, Kerry Lynam and Brenda Stockall.



Joyce Jaquet and Dr Meredith Arcus (District Executive Director Medical Services).



Lori Nancarrow and Chris McPherson.



Andrew Jarvis and Donna Grealley.



Michelle Jorgensen, Jacob Aisthorpe, Clint Mills and Margaret Willie.



Ray MacDonald and Billy Lenzina.



Ruth Russell and Cheryl Steers.



Kay Becker from Capricorn Helicopter Rescue Service and Anne Lynam.



Volunteer Janice Keys (centre) with ED nurses Holly Dungan and Hayley Harcombe.



Information Division Cluster Manager Steve Rye and Superintendent's Representative Eden Keliher.



ED Nurse Practitioner Candidate Anna Froschauer takes Maleeta Richards, Tracey Alcorn and Andrew Waters on a tour.



Louise Charlton.



Retired ED Nurse Unit Manager Jan Randall came back to see the plaque unveiled on her years of hard work with the design and redevelopment teams. New NUM Joyce Jaquet was thrilled to show Jan the latest developments in the new department.

New NUM for new department

It's all happening in the Emergency Department at Rocky Hospital – not only are they getting a brand new department; they're also "breaking in" a new Nurse Unit Manager.

Joyce Jaquet has been in the role for the past few weeks and is very excited to be moving into the new department next week (Wednesday).

Joyce has been working in the ED since early last year, having moved to Rockhampton from Brisbane where she worked at the Holy Spirit Hospital Northside Emergency Centre; a private facility.

She did her nursing training

at Redcliffe Hospital and completed her uni degree while working as an enrolled nurse. Joyce went to work at the Wesley for a few years and, apart from a short stint on a general ward, has worked in emergency departments for her whole nursing career.

"Like anything you learn something new every day, but in the ED it's the excitement of not really knowing what's going to come in the door that's appealing," Joyce said.

"You need to learn a little about a lot of things rather than specialising in any one particular area."

Joyce is enjoying the challenge of the NUM role and is finding her feet. "I've got my floaties on," she said.

"It is very exciting to be moving into our new department. It will be nice for everyone and will be a real boost for morale.

"More than likely we'll have a few teething problems after we move and it will be an adjustment, but on the whole it will be a big improvement."

Joyce has made her home in Yepoon and her two boys' sporting commitments keep her busy.

She likes walking on the beach, riding bikes and keeping active when she gets some spare time.

New surgeon tasked with building up laparoscopy

A big welcome to Rockhampton to surgeon Dr Wisam Alkidady, who joins us from Wollongong. Dr Alkidady's main interest is in colorectal surgery and he is passionate about laparoscopic procedures.

Key-hole surgery produces small wounds, less pain and early discharge – a huge benefit to patients and also to hospital resources.

"I love this type of surgery," Dr Alkidady said.

"Surgery is in my blood ... you really feel like you are doing something worthwhile. A patient comes in with a surgical problem and you do the operation and often the next day the patient goes home.

"We see the fruits of our labour. I love people and I care about their health," he said.

Dr Alkidady has been a surgeon since 1989. He trained in Iraq and worked as a consultant surgeon in Iraq, Jordan and Libya. After further training in the United Kingdom he worked there for two years. Then he worked in Dubai before coming to Australia six years ago. He completed additional training in Australia and is fully registered with dual fellowships with the Royal College of Surgeons and the Royal Australasian College of Surgeons.

Australia is now home and Dr Alkidady has applied for permanent residency.



"Australia and New Zealand are the best places to live because they are far away from trouble. They are safe and secure," he said.

He is enjoying life in Rockhampton. "I am still acquainting myself to the place. It is nice and quiet and I'm starting to love it and love the hospital."

Director of Surgery Dr Neil Scholes said Dr Alkidady had brought an incredible skill base

with him to Rockhampton.

"I have tasked him with building up our laparoscopy service," Dr Scholes said.

Outside of work, Dr Alkidady loves soccer and will be looking for a club to play for when he's more settled. He also loves music and has started piano and keyboard lessons at Bel Canto in Rockhampton.

Welcome to Central Queensland Dr Alkidady; it's great to have you here.



Baralaba building progressing rapidly

Work is rapidly progressing on the new \$11 million Baralaba Multi-Purpose Health Service. Framing is being erected at a fast rate of knots and the roof and cladding is expected to go on in a few weeks. Director of Nursing Helen Carbery reports that staff are amazed to watch the building grow each day.



