

Ben Takes out Major Business Award

Manager Technical Services, Ben Hayden was elated after winning the Australian Institute of Management (AIM) 2010 Gladstone Professional Manager of the Year Award in a ceremony held at the Grand Hotel.

General Manager Gladstone Operations, Glenn "Shoey" Schumacher congratulated Ben on his outstanding achievement saying it was a great result not only for Ben but for the station as a whole.

"This achievement does not come without a lot of hard work and is a reflection of Ben's dedication and drive for improvement. Ben won against a very strong field of seven candidates and his achievement reflects well on the calibre of people we have here at GPS. It is also about showing the Gladstone Community that we at GPS are trying to set a high standard for our own performance," Shoey said.

Shoey also congratulated Superintendent Safety Systems, Allison Hutton who was

one of three finalists in the Team Leader/Supervisor of the Year (Gladstone Region) Award.

Ben wished to thank the Technical Services Team for their support in helping him achieve the award.

"It's an honour to lead and work with a broad variety of talented and capable professionals at GPS and specifically, Technical Services. Despite the challenges of the plant and our business, it's great to go home most days feeling like the team have had a win."

Ben commenced his career with GPS in August 2006 as Mechanical Engineer Units Support and was promoted to the role of Manager Technical Services in April 2008. Ben has been responsible for the early design and project initiation of the Ash Hopper replacement and the development of the GPS Asset Management System.

We congratulate both Ben and Allison for their success at the awards.



Ben was pleased to accept the award for AIM Gladstone Professional Manager of the Year. (Photo supplied by Gladstone Observer)

Employees Encouraged to Ride to Work



Doug is encouraging all employees to ride to work on National Ride to Work Day.

GPS employees are being encouraged to take up the challenge and ride to work on National Ride to Work day on Wednesday 13 October.

First Aid Officer and regular cyclist Doug Thomas said the day was about having fun by coming to work by bike and to experience the benefits of an affordable, hassle free and carbon free mode of transport.

"Last year 46 employees took up the challenge so I am hoping we can better that number this year. Those who ride will be rewarded with a healthy breakfast when they arrive."

"This is the seventh year we have had Ride to Work so it would be good to see some new faces this year. It is a great way to promote fitness and healthy living," Doug said.

To register your interest contact Doug on ext 122.

New Confined Space Training Facility for Emergency Response Team

The Emergency Response Team (ERT) have a new training facility which will allow them to more adequately meet their statutory requirements in relation to confined space training.

Team member Russell Curtis said the ERT had gained access to the redundant gland sealing water tank located near Unit 2 dust hoppers.

“A total of six manholes and one access door have been installed in the tank, all of different sizes which are relevant to the manhole sizes we have on site. The manholes have been placed around and also on top of the tank. This will allow our members to more easily practice our confined space training requirements for what’s on site,” Russell said.

The new confined space facility will now be readily accessible for training whereas previously the team had to wait for confined spaces to become available during overhauls or when plant was out of service for repair.

ERT members are required to complete a three day course in confined space training every year through HighPoint Access and Rescue. Prior to construction of the new facility discussions were held with Rob Stringer from HighPoint to ensure the facility was relevant to the training provided.

Electrical fitter Ray Waghorn came up with the idea to use the redundant gland sealing water tank while boilermaker John Hall, with assistance from the apprentices, constructed the man holes and man hole covers.

In the near future the tank will be painted and appropriate signage will be placed on the tank to advise employees that it is an Emergency Response Team confined space training facility.

“With appropriate training facilities, specialised equipment, experience and knowledge, the Emergency Response Team is well equipped to respond to emergency situations,” Russell said.



Russell inspects the new confined space training facility.

Risk Awareness and Focussing our 7 Units

(Martin Thomas continues his story on how his Zip training helped him achieve his goals in a recent 4WD trip through central Australia.)

In the week leading up to our arrival in Birdsville as we crossed the Simpson Desert, there were apparently six vehicle roll-overs in the Birdsville area. Most of these were on the well graded development roads. For those who have been there especially in the dry, you would probably ask how could this possibly happen? The roads are wide and flat with fairly good surfaces and plenty of visibility.

