



What a great looking bunch of ED doctors, senior and junior! (From left) Dr Peter Thompson, Dr Sivanathan Srikanthan, Dr Preeti Singh, Dr Abbas Mahani, Dr Meenal Sukhwal, Dr Mark Edwards, Dr Ajay Chipiri, Dr Rama Burra, Dr Henk Sigle, Dr Erinn Marrington, Dr Katie Fletcher and Dr Corne Esterhuysen.

Rocky ED celebrates training accreditation

Congratulations to Rockhampton Hospital Emergency Department staff who are celebrating a successful follow-up site investigation by the Australian College of Emergency Medicine into its training program.

It just so happened the visit occurred during the ACHS survey accreditation early this month, so it was a double whammy in the ED.

The ACEM visit was the 12-month follow-up from last year's accreditation.

Dr Mark Edwards said the team did an excellent job in its first year of registered training, and had been able to address every progress point outlined during the first inspection last year.

"This is great news for our trainees (current and future)," he said.

"I am so proud of what we have accomplished together as none of this could have happened without everyone's contribution."

ACEM accreditation is vital for the training of emergency doctors and it means junior doctors no longer need to travel away to have their work ratified.

It's a major recruitment coup. Well done!



Stepping up for men's health

CQ Mental Health and Other Drugs Division's Movember team has scored a sensational result while changing the face of men's health this month. The team has so far raised more than \$2600, plus plenty of awareness of men's health issues. Pictured here are just some of the Mo Bros and Sistas (from left) Corey Dern (team captain), Jo Boyer, Susie Cameron, Les Barlow and Jodie Barker. They were celebrating the last week in the campaign with a moustache-themed afternoon tea at Sterling Place in Rockhampton yesterday. INSET: Chief Executive Len Richards put his top lip on the line for Movember (and he won't be sad when the calendar clicks over to December).

Raffle winner

Susie Cameron presents Les Barlow with the first prize of muddies and oysters on behalf of Annette Dudley from Bidgerdii. Congratulations Annette and thank you to all that supported all the CQMHAOD Movember Team activities.



Corey Dern, Keanna Hopkins, Jodie Barker, Sue Neaton, Susie Cameron, Sharon Toon, Laurelle List and Andrea Scott show their mo support at the afternoon tea yesterday. Things got a little hairy!

CQ Medicare Local
Mental Health Forum Series

SUICIDE:
PREVENTION
INTERVENTION AND
POSTVENTION
Exploring the issues from
a regional perspective.

Forum series keeps focus on mental health

Due to the success and interest in ABC's Q&A broadcast from the Pilbeam Theatre for Mental Health Week, CQ Medicare Local has put together a Mental Health Forum Series to continue the discussion around mental health issues in Central Queensland.

The first series of the four sessions took place on November 20 at Travelodge Hotel.

CQMHAODS staff specialist psychiatrist Dr Elizabeth Mills presented on suicide intervention in the mental health setting. Edward Mosby, psychologist from Helem Yumba, presented on suicide amongst indigenous populations. Camelia Perkins, suicide risk assessment and management project officer, spoke about suicide prevention strategies which can take place in the community.

Forty-seven people from the community registered for the event. Breakfast was provided and the response hopeful. The morning left participants feeling empowered to address suicide in their own neighbourhood, community and ultimately, the region.



Dr Liz Mills and Ed Mosby present at the breakfast session.

60 seconds with...

My name is: Le-Ann Nitz

My occupation is: Credentialed Diabetes Educator

The unit/department I work in is: Rockhampton Hospital

Away from my job I relax by: Drinking (responsibly) and eating (irresponsibly)

Five people I would invite to dinner, living or dead, are: Tony Abbott, Joe Hockey, Campbell Newman, Chopper Read and a contract cleaner from Spotless!

