HUNTER INDUSTRY, COMMUNITY, SPORTS & ENTERTAINMENT





AKE A TOU

THE UPPER HUNTER MINING DIALOGUE'S SCHOOL MINE TOURS PROGRAM IS HITTING THE ROAD AGAIN.

PAGE 11



COO OF GLENCORE'S AUSTRALIAN COAL BUSINESS IAN CRIBB SAYS COAL WILL CONTINUE TO BE PART OF THE GLOBAL ENERGY MIX AND GLENCORE WILL HAVE A PART TO PLAY



WESTRAC TOMAGO CELEBRATE INTERNATIONAL WOMEN'S DAY. **PAGE 17**

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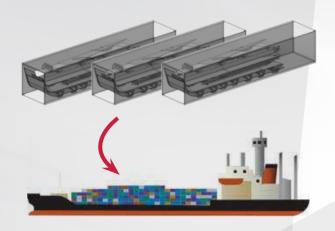
DEMYSTIFY REPAIR COSTS PLANNED COMPONENT CHANGE OUT BUDGET YOUR MAINTENANCE PREDICTABILITY & CERTAINTY

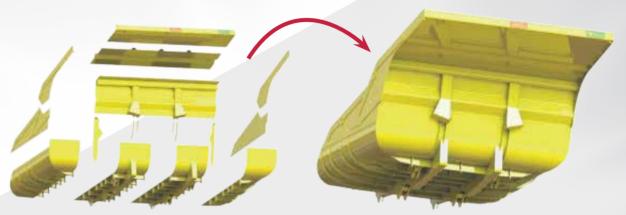
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TRANSPORT AND LOGISTICS: MINETEC EASY TRAY CONFIGURATION



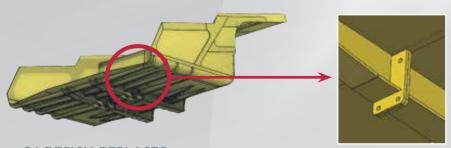


ANGLED SIDEWALLS FOR ACCELERATION OF MATERIAL WHILE UNLOADING



- ► REDUCES CARRY BACK
- ► CURVED FLOOR-SIDEWALL SECTIONS
- ► REDUCES CARRY BACK ISSUES

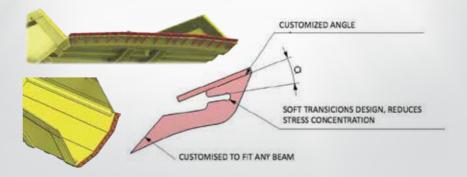
INNOVATIVE DESIGN FEATURES



- ► G4 DESIGN REPLACES

 UNDERFLOOR BOLSTER BEAMS FOR 'T' DESIGN BEAMS
- ► REDUCES CONCENTRATION OF STRESS.

OPTIONAL MINETEC DUCK TAIL DESIGN







With Glencore putting a cap on their coal production and the Rocky Hill appeal being dismissed, environmentalists are claiming it's the end of coal. I'm guess then they're happy to have no electricity to run their homes or businesses!

It is a shame that the Rocky Hill project won't be going ahead, but as

we know from past history, you never say never in our industry.

As for Glencore's coal cap, I'm not sure the environmentalists realise it was a record production year for them and in reality, it's business as usual for the mining giant and will be for a long, long time. Clearly, they need to read the facts better. THIS MONTH WE HIT THE STREETS TO FIND OUT WHAT PEOPLE REALLY THOUGHT ABOUT THE UPCOMING ELECTION.

The consensus is that people are fed up with dodgy politicians and the embarrassment of our current political state. But there was still some hope that things would

improve and some great ideas on what government needs to start focusing on.

In sport this month we showcase two of our young local kids who are making a name for themselves. Sophie Edmunds is only 11 and this cowgirl is already winning national championships. 13-year-old Jayden Aitchison is off to represent Australia playing Futsal in Brazil. These are amazing accomplishments at any age, let alone theirs.

Make sure you check out Components Only equipment page. Every month they keep us informed and entertained about the biggest toys in the industry, and you're guaranteed to learn a thing or two.

We are so very privileged to be able to bring you this magazine every month and thank you for your continued support. Enjoy!

COAL FACE

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VOTE FOR MINING

AS OUR POLITICIANS' CAMPAIGN FOR VOTES IN THIS MONTH'S NSW ELECTION, IT'S MINERS AND THEIR FAMILIES IN THE HUNTER THAT COULD HAVE A BIG IMPACT ON WHO WINS.

Make no mistake, mining votes count! The election will be close, and some of the closest local contests in places where our mining communities are located, including in the Hunter

With the election only weeks away, now is a good time to start thinking about which of your local candidates and which political parties support mining, so you're informed when it's time to vote.

We recently released our annual spending and jobs survey which revealed how much our 28 participating member companies contribute to the region.

The survey found that our member companies injected \$4.3 billion dollars in direct spending into the Hunter last financial year. The survey also found our member companies provided more local jobs and supported more local businesses than the previous year.

It's a big contribution that makes a big difference to the mining communities of the Hunter. It is also a reminder of just what is at



stake when you go to vote on Saturday March 23.

Stephen Galilee, CEO, NSW Minerals Council



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The Liberals and Nationals Government has fixed the NSW economy, driving investment and jobs in our regional areas. The unemployment rate in our State is now only 3.9%, the lowest since records began. That means more opportunities for you and your family.

WE HAVE ALSO SUPPORTED OUR MINING INDUSTRY, WHICH IS VITAL TO SO MANY REGIONAL ECONOMIES, AS WELL AS ENSURING THAT WE HAVE A RELIABLE ELECTRICITY NETWORK. WE ARE ALSO GETTING ON WITH THE JOB OF DELIVERING THE INFRASTRUCTURE THAT OUR REGIONS NEED AND DESERVE, IN THE FORM OF NEW AND UPGRADED SCHOOLS, HOSPITALS AND ROADS.

Contrast this with the Labor Opposition. When they were last in government, our economy was ranked last out of every State. Unemployment was soaring and our regions were neglected and deprived of much needed investment.

Labor's lack of support for our mining industry, our State's largest export, is also of great concern. They have threatened to cancel projects that have been approved by our rigorous and independent planning system, putting mining jobs at risk. You just can't trust Labor on mining. They say one thing in Newcastle and the opposite in Newtown.

We know that the mining sector is vital to the economy of the Hunter and that's why the Liberals and



Nationals will always be a safe pair of TOGETHER, DIRECT AND INDIRECT hands.

In the Hunter, mining contributed \$4.5 billion in direct spending through: \$1.7 billion in wages and salaries to 12,604 direct full-time employees (including contractors);

\$2.8 billion in purchases of goods and services from 3,070 local businesses; \$2.8 million in contributions to 416 community organisations; and \$17.5 million in local government payments.

Indirect contributions added an additional \$9 billion to the community, The Hon. Don Harwin, Minister for and 50,000 additional jobs.

SPENDING FROM THE MINING INDUSTRY MAKES UP ALMOST 20 PER CENT OF THE REGION'S **GDP AND ACCOUNTS FOR 18 PER** CENT OF THE HUNTER'S TOTAL WORKFORCE.

But all of this is at risk under a Labor Government, particularly as they have not ruled out a power sharing arrangement with the Greens. The Greens policy is to phase out all coal mining in NSW by 2030. This would be disastrous for our State and the people of NSW.

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NATIONAL BREAST CANCER FOUNDATION FUNDING RESEARCH FOR PREVENTION AND CURE



OPINION:

COMMITTED TO COAL

On February 20, Glencore made an announcement supporting a transition to a low carbon economy. As part of that transition, Glencore will limit its global coal production capacity broadly to current levels.

This decision captured a substantial amount of public attention with more than 1700 news articles and commentary pieces within an initial 36-hour period.

NOT SURPRISINGLY, ACTIVISTS, NGOS AND SOME POLITICIANS HAVE ADDED THEIR OWN SPIN AND COMMENTARY SUGGESTING THAT COAL WAS DEAD OR THAT AS AUSTRALIA'S LARGEST COAL PRODUCER WE WERE TURNING OUR BACK ON COAL.

The decision to maintain Glencore's attributable global coal production to around 150 million tonnes per annum was a business decision. This was in response to shareholder prioritisation of climate change issues, including a number of

shareholders who also belong to the Climate Action 100+ initiative.

LET US BE
CLEAR - WE ARE NOT
MOVING AWAY FROM COAL.
GLENCORE HAS A WORLD-CLASS
COAL MINING BUSINESS IN
AUSTRALIA AND WILL CONTINUE
TO HAVE A WORLD-CLASS COAL
MINING BUSINESS.

This announcement DOES say

 that the coal business will not continue to grow above current attributable global production levels.