Talking to the locals in Birdsville, they believe that there are too many drivers who are inexperienced in driving long distances with overloaded cars. Problems can arise when driving on unfamiliar roads that can change quickly especially after rain which was the case in the week in question. The question is then, why would people intentionally choose to potentially hurt the very people they value highly? Make no mistake, this is their choice to keep going and ignoring or not recognising the risks.

The driver of the vehicle pictured in last month’s Gladrag claimed he was just pottering along the road after a bit of rain and “suddenly” the car ran off the road and rolled. Luckily, no one was seriously injured. It was a near new Toyota Landcruiser Turbo-diesel V8 on its maiden major 4WD trip. The police concluded that the driver was more than likely driving too fast for the conditions but not necessarily speeding. He had driven a huge distance that day with a heavy load in the back and didn’t appear to be paying too much attention as the incident occurred on a straight section of road.

All the holes of the “Swiss Cheese Safety Model” had aligned. This was really an incident just waiting for a time and place to happen. It’s funny how obvious all of this is after the fact. How many of us would have recognised these factors and thought to call a halt to progress and re-assess what was happening? This driver was focussed on getting to his destination (Birdsville). Can’t really blame him for that.....or can we?

WHIZ Family Fun Day

The WHIZ Family Fun Day on Sunday 7 November is shaping up to be the event of the year with over \$3000 worth of prizes up for grabs for GPS employees, contractors and their families.

A free BBQ lunch will be held from 12 midday to 2pm and free tea, coffee, bottled water, soft drink and ice creams will be available throughout the day.

This family fun event will be held at the Gladstone PCYC (Yarroon St) with activities planned to start at midday. The drawing of the lucky door prizes will be between 1:30pm and 2pm and participants must be present to collect their prizes.

Free bus tours of the Power Station will be run on the day, leaving the PCYC at 11:00am and arriving back at the PCYC at midday. Pre-booking for the bus tours is essential, so please contact a member of the organising committee before 26 October so enough seats on buses can be arranged.

All kids activities are free and include Old MacDonald's Farm, face painting, fence painting on canvas, mini jeeps, jumping castle/slide, super slide and the rock climbing wall.

There will be many Health, Wellness and Safety vendors including our ZIP facilitators (SENTIS) doing live presentations and being available to discuss whatever issues

you might have with them. The list of providers confirmed so far includes Yaralla Gym, Physiotherapist Shayne Podbury, Cancer Council of Qld, Queensland Fire and Rescue Service, Gladstone Surgical (sleep apnoea), Converge, Capricornia Division of General Practice (Nutrition).

Celebrity Chef Sally Jenyns who is a regular on TV show Creek to Coast will be making a special appearance and cooking up a storm with lively demonstrations.

Additional providers such as Community Health, acupuncturists, chiropractors, prostate cancer specialists, podiatrists, women's health specialists, yoga, Bowen therapy, QUIT program, Men's health specialists and Ergon home electrical safety.

If you would like to come along to this event please pre-register before 1 November so we can organise the catering and freebies.

Closing date for the children's colouring-in competitions is Friday 5 November. There are three age categories - 4 years and under, 5 - 8 years and 9 - 12 years. Judging will take place prior to the Family Fun Day and all entries will be displayed on the day and winners announced. Entry forms will be mailed out to homes with additional forms available in the canteen and via a link on the Sharepoint home page.

To register to attend the WHIZ Family Fun day or the bus tours, please either use the link on the Sharepoint home page or contact any of the organising committee.

The organising committee for the WHIZ Day are Allison Hutton, Archie Lowe, Jay Wilson, Grant Sutherland, Pauline Ferricks, George Bennetts and David Lahey.



Grant Sutherland and his son are looking forward to the WHIZ Family Fun Day.

Spouses Enjoy Resuscitation Training

Michelle Sandland may help to save someone's life some day thanks to resuscitation training provided by first aid officer, Doug Thomas.



