

# Around the ridges and a bit beyond



Issue 72, 2009.

DECEMBER

A community and school newsletter.

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CUT OFF date for NEXT MONTH is 12<sup>th</sup> December. For events please give 2 months notice

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## Kokoda Trip

My trip to Kokoda was unique and life changing. The journey started around January/February when Camp Quality set a momentous challenge for any willing person, crazy enough to walk the Kokoda Track. I had a lot on my plate for the year but I decided to take on the challenge. Between February and September I fundraised, trained, completed uni and watched my beautiful sister get married. I also raised the targeted amount set by Camp Quality of \$8000. I was training 4-5 days per week usually between 1-3 hours per day. I was relieved when September finally came.

On 20<sup>th</sup> September our group of 9 set off from Australia to Port Moresby and then to Kokoda. We were all quite nervous to board the plane as the flight was dangerous, and had claimed 9 Australian lives a few months before. I don't think I have ever seen 9 people listen so eagerly to the emergency instructions and read the flight plan so thoroughly! We arrived safely, landing on a grass field surrounded by rubber trees. That was just one of many testing situations to follow.

It took us 9 days to complete the 96 km track. Due to illness, flight delays and rain the days varied in length from 7-10 hour days of walking. We usually started at 5.30/6 am every morning and took a few breaks before 10am. We had a 10-15 minute break and continued on until lunchtime at 12.30pm when we would have ½-1 hour break.

Throughout the trip, I felt confident in my fitness. I felt that I had done adequate training and was both mentally and physically fit enough to complete the trip and I wasn't completely exhausted every day. Sometimes mental fitness is extremely underestimated and I don't know if I could have finished the trip without feeling confident on the inside. I did hurt my knee from over extending my legs on the downhill, something I never expected to happen. After strapping, painkillers and deep heat and a fair bit of whinging, I continued on.

I find it extremely difficult to explain the wonderful people. The villagers were all welcoming and excited by our arrival. The children were cute, cheeky and fun to play with but I think we best learnt about the PNG people through our porters who worked tirelessly for us. By the end of the trip we were fortunate enough to have seen their gentle, caring, passionate and fun-loving nature. My favourite recollection was listening to them sing and relax after a hard day, all in perfect harmony, all singing passionately with no reservation.

The food was quite exciting and different. I can't say I've ever mixed 2 minute noodles with baked beans and a vita wheat for lunch before. I have now. We would have this meal every lunch along with cups of tea, tuna and Pringles. For dinner we were served chicken and pasta, bolognaise and pasta, Spam and mashed potato to name a few dishes. This was quite a different diet for all of us and certainly cleared the windpipes of our bodies. We also had a stash of muesli bars and other snacky items in our bags. Being a picky eater who used to throw the pattie out of hamburgers, and who cut every slither of fat from the meat, I had to 'suck it up' and eat up.

The toilet and bathroom was a hot topic in my house before leaving. Constipation, diarrhoea, snakes, peeping toms, peeing on my feet and cold river baths were just some of the fears I had to face while on the Track. I soon got used to holes in the ground, rotting floorboards and baby wipe baths. I did however, experience the hardest shower of my life. Between cold water, lack of pressure, holey canvas walls, lowest structure and nowhere to hang

*Position Vacant: One day a month, a sense of humour, patience and no pay- join our Newsletter team today!*

