

Lynemouth Visitors Tour GPS

GPS recently hosted a visit by two representatives from Lynemouth Power Station. The visitors were Vaun Campbell, Power Station Manager and Bob Nicholson, Power Commercial Manager.

Lynemouth Power Station (LPS) is in the north east of England in the county of Northumberland. LPS provides electricity to the adjacent Lynemouth Smelter. Both facilities were owned by Alcan Aluminium UK Limited which is now part of the Rio Tinto Alcan group.

LPS operates three units providing a total station output of 420 MW. Approximately 300 MW is required for the smelter and the remainder is back up power. They are a coal fired station with sea water cooling and are reportedly one of the most thermally efficient stations of this type in Europe.

GPS and LPS share a common bond through the Rio Tinto Alcan Group. Both stations are coal fired and sea water cooled and therefore share a number of similarities. Representatives from Lynemouth were keen to understand our operation and to leverage off the strengths and knowledge of both sites to achieve mutual gains. It is hoped this visit will see an ongoing relationship between the two stations.

During their three day visit, Vaun and Bob were shown all areas of the station

and talked with representatives from all departments. Subjects discussed included employee training, development and retention, health and safety, electrical infrastructure, maintenance, pulveriser overhauls, unit overhauls, plant operations, fuel handling, asset management strategies and water chemistry.

Vaun and Bob were both impressed with how tidy the station was for a coal fired operation. In fact, they believed by comparison GPS was a long way ahead of stations in the United Kingdom. While impressed with all areas of our operation the visitors liked the general approach to safety, HR and training alignment with the business and the perception and involvement in the community. They noted two areas of excellence - pulveriser overhauls and operations manning.

LPS is situated close to surrounding communities in a country where emissions play an important part in day to day operations. Due to

this stringent operating environment, they have developed experience in real time efficiency and combustion monitoring, low NOx burners and the use of biomass.

Other innovations they have employed include Taprogge Online Ball Cleaning for condenser tubes and water lance blowers for the furnace. They have offered assistance to GPS if we wish to pursue any of these activities.

Manager Production, Joel Otley said the visit was a great success.

"We have established a good relationship with Lynemouth which will allow us to share information in the future," Joel said.



Lynemouth Power Station Power Commercial Manager, Bob Nicholson and Manager, Vaun Campbell spent time touring the coal plant with Darren Ross and Kev McNeill.

Bike-N-Brekky Day

Thirty five employees took up the challenge to ride a bicycle to work during National Bike Week.

All those who rode to work were rewarded with a hearty and healthy breakfast when they arrived on site.

Wellness committee member Doug Thomas said the promotion was about encouraging employees to be more active and to take up the challenge of riding to work on a regular basis.

"Many of us only live a short distance from the station so cycling is a much cheaper and healthier alternative than driving the car. It's not only good for your fitness but it's also good for the environment," Doug said.

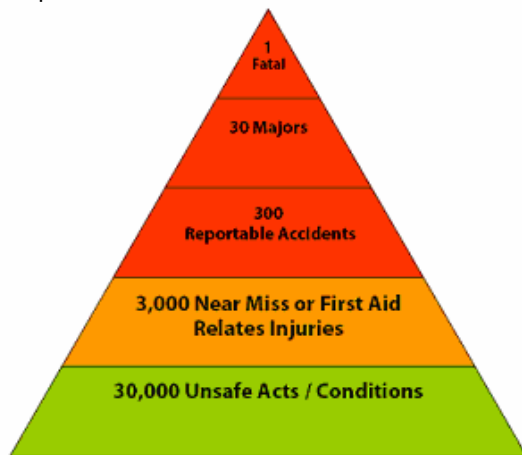


Graeme Sparrow, Rachel De Landelles-Collins, David Lahey, Kev Johnson and Darryl Phillips enjoy a hearty breakfast after their cycle to work.

