

## Save the Date

**Saturday, 11  
December 2010**

Now we're heading into the second half of the year, it's time to get excited about Benedict's End of Year Celebration Party. Stay tuned for more information.



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## Benedict Haulage – Best in Fleet

Hi all, since the last article we wrote Benedict Haulage have displayed trucks in the Sydney truck show which we received second place for Best Transport Display and second place for Best Fleet we also displayed in the central coast truck show which fleet numbers 407 received a trophy and 408 took out best truck and dog, both these events are fund raisers for kids with cancer which we support.

Benedict Haulage was also asked to provide our two 10wheel rigids fleet # 358 and 026 for a photo shoot for the Kenworth Down Under magazine that will be on sale at the end of this month, a big thanks to Menangle quarry and a special thanks to Dicky for loading our trucks for a great action shot.

Benedict Haulage has been accepted into the Mass Management scheme which will allow our rigid trucks to cart a higher mass limit and give us greater edge in the market, you will start to see this accreditation sticker placed on our vehicles in the coming weeks.

I would like to take this opportunity to thank Chris (fleet #105) for the time he gave us and wish him well in the future, we would also like to introduce Dale Price who will be driving fleet # 996 which you will all notice has been painted in the Benedict colours adding to the outstanding fleet which is a credit to all our drivers.



## Quality News

### Exemption Testing “ packing extra quality into our products”

Fill Soil consists of Building, Demolition and Construction Waste and comes into Chipping Norton in various ways such as skip bins, truck and dogs, and 6 wheelers. Once on site the product is inspected by our trained Tip Inspectors and if acceptable the material then goes through the plant for due process where the material is broken down into vary waste streams , one of which is 'fines'. These fines need to pass the rigorous testing regime stipulated by the Department of Environment, Climate and Water and the Exemption criteria set by the EPA

**Floyde Gilbert**

## Safety News

**Nicole Pearce**

### RELIEF FROM STRESS HOW?

You do not need a research study to tell you that people are under stress. More than likely, stress is exacting its toll on you too! What harmful effect can stress have upon you and your loved ones? How can families learn to cope? WHAT is stress? According to one expert, stress may be defined as “any physical, chemical, or emotional factor that causes bodily or mental tension.” Does this mean that stress is inherently harmful? No. As Dr. Melissa C. Stöppler observes, “a mild degree of stress and tension can sometimes be beneficial. Feeling mildly stressed when carrying out a project or assignment often compels us to do a good job and to work energetically.”

So when is stress a problem? Says Stöppler: “It is only when stress is overwhelming, or poorly managed, that its negative effects appear.” Consider some common sources of stress.

- The stress of making a living.
- The pressures on single parents.
- Children Under Stress.
- High Expectations and pressure demands.

### The Price of Stress

Whether you are young or old or the stress in your life comes from work or school, chronic stress can take a heavy toll on your health. One medical writer explains: “The stress response of the body is somewhat like an airplane readying for take-off.” Yes, when you feel stress, your heart rate and blood pressure soar. Your levels of blood sugar rise. Hormones are released. “If stress becomes persistent,” the same writer continues, “all parts of the body’s stress apparatus (the brain, heart, lungs, vessels, and muscles) become chronically over- or under-activated. This may produce physical or psychological damage over time.” The list of illnesses in which stress may play a role is alarmingly long: heart disease, stroke, immune disorders, cancer, musculoskeletal disorders, and diabetes, to name just a few.

Of particular concern is the unhealthy way in which many—especially young ones—try to cope with stress. Dr. Bettie B. Youngs laments: “It is very depressing to find out that in their desire to escape from pain, teenagers take routes such as alcohol and drug abuse, truancy, delinquency, sexual promiscuity, aggression and violence, and running away from home or problems rather than addressing them—routes that lead them into problems more overwhelming than those they were trying to escape.”

Stress is a fact of modern living and cannot be entirely avoided but it can be managed.

