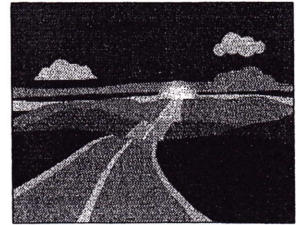


Around the ridges and a bit beyond



Issue 49 November, 2007

A community and school newsletter.

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Please Note: Cut off date for contributions 15th of every month.

Triathlon Ironman Race

The Triathlon Ironman Race originated in Kona, Hawaii. It is the toughest and the ultimate Ironman Race in the world. Athletes swim 4.5 kilometres, cycle 190 kilometres and run 45 kilometres. After months of preparation, a 48year old Brisbane lady records the last few days before the race.

Kona is going along well. It's been hot and steamy here today. The most humid yet, and I am grateful that I got here a week ago. Howard is really feeling it and I'm managing which tells me that I'm acclimatising slowly.+ Kona is now full of athletes. Very fit bodies everywhere, and lots of supporters, kids etc. Plus there's a cruise ship in most days, so there's an influx of other visitors.

But back to my task at hand...I've been swimming almost everyday, and the water is getting easier to swim in. It's very salty though! You can lay back and float easily with its denseness. It makes your tongue and lips swell and I've only gone 2 km. I can't imagine how my mouth is going to feel after twice the distance! Chaffing is another issue with a new spot each day crusting up. So not only will I be smothered in sun block on race day, I'll be lubed up to the hilt as well. But on the brighter side, I had a pod of dolphins swim underneath me a couple of days ago, and a ray of some sort this morning. There are all sorts of little tropical fish, yellow, black, white keeping us company in the shallower waters, and today, a small sail boat was "parked" at the 700m mark offering athletes shots of espresso coffee! You've just got to try that! Unbelievable! Fantastic, and very popular! Unfortunately, it won't be there on race day!

The organization has been running light clockwise with swim bag check-in so your stuff is safe while you're out swimming, and there's free Gatorade and water bottles – as much as you like ..

Biking has been interesting. Always windy to some degree. Always challenging with winds ALL directions just to keep you on your toes, and the nervous system in check. The first long ride we did was escorted by Ken from EST and we rode 28 k's which included the up ride to Hawi. A long gentle easy 10km climb of about 6% and no problem if the wind wasn't dropping surprise gusts just when you think you've got it under control. At least 5 times my life flashed before my eyes. The ride took 1hr 20min! Coach assures me not to worry about these things. It will all come together on race day.

The ride was so challenging we skipped the return journey back down the hill and drank coffee instead whilst waiting for the sag wagon to come get us. In subsequent rides we have completely avoided this area, and will trust that it will be ok on race day.

This newsletter sponsored by:

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<p>Amalgamated Pest Control 2b Arthur Street Ph: 4921 4255</p>
<p>PJ's Pet Barn Open 7 Days 399 Yaamba Road Ph: 4928 0299</p>

Running has been OK. Very sweaty! There are already mini unattended aid stations dotted over the immediate area around Kona on the run course for training athletes to get cool water, and Gatorade so they can stay hydrated. It such an excellent idea, like I said, a very impressive event so far. I did go for one run on an evening where there was a full tropical down pour in the evening. And once you're out of the 3 mile radius of the township, there's no street lights and it's dead dark. And on the road to The Energy Lab on race day, we'll be on the highway with no lighting, so this run was very beneficial. I liked the experience (I was fully reflected with bands around my ankles to alert cars that I was out there(along with many other runners too), and am looking forward to the challenge of the run on race day.

I have made some nice new friends here, and a local shop owner has taken me on board and has sort of sponsored me with a new pair of Oakley sunglasses, a pair of running shoes and a training suit. He has also been giving me scooter rides between town and the condo because the staff are slack with township transfers. I've never been on a scooter! It's fun!

