Xstrata wins People’s Choice award at 2007 Xstrata Mount Isa Mining Expo

Xstrata was presented with the 2007 People’s Choice award for the second consecutive year at the closing ceremony of the 2007 Mining Expo.

The award was for the public’s choice of best overall stall. Xstrata hosted an impressive display which consisted of a theatrette and two interactive marquees.

Xstrata’s air-conditioned theatrette showed the history of mining in the area and the evolution of the Mount Isa Township from 1923 to present day. This proved to be popular with school kids and the general public.

A team of over sixty five volunteers manned the Xstrata Mount Isa Mines and Ernest Henry interactive stand on a roster basis during the three day expo. This stand included a Copper Concentrator Flotation Cell which was demonstrated by volunteer Metallurgists from both Copper and Zinc operations. The Exploration team visited for a day with a 3d modelling demonstration and rock display. Xstrata’s community partners, the Mount Isa Centre for Rural and Remote Health and James Cook University, provided children with working demonstrations of SimMan, a remote controlled mannequin used to train medical staff of Queensland Health and the Royal Flying Doctor Service.

A fully operational apprentice stand run by a team of school based apprentices from the Xstrata Skills Centre was set up to invite school children to try their hand at various activities such as wiring up electrical circuits, under the strict supervision of Bruno de Valter, Apprentice Technical Training Instructor and Kerry Brisbane, Apprentice Team Leader- Electrical. This provided students with a good opportunity to learn about trade based careers. HR representatives where also available to discuss career opportunities with Xstrata.

Over 660 students ranging from prep school through to year eleven from various schools in Mount Isa attended the expo. A big thank you to all those who volunteered and helped to make this year’s expo so successful.

Students from Happy Valley State School get up close and personal with SimMan, a remote controlled medical mannequin funded by the Xstrata Community Partnership Program North Queensland.

Mine to Market is coming to a letterbox near you soon ... see page 2 for details
Xstrata Copper hosts Chilean Teacher Internship

With the departure of two Chilean technical-professional teachers to Xstrata Copper’s Mount Isa mining operations in Australia, Xstrata Copper Chile launched the Agreement Framework on Teaching Internships, signed last year with the Federation of Technical Education Institutions (Fidetécnica).

After a rigorous round of psychological and competency testing, interviews and an exam, Sara Munoz was chosen to be the first English teacher intern at Xstrata, Mount Isa Mines to benefit from this agreement. Sara joins us from the Centro Educativo Alberto Hurtado in Santiago de Chile.

The purpose of this program is to contribute to the interns’ professional experience in the English language as well as in management practices by means of daily contact with the working world in a business organisation. This will help them to teach their respective students the technical and human skills necessary to meet current human resources requirements in an ever more competitive market.

“We believe that Xstrata’s commitment to education and the undertaking of joint initiatives between both areas is what, in the end, contributes to improving the quality of our human capital,” said Alberto Olivero, Executive Vice President of Human Resources, Xstrata Copper.

Sara’s internship will see her through to the beginning of August 2007. Upon completion of her internship, Lilia Espinosa, from the English School in Iquique, northern Chile, will commence her three month internship at Xstrata, Mount Isa Mines.

One of Sara and Lilia’s main objectives during their internship here in Mount Isa is to learn Xstrata Copper’s Health, Safety and Environment and Community (HSEC) strategies. The reason for this is so that large educational institutions such as Centro Educacion Alberto Hurtado can develop professional competence and implement environment, safety and risk strategies in all their departments like those of multinational corporations such as Xstrata Copper.

Upon their return to Chile, the teachers will present a HSEC project at a school level which will be applied in the institutions that they represent. “The HSEC standards are a growing importance for future workers in Chile” said Sara.

During her stay in Mount Isa, Sara will be spending one day per week shared with the Community Relations and Human Resources departments, two days at Spinifex College learning the schooling system and two days teaching Spanish classes to selected Xstrata Copper employees.