This announcement DOES NOT say

- that it will impact our existing business or our coal workforce of almost 10,000 people;
- that we will freeze all projects;
 or
- that we are exiting coal.

FOR THE PAST 20 YEARS, WE HAVE BUILT OUR AUSTRALIAN BUSINESS THROUGH ACQUISITIONS, MERGERS, GREENFIELD AND BROWNFIELD MINING PROJECTS THAT TODAY ENCOMPASSES 16 COAL MINES ACROSS NSW AND QUEENSLAND.

We will continue to consider acquisitions, divestments, expansions and projects against our investment criteria. Moving forward we have an additional investment consideration which is to manage our volumes to remain within the stated production cap.

We are continuing to pursue the next generation of coal projects, including the United Wambo project currently moving through the approval process in New South Wales. In Queensland, the Valeria and the Wandoan projects remain under active consideration and will be assessed against market conditions, project economics and now the coal production cap.

I AM PROUD OF THE CONTRIBUTION WE MAKE IN LOCAL COMMUNITIES ACROSS AUSTRALIA EMPLOYING A WORKFORCE OF ALMOST 10,000 PEOPLE AND SPENDING \$4.6 BILLION IN GOODS AND SERVICES FROM OVER 10,000 SUPPLIERS EACH YEAR. WE ALSO HAVE ONE OF THE COAL INDUSTRY'S LARGEST APPRENTICESHIP PROGRAMS WITH NEARLY 200 APPRENTICES AND 93 GRADUATES KICKING OFF THEIR MINING CAREERS WITH GLENCORE.

Since 2016, Glencore has a stated public position that acknowledges the science of climate change and the global ambition to transition to a low carbon economy. Our diverse portfolio of commodities also includes, copper, cobalt, zinc and nickel which will be crucial in the world's transition to a lower carbon economy.

According to the International Energy Agency and our own analysis, coal will continue to be part of the global energy mix, particularly in the Asian region. We have a part to play in meeting this energy demand.

Ian Cribb Glencore Australia Coal Operations Chief Operating Officer (COO)





OPINION:

COURT DECISION **BENEFITS**OUR COMPETITORS

THE RECENT DECISION BY THE NSW LAND AND ENVIRONMENT COURT TO DECLINE A DEVELOPMENT APPLICATION FOR THE ROCKY HILL COAL MINE IS DETRIMENTAL FOR JOBS AND ECONOMIC OPPORTUNITIES IN REGIONAL NSW. IT ALSO PLACES THE APPROVAL PROCESS FOR NEW RESOURCE INVESTMENT IN A POSITION OF CONFUSION AND UNCERTAINTY.



The beneficiaries from the latest NSW court decision will be producers with spare production capacity including those in the United States, Canada, Russia and Mongolia. Further, the decision potentially presents a set of new obstacles that producers in NSW could face with expansion and new mine approvals.

Industry analysis by Commodity
Insights in late 2018 relating to
metallurgical coal demand, forecasts
an increased import requirement in
Asia of close to 100 million tonnes
annually by 2030. In part this will
be met by increases in output from
other countries to the detriment of
projects such as Rocky Hill.

THE POTENTIAL MISSED ECONOMIC OPPORTUNITY IS EVEN GREATER IF WE REJECT NEW THERMAL COAL DEVELOPMENTS.

The basis of the court knock back includes the view that the project will add to global greenhouse gas emissions. The court indicates it can consider as part of its decision the greenhouse emissions from coal as it is used in the making of steel in another country.

IN OTHER WORDS, IF THIS RATIONALE BECAME ACCEPTED ALL

OUR RESOURCE EXPORTS WOULD HAVE TO ACCOUNT FOR THE EMISSIONS APPLYING TO THEIR DOWNSTREAM USE, INCLUDING GAS, IRON ORE AND THERMAL COAL.

However, under the Paris
Agreement it's up to individual
countries to put in place Nationally
Determined Contribution plans
to deal with emissions at their
source. It's not about the unilateral
banning of particular industries or
commodities in supplier countries.
Of course, the United States, a
significant coal exporter, is not even
part of the Paris Agreement.

The court also held a view that stopping a particular export coal mine in NSW could lead to lower global emissions. This was based on a view that users may deliberately reduce coal consumption, become more efficient or adopt new ways to make steel.

FOR A START, AUSTRALIA IS A SIGNIFICANT EXPORTER OF METALLURGICAL COAL BUT NOT A MONOPOLY SUPPLIER. SECONDLY APART FROM RECYCLING SCRAP STEEL, USING COAL IS A PRE-REQUISITE INPUT TO MODERN STEEL MAKING. FINALLY,
AUSTRALIA'S CUSTOMERS IN
ASIA USING AFFORDABLE COAL
FOR ENERGY OR BUILDING
INFRASTRUCTURE WILL NOT
COMPROMISE THEIR ECONOMIC
ADVANCEMENT AND WILL
CONTINUE TO CONSUME COAL.

The NSW Government must decisively reject the approach of

the court. It needs to send a signal to investors, regional residents, taxpayers and consumers of government services that development in the state and the resulting economic benefits including higher royalties, won't be at risk.

GREG EVANS, CHIEF EXECUTIVE THE COAL COUNCIL OF AUSTRALIA (CCA)

'AVE A LAUGH WITH



NOW HIRING TORO MOWERS AND HAND HELD EQUIPMENT

A little boy wanted \$100 badly and prayed for two weeks but nothing happened. Then he decided to write God a letter requesting the \$100.

When the post office received the letter addressed to God, they decided to send it to the Prime Minister instead.

The Prime Minister was so impressed and amused that he instructed his secretary to send the little boy \$5. He thought this would

appear to be a lot of money to a little boy.

The little boy was delighted with the \$5 and sat down to write a thank you note to God, which read: Dear God, Thank you very much for sending the money, however, I noticed that for some reason you had to send it through Canberra and, as usual, those jerks deducted

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INTHE VEVVS...

NEWS ANNOUNCER JESSICA ROUSE FROM RADIO HUNTER VALLEY HAS THE LATEST NEWS STORIES

COAL IS NUMBER 1

Australian Bureau of Statistics data shows Australia's resources exports delivered a record \$248 billion in revenue in 2018 accounting for 72 per cent of Australia's goods exports overall.

Coal was the highest earning export commodity for the year, accounting for \$66 billion in export revenue, bolstered by improved prices and volumes driven by demand from large Asian markets.

NO BILL

There's some relief for Upper Hunter farmers as they receive their Local Land Services (LLS) rates.

The rates are arriving in the mail with a NIL balance after the NSW Government announced last year that as a part of their Drought Relief Package rates notices would be waived.

LOTS OF LEARNING

There will soon be three TAFE Connected Learning Centre's (CLC) in the Upper Hunter. The Singleton CLC has been officially opened and has already been taking students.

"It's great to see people who haven't been able to access TAFE or learning in the past be able to," said Susie George, Regional Manager for TAFE NSW, Northern Region.

Upper Hunter MP Michael Johnsen said out of 14 CLC's across NSW, three are in his electorate.

"The first one that was opened was in the Upper Hunter electorate in Quirindi, we've officially opened up the Singleton CLC and now, of course, we are constructing the Scone CLC so there is three of those 14 in the Upper Hunter electorate."



The Australian Safety Transport Bureau (ATSB) is investigating after six coal train wagons derailed early in February.

No one was injured but there had to be repair work undertaken on nearly 2 kilometres of track at Denman near Baerami. The Pacific National coal train was headed to the Wilpinjong mine from Newcastle.

The initial report from the ATSB has found the train was travelling on a stretch of line that had a 20km/hr speed limit. A final report into the incident will be released later this year.

GREEN LIGHT FOR GLENCORE

Glencore has had their modification seven approved for their Liddell Coal mine in Muswellbrook.

The modifications the mining giant has been granted able to do by the Department of Planning mostly revolve around remediation works and the development of the final landform of the site.

They were seeking minor amendments to one DA that will allow remediation works on a portion of the Mountain block offset area in accordance with their Biodiversity Offset Management Plan.

They have also gained approval so changes to another DA can go ahead that will improve the efficiency of the operation and get flexibility for the development of the final landform at the site.

MUSWELLBROOK BYPASS PROMISE

The Muswellbrook bypass will go ahead after the State Government announced they would be footing the entire bill, should they get elected in March.

Deputy Premier and Minister for Regional NSW John Barilaro made the announcement they would be injecting a total of \$266 million into the project. Construction on the project would then start by 2022 and take an estimated three to four years to complete.

"We can do that because of our budget surpluses and our budget position and if you want certainty to see beyond the election then its only one side of government that delivers surpluses."

Planning work continues on the Singleton Bypass which is expected to be more expensive. The NSW Nationals Leader says they're waiting on Federal Government funding for that project as well.

