

Inside this
issue...

Mo bros grow their mos at The Townsville Hospital	2
Annual EN seminar a success	2
November Bright Idea Awards	2
We remembered	3
TTH celebrated National Radiography and Radiation Therapy Week	3
Richmond's 'girls' day out'	3
Staff discounts	4
TTH road closures	5
People and Culture	6
From the Foundation	7
Calendar notes	8, 9
Work/Life Balance	10
Healthy lifestyles	11
Classifieds	12, 13

In Focus...

This month is November



blah blah blah...

14 November 2011

Australian of the Year nomination for TTH Prof



Humbled: Professor Ajay Rane is a Queensland finalist for Australian of the Year

The Townsville Hospital's director of urogynaecology Professor Ajay Rane is a Queensland finalist for Australian of the Year.

The state finalist spot for the national award will be announced this Thursday.

Professor Rane's pioneering humanitarian work in India is well known.

For the past 10 years he has been taking surgical teams to his base in Chennai where thousands of women are treated for severe cases of urinary incontinence and uterine and vaginal prolapse.

This year his expanded this work to Nepal.

The nomination also comes on the back of Professor Rane's recent success in the Queensland Health Healthcare Improvement Awards where he won the category Research Informing Healthcare Improvement: from bench top to bedside for his creation of the Perigee, a revolutionary mesh to repair bladder prolapse.

Professor Rane said he was both proud and humbled by the announcement.

"It's wonderful to be a finalist representing a part of the world (North Queensland) that has been very good to me and to my family," he said.

"I've always lived by the maxim that to those much is given, much is expected.

"I've had a great deal of good fortune in my life and it would be unconscionable not to give something back.

"Ultimately, I dedicate this nomination to those brave women who endure what I believe is one of the most insidious of conditions of all.

"This is for them."

The other Queensland finalists are former professional footballer Preston Campbell, human rights campaigner Kay Danes and child protection advocates Bruce and Denise Morcombe.

Stories from the district

Mo Bros grow their mos at The Townsville Hospital

Many think the humble moustache belongs back in the 1980s but staff from The Townsville Hospital are bucking fashion advice and attempting to grow a mo for Movember.

Radiation therapist and Mo Bro Stephen Smith said 20 staff members from the oncology department would also be taking their fundraising to the next level by organising a Movember-themed bake sale.

"We are holding a bake sale in the oncology foyer on Monday 21 November where people can donate a gold coin for some baked goods," Stephen said.

"All baked goods are Movember themed and we have a prize for the 'Mo-st Inventive Movember Morsel' and, of course, all proceeds are going towards research and awareness into men's health."

Stephen said so far fundraising was going very well but the team was looking for more donations.

"Our team originally had a goal of raising \$500 which we are very close to achieving; however, we would love some more donations for our bake sale," he said.

"We all deal with men's health issues every day so raising money and awareness about conditions such as prostate cancer and men's depression is very important to us and we need all the help we can get," Stephen said.

If you would like to donate to the bake sale please contact Stephen on ext 1664.

Or to donate to team 'Grow a Mo to get some dough for our Bros' go to <http://www.movember.com/m/831776>

Staff from physiotherapy and orthopaedics are also taking part in the Movember challenge.



Stephen Smith and his fellow bros from radiation therapy and oncology

More than 80 enrolled nurses from across the district attended the recent annual EN seminar at The Townsville Hospital.

Organiser Marlene Saunders said it was great to see such a large turn out.

"We were very pleased to welcome nursing staff from as far as Atherton and Dysart," she said.

"The seminar gave ENs an opportunity to meet, greet and learn."

Marlene said the seminar focused on education, contemporary news in nursing, career paths and up-skilling.

"Each year we always receive an abundance of positive feedback from attendees," Marlene said.

"The ENs get a lot out of the seminar and have an enjoyable day.

"It is always a good feeling to know you're bringing people together for a day of learning and fun."

Annual EN seminar a success



Paediatric EN Linda Craft (back) and ED EN Sandy Taylor enjoyed this year's seminar

The anaesthetic and PACU staff who received this month's Bright Idea Awards are:

Jan Monckton for decoding the cleaning processes of the Aesteva machine.

Anaesthetic and PACU NUM Deb Potter said theatres had received 12 new anaesthetic machines for which cleaning and trouble-shooting processes had to be created.

"Jan has worked ceaselessly with the GE company as well as benchmarking with other Queensland Health hospitals that have the same machines.

"There have been workplace instructions produced, a whole new machine checking protocol and a clear photo series to demonstrate the new processes.

"It has truly been a labour of love."

November Bright Idea Awards



Shevauna Murphy for creating a set of cleaning and checking guidelines for each theatre's anaesthetic needs. This included specialist trolleys like paediatrics or trolleys in external departments.

Deb said Shevauna has completed a huge amount of work including checklists that can be tracked and kept for quality improvement and evidence.

"Shevaunua is an EN and has completed most of this work in her own time."

Deb said she was proud of her entire team's commitment to improving work standards and patient safety.

"I am proud to work for them."

Stories from the district

We remembered

Diggers and staff at The Townsville Hospital remembered fallen Australian servicemen and women at the hospital's Remembrance Day service last Friday.

Speakers included emergency department registrar and Conspicuous Service Medal winner Dr Andrew Challen and mental health nurse Brendan Porter.

Registered nurse Leigh Watson read a poem, registered nurse Krystle Absolom led the Lord's Prayer and enrolled nurse Jeffrey Jarrot recited the Ode.

Veterans' liaison officer Kirsten McAllister said she was delighted with the turnout.

"Once again we were able to provide a service for diggers in hospital and also honour our staff who have served," she said.

The hospital's memorial was donated in 2009 by the RSL Women's Auxiliary.