“We are certain that the teachers and their schools can benefit greatly from this experience. We also hope that these English language internships can foster alliances and support networks that last a long time”, said Francisco Javier Troncoso, Executive Director of Fidetécnica.

Sara was born in Santiago de Chile and has been teaching at Centro Educativo Alberto Hurtado for the past two years since graduating as an English teacher at the University of Santiago.

Sara says she chose to become an English teacher in order to communicate with other English speakers, learn about other cultures and be able to share her experiences with others “I want to teach children that they have access to other cultures and open their minds to new opportunities.”

Having been in Mount Isa for only a few weeks, the hardest thing that Sara has found so far is being away from her family. As it is her first time in an English speaking country, she is also finding it challenging to be submersed in another culture and having very few people to speak Spanish to.

However, Sara’s schedule has kept her very busy and she is enjoying learning so much at Xstrata. “I’ve never worked in a company before so I’m learning many policies and procedures. It has been fantastic to open my mind to other ways of communicating with the community” said Sara.

“We know how important it is for a professional to have contact with different organisational cultures, management systems and even languages, and so we are proud to realise this initiative that benefits teachers as well as students”, said Mr Olivero.
Upgrades to tailings system to commence soon

An upgrade of the current tailings disposal system is needed in order to facilitate expansions of the Copper and Zinc-Lead Concentrators in 2008.

The expansion is due to recent throughput increases at the Copper and Zinc-Lead Concentrators which have consumed the surplus capacity that previously existed in the tailings disposal system.

Tailings are slurry of ground rock and water, from which the copper, lead, zinc and silver have been removed. The tailings disposal system consists of four feed pipelines, three 61 metre diameter thickeners, and an outfall pipeline that transfers the thickened slurry to the tailings dam. Water is currently recovered off the thickeners and the dam for re-use in the concentrators.

A recently completed Life-of-Mine study shows the following upgrades will be required on the tailings disposal system:

• Installation of one new tailings thickener feed line;
• Upgrade of one existing tailings thickener feed line;
• Upgrade of two thickeners to eleven million tonne per annum capacity (currently four million tonnes per annum);
• Upgrade of gravity outfall system to include a pump station and new pipelines;
• Installation of a new substation and upgrade the thickener area power supply.

One significant advantage of the thickener upgrade will be increased water recovery from the slurry. This additional water will be re-used in the concentrators, reducing their consumption of fresh water.

Once upgraded, the tailings system will have sufficient capacity for the entire life of mine. Construction of the upgrades will commence in the second half of this year, and will be completed in 2009.

QFRS and Xstrata conduct joint safety drills

Queensland Fire and Rescue Service (QFRS) recently held a joint fire drill exercise with Heavy Metal Plant, Zinc-Lead Concentrator, Black Star Open Cut (BSOC) and Pac-Rim.

“The mock belt fire scenario was critical for determining whether we have the available resources to fight a fire on the CV003 (Overland) conveyor” said Ms Jenni Sutcliffe, Safety and Training Advisor, Black Star Open Cut.

The exercise started at 10am, with the QFRS team being escorted to site and attached to the BSOC water cart. Once connected, the first aim was to see if they could reach the top of the drive motor. QFRS managed to use their cannon mounted on the top of the fire truck to work their way up the conveyor.

“Fire training is important to ensure the ongoing safety of our operations. The exercise was successful and we will continue to regularly implement safety training drills in order to achieve our goal of zero harm” said Ms Sutcliffe.

Helicopter ride to Scheelite Lease

Members of Xstrata’s environment team recently conducted a site inspection of the Mount Isa Mines owned Scheelite Lease.

The Scheelite Lease is located 17.5km south of Kajabbi on Surprise Road and was granted to Mount Isa Mines in 1974. The mineralisation of the lease consists of Tungsten, Wolframite, Scheelite and Limestone. Xstrata is looking at the Limestone as a possible source of lime to use as flux during the smelting process for both copper and zinc operations. It is estimated that there is approximately 93,000 tonnes of limestone reserve at the lease.