If I won Lotto I would: Visit the Bundaberg Rum Factory more frequently

If I was stranded on an island the three things I would want would be: Mobile phone, rum and make-up

The first album/tape/CD I bought was: Cat Stevens

My favourite song is: Happy

I can't live without: My family and friends

Something most people don't



know about me is: I never hold a grudge. What is said and done is forgotten soon after

When I was young I dreamed I would be: Thin

My philosophy on life is: Life is

too short to be serious

The best thing about working for Central Queensland Hospital and Health Service is: The amazing number of people with a great sense of humour ... like mine



Deputy Premier and Member for Callide Jeff Seeney visited Moura Hospital last Friday to see work start on the new Moura Community Hospital. Pictured above (from left) community advocate Debbie Elliott, Acting Executive Director Rural Health Services Michele Gardner, Banana Mayor Cr Ron Carige, Director of Nursing Trevor Davis, Mr Seeney, Banana Regional Councillor Maureen Clancy and Moura Medical Superintendent Dr Isuru Gamage at the front of the construction site. Construction work on the new hospital is expected to be complete by April next year and the old hospital will be demolished soon after services have moved across.

World AIDS Day



World AIDS Day is held on 1 December each year. It raises awareness across the world and in the community about the issues surrounding HIV and AIDS.

It is a day for people to show their support for people living with HIV and to commemorate people who have died.

www.worldaidsday.org.au

Dual role sits nicely between Hospital in the Home and ED

It's been a big year for Dr Shruti Nagarkar; she has passed her college fellowship, and has just been appointed the Senior Medical Officer for Hospital in the Home at Rockhampton.

Dr Nagarkar works half-time in the Emergency Department, and since last week half time in HiTH, at the Community Health building in Bolsover Street. The two roles fit neatly together, and it's a win-win situation.

HiTH patients aren't sick enough to be admitted to hospital, but they still need ongoing medically supervised monitoring, usually for some form of intravenous therapy. Nurses see them in their homes daily, and Dr Nagarkar sees them as required at the clinic in the Community Health building.

"It's an extension of what we do in the ED," Dr Nagarkar said.

"A lot of the patients come from the ED and into the Extended Emergency Care Unit and they don't need to stay in hospital, but still need some medical treatment so it's easy for hospital staff to discuss this with me and vice versa.

"I've always been a hospital-based doctor and was doing general practice for a couple of years (half-time).

"I thought all my experience had been in a hospital and it would be a different experience to do some community care.

"There's a lot less time pressure on you at HiTH; you're able to give whatever time the patients want.

"The service explores a lot of other patient-centred facets such as occupational therapy, aged care assessment team, physio,



etc; so in that sense it is quite comprehensive."

Dr Nagarkar finished her Fellowship with the Australian College of Rural and Remote Medicine in April 2014 after three years of hard work.

She chose this rural generalist pathway because it fits into Rockhampton life well, and she's not planning on leaving, after

moving here from Mumbai 6½ years ago.

"I like the town, it's a good size. It's a more relaxed pace than a big city.

"My kids, my husband and I are all happy so there is no reason to go anywhere else."

Double congratulations Dr Nagarkar!



Sandra Edwards, Dr Michael Kulisiewicz (on behalf of winner Jeff Hasan who was absent) and Dennis Cedo with the Perioperative Best and Fairest Awards.

Theatre staff choose award winners

Rockhampton Hospital operating theatre staff voted every week during October for their Best and Fairest colleagues, with the winners announced this week. Operational Services Officer Jeff Hasan was voted the Best and Fairest of all the Perioperative staff. Jeff's workmates chose him as the

winner for his team work and his positive attitude. He was described as "always helpful, with a great work ethic". Runners-up are Sandra Edwards, anaesthetic nurse, and Dennis Cedo, clinical nurse orthopaedics. Anaesthetist Dr Michael Kulisiewicz organised the awards,

which he plans to hold twice a year as a chance for staff to acknowledge their team mates' outstanding efforts in a formal way. "People working the hardest aren't doing it for any other reason than that's the choice they make, and it's important to recognise them," he said.

Sign of good customer care in Biloela

Biloela Hospital used their \$500 CQ Awards for Excellence prize to get a new sign for each entrance to help clients find their way around the revamped facility. The hospital won the award for Exceptional Consumer Service, so it is fitting they used the prizemoney to offer a service to consumers. Nice one! Pictured are Director of Nursing Joy Pitman with wardsman Noel Barry, showing their award and new sign.