**Earth Moving**

Tipper Excavator  
Bobcat - Kelly Bush  
Ph 0407 162 156

**Earth Moving**

Truck Bobcat ++  
Greg Thompson  
Ph 4934 5587

**Earth Moving**

Truck + Bobcat Hire  
Geoff Estreich  
Ph 4934 5958

**Equestrian**

Showdown Rugs  
Sheree Abotomey  
Ph 1300900964

**Farm & Livestock**

Rocky Feed & Seed  
Gladstone Rd  
Ph 49227307

**Ice Cream Van**

Gloria Bills  
Ph 49341125 or  
0428341125

**Gifts**

Australian Country  
Living  
Ph 49280088

**Hay & Fodder**

Delrosa  
Ph 49341135 or mob  
0418 155 819

**Mechanical Repairs  
& RWC etc**

Cliff Munro  
Ph 49224882

**Dressmaker**

Gloria Bills  
Ph 49341125 or  
0438 341125

**AUCTIONEER**

Richard Thomson  
Ph 49271308 or  
0438345928

**Auto Electrical**

Laurie' Auto Electrical  
Ph 49221195 or  
0407756046

**Batteries**

Battery World  
Rockhampton  
Ph 49229022

dry clothes, I discovered that many of the villagers, porters and other trekkers used a path higher up the mountain dangerously close to my cubicle. I soon realised that there were no trees, or scrub, between the shower and the path and that I could see their entire body from head to toe. This meant that they could see mine as well!

The sleeping arrangements were more than expected. Each night we were housed in a typical PNG hut with grass roof and thin rough wood floor. The porters would stay in a similar styled hut with a fire out front to make our dinner. We slept on the thin mattresses we brought and covered ourselves in sleeping bags. The only problems we faced were stray dogs stealing our snacks and the leaky roofs.

The first few days and the last few days were hot. The hats and sunscreen came out and the sleeping bag was off. Then for the next 4-5 it was cold. I am a frog and am always cold so I found myself getting goose bumps if we stopped for longer than 10 minutes and I needed 2 jumpers and a sleeping bag to keep me warm at night.

It is impossible to train to the conditions of the Kokoda Track in Rockhampton. Walking up Mt Archer every weekend was difficult due to the dry hot climate and dry and bare conditions but it was nothing like the Kokoda Track. The real Track chops and changes from mountains to hills, wet to dry and hot to cold conditions. Most of the track was wet with puddles and slippery ground. The forest like terrain meant we were walking between massive tree roots, weaving our boots between puddle, root and ground. The uphill were relentless, some taking 20 minutes to climb, others taking 2 hours. The downhill weren't much better. Many falls, injuries and sore knees came about from these 'downs'. I would compare it to walking up a slippery, wet staircase that was made of big and little steps.

Our porters did a tremendous job keeping us standing any way possible, even falling over themselves, just to ensure we were safe. We walked across many river crossings, where porters would walk in the water and hold our hands just to get us across safely. Some of us were lucky enough to get porters who'd stop us and run ahead to put stepping stones across the creeks so we didn't get wet.

I learnt a lot about WW2 and am still in awe at how 400 Aussies were able to hold back 13,000 Japanese soldiers until their backup support came. I don't think I really understood the extent of the lives lost until I visited the war Memorial in Port Moresby after the trek. I walked past the gravestones of men who were 19, 20, 21, 22 and 23. My age. I was extremely saddened to think that they had their whole lives ahead of them, just like me, but died suddenly, fighting to save Australia. It is too difficult to explain how I feel about these men and the sacrifice they made for people like me to live comfortably in the 21<sup>st</sup> century.

Overall I absolutely loved the experience. Before I did this trip I didn't really enjoy camping, I hated being dirty and had never trained for anything in my life. Now I feel empowered, knowing I completed such a difficult task. I felt extremely grateful that I live in Australia and never want to take anything for granted. The Kokoda Track experience will forever hold a dear piece of my heart.

**Jessica O'Neill, Alton Downs**

**To make 12 Cinnamon No Bake Cut Out Christmas Ornaments**

- Mix  $\frac{3}{4}$ - 1 cup applesauce with 1 4.12 oz bottle of ground cinnamon to form a stiff dough.
- Roll out to  $\frac{1}{4}$  inch thickness and cut with a cookie cutter.
- Make a hole for the ribbon.
- Place the cut out on a rack to dry for several days turning occasionally.



*Sponsors needed each month to help with the costs of the newsletter with a front page advertisement for your business only \$50 !*

Q: What do you call a vampire that lives in the kitchen?

A: Spatula!