The aim of the site inspection was to check that the lease was compliant with the Environmental Protection Agency (EPA) regulatory standards for mining prior to a possible renewal of the lease. Such standards involve pollutant of waterways from impure water, sludge or mining debris and mining restrictions in an Environmentally Sensitive Area.

The lease was previously in operation from 1931-1944 before being handed over to Mount Isa Mines. The mining methods used at the lease during this time were both open cut mining and underground mining.
Innovative recycling at MICO

The Wetfill Plant within the Mount Isa Copper Operations (MICO) produces cemented fill from Copper and Zinc-Lead Concentrator tailings (waste solids streams). The fill is then used to stabilise voids left by underground mining activities by mixing the tailings with 6% cement to increase the strength of the fill. Surface stockpiles of granulated slag, produced from historical smelting operations at Mt Isa, have properties that allow them to replace fifty per cent of the cement, therefore significantly reducing the cost of fill production.

However, the granulated slag must be ground to less than 40 microns (0.04mm) to develop the required properties. In order to grind the granulated slag, a Slag Milling Plant was constructed within the Copper Concentrator.

The Slag Milling Plant, which processes twenty tonnes per hour of slag, successfully began production of ground slag in March 2007 and will operate for eleven days per month to meet fill placement targets. The plant has tight quality control specifications to ensure that the required fill strength is achieved.

The plant utilises one of the original Copper Concentrator rod mills, which was made redundant during the 1992 upgrade to SAG Milling. The plant also has dedicated feed and product handling systems.

Mount Isa Mines has approximately one million tonnes of granulated slag currently stockpiled which will be consumed by the Slag Milling Plant over a twelve year period. Plans to expand the plant to increase capacity and allow residual copper to be recovered from the slag are underway, with construction scheduled to start in the second half of this year. The expansion will allow all smelter slags to be reprocessed through the Slag Milling Circuit, effectively increasing the capacity of the concentrator to treat copper ore.

Defensive driving for a safer working environment

In accordance with Xstrata’s health and safety policy of zero harm, the Xstrata Copper Exploration team undertook a defensive driving safety training course following recent safety hazard identifications on the road.

A fleet and driver consultancy in Brisbane who specialises in mining driving safety and who has previously worked with Xstrata at the Minera Alumbrera was employed to conduct the workshop. Twenty exploration staff, including Mike Smith, Project Manager for Lady Loretta, Xstrata Zinc attended the training. The theory part of the course was based at the Oban Road exploration office and the practical part was held on the old Barkly Highway between the airport and the old showgrounds.

A substantial part of the course was aimed at instilling safe driving attitudes based on knowledge of what can go wrong and how to maintain control in difficult situations.

“As the exploration team does a lot of driving in four wheel drive utes both on and off the highway, we are exposed to a lot of traffic coming from the opposite direction such as triple header ore trains, cattle trucks and travellers in all kinds of vehicles. This creates a hazard and represents the exploration team’s largest risk to safety and health” says Chris Larkin, Senior Technical Officer, Xstrata Copper Exploration.

The key point of the training was driver information input and keeping the big picture in mind by anticipating emergencies and understanding vehicle characteristics.

Xstrata replaces vandalised golf club ute

Following a devastating act of vandalism to a vehicle at the Mount Isa Golf Club, Xstrata Mount Isa Mines has come to the rescue, by donating a replacement utility to the Mount Isa Golf Club.

The act of vandalism, which occurred over the Easter break, resulted in the Golf Club’s utility being stolen and set on fire.

A presentation of the replacement ute took place at the Mount Isa Golf Club on Thursday 10th May 2007. Xstrata’s replacement Toyota Hilux ute, which is identical to the ute that was stolen from the golf club, was previously in use on Mount Isa Mines’ lease and had been sent to the auctioneer’s yard for on-selling.

