

Issue

16

September
2010

What's on @

BENEDICT
BENEDICT

This issue

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Employee Profile, Order of the Shovel P4
and the Narellan Jets



Celebration
2010

Saturday

11th December 2010



Get ready for the
2010 End of Year Party

Where:

Dockside Cockle Bay Wharf
Darling Harbor

You will have the pleasure to
experience a fabulous cocktail
party at one of the best spot in
Sydney.

Inside and outside seating will
be available

www.docksidevenue.com.au

Spring Time Flora Festival BENEDICT puts on a show

We had the opportunity to showcase some of our products at the annual Spring Time Flora Festival in September. We exhibited a few of our glass aggregates and mulches.

The visitors on the day were impressed with the look of the cement compacted path using our Glass Granulates and the Ecofines used for mulch.

We received FANTASTIC feedback about the environmental aspect of our recycled products.



Quality News

After a small hiatus Moorebank Quarry is back in full swing with companies such as Fulton Hogan, Boral and Metromix all now taking quality certified stockpiles.

Mark and the Moorebank staff have put in a great effort maintaining the certified stock such as GASP20, R32, Compaction sand and the Boral Glass Sand blend as well as all maintaining all our other blends.

Moorebank once again looks set to power ahead.

Floyde Gilbert



Safety News

Nicole Pearce

Personal Health Maintenance Checks

Everyday within the work place we conduct pre start checks on our work machinery and have external scheduled maintenance checks as precautionary safety measures. Most of us own a vehicle which requires maintenance on a regular basis which includes a periodical service to make sure everything is running smoothly and for preventative maintenance. Why is it that when it comes to our most precious and valuable commodity, our bodies and our health, we procrastinate and miss regular and required checkups. Increased health knowledge and awareness of various health issues and symptoms, as well as knowing the signs your body gives you as a 'WARNING' can reduce and even eliminate unnecessary health hardships for you and for your family, as most illnesses can be completely fixed if detected and acted upon early. Being ware of our own body's symptoms and having annual GP checks with your Doctor will make sure your most precious machine, your body, will last the distance. Annual blood tests for various hereditary or symptoms may prevent a huge number of Doctors visits later in life. For example such things that can be screened at your general practitioner are prostate cancer, sugar, diabetes, depression, thyroid, Vitamin D, cholesterol, kidney function.... etc

Due to the work schedules many of you have, we are considering having a General Practitioner come to site and conduct various and normal tests for staff members. To ascertain if this would be beneficial and used we would like you all to complete an up and coming health survey. This survey is simply to ascertain what the Doctor should focus health testing on and to see who and how many would appreciate such a health initiative if it were to go ahead and implement it. The tests conducted by the GP are for your eyes only and completely confidential. We only hope that if something is found by the Doctor or some life changes are recommended for better health, that you think of yourself and your family and act on the information. So if I could please encourage you to think about this, ask me any questions at all and take the survey seriously when it arrives, as Benedict really does care for your health and wants you to have the healthiest future possible.

Some health statistics and knowledge

Bowel cancer is our second biggest cancer killer, but if it's detected early your survival odds are good. So what's the best way to catch it early? Each year around 4,000 Australians die from bowel cancer (also known as colorectal cancer) and 13,500 are diagnosed with it, making it our most common internal cancer. Rectal bleeding, a change in your bowel habit, and the presence of rectal mucus were all strongly associated – especially if these symptoms had occurred at least weekly and for less than one year. (Anaemia, fatigue and weight loss of more than six kilograms were also associated with bowel cancer. But because these symptoms are also common to other cancers, they are known as "non-specific symptoms".)

However, the researchers found some symptoms that had previously been considered "red flags" for bowel cancer – such as abdominal pain, abdominal or anal lump, anal pain, and a sense of urgency to pass a bowel motion – were actually not as reliable as thought.

In fact, symptoms on the whole were not found to be as good indicators of bowel cancer as once believed, says Dr Barbara-Ann Adelstein, one of the researchers and now a Clinical Research Fellow at the Prince of Wales Hospital Clinical School.

Other factors, such as age and medical history, are better predictors of bowel cancer risk than any of the symptoms. Adelstein says.

The researchers found that a model in which symptoms are combined with medical history and other factors, such as age and gender, was a good way for people to be divided into risk categories. But this doesn't mean that you should ignore bowel symptoms, even those not associated with bowel cancer. However, knowing which symptoms are most significant could reduce worry around those less significant symptoms, says Adelstein.

Diabetes Diagnosis

Sometimes a person is first diagnosed as a diabetic after developing the classic symptoms of urination, thirst and hunger. Very rarely, they may have become dangerously ill and have fallen into a coma. But it's more usual to be diagnosed by a blood glucose test taken as part of a routine check-up, or during the course of a blood test for some other illness. Since a person's blood glucose normally rises for a couple of hours after a meal, the test is taken after the person has fasted for at least eight hours. Alternatively, a series of blood tests may be performed over a two-hour period following a standard glucose drink. This is called a glucose tolerance test.

More Council success for Benedict Recycling

Benedict Recycling has commenced the North Sydney Council Spoils removal contract. We have partnered with Dats Skip Bins for this 2 year contract. Every Saturday 5 - 6 x 15 metre bins full of garbage ready to be sorted will be taken to Belrose. Benedict competed against some of the major waste companies in Sydney for this tender. It is a great result for all concerned. Congratulations!