From Shoey's Desk

Dear Folks

We have all been receiving a wake-up call lately. What does that mean? Well, we ALL should be concerned at the recent spate of incidents and near misses that we have experienced here at Gladstone Power Station over the recent month or so. I am sure that many of you are well aware of or have seen what is called the "Accident Triangle". The Triangle is a well proven indicator of what incident patterns can tell us. In short, if we get significant numbers of Unsafe Acts / Conditions, this will lead to Near Misses or First Aid Injuries and that in turn will lead to Reportable Accidents and so on - up to a FATALITY. We are getting a warning call and we need to act now to stop this trend moving up the Triangle. Yes, there is an onus on Management to provide leadership and develop the necessary interventions and we are working hard on this. However, this is a matter for ALL of us on site. To a large extent it is OUR actions that help make Gladstone Power Station a safe or an unsafe place.



WE can no longer take the view that "I am OK; it won't be me who gets hurt". No, WE need to stop and realise what the ramifications of our actions are, not only on ourselves but also on those around us. I am convinced that the vast majority of people do not accept that it is possible not to have "accidents" in a place like Gladstone Power Station. We say we believe in Zero Harm, but do we really believe it? Well, there are places who are achieving this aim, and perhaps it is time that we started to see how they are doing it and what we need to change. I suspect that what we need to change is our own attitude to not hurting anybody. If you just stop and think about it; if we do not believe that we can come to work and not hurt anybody, then we are accepting that it is OK to hurt somebody! So, ask yourself "who do you think it is OK to hurt today?"



SAFETY IS ABOUT LIFE

Regards

SHOEY

Glenn Schumacher
General Manager

25 Years for Garry Coleborn

Garry spoke to Gladrag editor Gary Macnamara about the highlight of his time at GPS.

I came to the power station in April 1983 from a shipping and airline background and started work in the warehouse. At the time Ken Russell was the Senior Supply Officer and there was about thirty six people working in the supply group.

I worked in various roles in the supply group, warehouse, inventory control, and purchasing. When the power station was sold in 1994 I became the Superintendent for the Supply group and following a reorganisation in 2001 I became responsible the Administration Services group.

After a realignment in 2007 I was appointed to the role of Superintendent Procurement Services with the Material Services and Administration Services groups combined under the one role. This is a very diverse role and a role that I really enjoy.

One of the major highlights of my time here has been working on the team that implemented the mills pulveriser kits. The kits eliminated many potential injuries

associated with handling pulveriser parts. The team worked closely with the pulveriser crew and the foundry to develop the kits, and even now the Pulveriser Workgroup communicates with the Foundry fine tuning and improving to meet our changing needs. The kits completely removed manual handling tasks for the warehouse employees and assisted the pulveriser employees immensely in the mills overhauls.

Another highlight was working on the sale of the power station and being part of the sale project team. The sale had a major impact on the way we operated in the commercial world going from a government organisation to a private company. For those employees working in our commercial business it was a significant change to their work practices.

More recently the development of the:

- Waste Transfer Facility where we are able to improve our management of waste material with increasingly more waste material being recycled rather than going to landfill.
- Contractor Management System and Contractor Qualification system

where we are able to work closely with contractors particularly with regards to safety and performance is rewarding.

Over the years I've been fortunate to have worked with an excellent group of people who always manage to rise to the occasion when new challenges present themselves. In any job, I feel you can achieve the most when working with people when there is no concern with who might get credit for any success.



Garry enjoyed being part of the sale project team during the sale of the station in 1994.

New Graduates from Frontline Management Program

Five more NRG employees have recently completed their Diploma of Business in Frontline Management.

The group comprising Ross Stieler, Rebecca Sparrow, Garth Liddell and Mick Mann and were presented with their awards by Manager Production, Joel Otley and Baraka Training and Management Director, Peter Reilly. (Cameron Purdon was unavailable to receive his award on the day)

Joel said the five new graduates bring the number of employees who have completed the qualification to eight.

“Up until now we only had graduates from the Production crew so it was pleasing to see Rebecca from the finance section joining the ranks of those who have completed the program,” Joel said.

“It’s also pleasing to see that there are a further seven production employees, eight maintenance employees, one technical services and one human resources employee taking up the challenge to further their education,” Joel added.

