

Spare Generator Transformer Finally Arrives

Despite the delay from heavy rain earlier this month the spare generator transformer for Unit 5 or 6 has finally arrived.

The new transformer is part of an increased focus at Gladstone Power Station on the long term sustainability of the station and represents a significant investment by the station's owners.

NRG Electrical Projects Specialist, Graham Long said the delivery of the 168 tonne generator transformer had been delayed on its journey from Brisbane due to an unsealed section of road near the power station being water affected.

The transformer has now been brought onto site and placed in a purpose built storage bay.

"NRG commissioned AREVA T&D in Brisbane to design and construct the generator transformer as an insurance spare

for either Unit 5 or Unit 6 at the power station. The transformer took 12 months to construct and should enable the down time due to a failure to be reduced from 14 months to a month," Graham said.

AREVA sub-contracted the transport and positioning of the Transformer to North Qld Heavy Haulage and Eagle Cranes and Rigging.

The Transformer was delivered on a "Drake" 16 Axle Steerable Trailer with three prime movers total combined weight of 340 tonnes.

The journey from Brisbane to Gladstone took the best part of four days going via Kilcoy, Goomeri, Ban Ban Springs and back onto the Bruce Highway at Booyal.



The 168 tonne transformer is transferred to the purpose built storage bay.

NRG Engineering Scholarships Presented

Hard work and academic excellence has paid off for local student Thomas Wills after he was recently presented with the 2010 NRG Engineering Study Scholarship.



A former student of Tannum Sands State High School Thomas intends studying for a Bachelor of Chemical Engineering as well as Mineral and Metallurgical Engineering at the University of Queensland.

The scholarships will provide Thomas with \$2,000 during each year of his engineering degree. Thomas was selected for the scholarships based on his senior high school academic results, community involvement and interview performance.

Thomas is appreciative of the financial assistance provided by NRG and is looking forward to his time at University.

Thomas received an OP1 for his Grade 12 Year.

Superintendent Mechanical Services, Rob Wemyss and Superintendent Employee Relations, Steven Heit congratulate Thomas Wills on winning the NRG Engineering Study Scholarship.

From Shoey's Desk

Dear Folks

In my last Gladrag article I touched on the matter of climate change, and I indicated that my view was that in managing a power station, I live in a world of managing risk and that to ensure a long and successful future for GPS, we cannot risk the potential that climate change is real and that it is by carbon emissions. We need to find solutions which work for GPS and improve the business we have here. But, I know there is so much information floating around on this matter that it has become very confusing. So, I thought that it might be worthwhile to just go over some basics. Now, I am not a scientist and I am sure there are those who will find holes in my understanding, but the fact remains it is my understanding and I hope you find it of some interest.

What is the carbon cycle? How does human activity contribute to the carbon cycle?

Let us start with the carbon cycle. Carbon exists in various forms and continuously circulates between the living world, the atmosphere, oceans and the Earth's crust. There are many different processes by which carbon is exchanged between these locations.

Events such as fires, which release carbon dioxide into the atmosphere, are known as 'carbon sources'. The oceans and growing trees remove carbon dioxide from the atmosphere and are known as 'carbon sinks'.

Each year human activity adds several billions of tonnes of carbon in the form of carbon dioxide to the atmosphere. A little over half of this carbon dioxide remains there, while the rest is absorbed by plants and the oceans (and ultimately some of this is returned to the Earth's crust).

More than 120 billion tonnes of carbon are exchanged each year between all living things during photosynthesis and respiration. Plants absorb about 61 billion tonnes of carbon and respire about 60 billion tonnes. Plants grow by absorbing carbon dioxide from the air or water and converting it to plant tissue through photosynthesis.

Some of this carbon is used to supply the plant with energy. This process, known as respiration, releases carbon dioxide back into the atmosphere. The carbon from carbon dioxide absorbed by a tree may be stored as wood for hundreds of years. Or the carbon may become part of a leaf

that dies and decomposes, with the carbon returning to the atmosphere relatively quickly.