Veterans' liaison officer Kirsten McAllister, ED RN Krystle Absolom and ED Dr Andrew Challen attended the service in Federation Garden last Friday

TTH celebrates National Radiography and Radiation Therapy Week

Last week The Townsville Hospital's medical radiation professionals came together to celebrate National Radiography and Radiation Therapy Week (NRRTW) with a networking lunch in Federation Gardens.

The week, which is a celebration to raise awareness about the two professions, was also the focus of The Townsville Hospital's wall display in the main foyer.

Radiation therapist Elderene Brostrom said it had been a very successful year for the two professions.

"In August, we hosted a very successful Queensland multimodality conference for medical radiation professionals at Jupiters Casino.

"Here we realised the importance of collaboration between the different departments within the hospital," Elderene said.

"We put together the wall display because we wanted to give the public and other members of the public a glimpse of what our jobs entail."



Staff from radiation and radiography celebrated with a lunch in Federation Gardens

Richmond's girls' day out

Richmond Health Centre recently took part in a successful 'girls' day out' health promotion event for Breast Cancer Awareness Month.

Local nurse Raelene Levers arranged to host a Melbourne Cup day function at the local race course.

Raelene said it was exciting events like this one that got the community engaged.

"We organised a silent auction, a pink-themed fashions on the field, free health checks and a variety of local entertainment," she said.

"The crowd was also entertained by local musicians, local school children and the local Zumba ladies."

Raelene said despite having a ball, the ladies were learning about their health.

"A guest speaker and local nurse spoke to locals about skin cancer prevention and the importance of early breast cancer detection," she said.

"It was great to see the local community come on board to assist with this event," Raelene said.



Raelene Levers and her aunt (left) enjoyed the 'girls' day out' event

Safety Week

Staff discounts

Thank you to all of the staff who participated in

Safety Week 2011

Tuesday 25th October – Ayr Health Service

Congratulations to Brooke Juffs!!!

Winner of the OHS Website Treasure Hunt Competition



Safety for ALL

AAAFNQ Battery Wholesalers

Big batteries

Car, truck, tractor, motorcycle, atvs, boat, motorhome

Smaller batteries

Phone, camera, laptop, cordless tools battery repacking

Deep cycle and back – up batteries

Solar, caravans, motorhomes, boats, ups, alarms, emergency lighting, mobility scooters

Torches remotes etc

Aa, aaa, c, d, 9v, 6v, button cell in alkaline, rechargeable, Lithium for watches, torches, locks, Hearing aids, toys and hobbies

Accessories

Battery chargers, inverters, generators, solar panels, Radios, torches and spotlights Duracell, delkor, sanyo, king euroProjector, c-tek, odyssey

3/209 ingham rd, garbutt

47796 888 or townsville@batterieswholesale.com.au

If we can't get it, it's not made

Up to **15% discount** for Queensland Health staff.



Cool counselling and hypnotherapy

Queensland Health staff - **free-half-hour** creative visualisation hypnotherapy 'contacting your inner guide' – face-to-face or via skype or phone.

Cool Counselling offers discounted hypnotherapy sessions to all Queensland Health staff – **\$60 per one hour hypnotherapy session** (usually \$80) and special discount prices on an eight-week holistic weight-loss program and the one session guaranteed smoking cessation.

Discover the extraordinary benefits of hypnotherapy – a pain free, drug free, stress free way to healing and positive change. Some Private Health offer member rebates.

For details contact Adrienne

Ph: 0409 989 061

email: adrienne@coolcounselling.com

<http://coolcounselling.com>

2 Sisters Massage Clinic

is offering **\$10** off any massage treatment to all **Queensland Health employees**.

To claim the discount staff will need to show valid Queensland Health / Townsville Hospital / Affiliated services ID on arrival for their massage.

Remedial, relaxation, sports, pregnancy, hot stone and mobile massages, reiki, and dry needling.

Health fund rebates are available for all health funds, HICAPS is available on site.

3 / 278 Charters Towers Road Hermit Park. (Next to Rum Jungle Hair Studio)
Phone: 4755 01 65

Thank you to all of the staff who participated in

Safety Week 2011

Wednesday 26th October – Home Hill Health Service

Congratulations to Brenda McDowell!!!

Winner of the OHS Website Treasure Hunt Competition



Safety for ALL

Traffic Alert for TTH ROAD CLOSURE

**Townsville
Hospital**
redevelopment

Please be advised that from **MONDAY, 14th November 2011** the internal Ring Road will be closed around the back of the Townsville Hospital (between the Birth Centre & the Loading Dock).