Xstrata Copper North Queensland Chief Operating Officer, Mr Steve de Kruijff said the ute should provide many years of service to the greenkeeper and the staff of the golf course.

“Xstrata replaces vandalised golf club ute”

With North West Queensland’s tourist season now in full swing, guided tours are available of Xstrata’s Ernest Henry Mine in Cloncurry. Tours leave every Wednesday and Friday from Mary Kathleen Park Tourism Information Kiosk and include transport to and from the Mine with an information session and morning tea.

The tours are a unique experience to get up close to the workings of an operational mine and are a great opportunity to see and hear the facts of this world class operation. It also makes a great excursion for kids during the upcoming school holidays.

Departing at 10am and returning at approximately 1pm, tickets cost $15 for a single and $25 for a double. All proceeds go to the Cloncurry Historical Society to promote sustainable tourism.

To book a mine tour please contact Gail Wipaki at Mary Kathleen Park on 07 4742 1361 (bookings are advised).

Xstrata in the Community

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Koora the Kangaroo visits local communities

As May 2007 was Domestic & Family Violence Prevention Month in Queensland, Mount Isa Combined Domestic & Family Violence Action Group has been busy raising activities throughout the Mount Isa Region.

This year awareness activities focused on children in all the communities around Mount Isa. Xstrata, together with the Department of Communities, helped sponsor Koora the Kangaroo, an educational tool targeted at kids, which is based on the children’s book character, Koora, created by Ailsa Weazel.

Ailsa publishes story books about domestic and family violence for children using bush animals in the stories instead of actual people. This way the stories that are portrayed are done so in respect to protective behaviour guidelines with the one step removed concept so that children are not confronted directly with this huge issue that impacts on everyone.

Koora the Kangaroo’s character travelled all the way from Woorabinda in Central Queensland and was designed to guide groups of children from pre-school to year seven in traditional story telling, portraying messages of respect for culture and elders as well as oneself.

Xstrata’s donation has enabled Ailsa Weazel and her co-worker Davina Tilharoo to travel with members of the Mount Isa Combined Domestic & Family Violence Action Group so Koora can attend domestic violence workshops throughout the region during the course of domestic violence month in May 2007. The region includes Normanton, Cloncurry, Doomadgee, Burketown, Mornington Island, Mount Isa, Dajarra and Boouia.

“The children in each community have absolutely loved Koora. Koora teaches children about respect and about domestic and family violence in a non-confrontational way” said Ms Shirley Slann from North Qld Domestic Violence Resource Service.

Koora pictured with members of the Mount Isa Combined Domestic & Family Violence Action Group

Koora gets the children involved by dancing to the didgeridoo and all the children get up and have a dance and a hug with Koora.

“Domestic and family violence is a major issue. It affects everyone, black or white, regardless of background. Domestic and family violence affects the whole family, men, women and children. In the past there has been a misconception that domestic and family violence was only a women’s issue, but help and support needs to be available for the whole family. There is no excuse for abuse.” said Ms Slann.

The aim of these workshops is to encourage positive attitudes and behaviour towards family violence as well as violence in general, in a bid to lower the domestic violence rate in the region which is currently the highest in the state per population size.

Xstrata fully endorses the Domestic and Family Violence Action Groups’ principle that as a community we need to say no to domestic and family violence.

Xstrata supports Australia’s Biggest Morning Tea

Various departments from around Xstrata’s Mount Isa Mines lease participated in Australia’s Biggest Morning Tea which was held on Thursday 24th May 2007.

The fundraising event is an initiative from the Cancer Council with an aim to raise money for cancer research. Approximately one million people Australia wide participated in the morning tea.

There was a good turnout from the various departments as employees gathered together to share in the tasty treats. Each volunteer is asked to bring a plate and/or make a gold coin donation. Thank you to all those involved who raised money for this worthy cause.

Local kids selected for Tennis Training Camp

Xstrata Queensland’s Community Partner, Tennis Queensland, recently held a training camp for kids run by Assistant State Coach, Derrick Burden.