STAR STOCKMAN

Stewart Foster travelled from the Gulf of Carpentaria to Murrurundi to compete at The King of The Ranges event on the last weekend in February.

It's the second year the 24-year-old has competed at the event that puts men and women to the test in the traditional skills of the Australian stockman

He was mustering in the Kimberley's when he was told about the Indigenous Stockman Program that sees Aboriginal stockmen from Northern Australia travel to the Upper Hunter to compete. The program is supported by the Aboriginal Development Benefits Trust.

Stewart didn't make it into the championship round but is determined to be back next year.

FIRE CREWS HELP FARMERS

The NSW Department of Primary Industries called upon the help of NSW Rural Fire Service crews in the Upper Hunter to get a farmer out of trouble.

Fire crews from Kingdon Ponds delivered water to a farmer who had nothing for his 800 head of stock to drink. The NSW Department of Primary industries contacted the brigade after they were told of the farmer's plight.

Crews from Wingen, Gundy, Bunnan and Kingdon Ponds from Scone carted 100,000 litres of water over two days to save the farmer's stock.

MEL IN MARTIN OUT

Country Labor has announced Melanie Dagg as their Upper Hunter candidate in the 2019 State Election.

The Party endorsed the Cessnock Councillor after a search for a new candidate since former candidate Martin Rush pulled out of the election race.

She will be up against incumbent Nationals MP Michael Johnsen, the Greens Tony Lonergan, Shooters Fishers and Farmers Lee Watts and the Christian Democrat candidate Richard Stretton.

The Upper Hunter heads to the polls with the rest of NSW on March 23.



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Whether in the mighty Hunter Valley or further afield, our industry recognises its responsibility as a temporary custodian of land to contribute to sustainable land use outcomes.

MINING REHABILITATION IS CRITICAL TO ONGOING COMMUNITY ACCEPTANCE OF MINING.

That's why we featured New Acland Mine's great story on rehab and mining and farming working together in our new campaign – 'There's more to Australian mining'. At New Acland, cattle grazed on rehab land are doing as well or better than cattle on non-rehab land based on years of scientific grazing trials. It's a common positive story often

featured in @ The Coalface with equally great stories from prominent NSW mine operators like Glencore, BHP, Peabody, Whitehaven and many other MCA member companies.

PLANNING FOR REHABILITATION TAKES PLACE LONG BEFORE MINING COMMENCES, AND REHABILITATION IS UNDERTAKEN PROGRESSIVELY DURING THE LIFE OF A MINE WHEREVER PRACTICAL.

The industry's approach to land rehabilitation has improved significantly over past decades – an evolution driven by sustained investment in land rehabilitation techniques, evolving corporate values, community expectations and government regulation.

While much progress has been made, the industry is continuing its efforts to improve rehabilitation methods to ensure mining's compatibility with current and future land uses.

During development and operation, mines bring significant benefits to regional areas through economic development, capacity building and infrastructure. However, mining operations are finite in nature and mining is only one of many alternative land uses over time.

THE INDUSTRY AIMS FOR PREVIOUSLY MINED LAND TO BE MADE AVAILABLE FOR FARMING AND OTHER FUTURE ECONOMIC ACTIVITY, CONSERVATION OR COMMUNITY USE.

Rehabilitation methods and leading practice techniques have been driven by sustained and substantial company investment in research to strengthen the science underpinning rehabilitation methods.

Australian mining companies have significant in-house expertise in rehabilitation and closure planning. Where necessary, nationally and internationally-recognised specialists are also engaged to review and provide input into rehabilitation and closure programs.

These efforts ensure the community benefits extend beyond taxes, royalties, jobs and investment during operation to include a post-mining landscape that has ongoing social, economic or conservation values.

Costs also include financial assurance (security bonds) which provide a monetary safeguard to

protect government from incurring unfunded liabilities should a company be unable to meet its rehabilitation obligations. The provision of a security bond does not remove a company's obligation to rehabilitate land.

MINE REHABILITATION IS HIGHLY REGULATED, BETTER IMPLEMENTED AND MORE ACCOUNTABLE THAN EVER BEFORE.

Most abandoned mine sites were developed long before modern mining regulation. This does not reduce the importance of addressing the abandoned mine issue. Government efforts should be pragmatic and focus on those sites that present the highest risks to community health and safety and the environment.

The minerals industry has been an active contributor on the issue of addressing abandoned mines and in recent years MCA has also sponsored and participated in forums on abandoned mines. We want to continue working cooperatively with governments and the community to manage or minimise the environmental, social and economic impacts of abandoned mines.

MCA is proud to highlight examples

SHOOTERS

of successful mine rehabilitation on its website at minerals. org.au

TANIA CONSTABLE CEO, MINERALS COUNCIL OF AUSTRALIA



Lee Watts

Shooters Fishers and **Farmers Party** Candidate for **Upper Hunter**

I support mining in the Upper Hunter! Because with me, "Watt You See is Watt You Get."

My party and I have a proven track record in **supporting mining** and **mine workers** in the **Upper Hunter**:

▼ First to support creation of two new **HELE power stations.**

✓ I stood beside the families of **Drayton South** when others didn't.

✓ Hundreds of questions and speeches in Parliament in support of mining.





We understand that mining in our region keeps the lights on in homes and businesses, and puts bread on the table for tens of thousands of families.

At the end of the day, what matters to you matters to me so let's get in touch. E | leewatts@sff.net.au $\,$ M | 0413 036 628

Authorised by Lee Watts, 29 Parker Street Scone NSW 2337





THE UPPER HUNTER MINING **DIALOGUE'S SCHOOL MINE TOURS PROGRAM IS GEARING** UP TO HIT THE ROAD FOR 2019.

The program sees local school children touring working, open cut mines where they learn about the entire process of mining as well as the impacts and benefits of coal in our day to day lives.

Last year was the first full year of operation for the school mine tours program which saw 650 students from 18 schools take part in 17 tours across 12 mine sites.

WITH SCHEDULING NOW TAKING PLACE, THE TOURS ARE EXPECTED TO ROLL OUT STARTING IN APRIL.

Dialogue Chairman Dave O'Brien said the School Mine Tours Program provided valuable education experiences for the students and their teachers and the program was an important Dialogue project.

"Last year 650 local students and their teachers got a first-hand, hands-on education on the workings of the mining industry," Mr O'Brien

"It is a very important project for the Dialogue as part of its mission to liaise between the mining industry and the local community to build understanding.

"The program's fact-based, unbiased messaging points out the impacts of coal mining and highlights the benefits coal provides in our lives. The Dialogue believes it is important that people know the facts about our largest industry rather than just being aware of the sometimes emotional debates."

THE DIALOGUE OFFERS THE FREE TOURS TO ALL SCHOOLS FROM ABERDEEN, MUSWELLBROOK AND SINGLETON AND SURROUNDS WITH YEAR 5 STUDENTS FROM PRIMARY SCHOOLS AND YEAR 8/9 STUDENTS FROM HIGH SCHOOLS INVITED TO PARTICIPATE.

'AVE A LAUGH WITH



NOW STOCKING HONDA MOTORCYCLES

An efficiency expert concluded his lecture with a note of caution. "You don't want to try these techniques at home.'

"Why not?" asked somebody from the audience.

"I watched my wife's routine at breakfast for years," the expert explained. "She made lots of trips between the refrigerator, stove,

table and cabinets, often carrying a single item at a time. One day I told her, 'Hon, why don't you try carrying several things at once?"

"Did it save time?" the person in the audience asked.

"Actually, yes," replied the expert. "It used to take her 20 minutes to make breakfast. Now I do it in seven."

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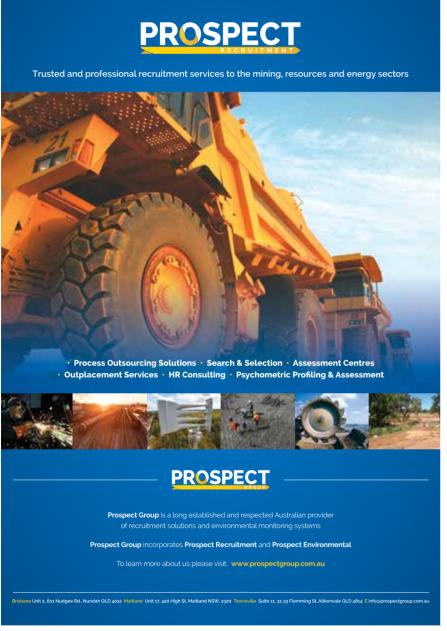
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PUBLISHERS OPINION BYPASSING REALITY

AT A RECENT MEETING WITH THE DEPUTY PREMIER, STATE MEMBER AND COMMUNITY AND MINING INDUSTRY REPRESENTATIVES, WE TALKED ABOUT MINING'S VITAL ROLE AND THE MAJOR TRAFFIC ISSUES FACING THE UPPER HUNTER AND SINGLETON IN PARTICULAR.