“Moving from a technical or trade role to one that involves managing people is not always straight forward. Historically, organisations have not been strong in preparing people for this transition,” Joel explained.

Joel was very supportive of Peter Reilly who has been a strong advocate of the program and our preferred training provider.

“Those of you who have had the opportunity to be part of Peter’s program will attest to his enthusiasm. I have also seen the value the Frontline Program has added and how people have grown through this training and the value they have added to their own roles as well as the organisation as whole.”

The Frontline Management program was introduced by the Federal Government 11 years to provide better training to those in our organisations who are responsible for directly managing frontline teams. The government continues to provide funding to both private and public sector organisations to improve the competency levels of managers throughout Australia.



Mick Mann, Rebecca Sparrow, Ross Stieler and Garth Liddell were presented with their awards by Manager Production Joel Otley and Baraka Training and Management Director, Peter Reilly.

Team Effort Required on Condenser Project

One of the Unit 5 overhaul tasks is replacing the rubber lining on the condenser inlet water pipes. While this task has been done before on previous overhauls the crew this time encountered several obstacles that were unique to Units 5 and 6.

On both these units oil and feedwater pipes are in different locations making what would seem like a relatively easy lifting task very difficult. The crew lead by Jeff Norris and Peter Van Nimwegen were forced to come up with imaginative methods of lifting the large pieces out through gaps with very little clearances.

The group were forced to manoeuvre the sections and remove some piping to allow the larger section to come out. Peter and Jeff are pictured below at “Ground Zero” in the pit under the condenser before the refurbished sections of pipe are lowered back in.



Smart Living Seminars for Men

Gladstone Community Health nurse Lani Clements was on site recently to present one hour information sessions on “Smart Living” for men.

An initiative of the Wellness Committee, Lani covered a range of topics dealing with various men’s issues such as healthy behaviour, causes of death and illness for males, nutrition, suicide and depression, life skills and prostate and testicular cancer.

Lani pointed out that on average men die seven years earlier than women in Australia and that it was important for men to see a doctor on a regular basis. Australian men are also more likely to get sick from serious health problems, such as cancer, than Australian women.

Information Services Officer, Steve Thefs appreciated the information provided and felt that the session had been very worthwhile on a personal level.

“I was surprised to hear how poorly Gladstone men’s health rated compared to the national average in a number of key areas. Sessions such as these provide motivation to do the things we put off either because they are not convenient, such as exercise, or because they may be unpalatable, such as having to change the type of foods we eat. Although I’ve always been reasonably fit, I’ve decided to make a greater effort to exercise more in the future,” Steve said.

Getting to Know Geoffrey Sorensen

(This month we welcome Manager Business Services, Geoff Sorensen to the station. Geoff took up his new role on 3 March. Gladrag editor Gary Macnamara spoke to Geoff about his previous work experience and his impressions of GPS so far.)

In the short time you worked at the station what's been your impression of the plant and people so far?

I have found the people at GPS to be really good to work with. They seem to have a genuine concern for others and a willingness to help each other out. The skills and knowledge possessed by people at GPS is huge and I appreciate the time people have taken to share some of this with me.

My impression of the plant at this stage is that it is a lot different from an aluminium smelter. I am slowly starting to think turbines and generators rather than carbon baking furnaces and pot lines. However, despite the differences in physical plant the issues associated with operating and maintaining it are very similar.

Tell us about your previous roles and experience

My first roles after leaving uni in 1989 (after completing a Bachelor of Science degree) were in agriculture - advising farmers on crop management, improved farming techniques and environmental sustainability.

After a brief stint in the horse racing industry as a stipendiary steward I went back to uni and studied for my commerce degree while working part time in agriculture.

After completing my Bachelor of Commerce in 1995 I worked for an international accounting firm (Deloitte) for seven years. During this time I worked in the areas of business development, corporate finance and audit which allowed me to experience a broad range of different business operations and management practices both in Australia and the UK. I provided services to a very diverse range of business during this period, however my main focus was international companies involved in the mining and agricultural industries in Australia.