**Pest Control**

Amalgamated Pest Control  
ph 4921 4255

**Supplies**

PJ's Pet Barn  
Nth R'ton  
ph 4928 0299

**Post Office, Fax  
Photocopying etc**

Wandal PO  
ph 4927 2101

**Gardening tip:**

**Tomato cylinders - A quick and easy method of staking tomato plants.**

Cut several lengths of 100mm galvanised fencing wire about 1.5 metres long. Make each into a cylinder by twisting the ends with pliers to hold the shape. Place over young tomato plants and hold in place with a stake woven through the side of the mesh and hammer it into the ground. As the plants grow the frames support them so there is no tying required. The fruit is also supported well. I have used a similar method around a small mango tree to support the fruit and prevent the branch from breaking. Reusable and easily stored.

Ridgelands Show Committee meeting 9<sup>th</sup> December at 7.30 pm - Rob Bishop President

**Real Estate**

Ray White Rural  
Geoff McNamara  
ph 4933 3309

**Tanks**

SW Kele - precast  
Concrete grids etc  
ph 4927 4505

**Tyres**

Robo's Tyreworks  
Wandal  
ph 4922 2702

**Upholstery**

Strop's Upholstery -  
motor, marine etc  
ph 49272137

**Mechanical Repairs**

Robo's Motorworks  
Wandal  
ph 4921 0200

**Veterinary**

Capricorn Vet  
Surgery  
Rockhampton  
ph 4927 3688

**Veterinary**

R'ton Vet Clinic  
all hours  
ph 4928 4266

**Water Services**

Bell's Water Supplies  
Drinking & Stock  
ph 4933 1752

**Water Services**

McCracken's Pumps  
& Irrigation  
ph 4922 3680

**Savoury Impossible Pie**

2 cups Milk	4 eggs	90gms melted butter
½ cup plain flour	1 cup grated cheese	1.2 cup chopped ham
1.2 frozen spinach (thawed)	½ cup sundried tomatoes	2 chopped spring onions
1 tblespn chopped parsley		

**Method:**

Preheat oven to moderate 180 degrees Lightly grease a deep 25cm pie plate. In a large jug whisk together the milk, eggs and butter and season to taste. Sift Flour into a large bowl. Make a well in the centre and gradually stir in the milk mixture. Mix in ½ cup grated cheese, ham, drained spinach, tomatoes onions and parsley. Spoon mixture into prepared pie plate and sprinkle with remaining grated cheese. Bake for 45-50 minutes until firm and golden brown on top. Cut into wedges and serve with a garden salad. Preparation 20 minutes Cooking 50 minutes Serves 4-6

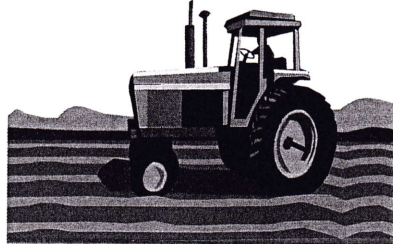
**A big Thank you to the volunteer firefighters who assisted during the recent fires around Rockhampton. Well Done!**

**Engine Centre  
Rockhampton**

Danny McNamara  
Ph: 4934 1473  
Mob: 0438 341 473

22 Sheehan Rd  
Alton Downs

**Servicing all Cars, 4wd, Trucks and  
Tractors**



**Date Claimer**

Licensed Christmas  
Karoake in aid of  
Ridgelands Hall Funds.  
Saturday, 5<sup>th</sup> December,  
2009.

6.30pm at the Ridgelands  
Hall.

Spit pig, roast beef and  
vegetables.

**Adults \$12.00, with  
lucky meal ticket.**

Primary school children  
\$5.00

Sweets \$3.00

Christmas lollies for the  
children

RAFFLE

**GOLD COIN ENTRY**

Australia Day Celebrations held 26<sup>th</sup> January from 3.30pm at Alton Downs Polocrosse and Sports Club in Waroula Rd. Old fashioned games, fun and fellowship

**Office Supplies**

Sisley's- Denham St  
Rockhampton  
ph 4927 6177

Previous news letter ¼ instead of ½ cup flour

all welcome



# Skin Deep

## Rejuvenation Clinic

61 Elizabeth Drive Nth Rockhampton 4701  
 email: rockhampton@batteryworld.com.au

Remedial.	\$60
Stone Massage 1 hr	\$60
Lymphatic 1 hr.	\$60
Sports 1hr.	\$60

### Exfoliate & Massage Spa 2 hr. \$150

Full body massage, body scrub and facial you will be totally relaxed and it is perfect for anyone suffering stress and overload.