The two day training camp is an extension of the Regional Development Program’s weekly training schedule which includes two court sessions, a one hour private coaching lesson and one fitness training session. The sessions are held at the Copper City Tennis Club before and after school and is run by US tennis scholarship recipient Matt Johnson who will be in Mount Isa until August this year.

Eleven kids ranging between the ages of 7yrs- 12yrs were selected for the program based on performance and potential.

“The Xstrata Regional development Program is leading the way in terms of allowing junior players from regional areas to receive similar training and opportunities to those juniors based in major cities such as Brisbane” said Mr Stephen Ayles, Chief Executive Officer, Tennis Queensland.

Throughout the year, the kids will compete in a variety of competitions and tournaments including Junior Master Circuits in Rockhampton and the Far North Queensland Championship scheduled for later this year.

Following Xstrata’s $450,000 commitment to Tennis Queensland, the program was launched in September 2006 in the five regional provinces of Mount Isa, Townsville, Mackay, Rockhampton and Emerald.

“The program has been great, it is wonderful to see such an improvement in the kids. The standard has lifted significantly. There is such potential in every kid and they just love being a part of the program” said Theresa Braithwaite, Regional Development Program coordinator for Mount Isa.

“This comprehensive program will be the catalyst for the development of the next wave of elite players from Regional Queensland” adds Mr Stephen Ayles.

Copper City Tennis Club will be holding a “have a go day” on Friday 15th June from 4pm. Everyone welcome.

Xstrata sponsors the 2007 Gifted and Talented Program

The launch of the 2007 Xstrata Gifted and Talented Program was held on Monday 14th May 2007 at Spinifex State College Junior Campus.

The fifteen week program, which is run by teachers from Spinifex State College, is catered to year seven students with special abilities in various curriculum areas. The program provides an opportunity for students to enhance their skills in the areas of Maths, Science, English and Art. It is designed to prepare students for high school by developing skills and knowledge, improving confidence in their abilities and achieving success at high levels.

Tom Carr, Year 7 student and participant in the Science program, said that he had a very keen interest to find out how things work. “I know that the program will be of great benefit to me,” he said.

Any student in Mount Isa is able to access the program regardless of which primary school they attend, however as there is limited spaces, students are selected based on performance. In 2007 there are sixty students directly involved.

English program participant, Kaitlyn Walsh, said that she would like to better understand how to compose different genre. “I believe that the English program will help me to develop my punctuation and sentence building skills,” she said.

Mrs Rachel Nootoomba, Deputy Principal said that nearly one hundred students had applied to be part of the program. “The applications showed that we have many very keen and talented students in our schools”, she said.

Some of Mount Isa’s finest young tennis players who were selected for the tennis camp as part of the Regional Development Program sponsored by Xstrata

Xstrata Community Relations Officer Catherine Peters with eight of the students selected for the program

Xstrata sponsors vacation students at Mining Games

Xstrata Copper and Xstrata Zinc partnered to sponsor a team of three previous Vacation work students at the recent 2007 Mining Games. This year’s sponsored participants were Tara Henrys, Adam Roberts and Davey Cawood. The mining games were held over two days from 5th to 6th May. The mining games consisted of thirty teams of ten competitors. Xstrata’s sponsored team competed in ten different events including Boulder Drill, Burn Cut Drill, Rail Set, Mucking, Vent Bag, Underground Safety Observation, Timber Set, Rock Identification, Specific Gravity, and Face Tie-in.

Each event is aimed at a specific skill that Mining Engineers should possess in the industry. “As Mechanical Engineers, some of these skills were new to us however we placed well in most events. The games gave us an opportunity to appreciate the diversity of skills needed to successfully manage an underground mining operation” said Xstrata’s former vacation student, Davey Cawood.

“It was a fantastic opportunity to make contacts in the industry along with catch up with old friends. We did very well considering the technical nature of some of the events.”

