

Around the Ridges

And a bit beyond

Issue 137 September 2015 E: aroundtheridges@hotmail.com

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In Event of an Emergency ALWAYS Call 000

Last week I attended an Emergency Services Training day and I thought that it may be timely to pass some information onto you. Emergencies are not just huge events like Marcia and floods. They also include house fires, bush fires and accidents. After Yasi the 'boffins' worked out that for every \$1 spent in education and preparedness saved \$9 in response costs. In rural areas especially where a response may take a little longer than in towns it pays to prepare. In Queensland the local government (Rockhampton Regional Council) is responsible for disaster management.

A HOUSEHOLD EMERGENCY PLAN lets everyone in the family know what to do in an emergency e.g. who will collect the kids from school or day care? (If the phones go out the roads could get clogged with traffic). Who is to move the stock and to where? Will we cut fences? Who can get the pets? Who will collect the emergency kit etc? Where will the family go? Record the location of a fire extinguisher, emergency kit, mains power switch and locations of water, petrol and gas. Check your smoke alarm and radio. If you have children include colouring books and pencils in your kit

Prepare a **PHONE LIST** of people to call, including Doctor and any out of town contacts who may worry. Ensure you take your phone or electronics charger with you!

Prepare an **EMERGENCY KIT**. Check the contents and batteries in your emergency kit and include a list of any medications the family members may need. **Scan** your precious documents like birth certificates, wills, driver's licence and insurance, mortgage whatever and store this on a USB, attached to a lanyard, which can easily be grabbed. (Lack of documentation was a major issue during earlier emergencies such as floods and cyclones). Remember 1st Aid kit, water, sunscreen, torch and spare batteries, reflective tape jackets.

In the event of a large emergency you can help by registering with Red Cross on their website on the "Register Find Unite" page which is activated only in emergencies and enables people to let others know they are safe and perhaps where they are located. Listen to ABC Local radio for updates.

The most essential thing is to **know your neighbours**. If you are new to the area ask them about road problems in times of flooding and when your road to town may be cut. Ask them what you may need to prepare for times of crisis. If your neighbours agree get details of their names, contact numbers of them and their family members in case you need to help them. Keep up with local *Facebook pages* and *fitzroyridges.com.au*.

www.rockhamptonregion.qld.gov.au/Our_Region/Disaster_Management/Disaster_Resources have an **Emergency Action Guide** which you can download. Red Cross Regional Office has booklets for families and children.

Keep safe: Jill Fry

LAST ISSUE Page 2 was not printed – reprinted next page with apologies to those concerned.

Around the Ridges and a Bit Beyond is a community and school newsletter.

It is produced monthly, and is funded through sponsorship and advertising. Advertising for special events must be submitted two months in advance.

PLEASE TELL US YOUR STORIES! We want to hear them!!!!

If you wish to contribute to the newsletter, please send all material in by the 11th of every month

SAVOURY SPUDS

Cheesy Ham & Avocado

4 large potatoes
1 avocado, peeled, diced
2 green onions, finely sliced
1 lime, juice, grated zest
¼ teaspoon Tabasco sauce
150g ham, finely chopped
1 medium tomato, finely chopped
2 tablespoons grated parmesan
sour cream to serve

Method:

Preheat oven to moderate, 180 C.

Line an oven tray with baking paper.

Scrub potatoes and prick all over with a fork. Place directly on oven shelf and cook 1 ¼ hours, until cooked through. In a small bowl, combine avocado, onion, juice, zest and Tabasco. Season.

Cut each potato in half lengthways and place on oven tray. Scoop out a little flesh. Sprinkle potato with ham, tomato and parmesan.

Bake 4-5 minutes until cheese melts.

Sprinkle with avocado mixture. Serve with sour cream.

Try these with cooked savoury mince or barbecued chicken in place of ham.

Capricorn Christmas Trail

Organised by the Inner Wheel Club of Rockhampton South.

Sunday 31st October and Sunday 1st November 2015

Christmas displays have been set up in nine homes and gardens in the Rockhampton area, and ticket holders may view these over a two day weekend. Each home has a particular theme, such as Australiana, Tartan, Music, Teddy Bears' picnic, Shabby Chic and Traditional. Tickets are pre purchased, with lunch an optional extra.

A number of stalls will display their wares at the Alton Downs property. Funds raised will be donated to the Carinity Communities Wahroonga, which counsels abused and troubled children at risk. For further information, please ring Everil Curd 49287216, Mob. 0438752284 Rilla Evans 49341170, Mob 0417196800.

BIRDLIFE AUSTRALIA AUSSIE BACKYARD BIRD COUNT is on between 19-25 October and Birdlife is keen to hear from anyone who is interested in the birds that venture into their backyards. All you have to do is spend 20 minutes to help. The results will help Birdlife Aust understand the everyday birds which live in proximity to people.

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- ✓ Sonic Testing
- ✓ Amsoil Racing Oil
- ✓ MSD Ignitions



22 Sheehan Road Alton Downs QLD
Email: enginecentrerockhampton@gmail.com

Telephone: 0749 341473
Mobile: 0438 341473

Open Invitation

To past students of "Ridgeland State School",

Their parents and any community members who would like to help celebrate

Tom Rayners 30th Birthday..... Tom will be 30 on Saturday 3rd of Oct.

To celebrate we are holding a party at "Craigilee"

Start **10am until late at night**. Food provided, but please *bring your own drinks*.