### Waxing

Eyebrows.	\$8
Bikini Top.	\$18
Top Lip.	\$15
Brazilian.	\$45
Underarm.	\$10
Half Leg.	\$20
Full Leg.	\$35
½ Arms.	\$15
Full Arms.	\$25

### Make-Up

Full make-up for weddings etc.	\$50
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### Spray Tan

Full Body Tan.	\$25
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### Girls Night Out

A fun night with your friends, Massage. Facials, Manicures Pedicures. Food & drink packages. To suit your needs. Great for a Hens Night. Call & talk to Kitty For more details.

**4927 4450**

**Hair Studio - Massage - Waxing**  
**Nails - Spray Tanning**  
**4927 4450 Facials (all beauty) 4927 4450**

### Ladies'

Cut only	\$25.00
Shampoo cut dry off	\$35.00
Shampoo cut blow wave	\$50.00
Pensioner cut	\$23.00
Pensioner cut blow wave	\$35.00
Blow wave short hair	\$30.00
Pensioner set/blow wave	\$25.00

### Mens'

Style cut	\$22.00
Pensioner cut	\$15.00

### Children

Cut (0-5)	\$10.00
Cut (primary)	\$14.00
Cut (secondary)	\$17.00
Additional blow wave	\$10.00

### Packaged services'

#### Tint Trim Blow Wave

Short hair	\$75.00
Medium hair	\$95.00
Long hair	\$120.00
Pensioner tint trim dry	\$70.00

### Perming

#### Includes cut blow wave

Short hair	\$75.00
Medium hair	\$85.00
Long hair	\$120.00
Spiral perming	P.O.A

### Pension Perms'

#### Includes cut blow wave

Short hair	\$65.00
Medium-Long	\$75.00

### Mens' Colouring

Full tint	\$40.00
Tip Cap (streaks)	\$45.00
Half head foils	\$55.00
Full head foils	\$70.00

### Ladies' Colouring Permanent

Short hair	\$45.00
Medium hair	\$70.00
Long hair	\$85.00
Pensioner tint	from \$35.00

### Semi Permanent

Short hair	\$39.00
Medium hair	from \$45.00
Long hair	from \$49.00

### Foiling

Partline foils	\$65.00
Short hair	\$75.00
Medium hair	\$85.00
Full head foils	\$125.00
Full head bleaching	from \$65.00

### Individual foils

Short hair	\$ 6.00
Medium-Long hair	\$ 8.00

### Tipping Cap (streaks)

Short hair	\$45.00
Medium-Long hair	from \$75.00

• **SPECIALISING IN**  
**WEDDING & FORMAL**  
**UP-STYLES**

We also have a full Hair dressing Salon  
 on the premises and qualified nail technician. Call for Bookings

### Deluxe Facial 1 hr. \$60

Total relaxation! includes face, neck & decolletage

### Quick pick me up hr. \$35

Cleanse, steam, mask, tone and moisture using 'Artisty' Skin Care Products.

### Manicure hr. \$25

Nail soak, shape, massage and polish.

### Pedicure 1 hr. \$50

Relax your feet in a heated foot spa. Have your toenails trimmed, shaped, buffed and painted. Foot exfoliation an heel buff. Then to top it off a total foot massage.

### Full Body Pamper 2 hrs \$160

This is the ultimate, heaven on earth. A full body massage followed by a deluxe facial then a eyebrow shape & tint Eyelash tint. to finish you will have a manicure & pedicure and if you want a make-up as well.

### Massage

Full Body 1 hr.	\$60
Back ½ hr.	\$35
Neck & Shoulder 1/4 hr	\$15

### Gift Vouchers Available

A very special gift for someone you Care About.