In 2003 I accepted a role at Boyne Smelters. During my five years at BSL I worked in various roles in the Commercial Department including Accounting Specialist, Commercial Specialist and Acting Commercial Manager. This experience enabled me to undertake a broader range of commercial functions and expand my skills gained in my previous role.

What things attracted you to NRG and Gladstone Power Station?

I have been living in the Gladstone area for five years and over that time in talking to people and experience in my previous role, I have become aware of the high standard of the organisation and the people working at GPS. The business has some big challenges going forward and I am excited to be part of this because I think in overcoming these challenges we will realise the full potential of GPS and people working here.

Are there any major improvements we can look forward to in the Business Services area in the future?

As with any team the Business Services team will continue to improve. I do not envisage any radical change in the short term but rather building on the strong foundation laid by the previous Business Services Managers and further utilisation and development of the skills and experience of the team. We will be working hard to ensure we are delivering the excellent support and services to the other teams in the business. If that means we have to change the way we work, then we will not back away from that change.

Tell us about some of your interests and hobbies

Pre-children: sport, travel, fishing, movies, restaurants.

Post-children: The Wiggles, Play School, pretending to be a cat/dog, jumping on the bed, jumping off the couch, running round and round in circles and repeatedly answering the question "Why?".

What do you like about living in Gladstone?

The climate (I don't like cold weather), the people, the restaurants, the ocean/beach/reef,

the parks and recreational areas in the region and now that I drive to work, the lack of traffic. It is a great place to live and raise a family.

Where were you born and where did you spend your early childhood?

I was born in a little town called Injune which is about 90 kilometres north of Roma. I grew up on a property near Injune where we had a thoroughbred horse stud. When I was 12 years I went to boarding school in Toowoomba.

Where were you educated and what formal qualifications do you have?

I did my secondary schooling in Toowoomba, after which I went to Griffith University in Brisbane and completed a Bachelor of Science degree in environmental studies. In 1993 I went back to uni (University of Southern Queensland in Toowoomba) and completed a Bachelor of Commerce degree.

Tell us a little bit about your family

My wife Karen and I have been married for eight years. We have two children - a three year old daughter, Nikola, who runs the household and a three month old son, Willem, who is fairly laid back and easy going.

At home my favourite meal is?

What ever Karen cooks - of course!! But I do particularly enjoy a lamb roast.

What is your most treasured material possession?

The remote control for the TV - with that comes power.



Geoff comes to NRG after working in a variety of commercial roles at BSL. (crop sides of photo)

Michael Liebelson Joins NRG Energy as Head of Low-Carbon Technology

With two wind farms under construction, new nuclear plant applications filed and a proposed coal gasification plant under development, NRG Energy, Inc. continues to advance its multi-fuel, multi-technology growth strategy and look for new ways to "decarbonize" its fleet. In a move to further that program and to capitalize on the high-growth opportunities presented by government-mandated renewable portfolio standards and future carbon regulation, NRG is pleased to announce that Michael Liebelson is joining the Company to serve as Executive Vice

President and Chief Development Officer-Low-Carbon Technology.

"As we work to repower NRG's portfolio in the carbon-constrained world, we are excited that Michael has agreed to lead our efforts to add low-carbon technologies to our asset mix," said David Crane, President and CEO, NRG Energy.

"Michael's strong entrepreneurial mindset, significant industry and business expertise and shared vision of a low-carbon society will help propel NRG forward in meaningfully

shaping and executing on our low-carbon technology strategy."

NRG is a member of USCAP, a diverse group of business and environmental organizations calling for mandatory legislation to achieve significant reductions of greenhouse gas emissions. NRG is also a founding member of "3C-Combat Climate Change," a global initiative with 42 business leaders calling on the global business community to take a leadership role in designing the road map to a low carbon society.

Spotlight on..... The Training and Development Workgroup

As part of the 2007 Organisational Realignment the decision was made to centralise training to support a site wide approach. The Training and Development workgroup was formed in February and sits in the Human Resource department.