The surfaces of the oceans release about 90 billion tonnes of carbon to the atmosphere and absorb about 92 billion tonnes each year. This absorption occurs when carbon dioxide in the air dissolves in the top layer of sea water and through photosynthesis by marine plants.

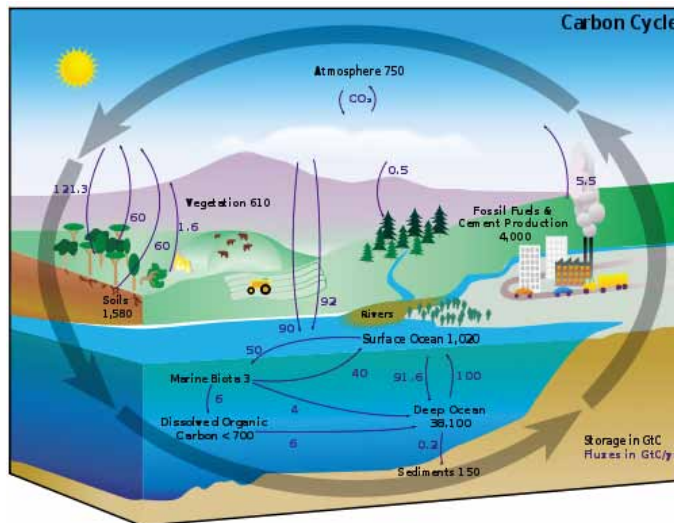
The amount of carbon dioxide that people add to the atmosphere may seem very small in comparison to the amounts being added and absorbed by natural processes, but it only takes a small change to upset the balance. The burning of fossil fuels by humans adds about 6.5 billion tonnes of carbon each year in the form of carbon dioxide. Land clearing, reduced soil humus and the erosion of topsoil account for one to two billion tonnes of carbon a year.

The discussions around climate change include many large and quite complex issues, so I will continue this article in the next edition of the Gladrag.

Watch this space as we work through these issues.

GPS OUR FUTURE

Regards
SHOEY
Glenn Schumacher
General Manager



NRG Chips in for Haiti Victims

NRG last month supported the Rotary Club of Gladstone by purchasing two Shelter Boxes to help the victims of the recent Haiti earthquake.

The boxes valued at \$1,200 each, are an emergency kit designed to be deployed to disaster areas. General Manager Gladstone Operations, Glenn Schumacher is pictured handing over a cheque to David Gilmour, President of the Rotary Club of Gladstone.

To date more than 1500 shelter boxes have been dispatched to Port au Prince in Haiti.

Each Shelter Box contains a custom made ten person tent which is designed to withstand extreme temperatures, high winds and heavy rainfall. In addition to the tent the boxes contain a range of survival equipment including thermal blankets, insulated ground sheets, tool kit and a multi fuel stove.

The Shelter Box was developed by Tom Henderson, a Rotarian and former Royal Navy search diver.



Nine New Apprentices Welcomed

Nine new apprentices kick started their working careers at NRG on 27 January.

The new employees are Matthew Pickels, Aaron Hanrahan, Jennifer Galland, Jacob Mills (mechanical), Luke Critchley, Ciaran Fallon, Shannon Polkinghorne and Nathan Waddell (electrical) and Kris Fleming (fabrication). The nine apprentices were selected from 150 applications.

The apprentices will spend their initial three weeks at the Gladstone College of TAFE learning about safety, the correct use of hand and power tools and manual handling techniques.

Upon returning to NRG they will learn about the technical aspects of their trade as well as receiving additional training in first aid, safe working at heights, fire extinguishers, confined space and road safety awareness. To assist them in their working life the apprentices are also provided with training in first aid, financial planning, drug and alcohol awareness and school to work transition. Technical training is also provided by various local companies Enerpac, Swagelok, Loctite and SKF.

