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Benedict Thinks Pink

October is Breast Cancer Awareness Month, that's right girls and boys, it's time to talk about THAT stuff.

One in every nine Australian women will be diagnosed with breast cancer by the age of 85. It could be a mother, sister, aunt, cousin, niece or friend. Whoever they are, one thing they have in common is that they will all need our help and support.

This year, Cancer Council's **Pink Ribbon day** is on **Monday, October 26th**. Pink Ribbon Day is your chance to help raise money and awareness for all Australian women affected by breast cancer.

Benedict is supporting Pink Ribbon Day so please consider purchasing one of the items in the Pink Ribbon box located at your site. This year's boxes have pens, pendants and teddy bears! Each site will be sent a box, so please encourage all visitors to contribute too.

Girls Night In, is another Cancer Council initiative. The idea is to donate what you would spend on a night out to The Cancer Council to help raise money and awareness for women's cancer.

Dana and Elke are hosting their **Girls Night In**, in memory of Margaret Smith at Dana's house on **Saturday, October 24th**. They extend an invitation to you, your wives and your/their friends to join us on the day for cocktails, a silent auction and pampering's from a hair stylist, naturopath and masseuse. Sponsors include:

- Diva Jewellery
- Fresh Start Fitness
- Awaken Your Health
- Plus hopefully many more!
- Harbourside Fitness
- Milsons Restaurant
- Jussy Hair

Don't forget what Dana and Elke raise on the night, Benedict's will match dollar for dollar what they raise. So please dig deep for this great cause.

Please contact Elke on 0404 063 500 or elke@benedict.com.au for more information.



Safety News

Nicole Pearce

Pandemic (H1N1) 2009 Influenza vaccination commences

As you are all aware, the Government is offering free vaccination against the pandemic H1N1 (also known as Swine Flu) and you are now eligible to get the vaccine through your GP.

Benedict are considering having this vaccination administered at your workplace if we get sufficient numbers so please email nicole@benedict.com.au and let me know if you are interested. I will need numbers by the end of October 2009 and let you know if this will go ahead.

“Although the vaccine will be available for everyone aged 10 and over, it has been encourage the most vulnerable access this vaccination. Those considered more vulnerable to the pandemic include:

- Front line health care and community care workers;
- People with underlying chronic medical conditions, ie. heart and lung disease, cancers, HIV, asthma, diabetes;
- People who are morbidly obese;
- Indigenous people;
- Pregnant women; and
- Parents and guardians of children aged 0-6 months.

Dr Stewart said while the number of patients affected by the pandemic strain continues to decrease, it is possible that higher levels of flu will occur this summer than would normally be seen.

“It’s still important for people to get vaccinated,” he said.

More information is available from the Pandemic (H1N1) 2009 Hotline 180 2007 and at the NSW Health website www.emergency.health.nsw.gov.au/swineflu/index.asp

A range of health information can be accessed online at www.health.nsw.gov.au

A weekly report, Case Numbers and Statistics, which describes the progress of the Pandemic (H1N1) 2009 influenza epidemic in NSW, is available on the NSW Health website at: www.health.nsw.gov.au/publichealth/swine_flu.asp

Quality News

Floyde Gilbert

Test Sieves

Just a short note for all the staff completing gradings that I would like you to check your test sieves for faults and ware such obvious faults could be as follows

- Irregularly shaped holes
- Ragged edges
- Upward-facing burrs
- Broken mesh
- Loose mesh.

Remembering that our gradings and the accuracy of them is a key to our consistent good quality product that we send out. For further information on test sieves please refer to AS1152 in your standards.

Benedict Recycling Securing Waste Projects



Benedict Recycling is currently in the process of tendering for a large contract with Sydney Water. The contract involves the collection and processing of some 50,000 tonnes per annum of spoil waste, excavation material, concrete, and mixed general rubbish. The majority of the work is done in skip bins but Sydney Water also have a lot emergency work as you could imagine with pipe bursts, cracks etc. To help meet their skip bin needs we have formed an alliance with our biggest customers Dats for this project. The contract will run for at least 3 years and will be worth at least \$6m in revenue plus any emergency work which is outside the normal contract.

It is a long and drawn out process with the short list being announced late December and the tender not being awarded until May next year, hopefully with a bit of luck we will make the short list and go from there, good luck to all involved.