Demolition underway to make space for next stage of zinc-lead concentrator expansion

Over the past few months, demolition of the #2 Fine Crushing Plant has taken place to create much needed space for the Zinc-Lead Concentrator Revamp Project. The demolition work of the Fine Crushing Plant, which commenced in mid January 2007 by contractor, Moltoni Adams-CMA group, is on target to be completed by the end of June.

“The demolition process includes the removal and salvage of the four crushers and associated components, breaking down the main structure piece by piece to a stage where we can now safely perform a controlled drop of the remaining support columns and storage bins” said Aaron Barnes, Construction Manager, Zinc-Lead Concentrator Revamp Project. Moltoni Adams-CMA group have been involved in similar projects on the Mount Isa Mines lease including the demolition of the Number Four Crushing Plant.

“Their previous experience on site, combined with the resources associated with the demolition of the Number Four Crushing Plant, ensured a competitive, timely and safe result for Xstrata Zinc and we are confident that we will produce similar results” Mr Barnes added.

Since the completion of the interim capacity expansion late last year, the Zinc-Lead Concentrator revamp project team has been busily engineering the revamp works including feed conveyors, transfer chutes, grinding facility and flotation circuit to increase and improve the reliability of the mineral ore throughput of the concentrator into the future.

Further updates will be featured in upcoming editions of Mine to Market.

Winner of first quarter MICO Innovation Awards announced

Graduate Engineer, Adam Beswick, is the winner of the first quarter Mount Isa Copper Operations (MICO) Innovation Awards for his Cable Belt Poly-Wheel Changer.

The innovative solution was developed by Lotar Krause, Superintendent Maintenance for Crushing and Conveying, and passed on to Adam to develop and implement.

The objective of the MICO Innovation Awards is to promote safety and health innovation to develop practical workplace solutions to safety, health and operation issues throughout Xstrata Copper’s business.

The cable belt is an underground conveyor which transports ore from X41 to 20 Level at the north end. The conveyor is approximately 2km long and travels at 3.54 m per second, transporting ore at a rate of 1000 tonnes per hour. It consists of a conveyor belt which is supported by two 41mm diameter steel ropes. The steel ropes are driven by a 950kW motor through Koepe friction drive pulleys. The ropes are supported by poly wheels on both the carry and return sides which are mounted on line stands evenly spaced for the entire length of the belt. There are approximately two thousand poly wheels throughout the entire length of the conveyor.

The previous method of changing out the wheels used a pull-lift wrapped around the rope in order to lift the rope and belt off the poly wheel. The old poly wheel on one side of the rocker arm was pivoted back and the other replaced. The rope and belt was then lowered back down onto the poly wheel and the alignment is checked. This procedure was often awkward to complete and exposed people to manual handling injuries and hand injuries. It also occupied two people for approximately ten to fifteen minutes to change out two poly wheels.

However, Adam’s innovative device known as the cable belt poly-wheel changer involves assembling a hydraulic hand pump, hose, hydraulic spreader and a base plate to change the wheels of the cable belt. In order to complete poly-wheel change out using Adam’s innovation requires the base plate to be positioned on the centre of the rocker arm and the hydraulic spreader lifted using the hand pump. This keeps the rocker arm stable and allows both poly-wheels to be changed out by one person in approximately two minutes. Therefore there is a significant saving in labour and time with the new device. Adam’s device also eliminates the exposure to manual handling and other associated hazards.

The runner up for the Innovation Award goes to Reggie Nardoo for his Auto Grease Modifications to the 2650 Bigfoot Loader.

The deadline for second Quarter MICO Innovation Award nominations is 15 June 2007. All entries should be sent to Steve Kenworthy at MICO Coordination, Mount Isa Copper Operations, R62 Mine Office. Ext 2282.
The economic and environmental savings from Xstrata’s Breakthrough project

The Breakthrough program is a site-wide energy saving program that has been introduced to reduce energy costs across site in a sustainable manner. During 2006, benefits from projects completed under Xstrata Copper’s Breakthrough program resulted in significant and site wide reductions in energy and 116,000 tonnes of carbon dioxide emissions.