NRG Specialist Maintenance Training, John Marxsen said the apprentices selected had fulfilled all the selection criteria as well as demonstrating an enthusiasm and commitment to pursuing a trade.

"We're committed to providing jobs for young people and it's a great opportunity for the apprentices to develop a career for the

future. Employing apprentices is not only beneficial for NRG but for the Gladstone community in the long term," John said.

This year marks the thirty second year that Gladstone Power Station has been providing highly skilled tradespeople for the Gladstone region. The induction of the ten new apprentices brings the total number of apprentices on site at Gladstone Power Station to 35.

New Apprentice Group (Rear) Kris Fleming, Shannon Polkinghorne, Ciaran Fallon, Jacob Mills, Nathan Waddell (Front) Matthew Pickels, Luke Critchley Aaron Hanrahan and Jennifer Galland.

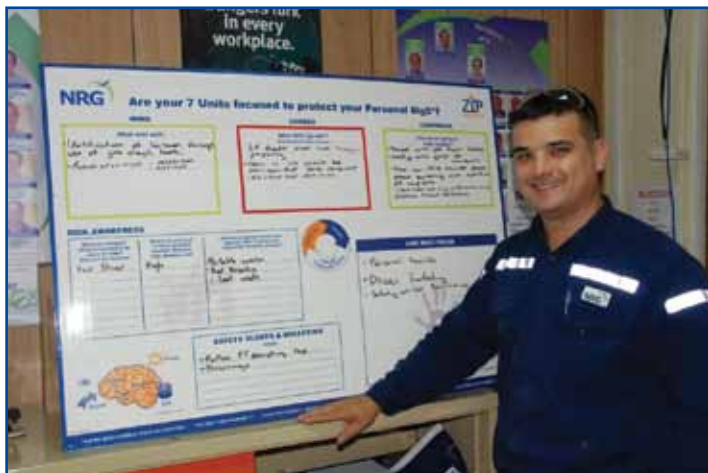


What is a Safe Day Board?

Safe Day Boards are a way to help us start our Safety Focus each day.

Forming part of the embedding process of the ZIP philosophy, the ZIP Implementation Team (ZIPIT) have chosen to roll out and use Safe Day Boards as a tool for teams to assist in focusing their efforts on safety.

The Units Electrical, Senior Management Team, Maintenance Department and Production Team have all had positive results



using this tool as a part of their daily meetings. The practice of using the boards has also highlighted opportunities for the board layouts to be updated with legends and other new measures.

D Shift PPC, Bob Bowden said the Safe Day Boards helped focus their attention on their 7 Units (of the brain) and manage risks in the workplace.

Bob said, "We are gaining momentum in the use of our board at our daily production meeting. It assists us to identify and manage risks with our people or plant."

So where to from here?

During February, ZIPIT team member Eric Eldridge has been visiting department sections to discuss the use of Safe Day Boards.

"There is an opportunity to use an existing layout or design a board for your workgroup that is meaningful to you. All designs will be collected and sent to the printer for supply once ZIPIT have collected information on all work groups requirements," Eric said.

Eric Eldridge has been visiting departments discussing the use of Safe Day Boards

The New Barricades and Cordons

Procedure is Coming

In 2009, the Workplace Health and Safety Committee asked for a sub-committee to be formed to look at the Barricades and Cordons procedure and suggest improvements.

The context and purpose of this review was to eliminate breaches of the existing procedure, to highlight our risk awareness and as a tool to minimise exposure to risks when performing work. The procedure will also provide guidelines for the erection, maintenance and use of barricades and cordons

The sub-committee consisted of people from a variety workgroups these being; Sarah Maynard, Derek Smith, Nev Beckman, Peter Hansen, Gavin Donohoe, Keith Brown, Allan Timm and Dave Greinke.

Beginning in July 2009, the sub-committee has been working through a review of the current procedure. This has included developing and getting opinions on multiple drafts of the updated procedure, relevant to our operations and ensuring alignment with WHS legislation. Sourcing of new barricading and cordoning "hardware" for use on site is now almost complete.

