

Around the ridges and a bit beyond



Issue 52 March, 2008.

A community and school newsletter.

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

The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old Age I decided was a gift.

I am now, probably for the first time in my life, the person I have always wanted to be.

Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes and the sagging bottom. I am often taken aback by that old person that lives in my mirror (who looks like my mother!) but I don't agonise over those things for long.

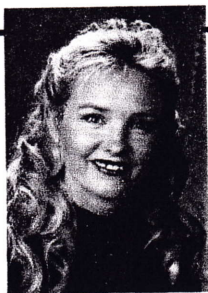
I would never trade my amazing friends, my wonderful life, and my loving family for less grey hair or a flatter belly. As I've aged, I've become more kind to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra biscuit or for not making my bed, or for buying that silly cement gecko that I didn't need but which looks so avant garde on my piano. I am entitled to a treat, to be messy or to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with ageing. Whose business is it if I chose to read or play on the computer until 4am and sleep until noon? I will dance with myself to those wonderful tunes of the 60's and 70's and if I at the same time, wish to weep over a lost love... I will. I will walk the beach in a swimsuit that is stretched over a bulging body and will dive into the waves with abandon if I chose to, despite the pitying glances from the jet set. They too will get old – if they are lucky!

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what gives us strength, understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning grey and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As you get older it is easier to be positive. You care less about what other people think. I don't question myself anymore I've even earned the right to be wrong. So in answer to your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever but while I am still here I will not waste time lamenting what could have been or worrying about what will be and I will eat dessert every day (if I feel like it)



Division 5

Cherie RUTHERFORD

I have the experience, the commitment and the proven ability to represent you. Please give me your support.

I have represented Division 8 (Wandal- Fairybower area) on Rockhampton City Council for 4 years. I am a 5th generation Central Qlder and I captained the Australian Trampoline team. I am married with 2 boys, 14 and 10 years. My aim is to unite the community, improve roads and maintenance and improve development policy.

This newsletter is sponsored by Cherie Rutherford

V
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56 Denham Street
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Alma Street
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67 Alma Street
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Ph: 4922 3680

Gracemere Water
Shed
28 O'Shanesy Street
Ph: 4933 1555

Ridgelands School News

Welcome back to another busy year.

We would like to welcome all existing and new families to the School. The School would like to welcome Ashley Sauer. Ashley is currently studying at the Central Queensland University and is doing his final Prac and Internship here with us for the entire First Term.

At the present moment our total number of students looks to be seventy five which means we are three short of getting another teacher, so classrooms have been temporarily set as the same as last year until we get definite numbers by day eight. They are: Prep, 1&2, with Mrs Prince 3,4 and 5 with Mrs Paddison and Mr Sauer 6 &7 with Mr Berryman and Mrs Balmain

A big 'thank you' to Chris Lovell for leading the team in organising the refurbishment of the garden beds. I'm sure everybody agrees that it looks fantastic.

We have our new school shirts available to purchase. The design has a couple of little subtle changes but they still look very smart. Thank you to Lyn Foxwell in organising the purchase of our uniforms.

Congratulations to Curtis Duff who has been selected in the Rockhampton and District School 12 Years Cricket team. Curtis will be going to Mackay for the Capricornia Trials later this Month. Good Luck Curtis.

The last School week was a very slow one due to the weather. Hopefully everything will be back to normal soon and we can get on with our Schooling.

Yours in Education
Les Berryman
Acting Principal

Congratulations and Best Wishes to

The Ridgelands State School Year 7 Students of 2002.

Isaac Dodds has started an Apprenticeship in Diesel Fitting.

Jared Gimm is working in the Hospitality Industry.

Shannon Hopkins is studying for a Certificate 3 in Child Services.

Greg Lewis has just completed his Trade Certificate in Boiler making.

Jarrold Munro will be studying Forensic Science at Griffith University.

Deanne Pritchard has completed a Certificate 2 in Beef Production and Agriculture and is presently doing a Traineeship in Tourism and Hospitality at Kroombit Tops Farm Stay..

Luke Shepherd has started an Apprenticeship in Carpentry.

Cassandra Stanke will be studying Occupational Therapy at The James Cook University.

Erica Ward is studying Law at The University of Queensland.

Thinking is the hardest work there is, which is probably why so few engage in it.
Henry Ford.

WHAT' S ON

Date Claimers

Alton Downs Hall Association Inc.

Dances will be held at the Alton Downs Hall on the following dates:

23rd February, 2008

31st May, 2008.

30th August, 2008

29th November, 2008.

Commencing at 7.30pm.

Man in Black will supply the music. There will be a raffle and novelty prizes. Supper will be served.

For more information please phone 49345120.

Dances will also be held on: 19th July, 2008 and 20th September, 2008

Commencing at 7.30pm

Music by **Two Can.**

Raffles, novelty prizes and supper.

Cent Sale

The Annual Cent Sale will be held at the Alton Downs Hall on 12th April, 2008 at 1.30pm.

Commencing time for sale will be 2.00pm.

Great prizes and all welcome.