Tomorrow morning I'm going to a Masters Women's breakfast where women over 40 from all over the world will congregate and talk secret women's business I suspect. I have also met up with Michellie Jones (last year's women's outright winner) She's Australian and so lovely, very down to earth.

Yesterday I registered for the event, and now I have my Ironman wrist band on. It was a real reality check and I have thousands of butterflies as I arranged my intent to race signing the indemnity forms, paying for my photo package, receiving my timing chip and hit the merchandise shop. You can't beat the retail therapy to settle those butterflies. Yesterday we had the Parade of Nations. It was such thrill! And quite emotional. All the countries paraded down the main street past the finish line, and into the main area. Fantastic!

But at the end of the day, we are now in countdown, and it is Wednesday night here. Only two more days and then it is show time! I start my official carbo load tomorrow, so it's eat, eat, drink, eat, drink, eat for the next 48 hours. I'll prepare my racing bags tomorrow, and my nutrition etc- everything for the race, and go to the Carbo Welcome Dinner tomorrow night. The official race briefing is after that. I plan to have Friday as restful as possible with only bike checkin as the main task. I have 3 DVDs lined up to make me sit on the lounge and rest.

OK. So I have my race plan in place. I know this is going to be a big day. Probably the hardest thing I have ever done in my life to date. It will most likely top doing a camping and hiking tour of Alaska with a broken ankle and crutches. But I am looking forward to taking each leg, one bit at a time, and embracing the challenges as they crop up. I am really looking forward to it all, but acknowledge that I'm a bit nervous – and excited at the same time. I'm just going to do my best, and be the best I can be. I'm deeply honoured to be here, and humbled by the privilege.

Thank you for your support.

Long and Strong. Love Sharyn. Athlete Number 704. Listed as Shari McIntyre.

Sharyn completed the triathlon in 13.5 hours. The leaders times were between 11.5 – 2 hours.

Jokes

“Now class, there will only be half a day of school this morning.”

“Hooray.”

“The other half will be this afternoon.”

When is a green book not a green book?

When it is read.

What starts with an E and ends with an E but has only one letter in it?

An envelope.

ROBO's QuickFit
Tyres
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Wandal Post Office
Gifts, Office
Supplies etc.
10 Wandal Road

RIDGELANDS SCHOOL NEWS

Infants

We would like to welcome Mr Piskor to Ridgeland State School. He will be teaching in our Infant class. If you have any questions or would just like to meet Mr Piskor please feel free to drop in.

New Enrolments

We would like to welcome our new enrolments over the past couple of months; Peyton Bartlem, Thomas and Kaitlyn Frankish and Amber Patteson all in our infant class.

Swimming

Ridgeland State School go in to Crescent Lagoon State School every Thursday for swimming lessons. If you have a spare Thursday and would like to help please let us know. The more volunteers we get means more support for the children in the pool.

Extra Staff

With help from the Education Department we were able to fund an extra teacher for two days a week until the end of the term. This will help manage our year 5,6,7 class. We are also employing an extra Teacher Aide for two days. Margaret Pearce will be working in the infant class on these two days as well as her normal one day in the library.



R YA HUNGRY?
0447 486479
0447 HUNGRY

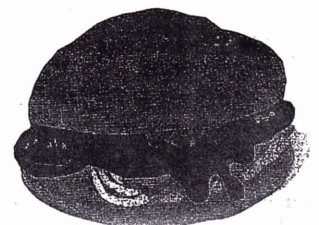
VARIOUS HOT FOOD - BURGERS
COLD DRINKS

Coming AUGUST 3rd

WHERE: ALTON DOWNS HALL CAR PARK

WHEN: EVERY FRI/SAT/SUN
5PM TILL 8PM

PHONE AHEAD
TO AVOID WAITING



R.F. DUNCAN & CO.