The purpose of the group is to develop, implement and maintain learning and development systems and processes which support the enhancement of employee's skills and knowledge and ensures that statutory obligations are met.

The group have now had the opportunity to identify and prioritise the main areas that need to be addressed and develop these as a series of projects for 2008 and 2009. These include developing Chris 21/HR21 as the NRG training management system, identifying training initiators for statutory and development training, management of Occupational Licensing renewal and a review of the Training and Development planning process. As well as this we must ensure that the ongoing training requirements identified for 2008 for the site are carried out.

The workgroup members include:

- John Marxsen - Specialist Training & Development
- Karen Gibbins - Training Coordinator
- Alan O'Rourke - Training & Development Officer
- Darryl Kropp - Training & Development Officer (Secondment)
- Sharyn Larson - Training & Development Administration Assistant (Secondment)
- Darryl Phillips - Superintendent Training & Development Trainee Power Station Operators

The Training & Development group also has an overarching responsibility for all apprentices and although they report to various Maintenance Superintendents throughout their apprenticeship the Specialist Training & Development is responsible for ensuring their learning outcomes are met.



Karen Gibbins, Alan O'Rourke, Darryl Phillips, Sharyn Larson and John Marxsen are the new members of the Training and Development workgroup.

Welcome Bill Granville



Bill has been impressed with the work culture since commencing in March.

Acting Human Resources Specialist, Bill Granville has been impressed with the work culture and the friendliness of fellow employees since starting at NRG in March.

During his six month contract at the station Bill will be managing the external recruitment process and industrial relations issues as well as working with the Human Resources team to ensure that NRG's business goals are achieved.

"There's a lot of good systems and procedural information to assist employees and a genuine commitment from the staff to get the job done. It's a really good culture and the people have been very welcoming," Bill said.

Bill brings a wide variety of knowledge and understanding in the employee relations, industrial relations and welfare field to his new role.

Born and raised in Rockhampton, Bill has completed a Bachelor of Arts (Law & Welfare) and a Master of Business Administration (Human Resources Management) through CQU.

Bill began his working career as a Management Trainee at the Angliss Meat

Processing Company. The role provided Bill with a good grounding in all facets of administrative and business management practices.

After completing full time study, Bill joined the Department of Family Services in 1989 progressing through a variety of roles as a Child Care Officer, Acting Senior Family Services Adviser and Acting Area Manager.

Looking for a change of direction, Bill took on the position of Employee Relations Manager at CQU Rockhampton in 1993. During his 14 years there Bill was responsible for providing employee/industrial relations advice to staff, developing and implementing grievance resolution strategies and managing workplace agreements.

Since leaving CQU last year Bill has been kept busy with consultancy work but he is keen to pursue a career in heavy industry.

Bill enjoys living on the coast at Yeppoon with his wife Mary who runs a hairdressing salon. The couple have three grown up children.

Despite his hectic lifestyle commuting to Gladstone every week Bill still finds time to indulge in his favourite pastimes of fishing, surfing, diving and going to the gym.

Farewells

Derick Hetherington



Derick is planning to become a grey nomad during his retirement.

Becoming a "Grey Nomad" is on the cards for former Unit controller Derick Hetherington who retired from GPS last month.

"I've recently purchased a caravan and after I complete a few major jobs around the house the plan is to see a lot more of Australia," Derick said.

Playing golf and spending time more with the grandchildren are also part of the retirement plan for Derick who has enjoyed a 28 year career at GPS.

Born in England, Derick completed his mechanical trade building rocket engines for Rolls Royce Space Division in the late 1960's. The experience gained here brought him to Woomera in South Australia where he spent three months carrying out engine testing on the "Blue Streak" an ex missile and satellite launch vehicle.

When the contract with Rolls Royce ran out Derick moved back to the UK and then emigrated back to Australia as a "ten pound pom." Initially he worked in Brisbane and at QAL before moving to Western Australia. During his seven years in WA, Derrick worked as a maintenance fitter for Western Mining and also for Harold D Holt at the American communications base at Exmouth.