Any person who lives or works in the Singleton and Muswellbrook region is acutely aware of the atrocious highway vehicle capacity starting at the end of the Hunter Expressway. I am sure all would agree that the expressway is an outstanding asset for our region and a success as well. The question is why does this world class piece of transport infrastructure bottle neck and feed into what can only be described as a country road?

By today's standards, The New England Highway can only claim the 'highway' title by virtue of the fact that it is the second most important road route linking the North and South of the East Coast of Australia and the North West of the state. All economic powerhouses and important community centres.

Each and every day of the week and year, the approach to Singleton in the morning from the East and in the afternoon from the West is reminiscent of Easter and Boxing Day traffic.

IT IS ARGUABLY THE STATE'S AND MAYBE THE NATION'S MOST SIGNIFICANT REGIONAL DAILY TRAFFIC BOTTLENECK. IT ALSO SEEMS TO BE ONE OF THE MOST SIGNIFICANT ROAD INFRASTRUCTURE POLITICAL FOOTBALLS IN NSW.

Mining delivers the largest chunk of prosperity to the state and the biggest chunk of that comes from The Singleton and Muswellbrook LGA's and that will be the case for years to come. The road network supporting this and our communities and other industries like agriculture is woefully inadequate.

Some progress has been made. Scone is being bypassed as we speak to improve vital safety links and town renewal. Muswellbrook has also just been promised theirs if the current government is returned. I for one don't begrudge Muswellbrook and hope it comes to fruition for them.

ON A NEED'S BASIS THOUGH, IT JUST DOESN'T MAKE ANY SENSE WHATSOEVER THAT SINGLETON WILL HAVE TO WAIT. SINGLETON'S PROBLEMS ARE UNARGUABLY TWENTYFOLD THAT OF ANY OTHERS IN THE REGION.

Regional prosperity and continued development and diversification depend on it. This needs to be a bipartisan project at a Federal, state and local level and not the veteran political football well past its use by date.

Real RMS information is vague at best and real action nonexistent in reality. I personally have tried calling their info line twice for no answer. This is not something that can wait ten or twenty years – five is even too far away.

Pull your political socks up and all get together to get it done regardless of election time tables and other agendas. It's not just

about Singleton, it's about the regional west and north west as well. This is now a call for unity between every stakeholder, including you the reader. Let's rally together and make a noise for more of our royalties that are invested in the metropolitan areas to be reinvested here!





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VUTING

WITH THE LEAD UP TO THE ELECTION, WE TOOK TO THE STREETS OF THE UPPER HUNTER TO FIND OUT WHAT YOU REALLY THOUGHT. UNFORTUNATELY, WE ARE UNABLE TO **PUBLISH THE JUICIEST ANSWERS!**

MICK

- 1. Support and security for our local mining and associated industries. More money into regional health care. Basically, more of the royalties that are taken from this area brought back here, and not just around election time.
- 2. Undecided to be honest. I've been a Labor supporter all my life, but they've changed. It's definitely not

your Grandpa's Labor that's for sure. I would never vote greens. Our current MP is only seen around election time. Lee Watts, I don't know all that much about, so we'll see in the lead up.

3. Definitely Scott Morrison out of the two major parties. There's something about that Shorten and he's definitely forgot how he got where he is.

QUESTIONS ASKED

- 1. WHAT ARE THE KEY TOPICS FOR YOU IN THIS STATE ELECTION?
- 2. IS YOUR VOTE LOCKED IN?
- 3. WHO WOULD BE YOUR PREFERRED PRIME MINISTER?



PETER

- 1. Roads, medicare, schools, jobs and aged care.
- 2. Undecided at this stage.
- 3. The uncertainty of what's happened over the past few years with both sides in the leadership spills has left me a bit unconfident in all of it.

KYLE

- 1. Roads need money. More Apprenticeships for the young
- 2. Yep I know who I am voting for.
- 3. I think Scott Morrison is doing a fantastic job as PM and he is straight down the line.

SELENA

- 1. Border Security is huge for me. I believe we should take care of our own first. There are many communities we should be spending all of this money on.
- 2. No I'm not but I do know I will not be voting Labor.
- **3.** Without a doubt, Scott Morrison.



MARK

- **1.** Stopping foreign ownership of Australian commodities and real estate. Support for farmers. Changes to penalty rates. Better allowances for elderly.
- 2. Definitely Labour.
- 3. I'd love to bring back Bob Hawke. But I honestly do not have a preference on prime minister, as long as it's a Labour government.

MARGARET

- **1.** More certainty for our mining industry and the young ones coming through. More tax breaks for smaller businesses. Aged care needs a lot of money with our growing population.
- 2. Yep. Shooters Fishers Farmers this time round.
- 3. Out of the two D*#@s we have at the moment, definitely Morrison. Out of everyone though, Cory Bernardi will be getting my vote at the next election.



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LUKE

1. Job security (Australian jobs). Keeping Australian assets in Australian hands. Security in the mining sector. Supply coal for affordable power. Upgrades to health system. More scrutiny into banks, health funds and dodgy politicians.

2. Not too sure who I'll vote for. I'd say no. Like a bloke at work said it's like trying to pick up a turd by the clean end.

3. Undecided. The one who's the least dodgy. They all have some good ideas but not the complete package to buy my vote yet.



DREW

1. The casualisation system stopped.

You get your roster two months in

advance and then you are told you

can't have time off and are punished

ROBERT

1. The parties and the confusion that they have instilled in our society due to the reluctance to make a firm stance on the topics. It doesn't give cause to have much trust in them when they are always chopping and changing. Also, the spending. I have no faith in the way they are spending at present.

2. Yes. Locked in.

3. Malcolm Turnbull was one that was flaunted to be a good option for PM, but I agree, he was a total disappointment. I wouldn't care if it was Labor or Liberal. I believe Scott Morrison is having a great go of it and has a guy next door appeal, that's what me need. Someone not scared to take a stance even if it's not publicly popular. The other guy is just running around saying whatever needs to be said to please everyone, so as to get the job.



ANGELA

1. Getting our country back and looking after our own.

2. Yes .

3. Pauline Hanson, she would get our country back.



OVERALL...

We approached around 75 people across the region and many of them did not want to talk about the election, or what they had to say wasn't printable! The consensus was that our current political system is an embarrassment. Both major parties have been disgracing themselves, political spills, allegations, even criminal charges. People have lost faith in the system. But it's still the only system we have and the decision you make on election day will shape our country for the next four years. We have some great candidates here locally, and it's worth taking the time to learn about

Use your power and vote for the person you believe will fight for our region, and for our country.



KATE

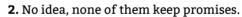
1. Farming, security of water and infrastructure. Keeping jobs permanent so our future is secure.

2. Not sure yet. Be closer to election until I'll decide.

3. Can I say Donald Trump lol? He's got balls as no one in our current government has ha-ha.

LIZ

1. Old age pensioners need to be looked after better. We need to support our farmers and stop giving billions away to overseas countries. Go back to basics in schools - the 3 R's.



3. The guy that's in now, Scott Morrison, he is trying and would do a good job if given the chance. It's just all the political games the politicians these days are playing that won't help him.





ELECTIONPROMISES

BOTH MAJOR PARTIES HAVE BEEN MAKING SOME BIG FUNDING PROMISES HEADING INTO THE ELECTION SO HERE THEY ARE LOCKED IN! REGARDLESS OF OUTCOME, LET'S JUST HOPE THEY STICK TO THEM AND A FEW MORE GOOD ONES COME THE HUNTER'S WAY BEFORE ELECTION DAY.

A DALEY LABOR GOVERNMENT WILL ALLOCATE \$266 MILLION TO THE MUSWELLBROOK BYPASS.

In addition, a Daley Labor Government will also allocate \$100 million to accelerate the construction of the Singleton Bypass and to get the project shovel ready. This work will be done in partnership with a Federal Labor Government that will allocate \$250 million to the Singleton Bypass.

Upper Hunter Candidate for Labor Mel Dagg says this funding news is fantastic for the region and great for tourism but the real fight she has been concentrating on given her tight ties with the mining industry, is the casualisation.

"WAGES AND CONDITIONS IN THE INDUSTRY ARE SECURED BY WORKERS, FIGHTING FOR A FAIR GO IN UNITY WITH THEIR UNION. BUT THE PENDULUM HAS SHIFTED, AND WE HAVE SEEN UNSOCIABLE ROSTERS AND AN INCREASING RELIANCE ON A CASUALISED WORKFORCE. THIS HAS SIGNIFICANTLY UNDERMINED EXISTING PAY AND WORKING CONDITIONS, MAKING IT INCREASINGLY DIFFICULT TO NEGOTIATE NEW ENTERPRISE AGREEMENTS," SAYS MEL.