At the time of print, the implementation date is targeted for 6 April.

What are some of the key changes?

- Clear details of responsibilities
- It distinguishes between a Barricade and Cordon
- Changes to the Restricted Access Tag and the information on it
- What to do before accessing a Barricade or Cordon
- Cordons will now include high visibility bunting and phasing out tiger tape

The sub-committee is busy completing the final procedure and will be presenting familiarisation talks to all workgroups in the near future.

Construction Underway on Secret Raft

Construction is underway on NRG's new secret raft for the NRG Great Raft Race.

Fourth year apprentice boilermaker, Michael Zimmerlie is leading a team of ten apprentices helping to put together this year's entrant.

"We've started early to try and get some ideas together but it's going to be a tall order to try and top last year's power station raft which took out the prize for 'Most Creative Raft'," Michael said.

The competition will be fierce again this year with up to 25 rafts expected to enter the race. With strong competition from the likes of QAL and Goldings, the team are

being very protective and are keeping their raft under wraps.

Some of the major prize categories at this year's race include Most Creative Raft, Most Creatively Dressed Crew, Most Entertaining on the Day, Titanic Award and Best Juvenile Entry.

This is the twelfth year NRG has sponsored the Great Raft Race and with thousands of spectators expected to cheer them it is sure to be one of the highlights of this years Harbour Festival.

The race will kick off at 10am on Good Friday 2 April at the Goondoon Street boat ramp in front of the yacht club.

Apprentices Stuart Norris, Michael Zimmerlie, Jacobe Jefferies and Chris Proude are helping to put together this year's raft.



Kyra Looks Forward to Traineeship

This month we welcome new administration trainee, Kyra Bell.

Kyra will spend the next 12 months in reception and assisting with

recruitment in the Human Resources area. She will also have the opportunity to complete her Certificate III in Business - Office Administration.

Kyra is enjoying her new role at the power station.



Kyra is looking forward to working in the Human Resources area.

"The best part of my role is learning new things, the variety of work, having responsibilities and meeting new people. I've always been keen to work in a large industry and would like to get as much experience as I can before I head off to uni in the future," she said.

Before coming to work at the power station Kyra worked at local surf shop Rush in the Tannum Sands and Gladstone stores.

Kyra enjoys running, going to the gym and playing soccer and netball. She also likes to go to the beach and spend time with family and friends. She plans to go to the V8 super cars on the Gold Coast this year.

Kyra's brother Jessie is spending his Year 12 at the Gladstone Schools Engineering Skills Centre.

Kelvin Bebandorf Celebrates 25 years at NRG

Born in Mundubbera, Kelvin's family moved to Gladstone when he was five years old. He attended Gladstone State High School and clearly remembers the school being large and over crowded with over 1700 students.

Having lived for 37 years in Gladstone, Kelvin has seen many changes to the region. He remembers initially not liking Gladstone but over the years he has grown to love living here.

He commenced work at the power station as an electrical apprentice with QEC in 1985. He recalls how he and other apprentices were told to "shut-up, listen and do as you're told, and you will survive your apprenticeship."

After completing his apprenticeship, Kelvin was appointed as Senior Electrical Draftsman for eight months. He then went on to become a technician for the

station auxiliaries area. He continued with his education, completing a Diploma of Engineering at the Capricorn Institute of Advanced Education and a Bachelor of Engineering Technology at CQU.

His work career has allowed him to work with employees and contractors and as a result he has formed some great friendships and working relationships. Kelvin says it's easy to come to work particularly when you work for an organisation that has a good culture and provides enjoyment through job satisfaction and the challenges associated with your roles. He was especially appreciative of all the tradespeople who have helped him over the years.