*Back row: Rob England, Ian Rapkins, Jodie Birse, Amy Andrew, Ruth Russell, Angela Parsons, Leesa Christensen, Anne Kitchiner.
Front row - Matthew Paap, Breanna Bolck, Jessica Ware (absent Jane Howells).*

Surgical Unit welcomes three new Clinical Nurses

Surgical Unit's Clinical Nurses recently had a "Big Day out" where they re-invigorated their commitment to team work and standards of patient care. It was also a time for the three new Clinical Nurses to be welcomed into the Surgical team.



From left: Clinical Nurse Rhonda Nelson, Nurse Unit Manager Kim Siegmeier and AARK Trainer Vicki Swaine.

Biloela boards the AARK

Biloela Hospital went live with AARK (Automated Anaesthetic Record Keeping) on March 23. The AARK project delivers a solution that provides a single, high-quality, Electronic Patient Record

(EPR) across the perioperative environment; comprising a combination of data entered by clinicians and patient vital signs data collected automatically from a diverse array of biomed-

cal equipment.

Director of Nursing Joy Pitman said Biloela had had several cases since going live and all staff have shown great interest and positive response to it.

Send your Drift contributions to Julie-Anne_West on GroupWise.

Active kids are healthy kids



walk.com.au

Friday 7 May 2010

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STAFF PROFILE



Kimberly Gonse

Kim moved to Theodore six months ago from Perth to work as an RN.

Kim, who is originally from England, has been enjoying the Australian outdoor way of life and keeps fit training in the martial art of Muay Thai, weightlifting, yoga, running and cycling.

Since the recent floods she has been brushing up on her poor swimming skills so that she will not look like she is drowning!

Kim has recently become the Healthy Lifestyles representative for Theodore Hospital which is part of Banana Health Service, and tries to set a good example by cycling to work and eating plenty of fruit and vegies.

Kim recently organised a zumba class for the hospital and staff and paramedics came along to shake their booty down at the local gym.

It is hoped to make this a regular event and even get members of the community involved.



Check out the website now

qheps.health.qld.gov.au/staffwellness/

Go with the grain

With Gladstone Community Nutritionist **NICOLE STARKEY**

The Dietary Guidelines for Australian adults, children and adolescents recommends that both adults and children enjoy a wide variety of nutritious foods including eating plenty of bread, cereals, rice, pasta and noodles, preferably wholegrain.

Food contains many nutrients and other components essential for good health. People who eat a varied and nutritious diet and get regular exercise are more likely to look good, feel great and enjoy life. Cut out an entire food group like carbohydrate foods (bread, cereals, rice, pasta and noodles) and you reduce, or in some cases eliminate, important, health-promoting factors such as protein, fibre and a wide range of vitamins and minerals including folate, thiamine, riboflavin, niacin and iron. Wholemeal or wholegrain varieties provide more fibre, vitamins and minerals. Some foods in this group may have fibre, vitamins and minerals added during processing.

What are wholegrains?

The most nutritious bread, cereals, rice, pasta and noodles are wholegrain varieties. These are made using all three parts of the cereal grain – the starchy core, the germ and the bran. Examples include high-fibre breakfast cereals, wholemeal breads and crispbreads, brown rice and wholemeal pasta. High-fibre white breads contain more fibre than ordinary white bread but still do not generally have as

many vitamins and minerals as wholegrain.

About one-third of our dietary fibre intake comes from cereals, especially wholegrains. Fibre plays a vital role in keeping us 'regular'. Including plenty of wholegrain foods and cereal fibre in your daily meals is a good way to prevent constipation and may reduce the risk of other bowel problems such as bowel cancer.

Several scientific studies have suggested wholegrains may help prevent coronary heart disease and, perhaps, diabetes – major health problems in Australia today. Wholegrains are key protective foods in our daily diet.

So how do we include more wholegrain cereals into our diet?

- Eat more wholegrain bread, high fibre cereal, brown rice and wholemeal pasta.
- Eat a wide variety of breads

including white, brown, wholegrain, mixed grain, rye, and rolls, pita breads and other flat breads.