Derrick returned to Gladstone in 1981 with a plan to stay four to five years.

"Gladstone was always a very friendly town and it looked like a great place to bring up a family so we decided to set our roots down here. Gladstone is a close knit community and the people have a lot of pride in what has been achieved here," Derick explained.

Derick remembered his first day well at GPS as it was also the first day of the nine week strike in January 1981.

"No sooner had I finished my induction than I was told we were out the gate. It was an unusual way to start a new job."

Following the strike Derick worked as a mechanical fitter for Alan Timm and Barry

Constable in the boiler crew and then later for Peter Filtness in the turbine crew.

After completing a 14 week APA training course Derick initially joined the "C" shift crew before moving to the "A" shift crew in late 1980's. Following a reorganisation in 1998 Derick became a Unit Controller working under Frank Moody on "D" shift.

During his time at GPS, Derrick has assisted in a VE study on auxiliary plant as well as being a first aid officer (18 years) and safety officer (3 years).

Being a former "Pom" Derick has always enjoyed a love of soccer and he has spent many years coaching junior soccer teams in Gladstone.

Ron Steen

Former Superintendent Accounting Services, Ron Steen was farewelled on 18 April after a ten year career at GPS.



Ron has taken up a new role at the RTA Yarwun plant.

Ron has taken up a position as a Specialist Accountant at the RTA Yarwun Plant. Ron said there were many highlights during his time at the station but most of all he was appreciative of the support he had received from fellow team members.

"The accounting services team have been wonderful to work with. Their attitude in pulling together and getting the job done in sometimes difficult times has been terrific. We've been through a lot of change over the years but everyone has been happy to help out when it was required," Ron said.

"When I arrived at the station in 1997 we were still receiving some support from our American managers and I really valued their guidance at the time."

Another highlight for Ron was the experienced gained when the accounting services team was required to take on the commercial areas of the business following the departure of Richard Bull in 1999.

"It's been an enjoyable challenge learning about the complex commercial arrangements with our business partners, particularly the long term coal contracts we've had to renegotiate in recent years," Ron said.

Ron's expertise was greatly valued during 2007 when he was required to take on the Manager Business Services role while Jeff Mahoney was acting General Manager.

Ron said he was looking forward to his new role and building upon the knowledge and experiences he had gained at the power station.

"I am keen to learn to learn new concepts and increase my career opportunities but at the same time I'm sad to be leaving NRG. We came to Gladstone ten years ago because we felt it was an attractive place to live and because I have a family history here. The opportunity to continue to work and live here is something I'm very pleased about," Ron said.

Francisco Machado

Friends and workmates bid fond farewell to Francisco Machado who left the station earlier this month after four years at the station.

Francisco has taken up a position as Supt Asset Development HV in the Infrastructure Division with Rio Tinto Iron Ore in Western



Francisco has taken up a new role with Rio Tinto Iron Ore in Perth.

Australia. Francisco said his new role will be based in Perth where he will provide support for nine mines, two ports and four power stations in the Pilbara and Dampier regions.

Brazilian born, Francisco was appreciative of the support he had received from all levels of the organisation.

"I'm really going to miss the friendship of the people who have welcomed me into their workgroups and given me so much assistance on many different levels. It's been an honour to work at NRG and this is the best job I've had in my professional career so far. I see this as a huge family here and they've made me very welcome during my time here," Francisco said.

Francisco said he was pleased to be joining his family who all live in Perth.

"Gladstone and Tannum Sands will always be special to me but I'm looking forward to starting a new life with new challenges," Francisco said.

KeV Spreads the Message about Coeliac Disease

NRG recently assisted Kev Ryan to attend the Coeliac Awareness Week seminar in Brisbane. As the Gladstone Area contact for the Queensland Coeliac Society Kev spends many hours assisting local residents in providing up to date information about the disease, especially on 'safe foods' and 'foods to avoid'.

I recently attended my second Coeliac Awareness Week seminar in Brisbane. The seven hour seminar provided a huge amount of relevant information for those whom Coeliac Disease impacts upon.