CQHHS' Deck the Wards

Christmas Decoration Competition 2014



1st Prize
\$500

WISH gift card

to be spent on staff/patient care within the winning unit



2nd Prize
\$250

WISH gift card

to be spent on staff/patient care within the winning unit



3rd Prize
\$150

WISH gift card

to be spent on staff/patient care within the winning unit



Judges choice award for Best Mount Everest Trek Theme

to be spent on staff/patient care within the winning unit

\$100

WISH gift card

How to Enter

- Decorate your ward, office or work area
- Take photo evidence of your decorations
- Email your photos to

CQHHS_Communications@health.qld.gov.au

****All entries must be emailed by Wednesday 10 December 2014****

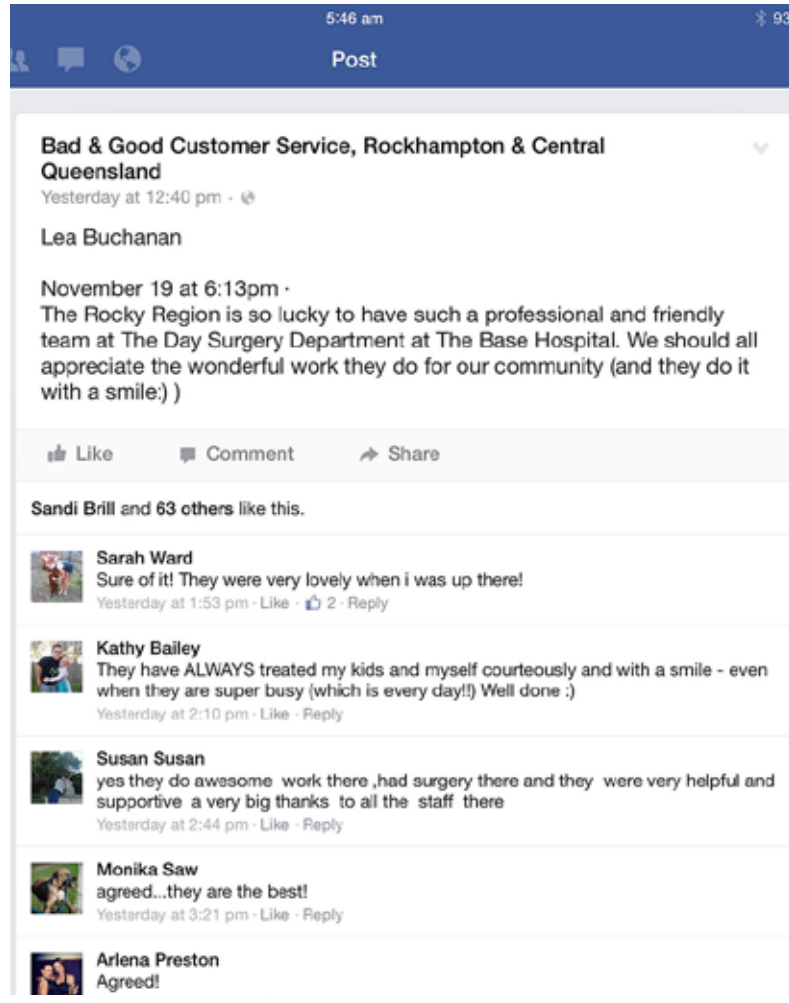
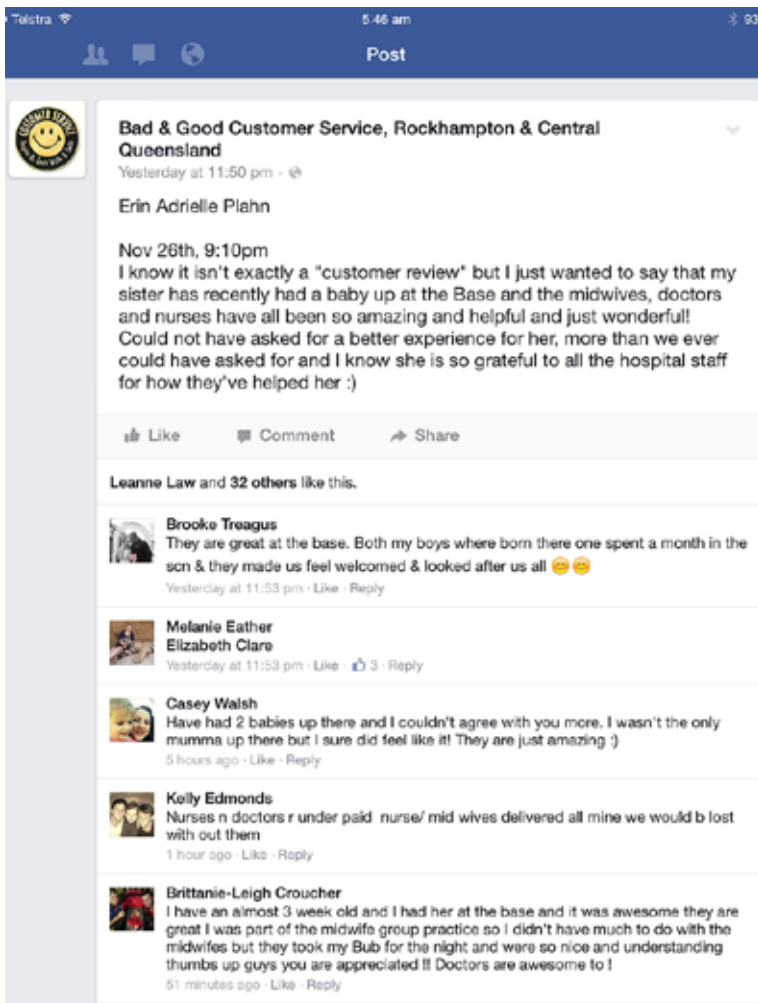
Winners will be announced via The Drift, CQ Daily News in Brief and on the CQ Intranet Site on Friday 19 December 2014.