Energy savings and emission abatements were achieved without any negative affect on Xstrata’s north west Queensland operations.

The savings were calculated on energy intensity or the amount of electrical energy ‘consumed’ per unit of output. In that way, energy efficiencies of different years could be compared, even though the amounts of ore processed and metal produced were different.

How were the energy savings and emission abatements accomplished?

Breakthrough was the responsibility of local plant operators; the excellent results were the accumulation of a myriad of mostly small initiatives. Through regular contact groups, operators and managers were encouraged to seek out and develop ideas for improvement.

The savings were achieved through:
- improvements in the operation of compressed air infrastructure including a reduction in leaks leading to a 13% decrease in compressed air consumption intensity;
- better management and maintenance of the ventilation and refrigeration systems underground together with the restoration and operation of the Pelton turbine/generator; and
- improved control of generators at Mica Creek Power Station, resulted in line capacity more closely matching demand, giving an improved heat rate (gas energy to electrical energy conversion).

Fig 1: Reduction in carbon dioxide emissions resulting from Breakthrough energy efficiency savings

- 116,000 tonnes of carbon dioxide not emitted because of Breakthrough energy savings

Research proves women are good for men’s health!

Well it’s official. Love it or hate it but research has shown that nagging women are actually beneficial to men’s health.

A recent survey conducted by the Prostate Cancer Foundation of Australia found that out of six hundred Australian men over the age of fifty, eighty per cent only visited their doctor after being pressured by a wife, partner or sister.

Results have proven that Australian men have more heart attacks, cancer, respiratory disease, diabetes and mental health problems compared with women. Men tend to visit the doctor less than women do, only going when something is very wrong. For many men, their medical condition may have been prevented or resulted in a better outcome if they had visited the doctor sooner.

Men have several reasons why they don’t go to the doctor but this month as part of International Men’s Health Week all men are urged to listen to the women in their life and visit the doctor for a check up.

So what to check for and when? The Men’s Health Unit has the following recommendations:

18-39 years
- Physical exam by your doctor every two years including blood pressure check, height and weight
- Cholesterol (baseline test)

40-49 years
- Physical exam by your doctor every year including blood pressure check, height and weight
- Regular cholesterol screening
- Blood Glucose (to test for diabetes)
- Skin exam (for skin cancer) every year
- Dental exam and cleaning every six months to a year
- Self examination of testicles for lumps (pamphlets are available at Gemini Medical)
- Immunisation review every ten years

50+
- All of the above plus prostate screening if recommended by your doctor.

Like more Information?

Gemini Medical provides a range of services for the Xstrata community including ten minute health checks and skin screening.

To make an appointment contact the Gemini Health Clinic on 07 4744 2242

Bike ride pays dividends

The Safer Queensland Website was recently launched by the Honourable Pat Purcell, MP Minister for Emergency Services and is a community safety website aimed at improving personal and public safety for all Queenslanders. The website also gives details on how you can get involved in improving safety in your own community.

Safer Queensland provides easily accessible safety and emergency information from a wide range of Queensland Government departments, national agencies and community organisations.

The website is an outcome of the Department of Emergency Services (DES) Community Safety Collaborative and has been developed and sponsored by DES on behalf of the Queensland Government.

The website provides information on:
- increasing awareness of accident and injury prevention
- personal safety
- reducing risks from natural hazards
- how to become involved in improving safety within the community

Please take the opportunity to visit http://www.safer.qld.gov.au/ and together we can enjoy a safer workplace and community.
For sale

Lounge suite 1 x 3 seater and 2 x single seat lazy boy type, reasonable condition fabric cover $350 ono. Large American style cot, white colour with good mattress, good condition $100, Ph 4743 8409 / 0448 833 740.