Phone 49345120.

Ladies: Intelligence is the New Black!

(International Women's Day in March)



NOTICES

Congratulations.

To Suzanne Shepherd and John Little on the birth of Benjamin James

on the

24th September, 2007.

Weighing 8 lb 11 ounces.

For Hire.

Chairs for hire for functions. Contact the Ridgелands State School P&C.

Phone: 49345518.

Found

Tyre Nov '07.

Phone 49341415

PLEASURE FOR AN HOUR,
A BOTTLE OF WINE;
PLEASURE FOR A YEAR,
MARRIAGE;
PLEASURE FOR A LIFETIME,
A GARDEN.

CHINESE SAYING.

MEETINGS

Ridgелands Show

Meeting

Wednesday 12th March,
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

Northern Area Rate Payers Association.

Meet the candidates for the march 15th Election at Alton Downs Hall, March 5th, 7.30pm. Hosted by the Northern Area Ratepayers Association.

Trust in the Lord with all your heart and lean not on our own understanding

Proverbs: 3:5-6

Things Found on the Internet:

What do these WORDS have in common?

Assess, Banana, Dresser, Grammar. Potato, Revive, Uneven, Voodoo

WORD Answer: If you shift each first letter to the end of each word and write the word backwards, the word will stay the same.

Do you have a club, sports or community group or would

like to start a group?

Do you need a place to meet?

Alton Downs Polocrosse and Sports Club is available.

Please contact the Management Committee, PO Box 8051 Allenstown,

Or phone President Alex Reid 49341124,

Secretary Jill Fry 49341444

Richard Thomson
Property & Livestock
Ph: 4927 1308
Mob: 0538 345 928

Laurie's Auto Electrics
55 Archer Street
Rockhampton
Ph: 4922 1195
Mob: 0407 756 046

Battery World
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Ph: 131760/ 49229022

Norm Milner Butcher
190 Campbell Street
Rockhampton
Ph: 4927 6616

Neil Watkins
Solid Timber Furniture
Repairs & Restorations
Ph: 4934 1243

South Side United
Sports Club
Wandal
Ph: 4922 2958

2008 Alton Downs Polocrosse and Sports Club AGM was held on 10th February this is a brief summary.

The president, Alex Reid, advised of the Club's successful grant applications in 2007. These include:

1. a grant for the Tractor and Mower from the Qld Gambling Community Benefit Fund
2. a Stanwell Community Grant was given to us to fence the car parking area off
3. a Community Water for 3 x 5000 gallon tanks (not yet received)
4. a Dept of Families Federal Volunteers grant for \$870 and this was used to refurbish the 1st Aid Box, and buy Dishwasher and electrical items for the kitchen

Other successes were completing the refurbishment of the toilets and purchasing table and chairs for the clubhouse.

Polocrosse Carnival, held in July 2007, was a great success. We had to hold the Bullarama separately in September but the Polocrosse Masters Competition was a victim of the E.I. outbreak. The A.D. Polocrosse team won the A grade competition at the Capricornia Championships and 7 A.D. players participated in the Qld Zone Championships for Capricornia Zone. Congratulations to the teams on a successful season.

Other activities held at the grounds were the Ridglands School Fair, Christmas Carols and Australia Day. The Club was also successfully hired out for private functions during the year.

Alex would like to thank the unflagging efforts of Geoff Hopper and Paul O'Sullivan who along with myself, man the bar on their rostered Friday nights. Without their commitment to our Club we would not be in as good a financial situation. The bar is open Friday nights and burgers, pies etc are available. A Jokers Wild competition is underway in the Bar and the prize increases until it finally won.

Alex thanked the Management Committee and the people who regularly turn up to assist at working bees and before and after events. Without their help the Club and grounds would not look as good. A community-based club relies on the community for support at the events and to keep the club operating.

Look forward to seeing you there this year.

JOKES

1. How do you spell mouse trap using three letters?
2. Mum look, I've just found a lost football.
'How do you know it's lost?''
"Because the kids down the road are still looking for it."
3. Why do Giraffes have such long necks?

Ans: Because their feet stink.

Ans: CAT

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Rockhampton

Ph Danny Mc Namara

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SERVICING ALL CARS, 4WD,
TRUCKS AND TRACTORS

COOKERY CORNER

Mini Salmon & Tomato Quiches

2 sheets frozen shortcrust pastry, thawed

210g can red salmon, drained and flaked

2 green onions, finely sliced

finely grated zest ½ lemon

6 cherry tomatoes, quartered

3 eggs, lightly beaten

½ cup thickened cream

¼ cup finely grated parmesan

Preheat oven to hot, 200°C. Lightly grease

2×12 hole patty pans.

Cut each sheet of pastry into 9 rounds, with a 6cm cutter. Gently ease into recesses.

In a medium bowl combine salmon, onion and zest.

Divide salmon mixture evenly between pastry cases. Top with a piece of tomato.

In a jug, whisk together eggs, cream and parmesan. Season to taste. Pour evenly over filling in pans. Bake for 10-15 minutes until golden and set.