Coeliac Disease (pronounced Seel-ee-ak) is a medical condition and is a permanent intestinal intolerance to dietary gluten. It is caused by an interaction between gluten (the protein portion of wheat, rye, barley, triticale and possibly oats) and the small bowel lining in people susceptible to the disease. Both genetic and environmental factors play important roles in Coeliac disease. It is a genetic condition, but may be triggered by other factors, but these are not yet identified. While damage to the bowel lining occurs whenever gluten is eaten, the effect on each person with Coeliac Disease varies markedly making diagnosis very difficult. The only effective treatment is a lifelong gluten-free diet. It is important to note that it is not the same as wheat allergy.

I do not have it myself, however my daughter does. I am the Coeliac Society Area Contact for the Gladstone Region, so I believe for these reasons I have a responsibility to keep up to date on the topic. I was very eager to gain as much information as I could to help those who need to manage the disease.

The guest speakers were excellent in their knowledge of the disease and kept attendees interested throughout their talk. We heard about the development of a Coeliac "vaccine" in Melbourne and that the first 30 volunteers were now being selected.

Doctors in Brisbane are currently doing research which involves introducing hookworms into volunteers with Coeliac Disease. Similar tests are also been done with Crohn's disease patients.

Another speaker spoke on Osteoporosis and we learnt that 75% of untreated adults with Coeliac Disease develop Osteoporosis or Osteopenia. It is believed that there are 200,000 undiagnosed Coeliacs in Australia.

A dietitian gave a very interesting talk on a 'Gluten Free, Low Fat, Low GI' diet. Other topics such as food labelling, dermatitis herpetiformis (DH) and dietary needs were also covered in regard their relationship to Coeliac Disease. It's very important for Coeliacs to keep up with the latest information, especially when the disease compels you to question every crumb that goes into your mouth.

We are very fortunate to have a well informed colleague in our midst who will gladly assist should you have any questions.



Kev is keen to spread the message about Coeliac Disease.

Healthy Employee of the Month - Kris Neaton

This month we continue our series in the Gladrag highlighting employees who have demonstrated a commitment to maintaining or improving their health. Contract Officer Kris Neaton has always been a keen sportsperson but a personal decision to quit smoking and take up a gym and water aerobics program is helping her achieve a healthier lifestyle.



These days Kris is a regular at the Gym and the pool.

"It was nearly two years ago that I made the decision to quit smoking. I had been a smoker for over 30 years, smoking around 10-15 cigarettes a day. I was on holidays at the time and the new workplace smoking regulations had just come into practice. After I went back to work I remember telling my workmates that I had quit smoking and they nearly fell off their chairs laughing," Kris said.

Although well aware of the dangers of smoking Kris said she had tried giving up previously but with little success.

"Previously I had tried giving up when someone else suggested it but in the end I had to make the decision for myself. For me it was the right time and I felt very comfortable with my decision," Kris said.

"Once she had made the decision to quit it became easier. Every morning I'd get up and instead of reaching for a cigarette I headed for the local pool. The exercise seemed to give me a bit of an adrenalin rush and take my focus off the cigarettes, Kris said.

"I like to say that I've quit for life and I'm certainly not down on people who smoke.

You make a choice. My husband and son are also much happier as I was the only one who smoked in the family."

Kris said stopping smoking had also brought with it financial rewards.

"Last year we travelled on a cruise for the first time and this year we are going to Hawaii so the extra money always comes in handy," Kris said.

These days Kris is a regular at the gym where she enjoys doing a cardiovascular routine focussing on cycling, running and walking. More recently she has added a water aerobics program and even talked her husband Dave into attending.

"I have always been reasonably fit but I feel much healthier now. At one stage I used to get a persistent dry cough from smoking but I don't have that anymore. My doctor says my blood pressure is better than that of a teenager."

"As I've gotten older I've realised the importance of looking after your body. It's about being fit for life and being able to do the things you enjoy," Kris said.