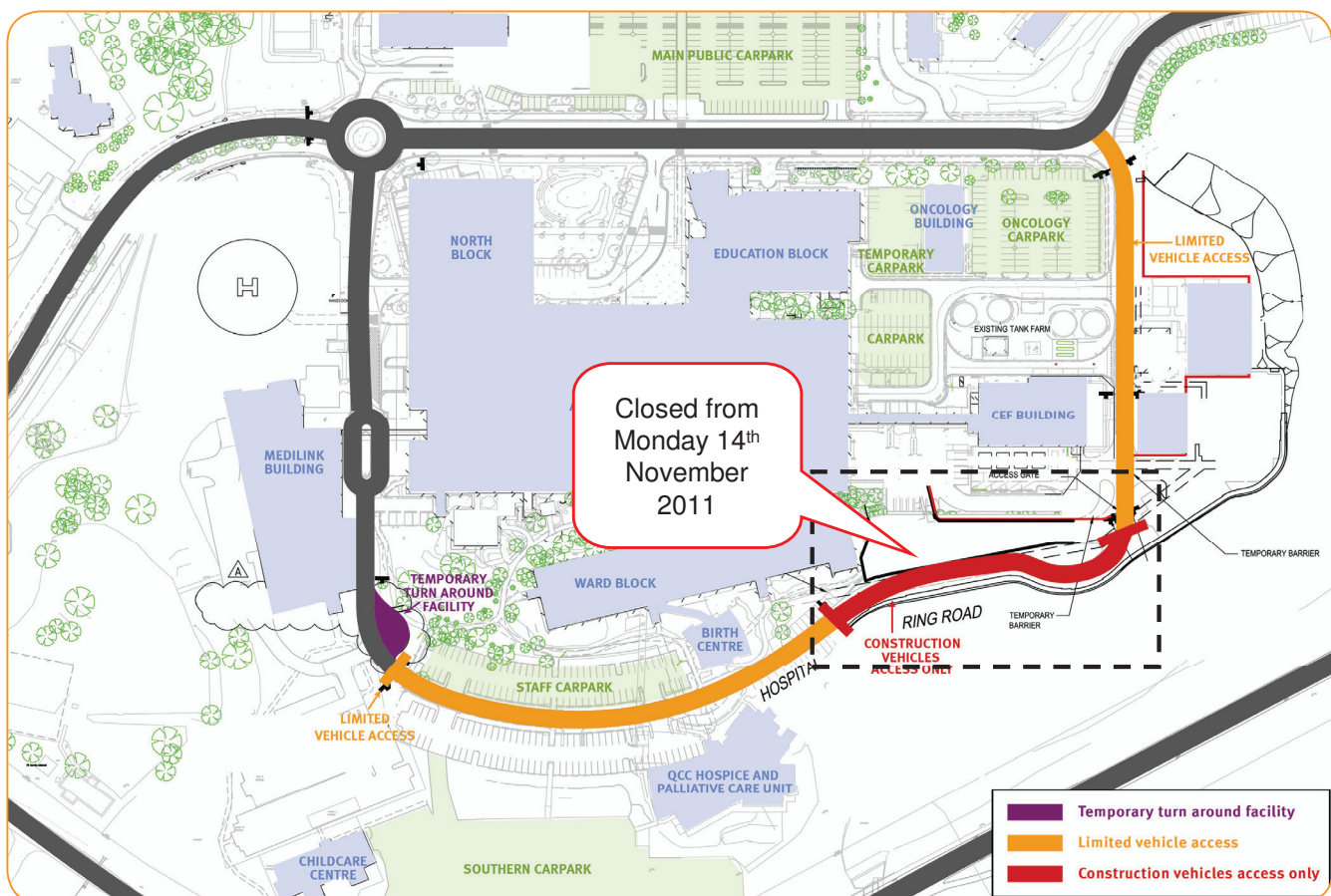
This road closure will enable the continuation of work on Stages 3 & 4 of the hospital's redevelopment. The reopening date for the road is yet to be advised.

Car Parking

Staff who currently park in this area, along the sides of the road (marked in red) will be required to find alternative parking, ie. Southern Staff Car Parks or Eastern Campus Car Park.

Bicycle Shed access

Bicycle riders will need to access the bike shed from the eastern side of the hospital. For the safety of riders, there will be no access for bikes through the closed section of the road.



For further information or updates on Redevelopment activities, please go to the redevelopment website:

http://qheps.health.qld.gov.au/tville/district_info/redevelopment.htm

If you have any queries or concerns, please contact the Redevelopment Unit on 4796 4189.

Tell us your story!

Bernie has many resuscitation stories to tell.

Unfortunately, Bernie cannot speak so we need your stories for our MET Week celebrations.

Have you had an experience with basic life support?

Have you been in a situation where you were thankful that you had basic life support skills?

If you have we would love to hear about it and share it with others during MET Week.

Please email your stories and experiences to Katharine_Hutchinson@health.qld.gov.au because Bernie doesn't have an email either.....



Queensland Health

Information Division



V The Viewer is coming to
The Townsville Health Service District
The Viewer will launch across the district in
commencing 5th December, 2011

View summary patient information from multiple
Queensland Health systems and facilities in one
place

For more information about the eHealth Program's Viewer project
please contact the District Coordinator via:

E: THSD_TheViewerProject@health.qld.gov.au

W: <http://qheps.health.qld.gov.au/emr-viewer/home.htm>

eHealth Program



Queensland Government

Message from THSD's own Santa helper

H it's getting closer to Christmas and its time for kiddies to write their letters to Santa.

The Townsville Hospital's postie has arranged it with the elves again this year to forward on any Santa letter to the North Pole (address is P O Box 999, North Pole).

If your kiddies wish to receive a letter from Santa this year please get them to write to Santa and bring them to the mailroom at The Townsville Hospital (the letters not the kids).

If the parents could let me know one item that they will definitely be getting, then Santa will be sure to mention it. When they get it on Christmas day they will know that Santa is real.

Cut-off time for letters to be sent will be December 19 as it takes a while for the reindeer to get to the North Pole and back.

Please make sure letters include the child's home address so each letter can be returned.

People and Culture

Better Workplaces Survey

This week we congratulate those work areas that have achieved a particularly high improvement in their response rate to the survey.

Congratulations go to:

- Institute of Mental Health Services for achieving the highest response rate: 68.5% - well done!
- Ingham for a superb improvement of their response rate, from 21% in 2009 to 77% in 2011 – wow, that's great work!
- Institute of Support Services and Institute of Cardiac Services for sharing the \$1,000 **Better Workplaces Incentive Prize** for highest improvement in response rate among institutes!



The reports on findings from the survey will be available in February 2012.

A **working group** has already been established to develop actions in response to the survey outcomes.

To find out more about the survey and keep informed on findings and results, visit:
<http://qheps.health.qld.gov.au/tville/thsdhtm/pcbwsos.htm>

From the Foundation

Townsville Hospital Foundation Sensis Yellow Pages Charity Golf Day

The Townsville Hospital Foundation Sensis Yellow Pages Charity Golf Day was held on Friday 11th of November. The Golf Day was a fabulous success, raising approximately \$10,000 for Townsville Hospital Foundation's 2012 projects. It's thanks to our many local sponsors that we've been able to raise this \$10,000, in particular Sensis Yellow Pages, True North Solar, 4TO FM, NQAV and Thiess!

