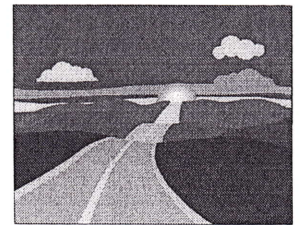


# Around the ridges and a bit beyond



Issue 56 July, 2008.

A community and school newsletter.

Phone: 49341132

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*Please Note:* Cut off date for contributions **15<sup>th</sup>** of every month.

## SUSU MAMAS IN PNG

As our daughter and her family have lived in PNG for the past 6 years we have visited a number of times and have become aware of the plight of the local people.

Sadly, Papua New Guinea alone has one of the highest infant and maternal death rates in the world. This is due to the alarming rate of mothers being ill informed on best feeding and care practices.

For this reason Susu mamas was formed over 30 years ago. Susu is pidgin for milk and Mamas, of course, Mothers, so being like our Nursing Mothers Association. At present they employ 5 nurses, two drivers and a cleaner. In recent years they have been fortunate enough to open a drop in centre located in the hospital grounds at Port Moresby to provide every day support to anyone who comes to the door. Susu Mamas is a non-denominational organisation supported by volunteers, which survives totally on donations and fundraising. During 2007, 105,870 women and 21,714 babies were seen by the Susu Mamas' nurses. The five ladies visit 14 urban clinics in the National Capital District daily. This year they hope to expand to Lae and Mt Hagen. The main fundraising for the year is the Annual Charity Ball which is held on the Saturday night before Mothers' Day in May. This is a great function supported by the expatriates of Port Moresby. Our daughter is on this committee and has been working very hard for some months organising Charity Auctions etc as every Kina (dollar) raised goes a long way to help these less fortunate people. Any one who may be interested in giving a donation to this organisation we would be pleased to supply further information.

John and Kathy Wells

4922 6260

This newsletter is sponsored by:



**Are you sleeping alone  
tonight?**

If you or your family suffer from asthma, allergies or respiratory conditions or have a low immunity then perhaps it's time to remove the most well know trigger from your home, the house dust mite

Did you know that the average adult sweats up to 1.5ltrs a night and loses a bathtub of dry skin every year. House dust mites have a field day in this environment.

We can help to remove allergenic triggers to help people sleep better at night

**Health Protect International** can extract dust mites and other foreign particles found in your mattress. Our products are non toxic and environmentally friendly and the process is completely dry. You can use your bed immediately following the treatment.

Phone Kelli on 0408 761 770 or 49345505

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Mob: 0417 730 604

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Ph: 4933 4500

Engine Centre  
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Danny McNamara  
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Mob: 0438 341 473

Cliff Munro  
Mechanical Repairs  
Ph: 4922 4882

MotorWorks  
Mechanical Repairs  
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A1 Exhausts & Mechanical  
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Fitzroy Nurseries  
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Ph: 4934 1138

## Ridgeland School News

The following students have been selected to represent Alton Downs at the Rockhampton and District Athletics carnival next Monday and Tuesday at Rockhampton High School. They are: Callum Chisholm, Teghan Hunt, Daniel Bahnisch, Mikayla Munro, Melinda Lovell, Kiah Barney, Tessa Harney, Jaide Francis, Tayla Stanke, Henry Balmain, Katie Cooper and Jayden Forrest. Good Luck to these students.

Congratulations to our winners at the Ridgeland Show for Art and Handwriting. All entries were fantastic and I'm sure the judges had a hard time choosing a winner.

Congratulations to all students who competed in the Alton Downs Sports last Tuesday and Wednesday. It was a wet and wild day. Thank you to all parents and members of the community for attending and supporting your children. The points were tallied and Ridgeland are the 2008 champions. Well done.

Our Official opening of our covered games area and gardens was a huge success. A big thank you to our community for supporting this event

Yours in Education  
Les Berryman  
Acting Principal

Where did it come from?

Kowtow was a former Chinese custom of touching the ground with the forehead as a sign of respect or submission; Meaning in English is to try to gain favour by cringing or flattering; "He is always kowtowing to his boss"; or being servile in your manner – deferring to...

### QCWA News

Stitch and Chat have been working on bags for the back of wheel chairs which will be presented at the CWA Regional Meeting in August. Bags from QCWA branches all over Qld will be presented and then given to Homes for people with disabilities. The International Day on Mongolia proved a challenge for organisers and students. The Ridgeland State School students excelled themselves and the QCWA wishes to congratulate the students and teachers and to say how proud they are of these students. Winners of each section are listed below;

Pre-school/Year 1 – Casey Laver

Year 2/3 – Robyn Chippendale

Year 4/5 - Henry Balmain

Year 6/7 – Sarah Barlow

John Fletcher spoke on Mongolia and everyone enjoyed morning tea. The QCWA Annual General Meeting will be held on the 15/07/2008.