Prizes proudly sponsored by:



Important reminders: Always consider infection control when decorating work/patient areas, respect buildings, property, OHS and fire safety.





Well done Rockhampton Hospital Maternity Unit and Day Surgery Unit for these great compliments on Facebook this week. It's lovely to be recognised publicly for the fantastic work that is done every day!

Rockhampton Hospital Social Club held its last function for the year at Kenrose Park go-kart track on Saturday.



A balloon artist was very popular with young social clubbers. Noah and Griffin Gorman love them.



Linda Hiscox and Neville Tengbom.



Rachael Johnson, Peter and Ann-Maree Gorman.



David Jenkins and David Brown rest between laps.

WaitTime Guarantee

On time surgery. Guaranteed.

2015

The guarantee

From 1 February 2015, patients will receive their elective (non-emergency) surgery within the medically recommended time or be offered the next available appointment in a public or private hospital at no cost*.



Medically recommended time

The medically recommended time is when a patient should have elective surgery based on their health condition and symptoms, as assessed by a specialist. In Australia, the national definitions for elective surgery categories are:



Urgent
30 days

Surgery recommended within **30 days** of being added to the wait list.



Semi-urgent
90 days

Surgery recommended within **90 days** of being added to the wait list.



Non-urgent
365 days

Surgery recommended within **365 days** of being added to the wait list.

For more information about their category, patients should speak to their specialist or GP.

*See website for more details.

Who does it apply to?

The Wait Time Guarantee will apply to patients who are:



a Medicare card holder



a resident of Queensland



assessed to benefit from surgery



willing to consent to surgery



medically fit for surgery



personally ready for surgery

Further information

www.qld.gov.au/WaitTimeGuarantee

1300 332 807 (7 am to 9 pm, 7 days a week)

Great state. Great opportunity.
And a plan for the future.



Small comforts make a big difference to cancer patients

Sometimes it's the small things that help to make a big difference – something Cancer Council Queensland doesn't overlook. People of the Banana Shire have welcomed the arrival of a new automatic folding bed, thanks to a recent donation from the charity, to help increase patient comfort and care.

Biloela Hospital was one of the local recipients of Cancer Council Queensland's 2014 Community Grants Program, launched earlier this year.