Michelle was just one of 31 ladies who attended one of the four sessions Doug provided to NRG employees' spouses and partners.

Doug said many employees wife's looked after young children at home so it was important they know how to perform resuscitation and administer basic first aid in an emergency situation.

"Their husbands learn resuscitation every six months so it is important that the wives know what to do as they spend the majority of time looking after the kids."

"The ladies were very appreciative of the training provided and were keen to learn about what to do in a choking situation and how to put a baby into a recovery position," Doug said.

It is planned to run refresher courses every 12 months.

Service Register October 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 month of October.

| | |
|----------|---|
| 34 years | Dick Garrett, |
| 32 years | Cheryl Jackson, Larry Brushe |
| 31 years | Rod Brown, Michael Richters, Brian O'Sullivan |
| 29 years | Noel Cleary |
| 28 years | Garth Liddell, Peter Vouvoulis |
| 26 years | Bruce Green |
| 23 years | Bruce Janson |
| 20 years | Bruce Slatter, Barry Albeck, Neil Grother, Glen Kiernan |

Weld Bay Improvements Applauded

A range of initiatives instigated by pressure welder John Hall aimed at improving the safety and efficiency of the weld bay has been applauded by Superintendent Auxiliaries, Mark Bearham.

“All employees in the workgroup are actively encouraged to initiate and implement new measures to help improve the way they work. John has shown a willingness and commitment to improving safety in the weld bay and I am pleased that we have been able to support John to put these initiatives in place,” Mark said.

One of the significant improvements has been the reduction in noise levels brought about by the installation of acoustic walls around the bay.

“During shutdowns the noise levels can become quite high around the weld bay and even though there has been only a small reduction the real benefits will come when all of the weld bays in the workshop are fitted with the same glass wool insulation,” John said.

Other major improvement to the bay include:

- Solid doors with locks to prevent the movement of employees in and out of the bay while work is being undertaken
- The installation of shelving for spray cans, welding rods and other consumables

- Movable fans and lighting to help improve the general working conditions
- Additional power points located closer to the work benches.
- A fixed door which opens to an outside work area allowing for lengthy pipe to extended away from the front hallway where employees enter.
- The installation of a new plasma cutting machine which is easily accessible for work inside and outside the weld bay.

- Outward opening door with peephole to prevent injury to people walking past.

John believes the improvements made to the bay have not only improved the safety and general working conditions but will lead to major improvements in efficiency in the long term.

“I’ve been here for 28 years and these changes have not only improved the work environment but I feel I have been able to do my work much more efficiently,” John said.



John believes the improvements in the welding bay will lead to major improvements in efficiency in the long term.



Solving problems

We are all faced with personal and work problems from time to time. Some of these can be easily resolved, but others can present more of a challenge. Although every problem is different and requires a different solution, there are several strategies which prove effective in most situations. Using these strategies when faced with a problem can dramatically increase your chances of successfully resolving the issues and moving past the problem.

Probably the most important strategy when problem solving is to step back from the situation and get a clear understanding of exactly what the problem is. Problems are often made worse because we don't really understand what the problem is, and gaining this insight is critical to creating a resolution.

Second, if facing a large problem, it often helps to break the problem down into

smaller parts. Breaking the problem down into parts allows you to break the solution down into parts too, making it easier to get started on resolving the problem.

Finally, you need to identify the resources you have to help you resolve the problem. These might be physical or financial resources, or may be emotional or intellectual resources. You may not always have the resources yourself to resolve all aspects of a problem, so you may need to be willing to seek the help of other people.

Sometimes, no matter what we do, it can seem like life's problems can be insurmountable. If this sounds like you, you might benefit from speaking with one of Converge International's experienced counsellors. Counselling is free, and can be arranged by calling Converge International anytime on 1800 337 068.

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Date Claimer

- GPS Rec Club Adults Christmas Party – Friday 19 November Gladstone Golf Club. Tickets are \$10 each and can be purchased from Katherine and Lynda. Ticket sales close 17 November.
- Kids Christmas Party – Sunday 5 December Western Suburbs Swimming Pool 12 Midday to 3pm.