The overall winner of this year's Charity Golf Day was Pickering's with an average score of 52.5, followed by Thiess and 4TO FM.



FunFlight Day 2011

National FunFlight Day was held on Sunday 13th of November.

20 seriously ill or disadvantaged children, along with their family members, were given the flight of their lives. Children not only experienced a joy flight in the cockpit of a light aircraft or helicopter, but had the opportunity to climb through the Royal Flying Doctor's aeroplane and the EMQ Rescue Helicopter. The Townsville Fire team also visited throughout the day, helping the team from Bunnings with face painting and craft!

We're now seeking sponsors for next year's event. This will allow us to expand in 2012 and invite several more deserving children!



THSD calendar notes....



CAKE BAKE

When: 21st November from 9am
Where: Oncology Foyer

What:
A cake bake to raise much needed funds for Oncology's November Team. All proceeds go toward the 'Prostate Cancer Foundation of Australia' and 'Beyond Blue-Supporting Men's depression.'

Gold Coin Donation

Prize for the 'No-st Indigenous November Morsel'

Call Stephen Smith for information on how to get involved with cake bake:
4796 1664

TRIVIA NIGHT



November Brother In Arms: The Ned Flanders Push Broom

The TTH Physi-Mos 3rd Annual Trivia Night

When: Saturday November 26th
Where: West End Cricket Club
Time: BBQ 6pm for 7pm kick-off
Cost: \$10 per head

Accepting bookings for tables of 8-10
Free prizes and sausage sizzle on the night
Licensed bar on site



Contact Damian or Zarn on
2673



For Baby..... A Christmas Memorial Service

Saturday 26 November @ 6pm
in Anderson Park, Pimlico
at the Thomas Street entrance.



For Families and for Anyone
affected by the death of a baby through

miscarriage, ectopic pregnancy, termination for abnormalities,
stillbirth, newborn death, infant death and other reproductive losses.



Some people come into our lives
Make footprints on our hearts
And we are never the same

You may contact
SANDS Townsville
on 4775 5957
or maria@sandstownsவில்.org
We are now on facebook: Sands Townsville

SANDS Townsville & SPDS & Kids Qld
in co-operation with
The Townsville Health Service District and Mater Hospitals

Townsville Health Service District

presents



Bariatric Conference & Workshop

**Monday 6th & Tuesday 7th
February, 2012**

The Townsville Hospital, Robert Douglas Auditorium
100 Angus Smith Drive, Douglas
8.30am - 4.30pm daily

FREE to Qld Health Staff - Limited Numbers Apply

Agenda:

- Multi-disciplinary content
- Expert Presenters
- Practical Workshops
- Full program to follow



Royal College of Nursing
Points Pending

Further information call 07 4796 1732

or to register go to:
the Townsville District Home Page (Qheps)
Click on Townsville Events Calendar
<http://qheps.health.qld.gov.au/tville/thsdhtm/indexevents.htm>

THSD calendar notes....



CONTACTS
Phone: 07 4796 3559
Fax: 07 4796 1590
Email: townsville_skills_centre@health.qld.gov.au
Intranet: www.health.qld.gov.au/townsville/Services/tsc.asp

BUSINESS HOURS
Monday - Friday
08:00 - 16:30
Out of Hours access on application

LOCATION
Plant Level (Lvl 3)
The Townsville Hospital
100 Angus Smith Drive
Douglas Q 4814

ACCESS
Via Lift or Stairs adjacent to Medical Imaging on the Ground Floor of TTH

POSTAL
IMB 110
PO Box 670
Townsville Q 4810

Skill Of The Month TRACHEOSTOMY care/management.



WE WANT YOU!

Come and update/refresh your understanding on the care and management of Tracheostomies.

Program:

- Understand the indication for and use of Tracheostomies.
- Care and management of Tracheostomies.
- Technique for positioning of tracheostomies.

Recommended for: Registered and Enrolled Nurses, Medical Officers

Booking Requirements:

- No bookings are required for individual participants.
- For group bookings of 4 or more please phone to organise.

Time:

- Informal Session 1: 13:30 to 14:30
- Informal Session 2: 14:30 to 15:30



Date:

Courses are held frequently and are advertised by email.

Professional Accreditation:

The course is accredited with RCNA and attracts **1 CNE point** - for attendance.

Additional information:

- **Closed in shoes are mandatory.**
- Bring a jumper/coat - as it can become quite cool in the TSC Centre
- Access to TSC requires TTH Security Swipe - if you do not have one please contact TSC to arrange access.

Dates: 2 x Sessions Running

Wednesday	2 November	Thursday	3 November
Thursday	10 November	Wednesday	16 November
Monday	21 November	Friday	25 November
Wednesday	30 November	Tuesday	6 December
Wednesday	7 December	Friday	9 December

People ~ Practise ~ Performance



CONTACTS
Phone: 07 4796 3559
Fax: 07 4796 1590
Email: townsville_skills_centre@health.qld.gov.au
Internet: www.health.qld.gov.au/townsville/Services/tsc.asp

BUSINESS HOURS
Monday - Friday
08:00 - 16:30
Out of Hours access on application

LOCATION
Plant Level (Level 3)
The Townsville Hospital
100 Angus Smith Drive
Douglas Q 4814

ACCESS
Via Lift or Stairs adjacent to Medical Imaging on the Ground Floor of TTH

POSTAL
IMB 110
PO Box 670
Townsville Q 4810

VACANCIES

Current Course Vacancies
As of 7th November, 2011

GELS

Generic Essential Life Support

Time: AME 07:45 to 08:00 - Registration
Time: AM 07:15 to 08:30 - Registration
Time: PM 12:15 to 12:30 - Registration