Freestyle MTX demos during the day. Live music at night.

If you would like to come or want more details phone Linda 49347621

From Email: Next time you have a bad day at work think of this guy.

Bob is a commercial saturation diver for Global Divers in Louisiana. He performs underwater repairs on offshore drilling rigs. Below is an E-mail he sent to his sister. She then sent it to radio station 103 .5 on FM dial in Indiana, who was sponsoring a worst job experience contest. Needless to say, she won. Read his letter below...

~Hi Sharon,

Just another note from your bottom-dwelling brother. Last week I had a bad day at the office. I know you've been feeling down lately at work, so I thought I would share my dilemma with you to make you realise it's not so bad after all. Before I can tell you what happened to me, I first must bore you with a few technicalities of my job. As you know, my office lies at the bottom of the sea. I wear a suit to the office. It's a wet suit.

This time of year the water is quite cool. So what we do to keep warm is this: We have a diesel powered industrial water heater. This \$20,000 piece of equipment sucks the water out of the sea. It heats it to a delightful temperature. It then pumps it down to the diver through a garden hose, which is taped to the air hose. Now this sounds like a darn good plan, and I've used it several times with no complaints.

What I do, when I get to the bottom and start working, is take the hose and stuff it down the back of my wet suit. This floods my whole suit with warm water. It's like working in a Jacuzzi. Everything was going well until all of a sudden, my butt started to itch. So, of course, I scratched it. This only made things worse. Within a few seconds my ass started to burn. I pulled the hose out from my back, but the damage was done. In agony I realized what had happened. The hot water machine had sucked up a jellyfish and pumped it into my suit. Now, since I don't have any hair on my back, the jellyfish couldn't stick to it, however, the crack of my ass was not as fortunate. When I scratched what I thought was an itch, I was actually grinding the jellyfish into the crack of my ass.

I informed the dive supervisor of my dilemma over the communicator. His instructions were unclear due to the fact that he, along with five other divers, were all laughing hysterically. Needless to say, I aborted the dive. I was instructed to make three agonizing in-water decompression stops totalling thirty-five minutes before I could reach the surface to begin my chamber dry decompression.

When I arrived at the surface, I was wearing nothing but my brass helmet. As I climbed out of the water, the medic, with tears of laughter running down his face, handed me a tube of cream and told me to rub it on my butt as soon as I got in the chamber. The cream put the fire out, but I couldn't shit for two days because my ass was swollen shut. So, next time you're having a bad day at work, think about how much worse it would be if you had a jellyfish shoved up your ass!

(From office of Fair Trading) Infinity Cable recall: Builders and electricians are reminded about the recall of Infinity cable, an unsafe imported electrical cable installed in potentially hundreds of Queensland homes and commercial premises.

What's Happening this Month?

Notices

Stitch and Chat Group

Meets on the 2nd & 4th Tuesday of every month starting at 9.30 a.m. Ridgeland QCWA room. All welcome Phone 4934 5145.

Ridgeland & District Sporting & Agricultural Assen Inc.

Monthly meetings are held on the second Wednesday of each month, commencing at 7.30 p.m. at the Ridgeland Show grounds. Next meeting 14th October.

QCWA Ridgeland Branch

Meetings are held on the 1st Wednesday every month, commencing at 9.30 a.m. Contact Joyce 4934 5120 for further information.

*Around the Ridgeland
newsletter committee would
like to thank Big Colour Works
for printing our newsletter
every second month for free. If
you need something printed,
please support Big Colour
Works.*

DALMA PRIMARY PRODUCER FIRE BRIGADE

Public Meeting to discuss Levy followed by the AGM.

Sunday 18th October, 2015

Time: 5:00 pm

at Dalma Soldiers Memorial Hall

A Hot Dish Dinner will follow the meetings, so please stay for a chat and bring along a hot dish and sweets to share.

Community Notices

Date Claimers

Christmas Karaoke

Christmas Karaoke in aid of Ridgeland Hall Funds.

Saturday, 28th November, 2015.

6.30 pm. At the Ridgeland Hall.

All Welcome.

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Alton Downs Dump Hours

September to April

Tuesday, Thursday, Saturday and Sunday, 3pm - 6pm.

Free disposal of Green Waste at Alton Downs.

Archer Park SCHOOL HOLIDAY

ACTIVITIES: MONDAY 21 and MONDAY 28 SEPTEMBER 2015
TIME: 10am -1pm

COST: Children (18mths and over) \$8 One adult free per family Extra adults \$5.50 **Special activities:** Tram operating, Guided tours, questionnaires for the older children, colour in table, play knockems and win a chocolate frog, music and Food available.

Points to ponder:-

Why is the time of day with the slowest traffic called *rush* hour?

Why didn't Noah swat those 2 mosquitoes?

Why are they called apartments when they are all stuck together?

Why is it that doctors call what they do 'practice'?

Celebrations

Happy Birthday to all the residents in our community who are having a birthday in September:

Jeff Estreich

Leonie Thompson

Karen Munro.

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FOOD/50/2013

*Why is lemon juice made with artificial
flavouring and dishwashing liquid with
real lemons?*

Disclaimer: Around the Ridges and A Bit Beyond reserves the right to edit all articles as necessary. Submission does not always guarantee publication. The Committee does not accept responsibility for errors, omissions and inaccuracies.

Opinions in the newsletter do not necessarily reflect those of this committee, school or community.