- Instead of choosing most of your serves from this group as bread and breakfast cereal, also eat rice, pasta and noodles.
- Eat a variety of grains. Try white or brown rice with your meals, add pearl barley to soups.
- Try different ready-to-eat breakfast cereals based on a variety of grains like rice, corn, oats and wheat.
- Try new cereals foods you may have not eaten before. Try couscous or cooked, grilled polenta in place of pasta or rice.

Here is a tasty recipe from Go for 2&5 – www.gofor2&5.com.au. Try this recipe with wholemeal pasta for a change.

FAST VEGIE SPAGHETTI

*10 mins prep + 10 mins cooking
11 serves of vegies in this recipe*

500g spaghetti or other pasta
2 teaspoons vegetable oil
1 small onion, thinly sliced
1 small carrot, thinly sliced
1 small celery, thinly sliced
½ capsicum, seeded, cut into small dice
1 small zucchini, cut into small dice
570g tomato based pasta sauce
¼ cup grated Parmesan cheese
Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft.



Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese. Serves 4-6.



Debbie Klages, Kathleen Larsen, Lyn Allston and Jason Dobson.

Moving towards Productive Wards

Productive Ward trainers attended a workshop at Community Health in Rockhampton on Tuesday. Participants from facilities across Central Queensland Health Service District attended. The trainers will be involved with the rollout of the Productive Ward program across the district this year.

Watch this space for developments as they arise.



Debbie Bramhall and Maxine Ballinger.



Front: Angela Parsons, Jessica Ware and Breanna Bolck, back: Dallas Meyers and Michelle Ferguson.



Judy Everitt, Julie Kahl, Keanna Hopkins, Linda Park and Wendy Hoey.



These girls were a little bit schmanzy with their workshop ideas. (back) Jane Howells, Mellisa Wakefield, Leanne Pound, (front) Debbie Bramhall, Erika Noorman and Angie Hyland.



Jenny Vakararawa, Kim Siegmeier, Naomi Walker, Jill Auriac and Jess Witham.



CQ Awards for Excellence 2011

There is only one week to go before the winners are announced at the CQ Awards for Excellence evening next Friday night. The number and quality of nominations received was outstanding and we would like to thank all staff who submitted entries for the awards.

Below is the list of the nominees for the 2011 CQ Awards for Excellence: -

- ✿ Dr Alan Sandford, Grant Searles, Stan Usher and Kristy Butcher;
- ✿ Louisa Dufty DON/Operations Manager Central Highlands and Emerald Hospital Team;
- ✿ Emergency Department Redevelopment Team, Rockhampton Hospital;
- ✿ Dr Alan Sandford, Executive Director, Medical Services Rockhampton Hospital;
- ✿ Kim Jones & Julianne Porter, Capricorn Coast Health Service;
- ✿ Nadia Hassan, Senior Dietician, Rockhampton Hospital;
- ✿ Rachael Villiers, Senior Speech Pathologist, Rockhampton Hospital;
- ✿ Priya Martin & Clare Wheelahan, Occupational Therapy Rockhampton Hospital;
- ✿ Capricornia Allied Health Partnership Team;
- ✿ Marilize Burger, Service Manager, Gladstone Mental Health;
- ✿ Rebecca Bradshaw, RN, Taroom Hospital;
- ✿ Peter Bothams, CQ District Ed-LinQ Coordinator & Rosemary Akers, Emerald CYMHS Psychologist;
- ✿ Bernadette Loughnane Executive Director Rockhampton Hospital (on behalf of Rockhampton Hospital Staff);
- ✿ Janet Walter, Continence Advisor HACC Continence Services Gladstone;
- ✿ Serah Steemson, Rob Rolls, Angela Martin, ATODS Rockhampton;
- ✿ Dr Alan Sandford, Executive Director, Medical Services Rockhampton Hospital and RIO Working Group members, Dr David Austin, Dr Francois du Toit, Dr Hans Krause, Dr Maureen Shuttlewood, Dr Neil Scholes, Dr Paul Laird, Dr Peter Thompson, Phillip Newport, Ashley Canning, Rockhampton Hospital;
- ✿ Dr Peter Thompson, Director Emergency Department Rockhampton Hospital;
- ✿ Dr Beres Joyner, Mary Beak & Annette Horton, GARS Rockhampton Hospital;
- ✿ Susan Nankivell, Community Health Interface Program, Gladstone;
- ✿ Christine Young, NUM Gladstone Hospital;
- ✿ Ben Gardiner, Nursing Director Perioperative Services;
- ✿ Kym Shearer, Home Based Acute Care Services;
- ✿ Joanne Wex & Julie Barnes, Clinical Measurements;
- ✿ Lani Clements & Lisa Lowry, Men's Health, Community Health Gladstone;

Please congratulate your colleagues on their success and wish them the best of luck.