The service benefited from a \$3800 grant which has been used to purchase the bed to benefit cancer patients in the privacy of their homes.

Biloela Hospital Community Health Nurse Corina Berry said the new product would greatly assist patients and their loved ones by helping them feel more at home. "The grant has allowed us to improve quality of life for cancer sufferers at home by providing a bed that is flexible and functions as a hospital bed would, but in the comfort of their own home," Ms Berry said.

"People often want to remain at home with loved ones for as long as possible, so this bed makes caring and living at home much easier and will allow for patients and their family to remain more independent.

"It's vital to make sure the client is as comfortable as possible and remove some of the manual handling issues that carers face when people become unwell. This portable bed can create a comfort that a normal bed cannot." Cancer Council Queensland spokesperson Katie Clift said the



Corina Berry and Director of Nursing Joy Pitman with the automatic folding bed donated to Biloela Hospital by Cancer Council Queensland.



Corina Berry and Rockhampton Hospital social worker Trilby Witton-Oates attended a thank-you celebration in Rockhampton this month with Paul Csoban and Carmel Danziger from Cancer Council Queensland.

Community Grants Program had had a positive impact on cancer patients across the region. "The Community Grants Program supports the funding of items that make a difference to locals affected by cancer, their families and

friends," she said. Queensland community health providers like Biloela Hospital have benefited from a share in \$100,000 worth of grants from Cancer Council Queensland this year.

Product recall - HP laptop and docking station power cords

A worldwide product recall of power cords supplied with HP laptops and HP docking stations between September 2010 and June 2012, has been instigated by HP.

HSIA has been working with HP representatives to obtain replacement power cords, and has now received this stock.

If you have a HP laptop/notebook or a HP docking station, please check the power cord used with both the laptop and the docking station to ascertain if it is an item identified for recall.

How to identify a faulty power cord?

Refer to the table below and compare this to the Moulded Mark, Wrapped Label or Flagged Label identifier.

Moulded Mark LS-15



Wrapped Label



Flagged Label



Wrapped or Flagged Label Power Cord Date Code, is in the following format: WWYY

WW= Work Week

YY= last 2 digits of year

Example: From the Wrapped Label – If the marking is 1014 is Week 10 of 2014 – which is not affected. Anything within the range below is affected.

From - WWYY 3210 Year 2010
 To - WWYY 5210
 From - WWYY 0111
 To - WWYY 5311 All YY = 11 are valid
 From - WWYY 0112 Year 2012
 To - WWYY 0812

However, if Wrapped Label has been removed, please replace the cord as a caution.

What to do if you have a recalled power cord?

Log a service request by contacting the ISC on 1800 198 175, or via the Self Service portal <http://connect.health.qld.gov.au/ssc/Customerselfservice.aspx>

Include the words “HP Power Cord Recall” when speaking to an ISC staff member or in the description if logging the request through the Self Service Portal.

Identify the asset number of the ICT device, eg QHxxxxxxx

Include your contact details (Name, telephone number), location of ICT device, and contact details of another person should you be rostered off.

What will happen?

Once a Service request is received, Central Queensland HSIA staff will contact you and arrange a site visit to replace the power cord identified in the product recall.

Regards

Central Queensland - HSIA

Menu



Research

presents infinite possibilities

The topic of conversation is around the theme of:
The power of research in a clinical setting

We are interested in your point of view

Location: Medical Education Unit Tutorial Room 2
Rockhampton Hospital

Date: Thursday 4 December 2014

4.45 pm: Light Refreshments

5.00 pm: Introduction to Central Queensland Hospital
and Health Service research processes for
2015

PRESENTER: Jennifer Gale Executive Director
Rockhampton Hospital

5.10 pm: Better health through research: embedding
research integrity into health care

PRESENTER: Associate Professor
Andrew Crowden

Any Questions?

6.15 pm: Finish

Open Disclosure Training

Who Should Attend?

Attendance is mandatory for all Executive Directors, Clinical Directors, DON's, Nursing Directors, NUMs, Doctors particularly those undertaking theatre procedures, Emergency Department clinical staff and Quality and Safety Unit staff. All other clinical staff are also invited to attend – if unable to attend, the training must be completed online through CQLearn.

