

Around the ridges and a bit beyond



Issue Number 65 *MAY 2009*

A community and school newsletter.

Phone 4934 1192

Fax: 4934 5565

email: aroundtheridges@eq.edu.au

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

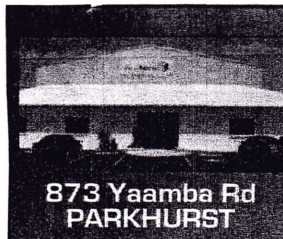
In 2008 Paul Bowman, Assistant NYC Coach to the North Queensland Toyota Cowboys spoke at the opening of the Confraternity Shield and the Queensland Independent Secondary Schools Netball Competitions at Brown Park in Rockhampton. Paul kindly agreed to let us print his encouraging speech:

My first association with the Confraternity Shield occurred 20 years ago in 1988 when I attended the carnival at Nudgee College as a spectator with my family. The association continued as a student at St Brendan's College for the next 5 years – from the school hosting the carnival in 1990 to playing in 1992 and 1993. The standard of play and the toughness of the competition were like nothing I had ever seen or experienced before in schoolboy football. Since leaving school I've attended the carnival as a spectator on 2 occasions when it was held in Townsville and this is the second time I've spoken at the opening of the carnival. It's fair to say that the Confraternity Shield has been a huge part of my life and the values and ethos of the carnival have left an indelible imprint on my character and helped make me the person that I am today. I'm sure the Confraternity Carnival has impacted positively on the lives of many young men in the past. The recent inclusion of Netball ensures that this positive influence now extends to many young ladies as well.

As a player in the St Brendan's team at the Confraternity Shield in the early 1990's, we didn't have the success that we all aspired to but I still look back on those times with a lot of fond memories. In Cairns in 1993 we were confident of success but injuries conspired against us, losing several key players after the first game of the second morning and we failed to make the semi finals. At the time it was a huge disappointment but it probably made me a more determined person. If success comes too easy it is never fully appreciated and usually taken for granted. I look at the situation the Cowboys are going through at the moment – most of those players came into the side when we were winning and didn't have to go through the hard times when we really struggled. I think they've taken success for granted and haven't worked as hard as they could have.

They hadn't been through the tough times so the desire for them isn't as great as it was for me. Now that they know the feeling of disappointment I'm sure they'll come out the other side better for the experience. I never had a contract or scholarship with an NRL club when I left school and I actually played rugby union for a year in Brisbane when I went to university. When I did get a contract with the Cowboys in 1995 do you think I was more motivated?

This newsletter is sponsored by:



873 Yaamba Rd
PARKHURST



FREE 'ON TIME'
DELIVERY
(To most areas access permitting)

WATER TANKS

FREE Pump

while stocks last
with 5,200 Gal
water tank

750 – 6,200 Gal Available

Fully self supporting Roof
Made using only highest quality
Australian Standard Materials
TANKS ACTUALLY HOLD VOLUME
Ph: 133 366 11 10 or 4923 1111

MOLLASSES TANKS

UAN, Fertilisers
chemicals etc

Email: sales@nu-tank.com.au

web: www.nu-tank.com.au

Strop's Upholstery
Canvas, Horse Rugs,
Furniture, Motor
125A Stanley Street
Ph 4927213

The Valuer - Rural,
Residential, Industrial
Commercial.
110 Alma Street
Ph 1300 868 258
Michael Murphy

CSV Capricorn Vet
Surgery Ph 4927 3688
22 Gladstone Road
Dr Richard Olsen &
Dr Sallyanne Olsen

**Rockhampton Equine
Clinic** Ph 4928 4266
By Appointment Only

Bell's Water Supplies
Clean Drinking, Pool,
Stock & Construction
Water. Ph 49 331752
Mob. 0418 725676

**Gracemere Water
Shed** Ph 49331555
28 O'Shanesy Street,
Gracemere.

**McCracken's Water
Services** Ph 49223680
Peter Hunt
0418799680
56 Bolsover Street

**Alton Downs
Polocrosse and
Sport's Club.**
Licenced Premises for
hire with camping
facilities.
Paul 49341396
Jill 49341444
Alex 49341124

Alton Downs Hall
Syd 49341147

Ridgeland's Hall
Rob 49345564

**Rockhampton
Regional Council**
1300 22 55 77
Division 5 Councillor
Ms Cherie Rutherford
0439 753
cherie.rutherford@rcc.q
ld.gov.au