An avid world traveller, Kelvin has travelled through such diverse destinations as Vietnam, Cambodia, Canada, East and West Europe, UK, USA, Egypt, Russia, PNG and China. He says the experiences

gained while travelling are irreplaceable. Kelvin's future travel plans include taking a cruise, visiting the Philippines and one day experiencing a white Christmas.

Outside of work Kelvin enjoys a round of golf and exploring the great outdoors.



Kelvin Bebandorf accepts his 25 year gift from Russell Hunt

Learning about Prostate Cancer

Did you know that prostate cancer is the most common cancer diagnosed in Australia and that in 2010 almost 20,000 men will be diagnosed with the disease? Tragically more than 3,300 men will die as a direct cause of prostate cancer. Outside of the major cities the situation is even worse with regional Australia having a 21% higher mortality rate.

These were just some of startling facts presented by Geoff Lester, an ambassador and local convenor for the Prostate Cancer Foundation of Australia.

During his one hour presentation he also pointed out some good news. Prostate cancer is potentially curable if detected and treated while still confined in the prostate gland. In the early stages of

development, prostate cancer seldom has symptoms. A routine examination by a doctor can often identify it at this early stage.

Currently there two tests for prostate cancer, the digital rectal examination and the Prostate Specific Antigen (PSA) blood test. PSA is a protein produced by cells of the prostate gland and the test measures the level of PSA in the blood. Only a third of men with an elevated PSA will have prostate cancer.

A major dilemma of prostate cancer is that many cancers are slow growing and in older men, may not need treating. Treatments differ depending on the stage of the cancer.

While the cause of prostate cancer has not been clearly identified there is some evidence that a change in diet to reduce saturated fats and increase intake of fruits and vegetables may be beneficial.

The prostate cancer sessions were well received by the 40 employees attending.

Mechanical Fitter Kev Johnson appreciated the opportunity to improve his awareness of the issue.

"It gave me a clearer understanding of the disease and how important it is to get checked every year," he said.

Thanks to the Wellness Committee for organising the sessions.



Steve Renouf and Kev Johnson were happy to discuss men's health issues with Prostate Cancer Foundation Ambassador Geoff Lester.

Getting Personal with Warehouse Officer Tricia Strohfeldt



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

The warehouse is a neat, tidy and very organised place to work.

The people are very helpful, friendly and easy to get along with. They will go out of their way to assist.

Tell us about some of your interests and hobbies.

I am learning to play golf and hopefully one day learn the art of bee keeping (when we finish our renovations).

What do you like about living in Gladstone?

We live 50kms outside Gladstone on a property and love the peace and tranquillity.

Where were you born and where did you do your early education?

I was born in Rockhampton and did my early education in Mackay. I started Year 8 at Gladstone High School and have been here ever since.

Tell us a little bit about your family.

I am married with one son Damien. Damien is married to Rachel and they have two beautiful kids, Mia and Riley.

My worst habit is...

You would have to ask my husband that question. I really can't think of any bad habits.

At home I like to cook...

So we don't starve.

The best holidays I've ever been on was to...

The Australian Tennis Open and 4 Wheel Driving to the Cape.

You wouldn't know it but I'm no good at...

Golf

The hardest thing I've ever done...

Is renovating our home. After four years it is still not completed.

What have you enjoyed about your role?

I have enjoyed the wide variety of work, always learning new things and of course the people I deal with every day.

Tell us about your previous roles and experience.

I worked at Corporate Express for five years in a customer support role and found dealing with customers at that level very challenging but also very rewarding.

Previous to that I was a courier driver for eight years.

What things attracted you to NRG and Gladstone Power Station?

Probably the conditions and the nine day fortnight.

Rebecca Features in Women in Business

This month the Gladstone Observer will feature the region's "Women in Business" highlighting the roles of women in local industry and business.

NRG's representative, Financial Accountant Rebecca Sparrow has been an avid supporter of woman in industry and the importance women play in today's workforce.

Rebecca has been an accountant at GPS for many years and has completed the Certified Practising Accountant course as well as the Frontline Management Diploma.