08:00 to 12:00 - Course
08:30 to 12:30 - Course
12:30 to 16:30 - Course

* AM.....Friday.....27.....January.....	5 x Nursing Vacancies
* AM.....Thursday.....23.....February.....	5 x Nursing Vacancies
* AM.....Tuesday.....21.....February.....	5 x Nursing Vacancies
* AM.....Friday.....24.....February.....	5 x Nursing Vacancies
* PM.....Tuesday.....20.....March.....	5 x Nursing Vacancies
* AM.....Thursday.....22.....March.....	5 x Nursing Vacancies
* PM.....Thursday.....12.....April.....	5 x Nursing Vacancies
* AM.....Friday.....27.....April.....	5 x Nursing Vacancies
* PM.....Thursday.....26.....April.....	5 x Nursing Vacancies
* AME.....Wednesday.....06.....June.....	5 x Nursing Vacancies
* PM.....Wednesday.....06.....June.....	5 x Nursing Vacancies
* PM.....Tuesday.....19.....June.....	5 x Nursing Vacancies
* AM.....Friday.....22.....June.....	5 x Nursing Vacancies
* AM.....Thursday.....05.....July.....	5 x Nursing Vacancies
* AM.....Thursday.....26.....July.....	5 x Nursing Vacancies
* AM.....Friday.....27.....July.....	5 x Nursing Vacancies
* PM.....Thursday.....21.....August.....	5 x Nursing Vacancies
* AM.....Friday.....24.....August.....	5 x Nursing Vacancies
* PM.....Tuesday.....18.....September.....	5 x Nursing Vacancies
* AM.....Thursday.....27.....September.....	5 x Nursing Vacancies
* AM.....Friday.....19.....October.....	5 x Nursing Vacancies

PIVC

Peripheral Intra-venous Cannulation

*NB Must be deemed necessary ie minimum 10 cannulations per year

Time: AM 08:45 to 09:00 - Registration
Time: PM 12:15 to 12:30 - Registration

09:00 to 11:30 - Course
12:30 to 15:00 - Course

* AM.....Friday.....13.....January.....	5 x Vacancies
* PM.....Monday.....06.....February.....	8 x Vacancies
* AM.....Wednesday.....29.....February.....	8 x Vacancies
* AM.....Friday.....09.....March.....	8 x Vacancies
* AM.....Tuesday.....27.....March.....	8 x Vacancies
* AM.....Tuesday.....10.....April.....	8 x Vacancies
* AM.....Friday.....20.....April.....	8 x Vacancies
* PM.....Thursday.....03.....May.....	8 x Vacancies
* PM.....Tuesday.....15.....May.....	8 x Vacancies
* AM.....Thursday.....07.....June.....	8 x Vacancies
* AM.....Friday.....29.....June.....	8 x Vacancies

People ~ Practise ~ Performance

Beads for Life TEA PARTY

This Christmas, support the work of the women of Nepal who hand craft jewellery as the means of support for themselves and their families. Their beautiful beads will be on display and available for your Christmas giving.

Sponsored by Suzy Dormer

Saturday

December 3rd 2011

2:30pm

17 Thomas St, Pimlico
(Anderson Park end - near Mater Hospital)

Gifts to really make a difference!

Your donation for Afternoon Tea will assist the ministry of the House of Prayer & Spirituality.

Work/life balance

Delicious ideas



Recipe of the week

Caramelised nectarines with cinnamon ricotta

Serves 4

Ingredients

6 ripe nectarines, halved, stones removed
2 tbs honey
200g fresh low-fat ricotta
1/4 tsp ground cinnamon
Honey, extra, to serve

Method

1. Preheat grill on high. Line a baking tray with foil. Place the nectarines, cut-side up, on prepared tray. Brush with honey. Grill for 5-8 minutes or until light golden and warmed through.
2. Meanwhile, place the ricotta and cinnamon in a small bowl and stir until smooth.
3. Divide the nectarine halves among serving bowls. Top with the ricotta mixture and drizzle with extra honey, if desired. Serve immediately.

Healthy living tip of the week

Omega 3's are high in polyunsaturated fats which actually help to reduce cholesterol levels. To reap the heart protective benefits of Omega 3's try to have at least 2-3 fish meals/week.

Good sources of Omega 3's include: salmon, canned salmon, tuna, sardines, trout, blue eye.

Omega 3's can also be obtained through fortified products such as bread and eggs however these are in much smaller amounts.

Keep your fish meal healthy by avoiding cooking methods that use large amounts of oil such as deep frying.

Try grilling, baking or poaching your fish.

Living the Townsville life

Christmas craft market

When: Sunday, 20 November 8.30am - 12.30pm

Venue: The Cathedral School Grounds, 154 Ross River Road

Mundingburra **Cost:** Adult \$30.00; Age Pensioner \$22.00; Tertiary Student

Full-time \$22.00; Child/School Student \$18.00; Family (2ad+2ch) \$76.00

Contact: 4727 9797

Townsville Little Theatre Presents: Summer Season of Short Plays

When: Thursday, 24 November to Saturday, 26 November at 8pm

Venue: St Margaret Mary's Theatre, Crowle St.

Cost: Adult \$20; Concession \$15; Group 10+ \$15; High School Student \$10

Contact: 4727 9797

A second helping of one act plays (different from the April season). Short, warm & tempting....just like the season of Summer

www.townsvillemiddletheatre.org.au

Joke of the week

An old man was tired from riding his bike, and decided to hitch hike. A guy in his red Corvette pulled up to give him a lift.

When the old man brought out his bike that he had leaned up against a tree, the driver said: "I have no room for your bike in my car, but I'd like to help you in some way seeing you standing here in the hot sun."

After a few seconds of thought, the driver said: "I know what we can do. I have a rope behind my seat."

"I'll tie one end of it to the rear end of my car and the other end to the front of your bike. You ride your bike, and I'll give you this whistle."

"If I go too fast for you, just blow your whistle and I'll slow down."