Full Advertising
details available in
Community Business
Directory. 49341132

In terms of winning and losing, whether you are playing netball or rugby league, some people here tonight are going to have a successful week but most not. But is whether you won or lost the only measure of success? Do you think winning more games than you lose or vice versa will determine what you will become for the rest of your life? I know there will be recruitment officers and talent scouts from many NRL clubs watching during the week but will signing a contract mean you will play first grade? Will representing Queensland in Netball at school level ensure a career as a professional netballer in the new Trans-Tasman Netball Championship? The statistics say no. Out of over 110,000 junior rugby league players only 0.003% will play first grade. That's means only a 1 or 2 of you here tonight will play in the NRL and if you're lucky enough to be one of those then your career will last on average 3.8 years. The statistics are even worse for the girls. With over 1.2 million registered netball players nationwide, Netball is the most popular team sport in Australia. Unfortunately this only translates into 60 semi professional players in Australia. That's 1 player for every 20000 and with a minimum wage of only \$12,000; most players need to work another full time job to make ends meet. I was lucky enough to have a long career but I still needed to do something for the next 30 years of my working life. I had to make a few sacrifices but I was able to complete a degree while still playing so I had something for life after football. It's important that you focus on a career outside of sport, because only a select few will earn the type of money that can set them up for life or be in a position where their career can present them with opportunities in other mediums such as the media or with big corporations.

At your age, sport may seem like it's the only thing in the world but it's important that you have a plan for something else. The reality is that sport won't take you too far and even if it does, 3.8 years is not a long way. I'm not trying to discourage anyone from playing sport, far from it! What I'm talking about is thinking sport will be a career! But in terms of life skills I truly believe that sport and especially team sports can take you wherever you want to go. Working together you can accomplish anything and there will be many times in the future where you will be required to work as part of a team. Skills learnt through sport are directly applicable to all situations and can open doors to many opportunities. Team sport encourages unselfish behaviour, teaches discipline and sacrifice, enhances effective communication and promotes leadership. Being a good team mate or team player are the characteristics that future employers will look for. And it's easy to be a good team mate when things are going well. The true test of a team mate is when you drop the ball over the line or miss an easy goal, kick it out on the full or throw an errant pass, miss a tackle or lose your opponent, knock-on three times or drop a straight forward pass, or throw that intercept pass to watch a clean pair of heels run 90 metres to score under the sticks or shoots the game winning goal. Now, while you're hanging your head in shame and think why am I even out here? The true test is, when your team mates won't condemn you or ridicule you for what you have just done, but will come and pat you on the back or rub your head or pick you up off the ground and tell you that everything's fine and let's move on. You can hear their voices washing away the previous error. "Come on mate, let's keep going".

When it comes to success or failure if you lose every game this week but have given your absolute best and played in the true spirit of the carnival than you've been a success or success will come your way in the future. Anyone can play and look good in a side that's winning - that takes no courage. It takes courage and character to not lose your head when things aren't going your way. It takes courage and character to keep defending when you're losing by 30 or to keep encouraging your team mates when they're making mistakes. If you win the carnival but are arrogant and big headed then you're going backwards and are headed for failure, maybe not this week in people's eyes but I guarantee you are. If you work hard, play in the true spirit

Robo's Motor Works
Peter Robinson
49210200
Cnr North & Campbell

A1 Exhausts and
Mechanical – **Tony
Hodgon** 49221799
Cnr Denison & William

Fitzroy Nurseries
Six Mile Rd, Pink Lily
49272388
Open 7 days 8-5pm

Painting Contractor
RJ Myirea
49341138
0439 690 354

MS & SM McQuillan
Painting Contractor
49345560
0407 272 224

Real Estate &
Livestock Marketing
Geoff McNamara
49317315
0429 317 345

Real Estate &
Livestock Marketing
Suzy McNamara
49317315
0427 250 208

Adnought - Sheet
Metal Fabrication
McLaughlin Street
49361688

Sisleys Office Choice
50 Denham Street
Ph 49276177
Fax 49273741

S.W.Kele & Co
Tanks, Troughs, Grids
2 Canoon Road
Ph 4927 4505
A/Hrs 4922 1597

Robo's Tyre Works
4 Wandal Road
Ph 49 222 702
Fax 49 222 511

of the game, respect your opposition and win with humility, then you deserve all the success that you get, now and in the future. In closing I would like to wish everyone the best of luck for the week. Remember that nothing good comes easy, you have to work hard for it and the harder you work the more you will appreciate and treasure it. As legendary NFL coach Vince Lombardi said, "The dictionary is the only place where success comes before work." Enjoy the friendships that are made or strengthened during the carnival because when you look back on the week, those memories will mean more to you than where you finished.