Open Disclosure is the open discussion around incidents that have resulted in harm to a patient while receiving healthcare, with the aim of ensuring that patients and families experience a caring and effective response after such an event.

Standard 1.16.2 The Clinical Workforce are Trained in Open Disclosure

This target audience includes 100% of Medical Officers, Nursing Staff and Senior Management.

Sessions will be run by staff from Minter Ellison Lawyers via videoconference.

It is preferable if you can indicate your intention to attend, and identify which session, by emailing CQHHS-Quality-&-Safety-Unit@health.qld.gov.au however all are encouraged to attend.



Date: 5th December

Location: Learning and Development Centre – Lecture Room 2, Rockhampton Hospital

Videoconference details: Please dial 2005 on your machine

Session Times:

- 10:00am – 11:00am
- 12:00pm – 1:00pm
- 2.30pm – 3.30pm

Date: 9th December

Location: Medical Education Unit – Tute Room 2, Rockhampton Hospital

Videoconference details: As per below.

Session Times:

- 9:00am – 10:00am (VC – Please dial 5004 on your machine)
- 2.30pm – 3.30pm (VC – Please dial 1000 on your machine)

Additionally, Open Disclosure Training can be achieved by logging onto CQLearn if you are unable to attend this session.

Changing lives for the better

Festive Feasting Survival Tip #3

THE PORTION PINCHER



Consider what you can fit in your mouth, on a plate or in your hands. Halve it.

For more tips visit healthier.qld.gov.au

Have a **Healthier. Happier.** festive season.

Psycho-oncology Symposium: Implementing Quality Standards in Supportive Care

Chaired by Jeff Dunn AO with Mark Lazenby, Bena Cartmill,
Suzanne Chambers and Joanne Aitken

Monday 8 December 2014

9am to 11am (please also join us for a complimentary morning tea
after the event) Cancer Council Queensland Auditorium
– 553 Gregory Terrace, Fortitude Valley QLD

Cancer Council Queensland and Griffith University are pleased to announce that Assistant Professor Mark Lazenby and Dr Bena Cartmill will be joining Professor Suzanne Chambers and Professor Joanne Aitken to share their expertise in cancer care.



Mark Lazenby, a philosopher of religion and an oncology and palliative care nurse practitioner, is a professor of nursing, divinity, and Middle East studies at Yale University. For his expertise in psychosocial distress screening and the cultural and spiritual issues in palliative care, he was elected Fellow of the American Psychosocial Oncology Society. He has commenced a National Cancer Institute-funded program to educate and support staff from cancer care facilities across the United States on implementing comprehensive psychosocial distress screening. He is co-editor of *Safe Passage: A Global Spiritual Sourcebook for Care at the End of Life* (Oxford University Press, 2014). His current research focuses on developing a spiritually sensitive early palliative care intervention for Muslims who are in treatment for cancer, as well as scaling up palliative care services in Botswana.

Mark Lazenby will be discussing screening for distress in oncology care.



Bena Cartmill received her PhD from the University of Queensland in the field of Speech Pathology in 2012. Her previous research has involved examining the functional outcomes of head and neck cancer patients following radiotherapy and chemotherapy treatments. She continues to work clinically in this area and conduct ongoing research in the head and neck cancer field through an Office of Medical and Health Research Fellowship.

Bena Cartmill will be discussing challenges in supportive care in head and neck cancer – the Princess Alexandra Hospital experience.



Suzanne Chambers is a health psychologist and has worked as a practitioner and researcher in psychological support for people with cancer for over 20 years. She is an Australian Research Council Future Fellow and the 2013 William Rudder Fellow. She has published extensively on the psychological effects of cancer and is currently leading large scale randomised control trials of interventions that address couple support and sexuality, lifestyle and unmet supportive care needs, and psychological distress in men with prostate cancer as well as the impacts of stigma on people with lung cancer and distress support for all people impacted by cancer.

Suzanne Chambers will be discussing implementing models of psychological care in oncology.