MS & SM  
McQuillan  
Mob: 0407 272 224  
Ph: 4934 5560

Amalgamated Pest  
Control  
2b Arthur Street  
Ph: 4921 4255

PJ's Pet Barn  
Open 7 Days  
399 Yaamba Road  
Ph: 4928 0299

Wandal Post Office  
Gifts, Office  
Supplies etc.  
10 Wandal Road

Ray White  
Suzy McNamara  
Mob: 0427 250 208  
Ph: 4934 7315

Ray White  
Vicki Deller  
Mob: 0408 074 874  
Ph: 4923 0000

Ray White Rural  
Geoff McNamara  
Mob: 0429 317 345  
Ph: 4931 7315

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Sun 7am-6pm  
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Stationery  
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## Alton Downs Polocrosse and Sports Club

On Saturday 14<sup>th</sup> June, **Ashlee Moore** had his surprise 18<sup>th</sup> birthday party at the club. His family and friends enjoyed the planning and night. The clubhouse was decorated and looked great and the guests enjoyed steak burgers and a tasty range of sweets and one or two drinks!

Congratulations Ashlee!

Don't forget the **State of Origin decider** night at the Club in the bar. The **Jokers Wild** is still growing. Sports days for the Capricorn Field Archers and the Alton Downs Pony Club and training days for the Polocrosse team are continuing. Should you wish to hire the Club for an event please contact President Alex Reid on 4934 1124 or write to the management committee P.O. Box 8051 Allenstown.

## Polocrosse Report

Competition has started up. On the weekend 14<sup>th</sup> June two Alton Downs teams travelled to Emerald for a grading competition. The A Grade team came 3<sup>rd</sup> in their competition. The C Grade tried hard but did not get a place. The Alton Downs Annual Carnival will be held at the Club Grounds in 12<sup>th</sup> and 13<sup>th</sup> July and we expect 16 teams from Capricornia Zone to attend. Many will camp and on Saturday night we will have a dinner and music. Spectators are welcome and visitors are welcome to join us and buy their dinner if they wish.

## RIDGELANDS SHOW SCARECROW SCANDAL!

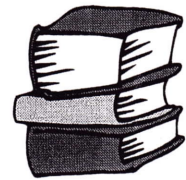
The senior scarecrow competition at this year's show caused a stir. Due to its popularity, skulduggery, kidnapping and impersonating a scarecrow will now become a separate section in the Pavilion. Judges agreed that in future years a pulse check be taken on all entries. Please check next year's schedule for further details. A well known identity, now retired to Gracemere was found talking to a scarecrow and having the most sensible conversation of the evening, much to the Merv of the scarecrow's creator.

## Ridgeland's Show News.

Our 26<sup>th</sup> Annual Show on Saturday 31<sup>st</sup> May and was opened by the Mayor of Rockhampton Regional Council, Mr Brad Carter. It was a miserable day with showers on and off but this did not deter people coming in and enjoying themselves. I would like to thank all show patrons, members, judges, stewards and all helpers for their help. Nominations for horses and cattle were down but all the pavilion entries were well supported. Our next show is on 30<sup>th</sup> May, 2009. See you there.  
**Rob Bishop.**

" A friend is one to whom one may pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away."

- Arabian Proverb



## Hot Book Spot

Dodgy food, feral chefs, and obnoxious kitchen staff are revealed in Matthew Evan's hilarious yet sobering book, *Never order chicken on a Monday* (2007).

Now a renowned food critic writing for nationally and internationally acclaimed restaurant guides- Evans lifts the lid on some of the unscrupulous work practices in many of our Australian cafes, hotels and restaurants. He comes well equipped for the task as a chef of some years standing.

Part memoir, and part expose, Evans discusses why chicken, oysters, or any exotic dishes are **never** a good choice on a Monday (or any other day of the week).

Guaranteed to raise a laugh, the book will serve as a springboard for discovering biographies about various aspects of the industry.

Other books of interest:

- ***A marvelous party: the life of Bernard King*** by S. Clifford-Smith
- ***Sheer bottled bliss: my Margaret River sea change*** by Ian Parmenter
- ***Tales and recipes from a travelling cook*** by Iaian Hewitson

Available from the Rockhampton Regional Council Libraries

- Rockhampton South Library Telephone 49368265
- Rockhampton North Library Telephone 49285800
- Mount Morgan Library Telephone 49381169
- Yeppoon Library Telephone 49393433

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  
Power For Anything  
61 Musgrave Street  
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