"It is clear that this is being used as a deliberate strategy to replace permanent workforces with ones without job security. In some instances, nearly half the workforce has been contracted and not directly employed. The growing prevalence of these arrangements create risks to the security of workers' accrued entitlements when subcontracting companies go broke."



Member for Upper Hunter Michael Johnsen and Deputy Premier and Minister for Regional John Barilaro have announced the Nationals in government would "go it alone" and commit the full \$266 million required to fund the New England Highway Bypass at Muswellbrook.

Joining Mr Johnsen in Muswellbrook, Mr Barilaro said that following the completion of a report into the bypass route, a preferred corridor has been identified, and construction would commence as soon as 2022.

"THE COMMUNITY HAS BEEN CALLING ON US TO GET ON WITH BUILDING THE BYPASS, WITH MICHAEL JOHNSEN LOBBYING CONSISTENTLY FOR THE GOVERNMENT TO GET ON WITH FUNDING AND CONSTRUCTION, AND THAT'S EXACTLY WHAT WE'RE GOING TO DO," MR BARILARO SAID.

"We were waiting for our federal counterparts to make their own funding commitment, but rather that waiting for that to happen, we've decided to go ahead and fully fund the project ourselves as a state government.

"In government we have worked hard to put ourselves in the financial position where we can fund projects as large as this, when there is a clear and pressing need for it to get done. In short, we want to get on with the job so we can deliver this vital project," he said.



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INTERNATIONAL W

THE WOMEN OF WESTRAC TOMAGO GOT TOGETHER TO CELEBRATE INTERNATIONAL WOMEN'S DAY (IWD) AND THE SOCIAL, CULTURAL, ECONOMIC AND POLITICAL ACHIEVEMENTS OF WOMEN.

March 8 is the official day of celebration; however, March 4 was the date WesTrac chose for their event so as they could involve all the women in their business. The message: #LetsDoTheWork together and help create a #BalanceforBetter.

This is the first time WesTrac has shared their IWD celebrations publicly as they move to encourage more females to apply for jobs in our industry and strive for gender parity. Currently the ratio is at approximately 16% women across the business and the goal is to increase this.

ONE OF THE WAYS THEY'LL BE DOING THIS IS A CAMPAIGN TO ENCOURAGE WOMEN TO APPLY FOR APPRENTICESHIPS IN THE MECHANICAL FIELD, IN ORDER TO BUILD FEMALE PARTICIPATION IN ENTRY LEVEL ROLES IN THE BUSINESS.

WesTrac has just completed their first of two intakes for 2019 with another 30 apprentices to be appointed later in the year. With

these recent intakes, they had a quota of 20% women which was achieved.

This event will be hard to top, with the whole day perfectly executed and a sea of smiling faces. Greg Graham, Chief Executive of Westrac NSW/ACT, opened the day with a very motivating speech about flexibility and encouraging employees to approach management for that discussion and visit that opportunity.

"WesTrac's support of International Women's Day is not just a reflection of our ongoing commitment to promoting and acknowledging the important role and achievements of women in our business, it's also reflective of a genuine organisational belief that diversity in all its forms and an inclusive workplace culture are key enablers of a high performing team. For us, that means social, political and economic equality isn't just the right thing to do, it also makes really good business sense," said Greg.

SPECIAL GUESTS ON THE DAY INCLUDED; COUNCILLOR CAROL DUNCAN (ALP), RANI GANDHA, PARTNER AT TURNBULL HILL LAWYERS AND MELINDA SPORER, COMMANDING OFFICER AT THE AIR COMBAT GROUP RAAF.

m, y

Rani discussed how industry and times have changed. "If you do the right thing by your staff, they will do the right thing by you. Trust and respect is key. I trust my team and in

Carol talked about her teenage sons being deeply concerned about equality, crediting social media for bringing these issues to the forefront.

return I get the best out of them."

Melinda closed with a number of takeaway messages for women:

- Be brave. Be frank. Be fearless.
- Don't be a bystander.
- Avoid negative self-talk.
- Be realistic about having a good work/life balance.
- It doesn't have to happen straight away, there's plenty of time to achieve everything you want.
- No "work talk" outside the office.
- Be authentic and project your style, don't try and fit someone else's mould or try to be what you think they want you to be.
- You don't need to be liked by all, you just need to achieve.



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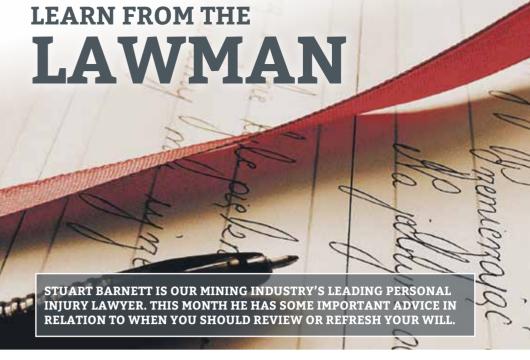
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Your will is not a set and forget document. You should make a habit of reviewing your will regularly, by doing so you will reduce the possibility that your will may not reflect your wishes. Of course, many of your reviews will only take a few minutes, especially if there have been no significant changes in your life, but occasionally you may have to make major changes.

APART FROM CHANGES ARISING AFTER A REVIEW YOU SHOULD ALSO BE MINDFUL OF SIGNIFICANT CHANGES IN YOUR LIFE THAT REQUIRE AN ALTERATION OF YOUR WILL AS SOON AS POSSIBLE.

One of the first important issues that might arise is the appointment of your Executor. In the event that your Executor passes away, becomes ill or is otherwise likely to be unable to carry out their duties then you should consider appointing an alternative Executor.

There are many other issues that you should consider, generally speaking a marriage will invalidate all or part of a will so it is important that you both prepare new wills after you marry. Likewise, if you enter into a de facto relationship. The passing of a partner, breakups, divorces and separations should also be triggers for a full review of your will.

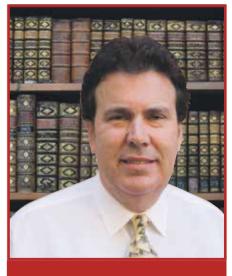
APART FROM THE LESS PLEASANT TRIGGERS DISCUSSED ABOVE THERE MAY BE POSITIVE EVENTS THAT CAUSE YOU TO CHANGE YOUR WILL. WHEN YOU HAVE CHILDREN OR GRANDCHILDREN IS AN IDEAL TIME TO REVIEW YOUR WILL AND CONSIDER PROVIDING FOR THEM BY NAME.

Some of the more subtle changes in your life that you might not

immediately see as requiring a change to your will might include the marriage or divorce of your own children, the passing of one of your beneficiaries or the sale or acquisition of a major asset.

WHEN PREPARING FOR RETIREMENT IT IS ESSENTIAL THAT YOU INCLUDE A REVIEW OF YOUR WILL TOGETHER WITH YOUR POWERS OF ATTORNEY AND ENDURING GUARDIANSHIP.

If you have not conducted regular reviews, you may find that your will reflects circumstances that are well out of date by the time you are contemplating retirement. The good news however is that you have made it to retirement, so you are in a perfect position to bring things up to date.



This is general advice and because your individual circumstances will vary, I recommend seeking out specific advice for your needs.

STUART BARNETT, SLATER & GORDON LAWYERS

'AVE A LAUGH WITH



NOW STOCKING HONDA MOTORCYCLES

A man walking down the street noticed a small boy trying to reach the doorbell of a house. Even when he jumped up, he couldn't quite reach it

The man decided to help the boy, walked up on to the porch and pushed the doorbell. He looked down at the boy, smiled and asked, "What now?"

The boy answered, "Now we run like crazy!"





OUR LOCAL HISTORY IS STRONGLY REFLECTED IN OUR LOCAL ARCHITECTURE AND SOME OF THE MOST SIGNIFICANT ARCHITECTURE WE HAVE SITS ON MINE LAND.

No this isn't a story about beating up mining companies who happen to own and, more often than not, preserve some of our significant architectural history and heritage. What we do want talk about and propose is moving towards more scheduled access at reasonable and convenient regular intervals.

From time to time open days do happen, but these are ad hoc and infrequent so there is a bit of a missed opportunity in terms of mine owners being able to better showcase preservation undertakings to the general public who are proven to be so interested in these assets.



LOCAL HISTORICAL
SOCIETIES AND OTHER
SIMILAR GROUPS COULD
HELP RUN AND BENEFIT
FROM AN ANNUAL
PROGRAM OF OPEN DAYS
AND PROCEEDS COULD BE
FUNNELLED INTO LOCAL
HISTORICAL PRESERVATION
AND PROGRAMS.