Where are they now? - Ray Grambower

The Gladrag has introduced a new column titled "Where are they now?" which aims to seek out former employees and find out what they've been up to since leaving GPS. If you know of a former employee who may be interested in participating please forward their contact details to Gary Macnamara ext 504.

What period did you work at the station?

I worked at Gladstone from 1980 till 2001.

What shift did you work on and who were some of the other people you worked with on your shift?

I worked on C shift with Gary Matthews, Gary Collins, Bill Cary, Vic Camm, Peter Vouvolous, Peter Chadwick, Alan Kincart, Daryl Kropp and John Clapham to name just a few.

What are your fondest memories of working at the station?

We had some good times at my old address at Butler Street. Many of the guys not only on C shift but the other shifts as well will have good memories of the pool nights there.

Tell us about the Birdsville trips and what you enjoyed about them.

I started flying out to Birdsville in 1982 and had my last trip in about 1995. Paul Hedland was a regular passenger for several trips and he would book from one year to the next. Peter Chadwick came out and on one trip and the three of us shared a hotel room at Windorah on the way out. Peter had to sleep on the floor between the two single beds in the room. I remember he snored so loud a guest from the next room came bursting through the door and roared at Peter to stop snoring. He was a big fellow and the way he burst in I thought he was going to pick Peter up and throw him out the window. We met him again at Birdsville and had a good laugh about the incident. The

first years at Birdsville had the feel of a "men only" weekend but after the mid eighties it became really commercialised and even had merry-go-rounds there. Still the Fred Brophy boxing tent was always the main attraction there and will be I think until Fred retires.

What do you miss about living in Gladstone?

I always enjoyed living in Gladstone. It was a good clean town with everything I wanted - work sport, flying and most of all good friends.

What have you done since leaving Gladstone?

We left Gladstone in 2001 and settled in St Helens in Tasmania where we purchased a Motel called the "Anchorwheel Motel". Before we shifted there I was wondering about the name. I thought it must be something nautical and so looked up everything I could about wheels on ships but it wasn't until we shifted there I found out it was named after a large wooden water wheel used in a local tin mine called the Anchor Tin Mine. The water wheel was used as a source of power for the various pieces of machinery in the mine. It was 60ft in diameter and weighed 100 tons. We also had a restaurant attached to the Motel but we employed a chef while I did the waitering and Donna my wife, assisted in the kitchen. We kept the Motel until mid 2006 and then bought a Post Office in a small village called Mole Creek. We sold that in December last year. In the beginning of 2006 I started to work for a company that contracts power station operators and they asked me to work at the Bell Bay Power Station in George Town on a part time basis. At the beginning of 2007 I started to work on a full time shift at the station, still on a contract basis but it looks like the contract will go through until at least mid 2010.

What do you enjoy about living in Tasmania and are you planning to retire there?

Tasmania is a great place to visit and to live. At this stage it is still fairly laid back but it is starting to be discovered with the developers beginning to have it in their sights. I have bought a small aircraft and fly whenever I can. The weather down here does limit flying a bit. I am still playing tennis and we have bought a motorhome which we plan to tour Tasmania with while we are here. When the contract finishes at the power station we will go to the mainland (you don't call it Australia down here) and start to tour around there and hopefully get enough work to keep on trucking. At this stage we aren't planning to retire anywhere in particular.

Do you still keep up with any GPS employees?

While we had the Motel we had a few GPS's come and stay with us. It was great to see old friends. When we finally get to tour the rest of Oz we will be sure to visit Gladstone and catch up.



Ray has settled in Tasmania since leaving GPS in 2001.

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Service Register - May 2008

The NRG Service Register recognises employees who have completed 10 years service or more in the Queensland electricity industry and who have been employed at GPS since the Sale of the Station (31/3/94). This register is for employees whose anniversary falls during the month of May.

31 years	Ron Anderson, Allan Timm
26 years	Jukka Heikkinen
25 years	John Illingsworth
23 years	Kris Neaton, Brian Courtney
22 years	Graham Wright
21 years	Kylie Parker
19 years	Ray Que