The Culture Club

Last chance to vote for our first yearly winner!

Who will be your Culture Club winner for 2010?

Voting is open and it's up to you to choose the first overall winner in Central Queensland Health Service District's own grassroots staff recognition awards. Every month eight category winners are chosen by a panel of staff members who volunteer for the job; and an overall finalist is chosen to go in the running for the yearly award.

The categories are aligned with the eight principles highlighted in the Queensland Health People and Culture Plan 2009-12.


These are:

- Care
- Responsibilities
- Education
- Outcomes
- Diversity
- Change
- Safety
- Expectations

See an updated voting chart on the next page.

It's not too late to cast your vote — cut out the voting slip below and give it to your local Culture Club Ambassador; send it to Tracey Sweeney in the HR Unit, Qld Health, 36 East Street, Rockhampton; or go to the website <http://qheps.health.qld.gov.au/cqld/culture-club.htm>.

The hard part will be choosing who to vote for.



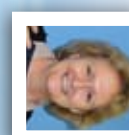

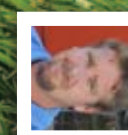


VOTING FORM
CQ Cultural Excellence Award 2010

Please mark the box of the finalist you wish to win the overall Culture Club Award for 2010. Please note that all voting slips with more than one name marked or not filled out completely will be null and void. To view why the nominees were recognised visit the Culture Club Intranet page <http://qheps.health.qld.gov.au/cqld/culture-club.htm>

**ONLY ONE VOTE PER VOTER
WILL BE ACCEPTED.**

Your Name: _____

<input type="checkbox"/> tick	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
	<p>Matthew Newby Dietitian Rockhampton Hospital</p>	<p>Debbie Farley Administration Officer Bairaba Hospital</p>	<p>Deborah Dash Ward Clerk Rockhampton Hospital</p>	<p>Steven Cooper Assistant in Nursing Mt Morgan Hospital</p>	<p>Clint Mills Waste Management Coordinator Rockhampton</p>