Rebecca feels NRG has given her the opportunities and support to help her achieve her goals.

"If I were to give advice to someone on how to achieve their goals I would encourage them to have a belief in their own ability and to be able to handle many different situations. Some situations are known and familiar while others can be new and challenging. I think this has certainly helped me get to where I am today," Rebecca said.



Rebecca was happy to be our representative for Women In Industry feature.

Employees Choose Healthier Lifestyles

Australia's Healthy Weight Week was held during the end of January and NRG employees have taken up the challenge.

Wellness Committee Chairperson Jay Wilson said over 50 participants have taken up the 10 week challenge to improve their lifestyle.

"Each week there is a challenge to take, from keeping a food diary to adding more fruit and veges to your meals and snacks. It's not about losing weight, it's about changing bad eating habits and making healthy lifestyle choices," Jay said.

"There are many health benefits from eating healthy foods, such as three fruit and five veges a day and undertaking regular exercise. Small changes such as these can not only reduce weight, but also lower cholesterol, blood pressure, diabetes and heart attack. You may just feel better in your self too!"

Statistics reveal that over 61.4% of the Australian population are either overweight or obese. There are many factors that can contribute to this including work, bad eating habits, fast food, health issues and genetics.

"We even have a good example of somebody trying to improve their health through weight loss, in our own Shoey," Jay said.

"Well, my blood pressure was so high that the doctor just kept telling me I had to do something about the weight or the stress or preferably both. There was a high likelihood of stroke and that was not an option I wanted as I planned to be around GPS for sometime to come! I am not sure what I can do about the stress but I have taken some action on the weight and over the past 10 months I have

lost 32kgs. I feel a lot better and have more energy although I still have some way to go yet." Shoey said

Shoey was also very appreciative of the great work being undertaken by of the Wellness Committee.

"I know just how hard it is to lose weight and to live a healthy lifestyle but, what I find great here at GPS, is that we have so many people who genuinely care about the health of the rest of us and are willing to put in such a great effort to help. The Wellness Committee are doing a lot of great things in helping those of us struggling with these issues. Well done and thank you," Shoey said.



Jay is encouraging employees to take up the challenge for a healthier lifestyle.

Service Register – February/March 2010

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 months of February and March.

39 years
36 years
35 years
32 years
31 years
30 years
29 years

Greg Nugent
Graham Bloomfield
Noel Else
Simon Sutton
John Marxsen
Jeff Norris,
Nev O'Connor
Tony Padget,
Alan O'Rourke,
Dale Hempseed,
Neville Beckman,
Paul Lowry,
Paul Hedland,
John Hunt,
Paul Cupitt

28 years

27 years
26 years
25 years
24 years

23 years

15 years

Mick Chadwick,
Mark Sandland,
Ken Harris,
Ian Dodd

Keith Brown
John Leinster
Graham Lester

Errol Geary,
Greg McDiarmid

Kev Ryan,
John Lynch

Ruth Searston,
Derek Jarram

Where are they now? – Ged Carter



What period did you work at GPS?

I worked at GPS from September 1976 to November 1993.

Tell us about your roles in the electricity industry and what you have done since leaving GPS.

I started with Northern Electric Authority as a fitter and turner at Barron Gorge hydro power station in April 1971. Whilst there I was seconded for overhaul work to Koombooloomba Dam and Kareeya Hydro Power Station. In 1972 my wife Pam and I moved to Collinsville where I started as a fitter and turner at the power station and moved onto shift as a Plant Attendant and later as an Assistant Unit Operator.

We moved to Gladstone in 1976 and I worked as an APA, then progressed to Unit Controller. When the Simulator arrived I became a Training Officer, running courses in unit control, plant familiarisation and some basic apprentice training for seven years. Following the transfer of the simulator to Biloela and a few months before NRG took over, I resigned from GPS.