### Coping With Job Stress

Respectfully talking out problems with an employer may result in less job stress. Researchers on stress in the workplace recommend “talking to your employer: if they don’t know there’s a problem, they can’t help.” This doesn’t mean venting rage and frustration. “Calmness itself allays great conflict,” Be businesslike and avoid a confrontational approach. Perhaps you can convince your employer that less job stress will mean more productivity.

The same can be said for other work-related problems, such as tensions and conflicts with workmates. Look for productive ways to confront such problems, perhaps doing research if necessary. A number of articles have been published that might prove helpful. Use company health initiatives such as Employee Assist Programs to communicate feelings and implement productive strategies to resolve the situation and reduce and control stress.

### Relieving Financial Pressure

Spending on wants not needs by conducting and sticking to a realistic budgets goes a long way to relief financial pressure. Making a conscience effort not to be overly anxious about uncontrolled future events will assist in keeping a positive attitude and assist physical health and control stress. Practical controls; Being content with the necessities during financially pressing times. Learning to be content with less is realistic and practical. Recall Leandro, who became wheelchair-bound as a result of an accident. He and his wife took steps to conserve their money. Leandro explains: “We try to economize. For example, if a light is not being used, we turn it off in order to save on electricity. As for the car, we plan where we are going and combine errands in order to save on fuel.” Refuse to impulse purchase and discern what is really necessary.

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## And the Winner Is.....

Benedict Recycling has again been busy dealing with local Councils in the Sydney region. As reported last month we were waiting on tender decisions from North Sydney and Canterbury Council. I am happy to report that Benedict Recycling has won both tenders. The North Sydney Council material will be received at Belrose for the next 2 years with Dats transporting the material. Meanwhile, the Canterbury material will be received at Chipping Norton for the next 4 years.

Both tenders were tight price wise and we fought against over 50 companies tendering for North Sydney. This is a significant win for Benedict Recycling, these long term contracts have secured tonnes and additional revenue for both the Belrose and Chipping Norton sites.

I would like to take this opportunity to thank Nicole Pearce, Floyde Gilbert and Elke Dupere for the invaluable assistance they gave me. Thanks to all.

Darin Anderson

## Up and Coming Projects

### Sales Spot

#### New Team Member

I am pleased to announce two additions to the Sales team. Andrew Wade is the new Mittagong Sands and Cowra Quartz dedicated sales representative who will service the western and south western regions taking in areas such as Bathurst, Orange, Wagga, Canberra and the Southern Highlands. Nicki Caruso is the newest addition to the Sales Admin team, her customer service, admin and marketing skills are a welcome addition to our already fabulous team.

#### And the Winner is....

I am pleased to announce that Benedict Sand & Gravel has officially been notified that **we are now the preferred supplier for materials to Sydney Water for the next 5 years**. Benedict tendered against many other competitors and came through with flying colours!

The tenders were marked against stringent criteria by a panel of Senior Sydney Water people, the criteria covered areas such as but not limited to OH&S, Quality, Price, Service Capability and History etc.

I would like to thank everyone at Benedict Sand & Gravel, Benedict Industries and Aymshen for their efforts either compiling the tender documents or for their contribution toward the past service levels we have offered to Sydney Water in the past, as it has all contributed to this win.

Mick Williams

### Ops on the Go

Over the last few months we have been busy trialling replacement Dump Trucks for our Mittagong & Menangle sites. We have one last trial set for late next week & on conclusion of that trial we can finally decide what brand of Dump Truck to purchase.

We are about to commence crushing both Concrete & Rubble at Moorebank, which will supply us with Dust, Aggregate & DGB products to move into the marketplace.

Menangle has commenced producing a screened fill sand to add to its ever expanding product list.

A big thanks needs to go out to the boys at Rydalmere who are doing large tonnes in a tight area on a consistent basis.