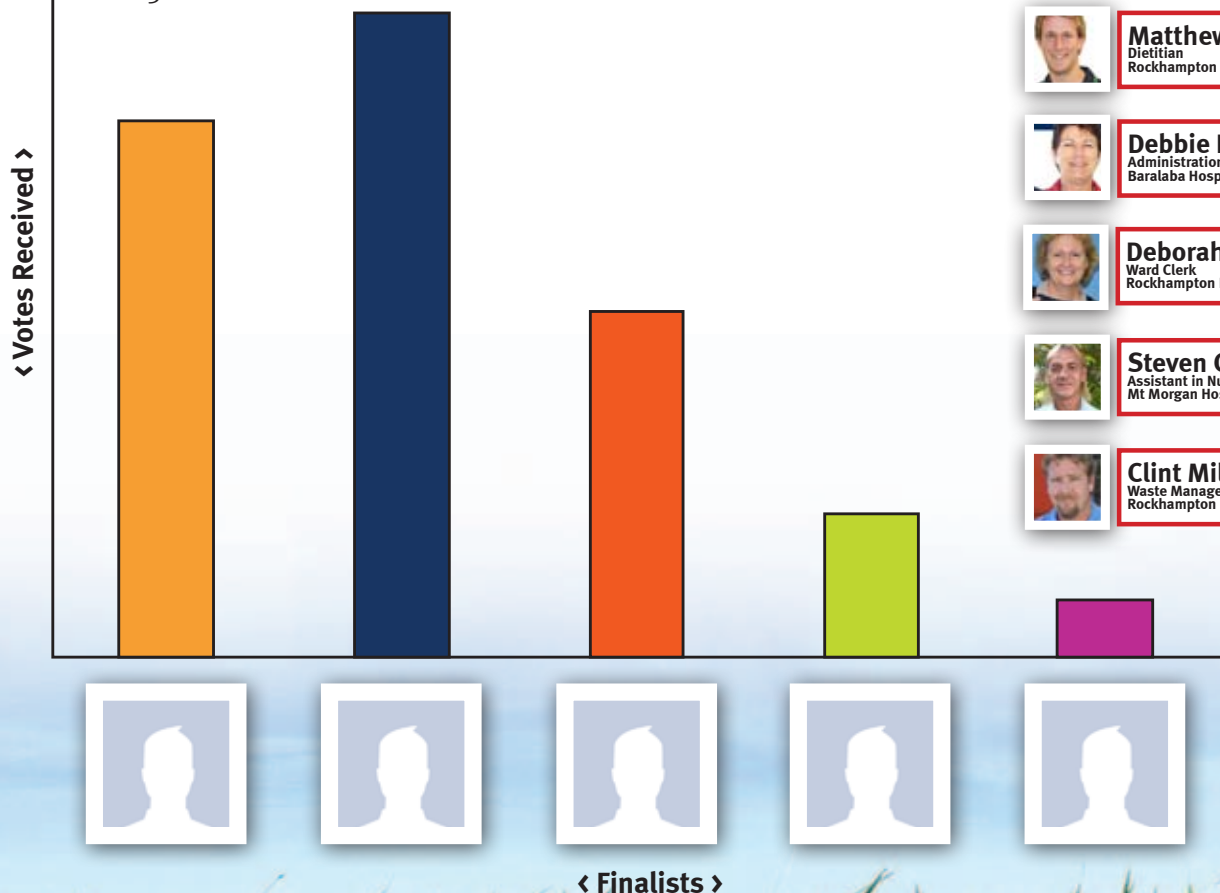
The Culture Club



Your vote counts! 5 DAYS TO GO!

If you haven't already voted for who you think should take home the very first yearly Culture Club award then get your vote in NOW! The tally is very close, so make your vote COUNT!

**voting tally as at Thursday
31st March 2011**



Finalists:



Matthew Newby
Dietitian
Rockhampton Hospital



Debbie Farley
Administration Officer
Baralaba Hospital



Deborah Dash
Ward Clerk
Rockhampton Hospital



Steven Cooper
Assistant in Nursing
Mt Morgan Hospital



Clint Mills
Waste Management Coordinator
Rockhampton

votes must be received by COB Tuesday 5th April 2011
go to <http://qheps.health.qld.gov.au/cqld/culture-yearly.htm> to get your vote in!

Internet Explorer 8

Information Division is releasing an updated version of Internet Explorer.

At present IE8 is not part of the standard SOE image, whereas IE6 is.

Each desktop and laptop will eventually be updated when the next image is rolled out.

In the interim if staff need to update to IE version 8.2 they can do so by logging a service request through Helpdesk Support, either by using the Self Service Centre at <http://connect.health.qld.gov.au/ssc/Custom->

[erselfservice.aspx](#) (the preferred method), or by telephone on 1800 198 175.

When making the request, record/ask to have your asset (PC or Laptop) added to this Work Station Group. **WSG-AP-EN-MS-INTERNET-EXPLORER-8-2**

Your PC or Laptop asset is obtained by identifying the 8 digit number on the white or yellow coloured bar code sticker on the front of your device.

If you run a web-based appli-

cation that relies on Internet Explorer version 6 (eg CIMHA), you cannot upgrade to version 8 at this point.

Internet Explorer 6 and Internet Explorer 8 cannot run concurrently due to Microsoft licensing conditions. It's either/or, not both. Check with your locally nominated superuser to confirm if your web application works with IE8.

This link lists Corporate Thin Client Applications (Web Applications). <http://thinweb.health.qld.gov.au/>

Example of what to complete using the Self Service Centre portal:

[Home](#)
[Systems Access](#)
[Update Your Details](#)
[Update ICT Asset Details](#)
[Existing Support Requests](#)

Welcome to the Helpdesk

I need help with...

☐ Payroll

☒ Installing Software

☐ Systems, programs or applications (accessing or troubles with any program e.g. AUSLAB, HBCIS or Microsoft Word)

☐ A telephone, mobile phone or video conferencing

☐ Computer equipment (e.g. hard drive, monitors, mice, keyboards, quoting)

☐ Printing (e.g. connecting to or installing a printer)

☐ Other

Specifically...

Rockhampton - IE8 Installation

What is the asset number of the device?

QH [How do I find the asset number?](#)



QUEENSLAND WOUND CARE
ASSOCIATION INC.