Some could even be put into ongoing productive public use. Recently Ravensworth House has been in the news about Glencore's plans to relocate the homestead. I for one think this a terrific idea. Moving it could provide ongoing access and use. Doing it properly, which I am confident is the plan and commitment, will preserve

and ensure that the history will be better preserved for current and future generations while potentially providing ongoing access and use which is proven to extend and support preservation outcomes.

THE TOURISM BENEFITS
ARE ALSO OBVIOUS AS
WELL. THESE ASSETS ARE
A MAGNET FOR PEOPLE
INTERESTED IN HISTORY AND
THE FLOW ON EFFECT COULD
EXTEND INTO TOWNS FOR
ACCOMMODATION AND OTHER
EXPENDITURE.

Some of the better-known assets we have are Wambo Homestead, Chain of Ponds Tavern, Bengalla Homestead, Edenglassie and Plashett's Homestead. All on mine land.

I'm sure locals in the know could expand the list considerably. There would also be a plethora of lessor known homes, sites and associated historic infrastructure that could be equally interesting.

From conversations we have had, we already know that this is a door worth opening.

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COMBATING THE SKILLS SHORTAGE

The current skills shortage that has rocked the trades industry is impacting businesses nationwide. The government has been slow to react to what all of us in the Hunter could see was coming. Luckily, a number of our local companies who are dedicated to strengthening our industry and supporting our local communities have increased their apprentice intakes or widened the scope.

The MRS Services Group Muswellbrook is one of these companies and are proud to announce the engagement of seven apprentices into the business for 2019.

"The new apprentices have been engaged respectively as either Boilermaker, Plant Mechanic, Auto Electrician, Heavy Vehicle Mechanic or Light Vehicle Mechanic. Recognising a shortage of trades in the industry as





well as a direct need for the business, MRS undertook an apprentice recruitment campaign in October 2018," Jonathon McTaggart, Chief Operating Officer told us.

"AFTER A VERY COMPETITIVE
PROCESS OUR APPRENTICES
COMMENCED EMPLOYMENT ON
FEBRUARY 4. MRS IS PROUD TO HAVE
FACILITATED THE LARGEST GROUP
ENGAGEMENT OF APPRENTICES FOR
2019 IN THE HUNTER VALLEY AND
WE LOOK FORWARD TO TRAINING,
NURTURING AND PRODUCING
QUALITY TRADES PEOPLE FOR MRS
SERVICES GROUP," JONATHON SAID.

the engagement into the business of two trainees for 2019. Gracie Meissner and Tayla Allbon will be undertaking training and studying towards completion of a Certificate III in Business Administration. Gracie is employed within the Resource Centre whilst Tayla is employed in a hybrid role predominantly immersed in the Accounts Payable team.

We salute MRS and all the other businesses who are ensuring our industry will remain strong for generations to come.

'AVE A LAUGH WITH



NOW HIRING TORO MOWERS AND HAND HELD EQUIPMENT

Several cannibals were hired by a local coal mine.

"You are all part of our team now," said the HR rep during the welcoming briefing. "You get all the usual benefits and you can go to the crib room for something to eat, but please don't eat any of the other employees."

The cannibals promised to be good. Four weeks later their boss remarked, "You're all working very hard, and I'm satisfied with you. However, one of our fitters has disappeared. Do any of you know what happened to him?"

The cannibals all shook their heads no.

After the boss had left, the leader of the cannibals said to the others, "Which one of you idiots ate the fitter?"

A hand raised hesitantly, to which the leader of the cannibals continued, "You fool! For four weeks we've been eating Managers and no one noticed anything, but noooooo, you had to go and eat a fitter!"

Monadelphous



GROW WITH US IN MUDGEE

Monadelphous' Maintenance & Industrial Services continues to experience high levels of growth both nationally and on the east coast. Our fixed and mobile plant business units service mine sites across NSW – From Pit to Port. We have the resources to rapidly respond to our clients needs. To continue to deliver the highest level of service and value for the clients operations, we have expanded into the Mudgee region. Our Mudgee branch is supported by our larger operations in the Hunter Valley allowing our local branch to flex when required and rapidly respond to our clients short term critical needs. At Monadelphous we are passionate about building long lasting relationships built on our core values Safety, Integrity, Teamwork, Loyalty & Achievement.

MUDGEE OPERATIONS

Our Mudgee Operations offer local Mechanical and Electrical trades for our clients all under One roof – Boilermakers, Fitters and Electricians.

Our branch also offers the area's largest local scaffolding service with over 60 tonne of scaffold available in our Mudgee yard and a further 150 tonne available at short notice from the Hunter Valley. Our Mudgee Workshop is equipped to fabricate anything our clients require and our fabrication and paint workshops in the Hunter are setup to fulfill our clients larger structural steel requirements.

MUDGEE OPPORTUNITIES

Mudgee is forever bustling. With a vibrant wine industry and numerous events every weekend it offers a perfect rural lifestyle.

A convenient 3 hour drive to Sydney or Newcastle.

Our Mudgee Branch is currently hiring:

hiring: Electricians

Boilermakers

Fitters

Scaffolders

Riggers

TA's





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HERITAGE HAS BECOME A KEY MANAGEMENT ISSUE FOR HUNTER VALLEY MINES OVER THE LAST DECADE. AS COMMUNITY EXPECTATIONS HAVE RISEN, SO HAVE MINERS' OBLIGATIONS TO PRESERVE, RESEARCH OR SENSITIVELY MITIGATE IMPACTS UPON HERITAGE SITES.

But though we hear a lot about heritage, what exactly is it and why is it important? Aboriginal heritage can take the form of stone artefacts like spearheads or blades, scars on trees left from shield or dish making, and grooves on rocks for grinding seeds or sharpening stone axes. Non-Aboriginal heritage can be seen in the structures, machinery and relics of our colonial, pioneering and agricultural yesteryear. They all echo sounds of different pasts.

But to only focus on the tangible, material, visible aspects of heritage only answers a fraction of the question. Heritage is composed of, and defined by, the unseen, emotive and personally poignant threads and fabrics that, when woven together with those material fragments, create a far richer and intense whole than the sum of its parts offers.

IT'S THIS COMBINED TAPESTRY THAT TELLS THE STORIES WE CAN **CONNECT WITH, THAT IGNITES OUR** PASSIONS AND INSPIRES PEOPLE TO FIGHT FOR AND DEFEND ANCIENT SCRAPS OF STONE, WOOD AND

When each of us ponder the subject of heritage we can all identify our own special connection to an item, place, person or event now classified as history but that still very much moves our emotional present. We might be one of many millions that feel this way, we might be one of only dozens, but the size of the fellowship has no



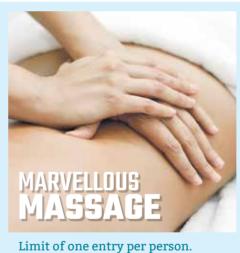
bearing on the importance of heritage to us as individuals.

As with anything in life that affects personal feeling or opinion, awareness, sensitivity and sympathy are critical requirements for understanding others' attachment to heritage. If you can't appreciate one group's connection to a stone, a tree, a hill, a stream why would you expect them to understand your affinity for an object, a building, a streetscape, a town.

UNDERSTANDING HERITAGE REQUIRES AN APPRECIATION OF HOW WE ALL UNITE WITH THE PAST. IT'S NOT THE THING THAT MATTERS BUT THE MEANING OF THE THING.

Once we come to terms with this concept, we realise that our own personal opinion of the material embodiment of someone else's heritage doesn't count, its respecting the personal link that's important. Heritage is empathy.

JOEL DEACON, ARCHAEOLOGIST -ARROW HERITAGE SOLUTIONS.



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Had a rough day in office? Or perhaps your back is playing up from bouncing around all those rough roads at the pit. Singleton Physiotherapy and Allied Health will rectify all those tight muscles with a 1hr Remedial or Deep Tissue Massage from their massage therapist Jillian.

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"Very informative with some good take away thoughts to apply in our own business."

Manager – Projects, Pilbara Minerals



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For the latest agenda and to register



Who are you and what do you do?

Tom Hagan and I am an operator at Mangoola Coal.

Any nicknames good or bad?

Butterfly was given to me by Stephen and the team at 2NM/PowerFM due to being a social butterfly. I'm also known as the good-looking brother.

Where do you live and how long have you been in the Valley?

I live in Scone and have been in town for 29 of my 31 years.

When did you start and what's the ride been like?

I'm currently in my seventh year. It's been good to date. After I completed

a trade as a plumber, I was looking for a change and mining gave me a completely different lifestyle. Having a young family, the days off due to rosters and shift work allow me extra time to spend with my wife and our two kids.