Freecall 1800 337 068

www.convergeinternational.com.au



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Rec Club Members Enjoy Cania Gorge

The third annual Rec Club trip to Cania Gorge was a great success with 36 people taking the opportunity to enjoy a relaxing weekend away.

This time round it was great to see a number of new employees and their families keen to explore the area. While some chose to take their caravans, others preferred the comforts of the air conditioned cabins.

The first attempt at camp oven cooking proved to be a real success with resident cooks Grant Sutherland and Phil Hayne serving up a delicious meal of roast pork, lamb and beef on the Friday night.

Saturday morning saw a number of families venture out on the dam to do a spot of skiing on the lake. Birthday boy Jason Taylor

decided to join in with the others in an informal round of golf. Later on in the afternoon some members ventured out on the short walks that offered picturesque views of the local rainforest.

Towards the evening it was off to the bird watching where the lorikeets, king parrots and kookaburras were soon eating out of our hands. The wine tasting happy hour also proved popular with members keen to indulge in the variety of red and white wines on offer.

Special thanks to Grant, Phil, Jason, Rod Brown and Ken Williams for hosting a fantastic weekend.



Feeding the lorikeets proved to be a popular pastime at Cania Gorge.



Phil and Grant take a break after a big night organising dinner for the happy campers.

Gail Moves into Retirement

Popular Spotless cleaner Gail Casey has decided to put away the mop and enjoy a new life in retirement.

During her six and a half years on site Gail's friendly smile and laid back sense of humour were always appreciated by those who got to know her.

"GPS has been a great place to work because the people here always respected what we do. I've really enjoyed my time here and am going to miss catching up with all the staff," Gail said.

Having been born and bred in Gladstone, Gail and her husband are keen to move to either Woodgate or Bundaberg in retirement.



Spending more time in the garden and travelling around Australia in their caravan are also high on the agenda.

Farewell Paul Hedland

Paul started his career in the electricity industry in 1972 working at the 180 MW Meremere Power Station and the gas fired New Plymouth station in the North Island of New Zealand. "My wife and I went over for a working holiday but we ended up staying eight years," Paul said.

During this time Paul also worked with former GPS Production Training Officer, Ian Sanderson. After leaving New Zealand, Paul spent 12 months working as a chemical plant operator at CSR Chemicals in Sydney before joining GPS 1 April 1981.

Up until 1998 Paul worked with the "D" shift crew and following a reorganisation he joined the "E" team. Paul said the highlight of his time at GPS was working on the Plant Improvement Project during the late 1980's.

"There was a lot of refurbishment work being done at the time and I enjoyed working with George Ryan and Gary Waites on various projects to upgrade the burner front," Paul said.

Working with Doug Hogan and Ken Harris, Paul was also involved in preparing isolation sheets and upgrading the data base for the Permit Administration System (PAS).

Away from work Paul is a keen motorcycle enthusiast who enjoys riding with the Ulysses' and Christian Motorcycle Clubs.

In his retirement Paul is planning some major renovations of the house as well as doing some voluntary work with various charities.

Holidays are also high on the agenda with a cruise to New Zealand and a river cruise up the Rhine River being planned for the near future.

"I have also joined a group with some current and ex power station employees who meet once a month so I'll have plenty to keep me busy in retirement," Paul added.



New Rescue Trolley Successfully Trialled

A new purpose built rescue stretcher trolley has been successfully trialled by the Emergency Response (ER) Team. The trolley was designed and built by Auxiliaries pressure welder John Hall.

ER team member Grant Sutherland said one of the rescue requirements of the team was to be able to rescue a person from inside the CW conduit pipes.

"We needed to be able to easily transport a casualty inside the conduit between the manhole lids. Within the pipes there is a large distance between the manholes and the rounded pipe and wet environment make it extremely difficult to carry out a rescue operation. We required a trolley that was stable, safe to use and could be easily used by one person," Grant said.