Queensland Wound Care Association Central QLD Subgroup

Evening sponsored by:



Presenter: The Foot Protection Program &
Mölnlycke Health Care

Topic: The Diabetic Foot Ulcer Wound Management –
based on the *Australian Wound Management Association*
competency module for Health Professionals caring for
patients with diabetic foot wounds and high risk feet.

Mölnlycke trade display and product presentation.

Meeting: Tuesday 5th April at 5pm

Location: Rockhampton Hospital, level 1 – conference
room (behind hospital reception/transit lounge)

*All interested parties welcome to attend and learn
more about Wound Management.*

CPD Points available.



Australian Government



TO REDUCE YOUR RISK OF CHRONIC DISEASE
SWAP FRIED FOR FRESH



Once you start, it's easy:

- Swap big for small.
- Swap often for sometimes.
- Swap sitting for moving.
- Swap watching for playing.

A waist measurement of greater than 94cm for men and 80cm for women puts you at increased risk of type 2 diabetes, some cancers and heart disease. But become a swapper and you can lose your belly, without losing out on the things you love.

**SWAP IT
DON'T STOP IT**

For more tips visit australia.gov.au/swapit

LAUGHS

Fun on wheels

camp quality's charity Motor cruise

April 10th 2011

FUN



Help raise money to support children and their families living with cancer, heaps of prizes including highest fundraiser and best themed vehicle, fun therapy for the whole family. Breakfast start from Rockhampton PCYC and cruise to Zilzie Bay Resort.

Interested in
participating or
sponsoring this
fantastic event?

Contact us:

Phone: 07 4923 7774

Fax: 07 4922 2327

darryl.schneider@campquality.org.au

www.campquality.org.au





Boat for sale

Stacer 4.69 Seahorse Centre Console Boat
\$16500 ono
50 hp Evinrude 2 stroke E tec
low hours recently serviced
2 x 22lt fuel tanks (one tank will run all day have travelled approx 90km before change over)
Dual battery system; VHF radio; Colour sounder; Bimini
On Stacer trailer in very good condition, rego till 5/11, Boat rego till 11/11
Safety equipment
Please phone 0429 863 252

Kittens need a home

5 Kittens (4 x male, 1 x female) looking for a home, 6 weeks old, feeding solids and toilet trained.
Jessie 4920 6327 or 0419 708 257.

Room to rent

Large room with block-out curtains in a share house (with 2 others) 8oom from Rockhampton Hospital. Built-in robes. Fully furnished house. Pets negotiable. \$130 per week + bills. Available from 16 April.

Call Jo on 0414 487 866 or email joanna_mccormack@health.qld.gov.au



Car for sale

Ford Falcon XR6 Automatic Sedan 2005
\$18,000 (negotiable) 70,000km
Very reliable trustworthy car
Regularly serviced, new tyres, new hood lining
Contact Chace on 0437215143

Wanted to buy

Acoustic or acoustic-electric guitar in good condition.
Phone Linda on 0487 207 163.



Sunday 10th April 2011

REGISTRATIONS: Using cheques, debit or credit cards close on Friday 08/04/11
Cash payments will be accepted up to and on the morning of the event 10/04/11

132 William Street, Rockhampton
Fax: (07) 4922 2327
Email: peterjeni@optus.com.au

Cost * :

Kids (4-12 years)= \$7.50 x _____
Adults (13 years+)= \$15.00 x _____
Family (2 adults & 2 kids)= \$40.00 x _____
Donation= \$ _____

TOTAL= _____

Credit Card Details:

Name: _____
Card Type: _____ CCV _____
Card No: _____ / _____ / _____ / _____
Exp Date: _____ / _____

* Cost includes breakfast and morning tea plus a whole lot of fun!!!

Registration Form

PARTICIPANTS DETAILS

Drivers Name:	
Business Name (Optional):	
Receipt to be issued to (please circle): COMPANY or DRIVER	
Address for Receipt (postal or email):	
STATE:	POST CODE:
MOBILE:	EMAIL:
DIETARY REQUIREMENTS:	
Will the participating vehicle be registered? Yes or No	
Will the driver have a current drivers licence? Yes or No	
What type of licence does the driver have? Provisional or Open	
ALL ENQUIRES PHONE: Jeni Thomson 0438 155 747 or 07 4922 7723	



camp quality.
laughter is the best medicine.

Important Note: Your participation in this event is at your own risk. In the event that you are involved in a vehicle accident at any point during your journey on this convoy Camp Quality Ltd is not liable for any damages sustained by vehicle or person.