What's a usual day at work entail?

I'm usually flat out. Turn up and work my butt off to be honest. I can usually be found grading roads, driving trucks and being an allround valuable asset to the Glencore group.

How big is the crew?

I think we have about 35ish in production.

What's the best thing about your job?

Originally it was the novelty to be driving the huge equipment. Now the job security that comes with working within a sustainable industry (unless the greens get their way), the fact I live within half an hour of work and can return home after every shift is a big positive for me too. I'm not sure I could handle FIFO.

The worst thing?

As a young family my wife and I both struggle with the "no phone" policy. When the kids are home it's just nice to know they've been tucked in bed sound asleep etc... I think any parents or people with family members could probably relate too. Kids starting school, daycare and just all-round aspects of life. It's not a huge thing but it's just a big adjustment for us not being able to contact one another through the day and check in.

What's a funny story about work that you can tell?

Not many that can go to print but there was an incident when we had a bloke come in for an OT shift and another fella from our crew "accidentally" ate his crib! Probably



wasn't that funny at the time especially for the poor bugger doing the OT but the legend has grown and won't be forgotten with plenty of banter on the 2way.

Usually anything else that comes out of Quentin Dunn's mouth is sure to keep you entertained through those long nights in the pit. Old Dunny never lets the truth get in the way of a good story

How different is your job to what you wanted to be when you were a kid?

As a kid I wanted to be a bookie. Not very relatable to mining but I deadset couldn't even pick my nose, so I would have been a shocking bookie.

What would your mum say about you when you were a kid?

Pretty good I think, I gave my fair share of grief but as the youngest of 4 I think both Mum and Dad had seen it all

Family?

Wife Coral, we met 10 years ago whilst I was in Innisfail, North Queensland playing football with my brother Ben. Coral works at St Joseph's Aberdeen teaching Math. We have two kids Boston is 6 and Mikinlee is 1.

What do you do in your downtime?

I'm the president of the of Scone Thoroughbreds. I still play and that consumes most of my winters. Love a bit of time away with the family at the Bay, having a punt and enjoying some of the Hunter's finest wines.

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SUPPLIER INSIDER



Who are you and what do you do?

My Name is Brad Mordue and I am the Owner / Director of ProMine Contracting.

Where did you start and how did you end up where you are now?

I started off as an Auto Electrician working on everything from Light Vehicles through to Heavy Earthmoving and Mining Equipment. From there I went onto what was then RESCO as Operations Manager of the maintenance team. After that onto ProMine Contracting and here we are today.

Describe a typical day at 'The office'

Calling into current sites that we have contracts with, seeing all employees and customers. Working in with customer on new maintenance and strategy plans.

What's the best thing about your business?

We are a family owned and operated business with a work life balance style of employment. Everyone within our business is like family and treated like family. Ensuring we have the best employees to offer our clients is

imperative, and our employees are our most valued asset. Without the strong working relationship with our employees, we wouldn't be where we are today.

What is the big news in your part of the mining industry right now?

I guess our flexibility with working with the mining industry and several recently signed contracts giving stability for employees, along with the day to day servicing of private customers cars. It's the diversity of those business models that are making ProMine look very healthy moving forward into the future.

What is the biggest opportunity for your business right now?

The growth that presently exists within ProMine Contracting due to the increase in the mining industry.

What are the biggest challenges facing your business?

Skilled labour shortage can at times be a challenge for the business. We try our best at all times to find the right employees for the business, for our clients and our team.

How long have you been doing business and business in the Valley?

I have been in the Valley since 2000, so I have just notched up 19 years. ProMine Contracting will be celebrating it's 10-year anniversary in September 2019.

Community or other causes close to its heart and values?

Yeah, we do a lot with cancer charity, and so many other charities, community organisations and sports including schools, rugby league, soccer, golf etc.

How big is the crew in the Hunter Valley?

Back in 2009 we started with a team of 3 and today in 2019 we have grown to a team 32.

What's the best thing about your iob?

Dealing with something that I am passionate about, mechanical, auto electrical and air-conditioning from light vehicles through to heavy earthmoving/mining equipment. It's also great meeting and dealing with people from diverse backgrounds and learning new things to implement into our business through our interactions with our clients and

vice versa. On a day to day basis I talk to both clients and suppliers in all areas up the east coast from Victoria right through to Queensland.

The worst thing?

There really is no doom and gloom, if there was, we wouldn't be here. We love what we do and everyone in the team plays an intricate part of ensuring we stay positive and helping each other out on those off days.

What's a funny story about work that you can tell?

Nothing I can say in here...

ProMine Contracting...what's the best thing about it?

We back up what we say we are going to do, we don't over commit. We carry through with all work in front of us to a high quality and standard, this is the ethos of ProMine Contracting.

Anything else you want to say?

We aren't just about the mining industry, we're here for the whole community. If there's a knock in the car you need checked, or if the air conditioning isn't holding up in this heat, book a time and come see us, or just swing by and one of the friendly staff will be able to help you.





PORT WARATAH COAL SERVICES HAVE LAUNCHED STORYLINES, A NEW NARRATIVE WEBSITE TO CELEBRATE ITS COMMUNITY **INVESTMENT AND PARTNERSHIP** PROGRAM AND THE INCREDIBLE **REGIONAL OUTCOMES ACHIEVED BY ITS PARTICIPANTS**

More than 150 people came together at Fort Scratchley for the event that showcased a range of social programs. From lifting up the disadvantaged in the Hunter, environmental work, cultural opportunities for local school children, pastoral care for seafarers and work with incredible minds to bring leading-edge research off the page and into people's lives.

Port Waratah's Community Investment and Partnership Program delivers \$750,000 to the local community each year. Participating community partners are chosen by the Port Waratah community investment committees made up of employees after an application process.

FOR THE FIRST TIME, THIS EDITION OF STORYLINES HAS BEEN PUBLISHED AS A LARGE-SCALE. INTERACTIVE WEBSITE WITH **VIDEO, PHOTOGRAPHY AND MANY** STORIES OF THE CHARACTERS AND MOMENTS THAT MAKE UP THE RICH TAPESTRY OF THE HUNTER.

The scope of Storylines is broad, ranging from Musica Viva to bring music into portside schools **CHECK OUT STORYLINES @** STORYLINES.PWCS.COM.AU

to assistance for environmental groups like Conservation Volunteers Australia, support for the Samaritans Christmas lunch, the Seafarers Mission, ProCare family counselling and many more.

One example of the reach Port Waratah's support has is HMRI's DADEE Program. Founded and led by the University of Newcastle's Professor Phil Morgan, it is now part of the curriculum in many schools across Newcastle. Bringing fathers and daughters together through the power of exercise and a 'Yes girls can do anything' message, it is a project that is being adopted internationally.

Port Waratah's sponsorship means Dr Morgan and his team have the resources to explore the longterm impact of DADEE, research how it is changing widespread teaching practices, and analyse the opportunities it continues to give girls in schools.

PORT WARATAH'S CHIEF EXECUTIVE OFFICER, HENNIE DU PLOOY, SAID THE LAUNCH OF STORYLINES ALLOWS THEM TO ACKNOWLEDGE AND THANK **EVERYONE WHO DOES SO MUCH TO HELP AND SUSTAIN OUR REGION** - SOCIALLY, ECONOMICALLY, **ENVIRONMENTALLY AND** COMMUNALLY.

"Partnering with the quiet achievers of the Hunter as they go about making the world a better place for all sorts of people in all sorts of ways makes us very proud to contribute to their successes," he said.

"These are the people who give the fabric of our society its warmth, its depth and its texture. They are from so many different walks of life, and represent such a wide range of associations, collaboratives and interests. It is their passion that brings us together and gives us the heart and humanity the Hunter is so well known for."

"Port Waratah is incredibly proud to play a role in enabling this great work to happen through our Community Investment and Partnership Program. These initiatives contribute to our support of the Global Sustainability Agenda and makes us part of the international movement towards



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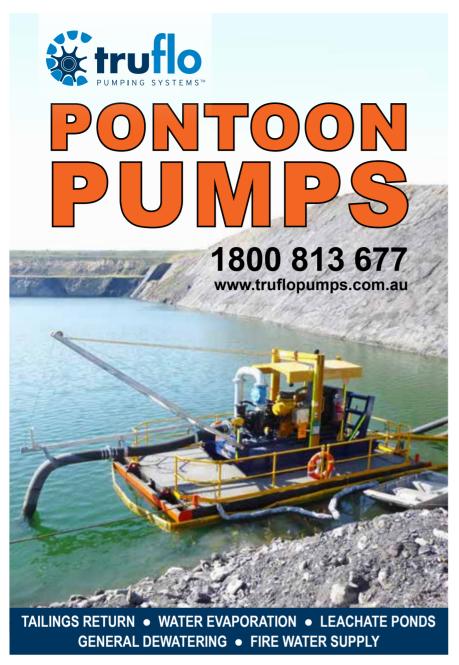
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BRINGING THEM HOME

ON SATURDAY APRIL 6, THE EARTHLY REMAINS OF NINE WANARUAH PEOPLE WILL BE RETURNED TO THEIR ANCESTRAL LANDS.