Alton Downs  
Polocrosse & Sports  
Club  
Ph: 4934 1124 or  
Ph: 49341 078

Alana's Mobile  
Grooming & Hydro  
Bath  
Ph: 4934 1254  
Mob: 0429 334 196

Greg Thompson  
Excavator Hire with  
Bobcat & Truck  
Ph: 4934 5587  
Mob: 0407 156 662

### Jokes

1. Why does a frog have more lives than a cat?

*A: because it croaks every night!*

2. What is the difference between a fly and a bird?

*A: A bird can fly but a fly can't bird*

3. What do you call a Russian flea?

*A: A Moscow-ito*

### RECIPE CORNER

#### **Chicken Mince Chow Mein**

**1 tablespoon peanut oil**  
**½ red capsicum, seeded, sliced**  
**1 onion, finely chopped**  
**1 teaspoon bottled garlic**  
**500g chicken mince**  
**2 cups finely chopped cabbage**  
**45g packet chicken noodle soup mix**  
**½ cup water**  
**2 tablespoons soy sauce**  
**3 green onions, sliced**  
**toasted chopped peanuts to serve**  
**Heat oil in a large frying pan on high.**  
**Stir-fry capsicum and onion until tender.**  
**Add chicken mince and stir-fry, until browned.**  
**Stir in cabbage, garlic and soup mix.**  
**Add water and soy sauce, bring to boil.**  
**Reduce heat and simmer for 2 minutes.**  
**Stir in green onion and top with peanuts.**

## WHAT'S ON

### Date Claimers

#### Alton Downs Hall Association Inc.

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

30<sup>th</sup> August, 2008

29<sup>th</sup> 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: 19<sup>th</sup> July, 2008 and

20<sup>th</sup> September, 2008,

Commencing at 7.30pm

Music by **Two Can.**

Raffles, novelty prizes and supper.

#### Alton Downs Hall Committee

Sid Hoare is the booking officer for the Community Hall.

His phone number is: 4934 1147

The keys are no longer available from the mail box for collection

If Sid is not available, phone Tom Hoare

4934 1493 or

Joyce Chippendale on 4934 5120 to open the

Hall.

#### Indoor Bowls

Indoor bowls is held at the Alton Downs Hall on one Saturday each month. The

Saturday varies each month so if anyone is interested please phone

Ena on 49341416

for details.

*ALL* are welcome.

## NOTICES

### For Hire.

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

Phone: 49345518.

### Wanted

House cleaner

3hrs/wk

Phone: 4934 5644

### Basic House Cleaning service available

Experienced in both commercial and domestic cleaning

Please phone: 4934 1484

### House for Rent

Phone 4934 5135

After 7.00pm

### Alton Downs Fire Brigade.

Emergency Number is 000.

Fire permits must be applied for 8 hours prior to burning off.

For permit contact your fire warden.

### Found

Black & white cattle dog

Male, friendly

Phone: 4934 1056

## Engine Centre Rockhampton

Ph Danny Mc Namara

07 4934 1473 or

0438 341 473

22 Sheehan Road, Alton Downs  
SERVICING ALL CARS, 4WD,  
TRUCKS AND TRACTORS

## MEETINGS

### QCWA

Ridgellands Branch meets 9.30 am 1<sup>st</sup> Wednesday of month.

### Stitch and Chat Group

Meets 9.30am

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of

month. QCWA room

All welcome

Phone: 49345120

### Show Meeting

9<sup>th</sup> July 2008

7.30pm

**Respect goes both ways.**

**Give respect to receive respect.**

Lazy hands make a man poor, but diligent hands bring wealth.  
Proverbs 10:4

### HEALTH PROTECT INTERNATIONAL ROCKHAMPTON

#### MATTRESS SANITISING SPECIALISTS

Do you suffer from any of these?

**Allergies Asthma Sneezing or Itching  
Sinus Bronchitis Eczema**

Our four stage dry process can have you sneezing less and sleeping easier

Unique 4 Stage dry process. Mattress

can be used immediately after treatment

Phone Kelli 0408 761 770/49345505

**For a free mattress analysis**

### Words of the Month

**Autotonsorialist** -

one who cuts their own hair

**Estrapade** -

a horse's attempt to remove it's rider

**quidnunc** -

one who always wants to know what is going on

Try slipping these into your daily conversation!



RIDGELANDS STATE SCHOOL

# COUNTRY FAIR

AT THE SCHOOL

23<sup>RD</sup> AUGUST 2008

– starting 1:00pm

CAKE STALL

PLANT STALL

FOOTBALL  
THROW

TENNIS SERVE

HOLE IN ONE

WHACK-A-RAT

KARAOKE 'TIL  
LATE

PICK A PLOT

FROG HOP

MULTI - DRAW

FACE PAINTING

CRAFT STALL

Don't Forget To Get You're Pre-  
Paid Wristbands For The Rides  
From The School Office

And Much More