The old guy agreed to it. So off he went down the highway with the old man and his bike in tow.

A little ways down the road, a young lady in a bright yellow corvette pulls up next to them. She gives the guy in the red Vette the High Sign, meaning "you want a drag?"

Off they go down the highway, 100 plus MPH, the old man blowing his whistle like crazy.

They zipped by a Highway Patrol cop sitting under a tree. The cop knew he couldn't catch them, so he called ahead to his fellow cop down the road to intercept.

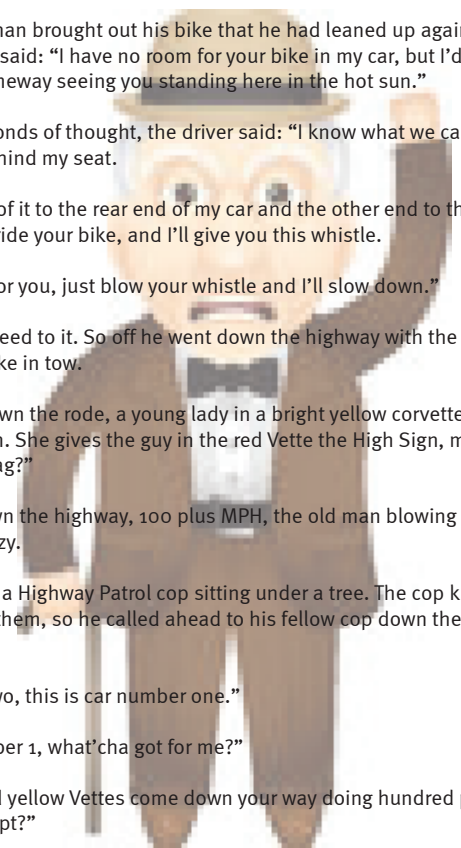
"Car number two, this is car number one."

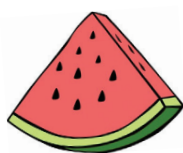
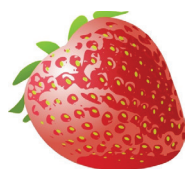
"Go ahead number 1, what's he got for me?"

"I got a red and yellow Vettes come down your way doing hundred plus, can you intercept?"

"Ten-four, is there anything else?"

"Yeah, you wouldn't believe this, but there is an old guy riding a bicycle blowing his whistle trying to pass."





Healthy lifestyles

Talking Health

Be Pro-active about Sun Safety

1. SLIP- on some protective clothing

- Shirts with long sleeves, collars and long pants provide extra protection, as do close weave fabrics and darker colours. Look for garments labelled with an Ultraviolet Protection Factor (UPF) of 50+.

2. SLOP- on some protective sunscreen

- Apply 30+ broad spectrum sunscreen to your skin at least 20 minutes before sun exposure or according to the manufacturer's instructions. Re-apply every two hours or more frequently if you're swimming or perspiring. Apply enough sunscreen so there is a thin film over your skin. Always check the used by date on your sunscreen and store it below 30 degrees Celsius.

3. SLAP- on a Hat and Sunglasses

- Choose a wide brimmed, bucket, or legionnaire style hat that will give broad protection from the sun. If you wear a hard hat or helmet, use a brim attachment or legionnaire cover.

4. SLIDE- on some sunglasses

- Choose wrap around, close fitting style sunglasses that meet Australian Standard AS/ NZS 1067:2003. Additionally, look for sunglasses that have an EPF of 9 or 10 and have the words 'good UV protection' or Categories 2, 3, 4 on the label.

5. SEEK out shade

- Seek out shade when you are outdoors. Shade can be natural or man-made.

Be SUN SAFE and reduce your risk of skin cancer.



Source: www.sunsmart.com.au

The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional. Please seek permission from Health by Design if you wish to reproduce this material. ©Health by Design 2010



Healthy Lifestyles

Challenge your choices



Queensland Government

CLASSIFIEDS

FOR SALE

Trumpet for sale. Yamaha. Gold-plated, very good condition. \$350 Ph: 47237735 (14/11).

Custom DJ Cabinet/Desk/Workstation - \$800.00 ono Will suit 2x Turntables or 2x CDJ's and a 4 Channel mixer Plenty of storage to suit records, amps and other gear Quality built by cabinet making shop. Paul 0438733365 (14/11).

For sale: Glass top tv unit - perfect for large flat screen tv's. Very good condition. Dimensions available upon request. Would like a quick sale. Price very negotiable. \$200 ONO. Please phone Mandi on 0401 598 520 (14/11).

BULL ARAB X puppies, 7 weeks, vacc. & wormed \$100 ph Shelley 0429 799 980 (07/11).

8 matching dark green Corelle coffee mugs, never used. Great for christmas! \$20 ono (07/11).

Health Stream exercise bike magnetic resistance Display console -[Clock alarm temp time distance Speed Calories pulse] As new paid \$250 Sell \$100 phone Beryl 0427724725 (07/11).

For Sale: Mono CP 25 Helical Rotor Pump. Designed for long, trouble-free service in many fields such as light industrial, domestic and agriculture. Never Used. \$600. Call Jon 0422 322 529 (07/11).

Yamaha Bb clarinet \$285, Yamaha Flute \$220. Both newly serviced, clarinet recorked. Includes case, cleaning equipment, music books. Music stand \$20. Phone Jane 0409 939 145 after 5pm (07/11).

Rottweiler Pups, purebred view parents. Will be ready on the 20/11/11. Good bloodlines, mum has papers. 2 males & 2 females, \$700 vet checked, wormed, immunised and micro-chipped. Please call 0408328401 (07/11).