Brett Jarvis

## Who's New & Who's Who?

### Who's New:

- Andrew Wade – Mitt/Cowra Sales Rep
- Nicki Caruso – HO Sales Admin
- Helen Barsby – CN Admin Assistant
- Anna Aimroz – CN weighbridge clerk

### Random Who's Who:

- 0604 – Owned by Mario Sammut, Driver Bryan
- WOLL – Driver Greg Watts
- HO Allocations – Jill Pidgeon
- HO Debtors – Greg Everingham
- BEL Weighbridge – Dee Rawhiti
- HO HR – Deborah Martins
- CN Plant Operator – Richard Robertson

# The Order of the Shovel

## July Work Anniversaries

Name	Surname	Date Commenced	Years of Service	Site
SHAMINDER	DHALIWAL	1/07/2004	6	MBK
JOHN	LYONS	1/07/1998	12	MENANGLE
TROY	LOGAN	1/07/2002	8	BELROSE
MARKO	ZDRILIC	2/07/2008	2	RYDALMERE
ALLAN	CULEY	3/07/1989	21	BEN SALES
DEREK	ORR	6/07/2002	8	BELROSE
TOVIO	PEATO	7/07/2008	2	BRC
NICOLE	PEARCE	8/07/2000	17	BEN ADMIN
WAYNE	HANNAFORD	8/07/1991	19	MENANGLE
JASON	DENYER	11/07/2008	2	JTS
DAMON	POINTING	22/07/1998	12	MBK

## Staff Profile

Get to know your co-workers

**Name:** Allan Culey

**Role:** Sales Rep and  
Allocations Backup

**Status:** Man Servant

**Children:** 2

**Favourite show:** The Back  
Page

**Origin:** Australia

**Favourite hobby:** Horse  
Racing

**Where do you see yourself  
in 5 yrs?** Here or Rehab

**If you were an animal what  
would you be?** Camel

**Favourite Quote:** Being  
belted like a red headed  
step child.

**Favourite Holiday Spot:**  
Coolibah Hotel

## Continued.... Relief From Stress How?

### Communication—A Stress Reliever

Home should be a haven from stress, but oftentimes it is one of the biggest sources of it. The reason? "Couples . . . who are mildly distressed, or those who are hostile," says the book *Survival Strategies for Couples*, "cite lack of communication as the most frequent source of discord." Knowing the right time to speak and using constructive word sentences when speaking might prevent you from bringing up an emotional subject when your mate is tired or stressed out. Is it not better to wait for the right time—when your mate is more likely to be disposed to listen? True, if you have had to endure a difficult day at work, it may not be easy to be calm or patient. But what can happen when we vent our frustrations by speaking harshly to our mate and family? It may take real determination to keep discussions free of "malicious bitterness and anger and wrath and screaming and abusive speech." The benefits, however, are worth it. Couples who communicate can be a source of mutual comfort and support. Good communication in the home gives a good foundation for constructive speech in everyday life including the work place.

### How to Reduce Stress. Healthy Ways to Face Stress

Stress is a modern-day fact of life; you cannot avoid it. You can, however, learn to cope with it. Talk things over with a mature friend or with your marriage mate or Medical professional (EAP provider). "Don't bottle it up," says sociologist Ronald L. Pitzer. "Confide your feelings and worry to some level-headed person who is likely to understand and care."

It is fine to care for your own needs. Setting aside some time for yourself can do wonders—even if it is just a few minutes in the early morning so you can enjoy a cup of tea, read, exercise, or meditate in peace.

Moderate exercise and a healthful diet are also helpful. A book on parenting reminds us: "When you spend some of your valuable time and energy on yourself, you are, in essence, filling your personal-resource bank. . . . Constantly giving means that you've got to be sure there's something going back in as well, or you'll risk becoming emotionally short-changed, if not actually bankrupt."

Stress cannot be avoided but definitely controlled. Implementing simple suggestions like the ones mentioned above can assist with life's stress's. Benedict also offers to all employees and immediate family members a free "Employee Assist Program (EAP)" to initiate good consultation and assist with strategies to relieve not only stress but life's forever occurring problems. It is completely confidential and we encourage you to use this facility any time but in particular as soon as times appear stressful. May the above researched suggestions and available programs work to reduce stress in your life!