The following years I worked as a trainer for Gladstone Skillshare running basic welding and 4WD courses and as a supervisor for Endeavour Foundation for two years. We then "hit the road" in our Phoenix off-road caravan for two years of adventure. During this time we packed capsicums and picked apples at Stanthorpe, then drove to "the top end" Broome and the Kimberley.

We worked at El Questro cattle station where I was employed as a mechanic and Pam as housekeeper/staff cook. Later on we also did a short stint at the Bungles and then drove taxis in Alice Springs.

Then my old "B Shift" mate Dick Garrett told me about a six month job at Callide Power Station so we went across to Biloela after an eight year break from the industry. After the six month commissioning operator job with Pacific Power, Callide was short of operators so I changed shirts and did six and a half more years with CS Energy. I left Callide in August 2007 ending a total of 29 years in the industry.

What are your fondest memories of working with the employees at the station?

On the job, I enjoyed the close cooperation between shift and maintenance, particularly with the techies sorting control loop problems. My stint as a trainer was challenging and the simulator was particularly well received by maintenance staff who gained a broader knowledge of the process. Socially the occasional bushwalking, 4WD and fishing trips to places such as Mt Castletower and Kroombit Tops were a buzz as were the thousands of beers with the boys.

While in Gladstone you were a key figure in the development of the Gladstone Roadrunners Club which featured many GPS employees. How did you become involved with the group?

Initially the only club available for distance runners was the Gladstone Amateur Athletic Club. We had a strong core membership but tried to increase numbers to no avail. There was a fair amount of red tape with the Qld Amateur Athletic Association and we felt that the "athletic club" badge discouraged those who wanted to run "just for fun". So we followed Rockhampton's lead and started the Gladstone Road Runners Club. The emphasis was on participation for all and the club is still thriving today.

Tell us about your involvement in the Gladstone Light Opera Society and the many roles you have played in local musicals?

Being an introvert, I started late in the musical scene and played my first role at

39 years after Jenny Garrett talked me into joining a choir. Since then I've played Joe Cable in South Pacific, Curly in Oklahoma, Tevey in Fiddler on the Roof, Billy Crocket in Anything Goes, Javert in Les Miserables, and Pilate in Jesus Christ Superstar. I have hugely enjoyed participating in these and other productions. I recently auditioned for the production of Les Miserables and landed the same role of Police Inspector Javert, 14 years since the last time. I'm stoked about that!

You have lived the last few years in Innisfail and Biloela. What have you missed about living in Gladstone?

Any place is what you make it. Gladstone was a top place for the kids to grow through school and find employment. We've missed the many friendships developed through our workplaces and outside of work. The smaller towns of Innisfail and Biloela were slower paced but very friendly and welcoming. To live in Innisfail you need a great love of rain!

Do you still keep up with any GPS employees?

We've kept in touch with a few old GPS friends and had a great reunion recently at Pat Riley's retirement party.

Tell us a little bit about your family?

Pam and I have two children, Katrina and Christopher. Katrina and husband Rodney Lanzon live at Calliope with their four children. Christopher and his partner Kate live at Clinton with their children. They're expecting our eighth grandchild. Our grandkids may not be the seven best in the world, but they're up there in the top 10! Pam currently is a support worker for people with disabilities and I'm slowly learning to trade the Forex market. We enjoy walking, riding our tandem pushbike, coffee shops, the odd glass of red and caravanning.

If you know of a former employee who may be interested in participating please forward their contact details to Gary Macnamara ext 504.

Katherine's off to Uni

Katherine has moved to Brisbane to take up university studies.



After 12 months working in reception Katherine Giles is sad to be leaving NRG but at the same time looking forward to resuming full time study.

"The girls I have worked with, Nat and Julie, have been really lovely and helpful. I've learnt a lot especially helping out with the overhaul recruitment and being able to complete my Certificate III in Business Administration," Katherine said.

Katherine will be moving to Brisbane where she has enrolled in an Arts degree in her first year.