The 48kg trolley has an aluminium frame with three wheels and has been designed

so that it can easily move inside the contoured conduit pipe.

"We also had to make it so that it was collapsible and could easily fit into the manholes. Our plan was to send the stretcher down first, put the casualty in the stretcher and then send the trolley down afterwards. The trolley has a small boat winch which is used to winch the casualty in the stretcher onto the trolley," Grant added.

Grant said the trolley had been designed also for use on flat ground and with its ease of manoeuvrability one person is able to operate the trolley during a rescue.

Superintendent Safety Systems, Allison Hutton praised the members of the ER for their collective efforts in coming up with the idea and for the excellent work done by John Hall in designing and constructing the innovative trolley.



The new purpose built rescue trolley will be an invaluable aid to the emergency response team.

Plant services employee, Errol Geary retired last month after a 37 year career at GPS both on construction and in generation.

Born in Tiaro, Errol moved to Gladstone as a three year old completing his education at South Gladstone School.

In 1972 he joined Evans Deakin on GPS construction working in a variety of roles as a winch driver, rigger, dogman and scaffolder.

When the construction work began to drop off he joined generation in a temporary role as a gardener in late 1985. However his life was to change dramatically in early 1987 when his wife Noala was severely injured in a car crash.

"While at the station I got to know Joe Napier who had been coaching his and my wife in a local netball team. After

Farewell Errol Geary



the accident Joe and the then General Manager Sid Durrington decided to put me on as a permanent in the store, and I was very thankful to both of them for the support they showed me," Errol said.

Following a short stint in the stores Errol then spent five years in the cleaning crew working under Dave Brown and a further ten years as a rigger in Kev Taylor's burner front crew.

Since 2001 Errol has enjoyed working with the mills crew.

"There are a lot of good blokes here and the power station has always provided me with a steady source of income so I am grateful for my time here," Errol said.

Errol expects to be spending a lot of his time looking after his wife and we wish him and Noala all the best for the future.

Welcome New Warehouse Trainee Ben Cant



This month we welcome our second ever warehouse trainee, Ben Cant.

Ben moved up from Ipswich at the beginning of the year with his parents and has spent the past couple of months settling into his new role in the store.

Ben has been busy learning about the issuing of goods through the main store as well as learning about the manual handling of goods and how to drive a forklift.

To assist him on the job, Ben is also studying for his Certificate III in Warehousing through

the Gladstone College of TAFE. He is keen to gain his forklift and overhead crane tickets later in the year.

Ben said he was looking forward to spending further time in the receiving and purchasing areas and learning as much as he can during the next two years with a view to gaining a fulltime job in the warehouse industry.

Outside of work Ben enjoys watching movies, sport (follows the NBA religiously) and hanging out with mates.

Spray Boxes Replaced on CW Screens

New spray boxes installed above CW Units 1-4 and Units 5-6 rotating trash screens will make it easier for debris and marine life caught up in the screens to flow through the system and into the outlet drains.

Mechanical Projects Specialist, Rick Thomason said the improvements would make the process much more reliable and environmentally friendly.

"We've installed better sprays as well as changing the boxes from mild steel to stainless steel and installing new improved spray nozzles. The fibreglass trays which sit under the spray boxes have also been replaced with trays designed to enable all marine life to return to the water as quickly as possible," Rick said

Drawings for the spray boxes were completed by Total Drafting while Walz Maintenance have been contracted to install the boxes.



Neil Grother and Rick Thomason check out the new spray boxes on the CW screens.

Getting Personal with Superintendent Production Engineering Adam Sleat

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

It's been great to join NRG with the people being welcoming and more that happy to help. The plant like the people has a lot of history and learning about this has been interesting and invaluable to understand where we are now.

What have you enjoyed about your new role?

I have enjoyed the variety of the work and the opportunity to continue to develop.

Tell us about your previous roles and experience.

I worked on the family cane and cattle property prior to completing a Degree in Mechanical Engineering with CQU Rockhampton in 2004. I then spent 5½ Years with Rio Tinto Alumina Yarwun in Maintenance and Reliability Engineering Roles.