Joanne Aitken is Head of Research at the Cancer Council Queensland, the premier non-government cancer control organization in the state of Queensland, Australia. She is also the Director of the Queensland Cancer Registry and Director of the Australian Paediatric Cancer Registry. Joanne is a research scientist who has worked in the field of cancer epidemiology for the past 25 years. Joanne has co-authored over 175 scientific publications and sits on management and advisory groups for cancer registration, cancer in young adults, cancer clusters in Queensland and cancer service quality and safety. She is the regional representative for Oceania for the International Association of Cancer Registries.

Joanne Aitken will be discussing the work of the Cancer Council Queensland Cancer Research Centre.

If you are interested in attending
this event, please register by visiting
www.cancerqld.org.au/hpnetwork



25 November is White Ribbon Day.

Help stop violence against women.

www.whiteribbon.org.au

To access Queensland Health's employee assistance services visit:
qheps.health.qld.gov.au/eap

Australia's campaign to
stop violence against women

White Ribbon



Great state. Great opportunity.
And a plan for the future.





Central Queensland Multicultural Association (CQMA)
Invites the Community

to THE MULTICULTURAL DINNER NIGHT



COME & HAVE FUN

SHARING CULTURAL FOOD
&
ENTERTAINMENT

WHEN: 29th November 2014 **TIME:** 6pm sharp!!!

WHERE: Allenstown State School Hall, Caroline St., Allenstown Rockhampton
EVERYONE IS WELCOME! ENTRY IS FREE!

BRING A TRADITIONAL PLATE OF FOOD

TO SHARE WITH OTHERS

**FOR MORE DETAILS, CONTACT cqma_inc@hotmail.com or phone
0438751974**



THIS PROJECT RECEIVED ASSISTANCE FROM RRC COMMUNITY ASSISTANCE PROGRAM



Pet Photos with Santa

Sat 29th & Sun 30th November 9:30am - 2pm

**Christmas
Cuteness!**

Share your photos with us!



**Capricorn Animal Aid
fundraiser.**



\$5 Santa Pics



PICCOLLAGES



HMS Rockhampton Has Launched!

Find Us: www.hmsrockhampton.org

HMS Rockhampton

POOL PARTY



Brought to you by the newly formed
HMS Rockhampton
Hospital Medical Society Rockhampton

"Fitness for everyone"



pre-register at www.rockyrun.com.au



**SUNDAY 30TH
NOVEMBER**

**Two GREAT
events!**
8KM and 4KM
(untimed)
\$15.00 entry

MOVEMBER FUN RUN

Running starts at 7am @ Kershaw Gardens
(Frazer St entrance, near monorail)
Race Bib collection and race day sign on from 6am
or pre-register via our website!



Please note this is a charity fun run and will not be a timed event. A great opportunity to challenge yourself and those around you to do a little extra something for your health... all whilst having fun and supporting the Mo. Put on your best Mo and come and join us for the last RRR event for 2014!!



Rockhampton Hospital staff calendar 2015

Available now!



Price \$ 15.00 each (cash or cheque only)

For sale from:

- Alesha and Erin (Marketing) in Darnell Building
- Ann-Maree (Day Surgery) third floor, Rockhampton Hospital
- Gail (Front Reception) foyer, Rockhampton Hospital

For more information email Ann-Maree.Gorman@health.qld.gov.au

Great state. Great opportunity.



Central Queensland Hospital and Health Service



NEED CLINICAL INFORMATION FAST?

Contact your Health Sciences Librarians Debby and Sue

Ph.: 49206287
Email: libhelp@health.qld.gov.au



HEALTH SCIENCES LIBRARY Rockhampton Hospital

Servicing the information needs of all QH staff in the CQHHS, Bundaberg HHS & the CWHHS

- Finding the Evidence, Critical Appraisal & Study Stuff workshops
- Literature searches
- Supply of books and journal articles
- CKN and clinical database training
- 24/7 Library access (Rockhampton Hospital campus staff only)
- Free wifi access
- Quiet study spaces



GRAND ROUNDS

THE DEBATE OF YOUR LIFE

INTERNS VS REGISTRARS

WED. 17th DEC.