CWA MOTHER'S DAY AFTERNOON TEA 9TH MAY 1.30PM @ RIDGELANDS HALL

Adults \$7.50, 5-14yrs \$5.50 Proceeds to QLD Farmers affected by floods. Contact Leanne Chippendale Ph: 49345157

Ridgeland School News

Teachers and students are becoming familiar with the inclusion of Interactive Whiteboards in their classrooms and already you can see the enthusiasm it has created in the students.

It was a tremendous effort for Alton Downs District to be involved in the inaugural EQ rugby league shield. Ridgeland provided 7 students to the team with all of them representing the school well. The team was unlucky not to get a win in their pool games but made amends in the medal final by beating Calliope 14-8. Participation pennants were presented to each child involved.

Finally, a huge thank you to the "Round the Ridges" newsletter committee for their generous donation of \$2000 towards reading resources for the school. These funds have been utilised to increase the number of resources available in class to assist the curriculum delivery. Brad Carlson Principal

"Modern man lives under the illusion that he knows what he wants, while he actually wants what he is supposed to want." Erich Fromm

RECIPE CORNER

Gardening Tip

Plant Sweet pea seeds on ANZAC Day.
(Still too hot on St Patrick's Day).

Rural Fabrication

Stockyards, Fencing & Custom Trailers

Bobcat: 4in1 Bucket, Trencher, Forks,
300-450mm Augers & Mixer

PH 0407031621

ABN: 33499415782



Division of Managers Pty Ltd

Pump Repairs
Fittings
New pumps
Solar Pumps
Irrigation.

Stewart Dunlop
Dip app Sc
0414 268 899

FAX: 07 4921 1401
QBSA Lic No. 1143152
ABN: 42 068 017 274
EMAIL: stewart@solarain.com.au
PO BOX 1587 Rockhampton QLD 4700

WATER POWER & IRRIGATION

WHAT'S ON

Indoor Bowls

held 1st Saturday of every month at Alton Downs Hall all welcome.

Alton Downs Hall Committee

Sid Hoare is the booking officer for Community Hall. 49341147.
T Hoare Ph 4934 1493
J Chippendale 4934 5120

Alton Downs Hall Dances

16th May, 2009,
29th August, 2009
31st October, 2009
Commencing at 7.30pm
Music by Man in Black
Phone Joyce 4934 5120
Tom 4934 1493

ANZAC DAY DAWN SERVICE

Alton Downs Hall
4.27am

grandchildren and 50 foot hole where the crematorium used to be.

INSPIRATIONS

If your dog thinks you're the best, don't seek a second opinion.

Life's uncertain – eat dessert first.

NOTICES

Alton Downs Polocrosse & Sports Club
BAR OPEN Friday Nights

For Hire.

Chairs for hire for functions. Contact the Ridglands State School P&C.
Phone: 49345518.

Alton Downs Fire Brigade.

Emergency Number is 000.

Fire permits must be applied for **48 hours** prior to burning off.
For permit contact your fire warden.

Wanted

House Cleaner
3hrs/ week
Phone: 4934 1044

WANTED – House cleaner for 2-3 hours per week in Alton Downs area

Amelia Jayne Ross
16/3/09
Happy Grandparents
Hugh and Joyce
Chippendale.

MEETINGS

QCWA

Ridglands Branch meets 9.30am 1st Wed of month.

Stitch and Chat Group

Meets 9.30am 2nd & 4th Tuesday of month. QCWA room All welcome
Phone: 4934 5538

Show Meeting

Wednesday,
13th May, 2009

Morinish Landcare

meeting Wed 8th April
Lower Morinish Road
9.30am morning tea for
10:00am start.

Bring your own chair, morning tea and lunch.

Topic: Various chemical methods of lantana control
Everyone welcome.

Engine Centre Rockhampton

enny McNamara

Ph: 4934 1473
ob: 0438 341 473

22 Sheehan Rd
Alton Downs

all Cars, 4wd, Trucks and Tractors