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FAX 07-9220937

Genuine Clearing Sale

On Behalf of The Estate Of Kevin W. White
At Shed 1 Gracemere Trade Centre
27 Old Capricorn Highway, Gracemere

Saturday 3rd November 2007

Commencing at 10.00AM

Workshop Equipment:- Chizhou Precision Bench Lathe W/- Accessories, WIA Weldmatic 210 "S" MIG Welder w/- Traveller, Maxair 455 Electric Air Compressor, Greenfield Ride on Mower, Galaxy 16 Speed 5/8" Press Drill, Steel Storage Cabinet (Large), Steel Storage Shelving, Qty Steel, Qty Peg Board, ½ Tonne Endless Chain, Large Mobile Work Bench, Large Mobile Work Trolley, Pentagon Cutoff Saw & Bench, Micrometer, Portable Chemical tank, Millers Falls 2hp Generator, Pressure Cleaner, ¾" Drive Socket Set, 2 Stock & Dye Sets, HD Stock & Dye, HD Stillsons, Bolt Cutters, Pipe Bender set, Sand Blasting Equipment, 1 & 2 Bottle Gas Trolleys, HD Vice, Assorted Tool Boxes, Various Jacks, Lifters, Cumalong, Various Jerry Cans, Qty Welding Rods, Welding Equipment, Oxy Accet. Equipment, Steel Work Stands, Various Tarps, Various Grease Guns,

Electrical Tools:- B & D Plane, Various Drills, Angle Grinders, Sanders, Circular Saws, Electric Chainsaw, Ryobi Blower Vac, 1 Cordless Drill,

Sundry Items:- 2 Step Ladders, Poly Wheelbarrow, Assorted Garden Tools, Adz, Grain Shovel, Garden Fertiliser Spreader, Whipper Snipper, 3 Mowers, 3 Kero Lamps, SupaKool 60 Esky, Large Esky, 14 Inch camp Oven, 4 drawer Filing Cabinet (Brownbuilt), 5Ltr pressure Sprayer, Qty CB Radios, Beer Brewing Kit & Bottles, Assorted Paints, Tasco Rifle Sight, Old Rifle Sight, Soft Gun Bag.

Household:- 2 Sets lawn Bowls, Gemalea (Circa 1950) Fridge, Microwave Oven, Bread Maker, pressure Cooker, Various Electrical Goods, Out Door Setting, Gas BBQ, Assorted Cutlery & Crockery, Assorted wardrobes, Cupboards, Cabinets, Fishing Gear,

For Further enquiries please contact the **Agent David Francis, R.F. Duncan & Co** on 49223837 or Mobile 0409 647816. Photo's of some of the equipment are available online at **www.rfduncan.com.au**

Food & Drinks will be available on the day & are being provided by The Riding for the Disabled.

Please be advised that this sale is a cash or cheque only sale so some identification may be required. Bid cards will be used on the day. This is a GST Free sale.

C.Q. Mudsportz News

Proudly sponsored by Woollums Construction.

On the 8th of September we held a successful Mud Racing event at The Kabra Motor Sports Park, despite the rain the week before. It stopped raining on the Saturday morning with the sun shining brightly resulting in some good mud racing. We accommodated for a record number of racers having 47 nominations over 4 categories: Juniors, Standards, Buggies and Top Gun. This race meet seen a few new comers to the sport. Results for racing were:

Juniors 1st Brett Estreich in Dirt Digger from Dalma
2nd Matthew Shepherd in Zombie from Rockhampton
3rd Milton Borton in Just 4 Fun from Gracemere
4th Jarrod Hawkes in FB2 from Gracemere
5th Kaycee Hodgson in Mudchic from Alton Downs

Standards 1st Errol Richards in Time Bomb from Alton Downs
2nd Kevin Wales in Bullet from Biloela
3rd Greg Pearce in Leadfoot from Jericho

Buggy 1st Colin Jones in Tadpole from Emerald
2nd Andrew Pearce in The Thing from Jericho
3rd Grant Withers in Dirty Obsession from Kabra