DIRECT FROM MEU TUTE ROOM 2

Sponsored by - **CENTRAL QUEENSLAND HEALTH AND HOSPITAL SERVICE**

DOORS OPEN 12:30 PM | **NO SEATS RESERVED** | **\$ FREE \$**

★ ★ TUTE ROOM 2 IS WHERE IT'S AT ★ ★ LIVE ★ LUNCH PROVIDED ★ ★

ROLL UP YOUR SLEEVES AND GIVE BLOOD.

Rockhampton Blood Donor Centre
Rockhampton Base Hospital
Quarry Street, Rockhampton

Gladstone Blood Donor Centre
Gladstone District Hospital
Kent Street, Gladstone

Call **13 14 95** or visit donateblood.com.au





House for rent

3 bedrooms/ 2 bathrooms
just 4 mins drive to Rockhampton Hospital. Quiet neighborhood
Rainwater harvest. Solar heating
Decent-sized back yard. Current tenants moving to another city, enjoyed living in this beautiful house for 2 years. Close to shops, airport, parks, schools and the golf course.
\$390 per week rent
All enquiries welcome 0422 516 928

Housemate needed

Medium-sized room available in a three-bedroom, one-bathroom house. The house is older but has been recently renovated with a new kitchen. The house is fully furnished with the exception of the available room. The room has a large built-in-wardrobe, ceiling fan and windows. The room isn't air-conditioned but the rest of the house is. Large yard, with plenty of room for parking.
Rent is \$130/week, plus utilities split between the three housemates. Internet costs \$30/month each.
You would be sharing with two very friendly professionals in their 20s. Looking for a clean considerate housemate, willing to share in chores. Please contact Carson on 0421 009 598 for more information. Prefer text messages during working hours.



For sale

Safe, reliable and economical
2008 Honda Jazz VTi 5 Door Hatch
4 cylinder 1.5ltr 5 speed manual
NightHawk Black in Colour
Low 52,000km. Good Condition
\$8200. Contact Adrian: 0429 120 420

Send your Drift contributions to Julie-Anne West on Outlook



Home for rent

88 Eton Street West Rockhampton - backing onto the golf course.
\$500 pw
This new executive property is minutes from Rockhampton Hospital.
Four bedrooms. Modern kitchen with stainless steel appliances. This property is fully air-conditioned. Built-in cupboards, screens, fans and an ensuite and WIR off the main bedroom. Internal laundry and double lock-up garage. Fully fenced, sorry no pets. There is no smoking inside the premises.
More details at: <http://www.realestate.com.au/property-house-qld-west+rockhampton-414477519?rsf=emailalert-prop-details>
Phone the agent on 49272122.



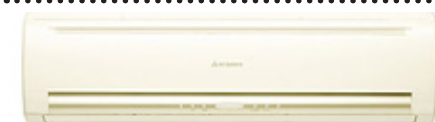
For sale

Silver Auto Subaru Impreza '07
6 months rego. New tyres
Servicing up to date. Under 100,000km, RWC. \$8800 ono
0417 785 305 or 0423 675 691



For sale

2011 MY12 Mitsubishi Outlander LS 2WD \$18,995 neg
Side steps, tinted windows and car mats as extras.
Car is in great condition with two years factory warranty remaining. Has had full log book servicing. It is a one-owner, smoke-free vehicle. Selling due to financial woes. SMS my rego 774VCN to 04carsales(0422772537) for more info.
Phone Corey 0459 572 517



Air-conditioner for sale

Both heating (9kw) and cooling (8kw)
Mitsubishi Heavy Industries = Industrial rated (note - Not Mitsubishi Electric)
Highest rating Air Con by Consumer. Excellent condition. Super quiet. Works brilliantly. Cools space up to 54m2. Checked by technician 3 years old. (Selling as we have moved house) \$1400
Contact: David 0487 711 144



19" Philips LED Monitor 196V3L
Microsoft keyboard and mouse
\$50. Very new condition.
Phone: 4927 9754



Allersearch HIPPO Deluxe room steam vaporiser
\$25. Phone: 4927 9754