What things attracted you to NRG and Gladstone Power Station?

The opportunities provided by the Production role and knowing others who had made the move to the station were enjoying GPS.

Tell us about some of your interests and hobbies.

I've played since 2004 in the Wide Bay Northern Districts Rugby League and this season was with Premiers Miriam Vale Magpies. I also enjoy running my own cane farm at Miara, continuing to help on the family farm and going fishing at Baffle Creek.

What do you like about living in Gladstone?

Gladstone has great work opportunities and a relaxed lifestyle

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

I was born in Bundaberg and attended Yandaran State School and North Bundaberg High School

Tell us a little bit about your family.

I married Tracey in March 2009 and have had two additions to the family so far.... (two spoilt dogs).

My worst habit is...

My wife and co-workers tells me it is procrastinating, but I'm still deciding

At home I like to cook...So I don't have to clean

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

Melbourne and along the Great Ocean Road

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

Making a decision – see 'my worst habit'

The hardest thing I've ever done was...

Leaving my last job



First Aid Kits Prove Hugely Popular

There is likely to be many first aid kits under Christmas trees this year following an overwhelming response by GPS employees to a bulk purchase scheme.

Manager Health, Safety, Environment and Communities, George Bennetts said a number of employees had personally inquired about whether NRG could use its purchasing power to provide discounted first aid kits.

"We considered a number of samples which were reviewed by the emergency response, JWCC and management teams and settled on two kits. The offer of the 'Survival' and 'Compact' kits was well received with employees purchasing 539 kits," George said.

The kits were supplied by NSW based company Survival Emergency Products.

Lynda Casey checks out one of the new first aid kits which have been an overwhelming success with employees.

Getting Personal with Superintendent Risk Management Brad Greer

In the 20 months you have worked at the station what's been your impression of the plant and people so far?

It is a team effort out here, everybody helps everybody out when they need it.

What have you enjoyed about your new role?

Enjoying a laugh with George Bennetts. Every workplace has its challenges and there are certainly enough for me here at GPS, but the support and culture has helped me fit into the place. I am told it's a minimum of five years before I can even begin to think I might be a local.

Tell us about your previous roles and experience.

Too many to list or remember, but have worked in Universities, Councils, Insurance Companies, Airports and QR. Each has helped me get to where I am today and have made some really great friends along the way.

What things attracted you to NRG and Gladstone Power Station?



Getting away from Brisbane and get a new lease on life. I was born in Central Queensland and have always enjoyed my trips across the state over the year. Why GPS? Well I needed a change and the role was advertised at the same time and here I am.

Tell us about some of your interests and hobbies.

I love sailing and have just finished an inshore skipper's course and starting to race on Saturday afternoons. I try

and paddle an outrigger twice a week and am yet to get back in the water to experience the local SCUBA diving sites. Have not got the board out for a surf yet, still looking for the waves.

What do you like about living in Gladstone?

Yachties. The Lifestyle, a bit more laid back than Brisbane or Melbourne. Been known to pop over to Yachties for happy hour. Oh did I mention Yachties. It's a long trek from my place.

You have recently purchased a house which you are renovating. How is that going?

They are the longest renovations in history, not always easy to get the help or materials when required. Too many delays, but now I have moved in and am finishing off the little things. It took me nearly two months to get Telstra to connect the land line. Basically everything ordered or planned blew out in both time and money.

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

I was born in Bundaberg but my parents thought they could move before I got a taste for it. Well that's proven wrong. It's always the bears fault.

What is your favourite childhood memory?

Maybe not a favourable memory but I recall the 1974 flood and paddling our canoe from Broadbeach Island Caravan Park (now Jupiters Casino) across the bridge and down the highway.

At home I like to cook...Curries accompanied by a good red.

Someone who makes me laugh is...Not Gazza, his jokes are appalling

What music do you enjoy listening to?

ACDC, Hoodoo Gurus, George Thoroughgood, Jazz and Blues, anything and everything really except house music or doof doof music.