Top Gun 1st Adrian Simonsen in Cominatcha from Sarina

On the 13th of October CQ Mudsportz members travelled to Sarina for Mud trials resulting in some good muddy mud racing by locals. Results were :

Juniors 1st Brett Estreich in Dirt Digger from Dalma
2nd Adam Estreich in Dirt Digger from Dalma
3rd Milton Borton in Just 4 Fun from Gracemere

Standards 1st Kevin Wales in Bullet from Biloela
2nd Tim Granshaw in Dats Dispicable from Glenlee
3rd Arron Johnson in Mud Squirrell from Sarina

Buggys 1st Adrian Macklin in Dirty Deeds from Mackay
2nd Mark Tomlinson in Mud Blaster from Sarina
3rd Terry McCallum in Fubar from Rockhampton

Bombs 1st Steve Gutschlag in Avalanche from Sarina
2nd Adrian Simonsen in Grizzly from Sarina
3rd Warren Macklin in Dirty Deeds from Mackay

Top gun 1st Adrian Simonsen in Cominatcha from Sarina

For more information on the sport Contact Margo Estreich 49345958 or 0407345955

WISE WORDS

Life is far too short to drink bad wine.

When all else fails, read the instructions.

The best things in life aren't things.

Arguing with a fool proves there are two.

If something seems too good to be true it usually is.

WHAT' S ON

Rhee Tae Kwon Do

At Alton Downs
Polocrosse
and Sports Club
Tuesday nights, 6.30pm
49223737

Licensed Christmas Karoake

In aid of Ridgелands Hall
Funds.

Saturday 1st December
commencing 6.30pm at
Ridgелands Hall.

Spit pig, roast beef and
vegetables.

Adults \$10, lucky meal
ticket.

Primary Children \$5.

Sweets \$3

Lollies and novelties
from Santa.

GOLD COIN ENTRY

ALL WELCOME

For Hire.

Chairs for hire for
functions.

Contact Ridgелands State
School P&C

Phone: 4934 5518

NOTICES.

Apology & Correction

In last month's newsletter
a mistake was
inadvertently made in
"A Traveller's Tale."
Marie Mahood's book is
called "Icing on the
Damper". Our apologies
to Pat for this error.

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Proverb

Let love and faithfulness never leave you; bind
them around your neck, write them on a tablet of
your heart. Proverbs 3:3

MEETINGS

**Ridgелands Show
Meeting
Wednesday 14th
November
7.30pm**

QCWA

Ridgелands Branch meets
9.30 am 1st Wednesday of
month.

Stitch and Chat Group

Meets 9.30am
2nd & 4th Tuesday of
month. QCWA room
All welcome
Phone: 49345120

Faraday Ratepayers Meeting

The annual Faraday Rural
Fire Brigade AGM and
Public Meeting is to be
held at the Ridgелands
Community Hall at
7.30pm 2007.
New members always
welcome.

Word Power: nyctalopia (noun)

Night blindness or recent loss of vision after sunset; inability to see except at night.

COOKERY CORNER

Best Lemon Meringue Pie.

250g packet plain biscuits, crushed

125g butter, melted

375g can sweetened condensed milk

½ cup lemon juice

3 egg yolks

Whipped cream to serve

Meringue

3 egg whites

½ cup castor sugar

Preheat oven to hot, 200C. Lightly grease a 23cm pie
plate.

In a large bowl combine biscuits and butter. Press
firmly into base and sides of prepared plate. Chill
until firm.

In a medium bowl, using an electric beater, combine
condensed milk, juice and yolks. Pour mixture into
base.

Meringue: In a small bowl, using an electric mixer,
beat egg whites until soft peaks form. Gradually ad
sugar, beating after each addition until it dissolves.
Continue beating until thick and glossy. Spoon
meringue over filling. Bake 10-15 mins, until golden.
Chill until required. Serve with a dollop of whipped
cream.