Mazda 323 sedan. 2000 model 4cyl, 5 speed, aircon, central locking. Local car with only 57000km. Reg and RWC, $10,700.00 ono. Ph 47491278

16 inch Original Ford Mag with new non-directional tyre fitted to suit XR6 series 3 (2002) Ph 4743 8485 after 5.30 pm.

1990 Nissan Pathfinder, good condition. For sale “as is” $45000 ono. Call Dave on 0427 109 337.


1998 Toyota Corolla Seca hatchback-silver. 5 Door, Automatic, central locking, Great for first car. $7,000 o.n.o call 0413 173 607

2005 Holden Astra Sedan only $26000kms, 11 months rego, full service history, balance of new car warranty as new. Great condition $15990. Ph 4744 2009 or 0417 823 024

2005 VZ Holden Commodore Storm Crewman Ute - Red, Excellent Condition, Automatic, under 20,000 Kms, 6 cd stacker, sports bar. $35,000 o.n.o call 0419 956 823

Bikes- one small $10.00 two medium size $20.00 each. Ph 4743 9745.

Ceramic moulds, ceramic books and paints, 1x8 bag ceramic mixer, 1 large kiln. Price negotiable. Ph 4743 4384.

Dining room table and six chairs $500. 382 litre Westinghouse Upright Freezer $300. Barracuda Zodiac “Genie 2” series for pool, just over 12 months old $300. Iron Coffee table with glass top $100. Study desks $40 each. Ph Tim on 0401 686 433 or 0422 724 389.

Executive Unit 2 storey Upstairs - 2 bdrms with built ins, large bathroom, toilet, large lounge, dining and kitchen. Downstairs - 1 bdrm with own ensuite, storeroom and separate laundry, DLUG. Excell condition, split systems throughout, close to town, lease expires in November. $375,000. Enquiries to Lyn on 0409 041 491 or 4743 7437 after hours.

2 brm house- Parkside. 713m2 freehold block. Recently renovated. Refrig aircon in bedrooms, split system in living room, carport, sprinkler system, large powered shed, built in cupboards in master bedroom, polished wooden floors throughout, entertainment area, solar heating. Ph 0402 956 823.

Golf clubs with buggy $150.00. Contact Renee on 0448 676 004 for more details or to have a look. All offers considered, must sell asap.

FREE 63cm Philips TV. Near new - in box. Needs IT savvy person to tweek so it’s picture perfect. Wife wants it out of her loungeroom asap. Call Brendan on 4744 3438 or 0414 996 977.

Pig Dog cage with galvanised roof about 6ft x 6ft and about 3ft tall for $250. Also 50 large shipping cartons $3 ea. Contact 0423 824 171.

Wanted

Canoe- any condition. Contact Tania on ext 3193 or 4743 8804.

Mac Computers: cube and/or imac goose neck. Pot belly stove for indoor use. Old motor bikes any make or model. Ph. 4743 9191 or 0427 439 191.

“W” style Healy house cladding, small quantity required (approx 4m width). Ph: 4743 5905 or 0434 602 187.

Fish tank - larger than 2ft. Ph: 0400 799 855

Notices

Spanish Club Are you from Latin America or have any plans to work or travel in Latin America? If so come along to the Buffs Club deck @ 7pm on Thursday 14th June to meet other Spanish speakers and have a casual conversation over a drink or dinner. Contact Sara Munoz on smunoz@xstratacopper.com.au or just turn up.

Learn Spanish from a native Spanish Speaker from Peru, South America. All levels. Help and advice for people travelling to Spain or Latin America. Ph 0403 719 548 or email: givis04ever@yahoo.com

Congratulations to Allison and Geoff Metcalfe on the birth of their baby boy, Henry John Metcalfe on 11 May. Baby Henry weighed in at 8 pound 5 ounce.

Congratulations to Rebecca (HR) and Tyrone Campbell (Mine Development/Dev South/C Crew) on the birth of their baby boy Cooper Michael Patrick Campbell on 16 May. Cooper weighed 8 pounds 10 ounces.