BACK BY POPULAR DEMAND

ROCKHAMPTON HOSPITAL

SOCIAL CLUB

wants you to

START YOUR ENGINES

JOIN US AT KENROSE PARK FOR GO KARTING

WHEN: SATURDAY 14 MAY 2011 @ 5.30PM

WHERE: KENROSE PARK, YEPPOON ROAD

LIVE BAND ~ CATERING ~ GO KARTS

BRING THE KIDS - EVERYONE IS WELCOME

BOOKINGS ARE ESSENTIAL

PLS EMAIL DAVID BROWN ON GROUPWISE

DAVIDA_BROWN@HEALTH.QLD.GOV.AU

non members \$25 - includes Go Kart hire and Dinner



FOR A CANCER FREE FUTURE

The Rockhampton Branch of
Cancer Council Queensland
Invites You To Attend A Celebratory

Mother's Day Afternoon Tea

*In Recognition of Cancer Council
Queensland's 50th Anniversary*

✿ **Date** Saturday, 30 April 2011

✿ **Time** 1.30pm

✿ **Venue** Rockhampton State High School Hall

✿ **Address** Campbell Street, Rockhampton

✿ **Cost** \$12.00 (including GST)

✿ **Includes** * Home-made Afternoon Tea

* Lucky-door Prize * Live Entertainment

* Raffle & Multi-draws (tickets available for sale)

**ALL PROCEEDS GO TO THE ROCKHAMPTON
BRANCH OF CANCER COUNCIL QUEENSLAND**

BOOK EARLY TO SECURE YOUR PLACE

Booking and prior payment essential. Tickets must be
purchased by Thursday, 28 April 2011.

NO TICKETS AT THE DOOR

Tickets available from 43 Upper Dawson Road, Allenstown.

Phone 4932 8600 to book. Cash or cheque only.



Stanwell Power Station

Rocky River Run



Sunday 12 June 2011 Rockhampton

Timed Events

- PNQ Coal 5K Run
- City Centre Plaza 10K Run
- The Harvard Wealth 21K Half Marathon

Untimed Family Events

- JM Kelly 5K Family Walk or Wheel
- The Frenchville Sports Club 2K Run

All Events Start & Finish at Huish Drive, Rockhampton

Register online NOW!
www.rockyriverrun.com

Supporting
Prevention of Youth Suicide



Brought to you by
Rotary Club of Rockhampton

The River Run for Charity

Proudly Sponsored by



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City Centre Plaza
A Mirvac Shopping Centre



pacificnational

The Morning Bulletin 150
www.themorningbulletin.com.au



BAREFOOT BOWLS

FUNDRAISER

WHERE: ATHELSTANE HOUSE at end of Ward Street, The Range

WHEN: SUNDAY 10TH APRIL 2011

TIME: Bowling 2pm - 5pm followed by a BBQ

COST: \$10pp includes, bowls and score card

BBQ: \$2 per snag on bread



Licensed Bar Operating & Meat tray raffles & Easter Egg Multi draw
Children welcome

Even though Barefoot Bowls is teams of four, you do not need to organise a group, come as you are and you will be allocated to a team

No experience needed - play bare foot or in flat soled shoes.

ALL PROCEEDS TO LOCAL CYCLIST TAYLAH JENNINGS

**SELECTED TO COMPETE WITH THE AUSTRALIAN TRACK TEAM AT THE
2011 UCI WORLD TRACK CYCLING CHAMPIONSHIPS MOSCOW RUSSIA**

17-21 AUGUST 2011



To book or for more details contact Michelle

Ph: 0407332567 Email: pivothealth@bigpond.com

*Get Mum
something she'll love
for Mother's Day*

At the Cresso

Party Plan Expo and

Saturday 7th May

12noon - 4pm

Crescent Lagoon State School Hall North St Extended, Rānānui



Something for everyone!

Sausage Sizzle and cold drinks will be on sale.

Come see great products like these and more, all in one place



BOOK NOW!

Demonstrators - Indoor Site: \$10, Powered \$15 includes table, chairs

Demo on Stage available, PA System and spruiker on the mike.

Car Boot Sale Site: \$5 – entry from 11am; must be on site by 11.40 for pedestrian safety.

Contact Kylie: 0413 023 760 or email: kylie-dwyer@hotmail.com