Update on the NSW Investments Kemps Creek Project

This year we have transported and recycled more than 32,000 tonnes of mixed building and demolition waste from the NSW Investments Landfill at Kemps Creek to our Chipping Norton Facility. The new owners of the site inherited an environmental nightmare with numerous issues' including but not limited to large stockpiles, leachate concerns and very upset neighbours. Through the technologies at Chipping Norton we have been able to achieve a 90% + recovery rate for this material. The landfill is now cleared of the major issue's and the neighbours are happy again. Thanks to Lindsay and his team at Chipppo for a fantastic result. A special mention needs to be made to Allocations for dropping everything and servicing the client when they ring at 6pm requiring trucks for the following day.

Darin Anderson

Up and Coming Projects

Sales Spot

"GlassSand acceptance Growing"
Hornsby Council – North Epping Oval

As of the 21st September we have started to supply 1500tonnes of GlassSand to North Epping Oval for Hornsby Council"
The trucks have had a hard time as the field is soft and getting bogged is a regular occurrence, but to their credit they keep on getting the job done.

Also being supplied to the job is 500tonne of Kurnell Washed Fine Sand and 800m3 of Fine Grade Composted Greenswaste ex Growmix. This project is the first of its kind in regards to using GlassSand as part of a turf profile, so all eyes are upon us, let make sure we do our usual job and service the socks of em!!!

Topdressing Jobs - "The Season promises to be a strong one!!!"

- Sutherland Council has started its 4000 tonne requirement for the year.
- Turnpoint at Warwick Farm have also confirmed a 500 tonne order for early October.
- Pending is a further 800tonne to Randwick Race Course.
- City of Sydney Council is plodding along with the usual 100 tonne orders for approx 6 fields.
- Sterling Group have started there order for approx 2500 tonne of topdressing materials once again.
- Green Horticultural Group has secured at least 1000 tonnes to date.

Dave Connor

Ops on the Go

Well finally the days are getting longer & the temperature has started rising. This can only mean one thing, we are about to enter the silly season Dodododo !!!!! Please be prepared after the wet winter we have had, we are expecting it to get busy. Mick & his team have been busy pricing new jobs.

At Moorebank, we have been busy crushing concrete & rubble, opening up the dredge void & improving our sand production (as we have 2 new major sand customers) & reducing the unprocessed glass stockpiles. A big thanks to everyone at Moorebank for their hard work.

We have turned our first sod at the Sandy Point quarry as the area is a regular hot spot for recreational 4wd & trail bikes. We are constructing a perimeter bund to keep trespassers out.

Benedict Recycling had 3 new Komatsu Excavators delivered last month to replace the older machines. We are awaiting new hydraulic grapples from Italy to replace the rock Grabs we have been using for the last 5 years.

A big thanks needs to go out to Nicole who has nominated Benedict for a record 5 categories in the Cement Concrete Aggregates Australia Awards. The nominations are in the environmental & OH&S categories. The awards are announced on the 20th October at Homebush. Last year we were successful winning 2 awards. Thanks to all who helped out.

Who's New & Who's Who?

Who's New:

- Darren Farrell - MEN
Loader operator
- Rebecca Mason – CN
Weighbridge clerk

Random Who's Who:

- Ting Fang Wu – CN
Picker
- David McCutcheon- CN
Fitter
- Alan Peacock – MITT
Loader Operator
- Matthew Hook – MBK
Loader Operator
- Les Taipeti – MBK
Loader operator

Family news

Daniel Grima and his wife Daniele are expecting their first baby.

Kelly Gotts had her first baby, Jake John Gotts was born on the 23rd September 2010 at 2.08am, 7lb 12oz. It just happens to be his Dads birthday as well!



Staff Profile

Get to know your co-workers

Name:

Maria Hapurona

Site:

Chipping Norton

Role:

1.8t Excavator Operator

Status:

In a relationship

Children:

No

Favourite show:

True Blood

Origin:

New Zealand

Favourite hobby:

Playing guitar

Where do you see yourself in 5 yrs?

Married and on my honeymoon

If you were an animal what would you be?

Fish swimming freely

Favourite Quote:

Go the All Blacks

Favourite Holiday Spot:

Any beach in New Zealand

The Order of the Shovel

September Work Anniversaries

Name	Surname	Date Commenced	Years of Service	Site
DAVID	BURKE	1/09/2008	2	APPIN
KYLIE	FOX	1/09/2009	1	APPIN
MICHAELLE	MILLSOM	4/09/2002	8	MITTAGONG
MOHAMMED	KHAN	10/09/1987	23	MBK
VIVIEN	WARE	11/09/2008	2	BENE ADMIN
ANNA	GREGORY	15/09/2008	2	MBK
LINDSAY	CHISHOLM	15/09/2008	2	BRC
MICHELLE	ROWE	16/09/2008	2	COWRA
DELICIA	RAWHITI	23/09/2009	1	BELROSE
GAY	WILLIS	25/09/2009	1	BEN ADMIN

Benedict, proud sponsor of the

NARELLAN JETS

The Jets had a magnificent 2010 season and made the semi finals, where they were unfortunately defeated by Picton 44-10.

Congratulations Narellan Jets!