Up and Coming Projects

Sales Spot

Current projects includes

- Chris Leckey's job is still chugging along with 7,500T delivered with another 9,000T
- Sydney Southern Freight Line started their 64,000T job last month with more work yet to still to be announced.
- Desal is back on for the final 8,000t with 800T being 4 sizes of our lovely Cowra pebble

Cowra was a proud sponsor at the Central Coast Flora Festival. 50,000 people came through over the 4 days and the interest in Cowra product proved very strong which further cements Cowra's position in the landscape market for premium landscape materials.

Check Hunters hard efforts in creating the stall!



Ops is On the Go

Congratulations Menangle you're exceptional efforts to get 20,000T out the gates last month were outstanding. Keep up the great work team. Famine to feast.

GlassGranulates main plant at Moorebank is up and running after one months down time due to a crusher part failure and supplier not stocking a European part.

Later this week brick and concrete will be crushed at Moorebank, so get ready to move another mountain of 10mm and Dust.

Chipping Norton's crushing plant has been upgraded to include a screen and impact crusher and are approximately 5 weeks away from commissioning.

Belrose is fire safe after the big back burn between Davidson and Belrose, thanks NSW Firies for keeping our blokes safe and to Troy for staying back late on a Saturday to make sure they didn't burn us down!

Who's New & Who's Who?

Welcome to:

- Anna Hardy – HO
Accounts Receivable
Clerk

Welcome back!

- Gay Willis – HO
Resource and
Development
Assistant

Random Who's Who:

- Sharyn McKell –
Operations Assistant
- Tovia Peato – CN
Plant Supervisor
- Wayne Walker –
Cowra Plant Operator
- Mark Baker – MBK
- Luke Miller – CN
Plant Operator
- Vivien Ware – HO
Accounts Receivable
Clerk
- Kerry Daley – MITT
Fitter

Family News

CONGRATULATIONS

Ray and Jen Ruffell to their bouncing baby boy William who was born 30/9/09. May he bring much happiness (and no sleep deprivation) to your lives ☺



Staff Profile

Get to know your co-workers

Name: Wayne Hannaford

Role: Production Manager
Menangle

Status: Married

Children: 1 boy & 1 girl

Favourite show:

Origin: Australia

Favourite hobby:

Swimming, Riding Motor &
Push Bikes, Weights

Where do you see yourself in 5 yrs?. Benedict's Menangle

If you were an animal what would you be?

Why? An ape so I could eat, sleep & swing through the trees

Favourite Quote: Live & Let Live

Favourite Holiday Spot: Swansea

The Order of the Shovel

October's Work Anniversaries

Name	Surname	Date	Years of Service	Site
DARIN	ANDERSON	1/10/2007	2	BRC
MATTHEW	HOOK	7/10/2008	1	JTS
COLIN	ECCLESTON	18/10/1985	24	MITTAGONG
ALAN	PEACOCK	21/10/1991	18	MITTAGONG
JILL	PIDGEON	21/10/1994	15	BEN ADMIN



Benedict's own Racing Enthusiast

Started dirt track and speedway racing in my early teens winning local and national championships in Junior and senior racing but stopped soon after due to my apprenticeship and lack of funds to compete. Since the racing itch didn't go away, earlier in the year I reapplied for my race licence and after attending superbike school and other race schools I now find myself lapping race tracks in decent times.

I race a 1990 Suzuki gsx-r 750 specifically in a Retro race series for bikes of unlimited engine capacity manufactured before 1995 as this class is booming and looking to be one of the support classes for world championship events held in Australia. After comparing my lap times around eastern creek raceway and Oran park raceway I found myself 4 seconds faster at eastern creek and on par at Oran park so am now looking at not only competing in the series but aim to win it!

Lap times around Eastern Creek 1.46 and Oran Park 1.22 and I consistently lap faster than bikes 20 years newer than mine. I have two events left this year to race and am looking at them just to get more experience and give me a chance to set the bike up more after recently fitting a 1100 motor into the 750 bike to keep it nimble with some extra grunt which should gain me a couple more seconds per lap.

My next race is in the Honda RJays retro series at Oran park on the 24th/25th October which I'll use to set up the bike with intentions to win the next race on the 22nd November which is a support for a 6 hour endurance race at Oran Park and bound to attract big publicity. Hopefully I can update you on our progress in future news letters.