Outdoor setting-'Suncoast Kwila timber' table & 10 chairs with canvas bases. Table 2m (extendable to 2.6m) long x 1.2 m wide. Excellent condition. \$500 the lot. ph 0418181580 (07/11).

dog travelling blue water bottle with hip treat bag red \$6 for both ph 0407 977 895 (07/11).

parrot/cockatiel wood chews coloured still in the packet (food grade coloured pieces of wood for them to chew safely, you could drill holes in them and hang them...) and metal hanging fruit skewer \$6 for both ph 0407 977 895 (07/11).

chest of drawers/tallboy, 6 drawer beech laminate, as new with free matching skinny bookshelf \$200 ph 0407 977 895 (07/11).

Wahl Homepro Basic Kit makes home haircutting easy. Mains operated Clipper, to Cut, shape and define, Quiet but very powerful, Hi carbon steel blades, attachment combs included \$30 ph 0407 977 895 (07/11).

Nail groomer with 5 interchangeable tips, new, probably good for false nails, mine are too soft \$2 ph 0407 977 895 (07/11).

Homedics4 Hands Foot & Calf massager with remote, The ultimate indulgence - 2 pairs of "hands" massage your feet and calves!, Choose from deep kneading, invigorating vibration, or both, Cradles your feet & calves with soothing massage ,Convenient wireless control included \$25 ph 0407 977 895 (07/11).

Search n Stim electronic acupuncture, is a safe hi-tech electronic acupuncture without the use of needles, in box, as is \$10 ph 0407 977 895 (07/11).

Accu-check Active, older model blue, minus lancing device, fast accurate results in 5 seconds, simple auto on/off function, tiny blood sample 2 µL, large display, user-friendly graphical interface, simple chip coding, informative 200 values in memory with time and date, averages of the last 7 and 14 days calculated automatically, easy data download to PC via infrared interface, in box, as is \$10 ph 0407 977 895 (07/11).

For Sale: Single Bed - wooden, colonial style with mattress, Excellent condition. \$120 ONO. Ph: 47887374 (07/11).

HOUSES FOR SALE

FOR SALE: Fully furnished / unfurnished unit. Two large bedrooms with modern new kitchen and bathroom. Split system air-con and ceiling fans throughout entire unit. Lock up garage + fully fenced yard. Rear duplex unit in Quiet street in Aitkenvale, only 7 minutes drive to hospital and short drive / walk to Stockland Shopping Centre. Ph: Kylie 0419 700 705 or 4778 9200 or email Jody__M@hotmail.com (14/11).

Huge 6 bedroom house for sale in South Townsville, walking distance to the city and Palmer Street restaurants. Features include large yard with pool, shade cloths, plenty of space for off road parking, remote controlled garage, shaded

underhouse play area and cubby house in the yard. Also has large modern kitchen with European appliances, island bench, plumbed in filtered/chilled water system along with 2 bathrooms, 2 toilets & 2 living areas. One end of the house could easily be a teenagers retreat or for the grandparents. 518K Contact Penny 0421 461847 (14/11).

Huge 4 bedroom house on 1/4 acre block with office - fibre optic network + main with ensuite + spa bath, large patio, 6x9m shed (3 bay) with power ready to be connected, all built ins and fully air-con, double gates for access down both sides of house, still heaps of room for a pool. Phone/txt: 0427882248 for walk-through or more info (14/11).

House For Sale- Annandale (quiet court) 3 Bedroom + study/ formal dining, 2 living areas, new inground pool and entertaining deck. \$389,000 contact Riverside Realty <http://www.riversiderealty.com.au/listings/properties.php?id=5331462> (07/11).

2 Bedroom lowset house Arcadia, quiet culdesac one street from beach backs onto national park. Large block, good access, carport and enclosed veranda \$323,000 Phone 0428 196 993

Block of Land Mt Louisa reduced to sell \$142,000 ONO.. Best price in area - best views, can't be built out. suitable for pole house. Ring 47784001 or 0414947679 (01/11).

FOR SALE: Fully furnished / unfurnished unit. Two large bedrooms with modern new kitchen and bathroom. Split system air-con and ceiling fans throughout entire unit. Lock up garage + fully fenced yard. Rear duplex unit in Quiet street in Aitkenvale, only 7 minutes drive to hospital and short drive / walk to Stockland Shopping Centre. Ph: Kylie 0419 700 705 or 4778 9200 or email Jody__M@hotmail.com (01/11)

FOR RENT

Room for Rent in Riverside Grdns, Douglas 1 fully furnished a/c room avail. in modern fully furn home + i/g pool. Close to uni, army, hospital, new Myer and shopping centre. \$220 p/w p/p, incl. rent, pool/yard maintenance, electricity, internet, professional house cleaner. No stress living in beautiful estate, quiet street, quiet professional couple. Avail. NOW. Females only apply. Contact Francesca now on 0422 145 060 (14/11). GRANNY FLAT AITKENVALE , CLOSE

TO ALL FACILITIES , FURND. QUIET , CLEAN . \$195/ WEEK , INCLUDES ELECT, A/C. PH 0417622567 RENT 2 TO 3 BEDROOM , WULGURU AREA. \$295, WEEK. PH. 0417622567 (14/11).

For Rent (Lease Break) Cute & Tidy House. 3 Bedroom, 1 Bath. Close to Hospital. Available Now. \$320 p/wk 16 Harvard St, Douglas. Call Codie on 0414 333 872 or Page & Pearce on 4728 2199 for details (14/11).

Fantastic room to rent!!!! Only one minute stroll to the strand. Furnished, modern 3 bedroom house (room to rent is unfurnished) but has built in wardrobes. Automatic lock up garage and you will have your own bathroom. \$250/Week, Bond is \$1000. Moving in date is the beginning of December but can be flexible. Contact: Helen on 0402259960 helenyie@hotmail.com (14/11).

Room Available Air Conditioned Bed and Robe in 3 brm house. Use of all ammenities. 2 minutes to Bus. 10 minutes to Hospital and JCU. Very reasonable board with mature christian lady. 0416028958 for further details (14/11).

Fantastic Room for Rent: 1 min stroll to the Strand, close to the shops and city. Easy going, friendly, professional looking for tidy and reliable person to move into the spare room of a modern, furnished 3 bedroom town house. Room in unfurnished, but has built in, ceiling fan and air con. Includes automatic LUG and own bathroom. Available early Dec, but flexible with dates. Rent \$250/week, bond \$1000. Phone Helen, 0402259960 or email helenyie@hotmail.com (14/11).

Email Classifieds to erin_goldsack@health.qld.gov.au with subject 'Classifieds'. Do not send classifieds as attachments and photos will not be included. Submissions for classifieds should be no longer than four lines in Word. Classifieds will stay current for two issues of the blah. If you would like your ad to be continued after this time please resend the ad. Deadline for classifieds is lunchtime the Friday before publication. Put your classifieds on QHEPS visit <http://qheps.health.qld.gov.au/masters/news/outputall.asp>

CLASSIFIEDS

Room to Rent - Good sized room with walk-in-robe, airconditioning and own bathroom. Second room available for use at no extra charge. To share with a professional couple. Executive style large 4 bedroom fully furnished home, with in-ground pool in the new part of Mt Louisa. \$165 per week + utilities/expenses. If you are interested contact Mandi on 0401 598 520 (14/11)

Fishermans Retreat @ Lucinda! Direct access to the Hinchinbrook Channel and the Great Barrier Reef. Come and relax at this immaculate lowset block home which is within walking distance to the beach and local pub and only minutes from the boat ramp. Payment for the whole booking is required in full upon booking. Phone 0400936579 or 47774625 after hours. (14/11).

FOR RENT: 3 bedroom house in Riverside Gardens. Looking for easy going, neat, Christian room mate to share with 24yr old male. Close to uni, shopping centres, river etc. House is fully furnished except for the bedroom for rent. \$150/week + utilities. Call: Josh 0422252040 Email: joshua_french@health.qld.gov.au (07/11).

Room to Rent - Large room. Riverside Gardens. Quiet area. Own bathroom. To share with quiet professional male. Lock-up garage. Pool in complex. 5 min drive to Hospital. 15min Walk. \$185 per week + utilities/expenses. Avail

mid December. If you are interested contact Andrew on 0413556620 or email on andrew_osborne@health.qld.gov.au (07/11).

CARS, BIKES & BOATS

Mazda 121 (2000) 1.5L Blue 5 Door Manual. 130,000km, Rego Expires in May 2012, Good Condition. Road Worthy Certificate. \$5000 ONO Ph: 47253545 (14/11).

FOR SALE: 1981 Cabana Pop Top 4 Berth Caravan 14' extends to 18' New tyres, Excellent condition RWC and Registered \$7750 ono Cheap, good first van comes with near new annexe and everything you need to get going. call Chris 0410 968083 (14/11).

Toyota Rav4 (2006) current body shape. Full service history. 1 owner. Toyota genuine floor mats, seat covers, dash mat, nudge bar. \$21,000 ONO. Call 0447099449 (14/11).

Avanti Hammer 2010 XC hardtail Mountain Bike (Size L 19") \$800. good condition and well maintained. Andrew 0418 713 692 (<http://imageshack.us/photo/my-images/854/hammer.jpg/>) (<http://www.rockwheelers.com.au/forum/memberlist.php?mode=viewprofile&u=243>) 14/11)

Ladies 'Merida' Mountain Bike for sale! Only used twice (oops) Present that is going to waste sitting in the garage. Paid \$899.00

brand new. \$600 ono
2010 MATTS TFS XC 100D 16 inch Call Emily R 47224595 or 0421658640 (14/11)

Nissan pathfinder automatic From April 2002, 6cyl, 3.3l, metallic painting, lpg tank installed in June this year for economic consumption rego until end October 2013 and new tyres about 5000kms ago. Very comfortable to drive. many extras such as cruise control, airbags, steering power, cargo rack, side steps, allow wheel, air condition, tow bar, front nudge bar , double airbag, stereo/cd player it needs a service, previous one in February, and has got a cosmetic bump on left side that needs fixing, that is why low price, arrange a test drive, \$13000 neg 0420605113 (07/11).

Mens Cross-country Mountain Bike for sale. Near new 26 inch dual suspension mountain bike with upgraded Fox adjustable rear shock. Ideal for trails at Douglas, the Ross Dam, or just a comfortable ride to work. Paid \$1900, sell for \$800. Phone Bruce after hours on 0412776379 (07/11).

WANTED

Wanted drummer and keyboard player to hire for recording two CD's of original music if you are interested please call Richard on ext 3414 (14/11).

Wanted, professional female to rent furnished room with own bathroom in large 2bdr apartment in Rosslea.

\$200/week plus bond (2 weeks) and expenses. Secure complex, close to shops with resort style pool in complex. Phone Elouise on 0438618860 (14/11).

House sitter wanted. From November 18th - 27th. To look after two dogs and a cat. Please call / text Talia on 0417 632 884 (01/11).

Wanted to buy. B/W female Border Collie pup, Lily 0417 719 843 (01/11).

OTHER

GARAGE SALE: Sat 19 Nov - 7am-12pm - 5 Walleroo Court, Rangewood - Many Shed Items incl: Cement Mixer, Fibre glass esky, Nissan GU seats, Sidewinder Buggy (needs work), Tarp (7x9), Trans Mig Welder, Tent, Yamaha Pee Wee 50. For full list of items phone 47887168 (14/11).

Email Classifieds to erin_goldsack@health.qld.gov.au with subject 'Classifieds'.

Do not send classifieds as attachments and photos will not be included.

Submissions for classifieds should be no longer than four lines in Word.

Classifieds will stay current for two issues of the blah. If you would like your ad to be continued after this time please resend the ad.

Deadline for classifieds is lunchtime the Friday before publication. Put your classifieds on QHEPS visit <http://qheps.health.qld.gov.au/>