The remains of seven Wanaruah adults and two Wanaruah children are currently being held by the Museum in Sydney. The Wanaruah Community are bringing them home to inter them in the earth of Hunter Valley where they belong

The Internment ceremony will be held at Wanaruah Park in Singleton starting at 9.30am. All are welcome to attend this event and celebrate the return home of these Ancestors.

IMAGE: WONARUAH PARAI - UPPER HUNTER COUNTRY (AWABAKAL LANGUAGE WWW.SARETTA.COM.AU/PRODUCTS/ WANARUAH-PARAI-UPPER-HUNTER-COUNTRY

HELP DREW STAND U

AT THE AGE OF JUST NINETEEN AND AT THE HEIGHT OF A PROMISING **MOTOCROSS CAREER, DREW KEITH RECEIVED SEVERE SPINAL INIURIES DURING A RACE FALL AT MILBRODALE IN 2002 - RACING IN** THE NSW SPRINT SERIES.

Drew damaged his T6, T7 and T8 vertebra and became a paraplegic, losing the use of his legs and feeling from the waist down. He spent 6 months recovering in RNS, Sydney and his chance at making it as motocross racer was over.

In 2005, Drew started working at Hedweld Engineering as an apprentice draftsperson and 13 years on now leads the Mecensol team. In his role he helps to develop engineering solutions to make workplaces safer for maintenance staff and operators of large earth moving and mining equipment.

In late 2018 Drew was introduced to the TEK Robotic Mobilization Device - a motorized standing frame which would allow him to be upright, have greater mobility and accessibility and achieve better health outcomes. When having to sit all the time Drew gets a sore stomach, bed sores, fluid retention and tightening of infrequently used muscles.

Drew's colleagues are fundraising to assist in the purchase of a stand-up mobility device (valued at \$31,000) that will allow Drew to be able to manoeuvre around in a standing position. This revolutionary device will allow Drew to whole family, from jumping castles, independently and safely sit, stand and raffles and auctions, live music and navigate environments that were once karaoke plus loads more. One of the inaccessible — all while standing at eye best attractions is the V8's Simulator level.

The Fundraising Event will be at the Bulga Tavern with Trivia from 6-8pm. There are plenty of activities for the

Drive on which you can test your driving skills around Mt Panorama. Don't miss out on this great event for a great guy!

DREW'S DAY

SATURDAY APRIL 6, 2019 • FROM MIDDAY 'TILL LATE • BULGA TAVERN IF YOU CAN'T MAKE IT TO BULGA TAVERN BUT WOULD LIKE TO SUPPORT DREW, GO TO WWW.GOFUNDME.COM/HELP-DREW-STAND-UP



"I am totally stoked to have been successful in winning this scholarship and I encourage all students from the local area that are completing their HSC and meet the criteria to apply. Not only do you have the opportunity to win the scholarship, but you also learn so much through the process that will benefit you in the future."

BENGALLA CEO CAM HALFPENNY SAID THEY WERE PROUD TO BE ABLE SUPPORT LOCAL STUDENTS AND AT THE SAME TIME ENCOURAGE STUDENTS TO CONSIDER A CAREER IN THE MINING INDUSTRY.

"We are very proud and very honored to be able to offer this scholarship and to have a great young bloke like Kye chosen. I've no doubt he will do well. It's a great scholarship and the largest one we offer as we are keen to support our local schools," Cam said.

"Kye's chosen a study path that will be able to provide a great future for him and Bengalla will support him over the four years of his degree. In addition to the financial support Kye will also undertake work experience with us here on site. Over the 13 years we've been offering this scholarship we have found that the kids come back and start work at Bengalla once they've finished. That's a really nice part of it, as we are keen to keep local kids local."

The Bengalla scholarship provides financial support for a high school graduate who is proceeding to undertake University study in an engineering undergraduate degree that will enable them to pursue a career in the mining industry. Scholarships like this are vitally important to help encourage our kids into a mining career and ensuring our workforce remains strong.

The annual scholarship was first offered in 2006 for students completing Year 12 at either Muswellbrook High, St Joseph's High Aberdeen, Scone Grammar or Scone High. The successful applicant selected by the interview panel was Kye Reynolds from St Joseph's Aberdeen who was delighted to find out recently he was chosen.

"I think it is a fantastic initiative by Bengalla. I will be studying an Electrical and Electronics Degree which meant I was eligible to apply for the scholarship, but I never imagined I would actually get it," said Kye. WWW.UPPERHUNTERFRESHMEALS.COM.AU

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The Maxwell Underground Project means:

350 mm

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We will also provide ongoing financial support for local businesses and community groups as demonstrated over the last five years

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Tony Jarrett is a
Singleton Councillor
and Deputy Mayor and
a retired high school
principal who worked
at Singleton High
School for 24 years.
He will be taking over
the reins from long
standing chairperson
and committee member
Deirdre Heitmeyer
who resigned from the
position in late 2018.

MACH Energy's
Managing Director
Ferdian Purnamasidi
thanked Mrs Heitmeyer
for her dedication and
commitment to the

ACDF and welcomed Mr Jarrett.

"We were extremely fortunate to have Mrs Heitmeyer lead the ACDF during the transition from Rio Tinto to MACH Energy and I know we all thank her for her remarkable efforts," said Mr Purnamasidi.

"Mr Jarrett is an extremely valuable member of the community and I am very pleased to have a chairperson of such high calibre to oversee

the ACDF. This is a very important role for the Aboriginal community, and I know the future of the ACDF is in very capable hands," he added.

Established in 2006, the ACDF had a starting fund of \$500,000. Since that time, the Fund has invested more than \$7M into projects that benefit Upper Hunter Valley Aboriginal communities in areas such as health, economic development, cultural and community development and education.





'AVE A LAUGH WITH

Three bulls were discussing the new bull coming to the ranch.

The first bull says, "Boys, I've been here 5 years and 100 of the cows are mine. I don't know where this newcomer is going to get his cows, but I ain't givin' him any of mine."

The second bull says, "I've been here 3 years and 50 cows we've agreed are mine. I'll fight 'im till I run him off or kill 'im, but I'm keeping all my cows."

The third bull says, "I've only been here a year, and so only 10 cows are mine. I may not be as big as you fellows yet, but I am young and virile, so I simply must keep all my cows."

They had just finished their big talk when an eighteen-wheeler pulls up in the middle of the pasture with only one animal in it: the biggest bull these guys had ever seen!

The first bull says, "Ahem...You



NOW STOCKING HONDA MOTORCYCLES

know, it's actually been some time since I really felt I was doing all my cows justice. I think I can spare a few for our new friend."

The second bull says, "I'll have plenty of cows to take care of if I just stay on the opposite end of the pasture from him. I'm certainly not looking for an argument."

They look over at their young friend, the third bull, and find him pawing the dirt, shaking his horns, and snorting up a storm.

The first bull says, "Son, let me give you some advice real quick. Let him have some of your cows and live to tell about it."

The third bull says, "Heck, he can have all my cows. I'm just making sure he knows I'm a bull!"



RIDE TO SAVE LIVES

THE ANNUAL KURRI COALFACE PEDAL IS BACK ON SUNDAY APRIL 7, WHERE RIDERS PUT THEIR PEDALS TO THE METAL TO RAISE MONEY FOR THE WESTPAC RESCUE HELICOPTER SERVICE.

In its 5th year, the charity mountain bike ride has a new home at Richmond Vale Railway Museum and brand-new courses that will take riders through the Museum grounds and surrounding bushland. Family and friends can check out the fascinating collection of trains and memorabilia while the riders battle it out

With 10km, 20km, 40km and 60km distances, all levels of fitness can have a crack. Ride as a solo entrant or get together a team. The Cougar Mining Schools Challenge is for primary and high school students and then there is the Corporate Teams Challenge where teams of 3 compete for the coveted Quarry Mining Trophy.

COMPLETE

COMMUNITY GIFT

THIS MONTH THE COMPLETE PARTS AND @ THE COALFACE \$500 COMMUNITY GIFT GOES TO CARRIE'S PLACE DOMESTIC VIOLENCE AND HOMELESSNESS SERVICES INC.

Carrie's Place has been providing invaluable services in the Maitland and Lower Hunter area since 1979 for people experiencing domestic violence and homelessness.

Their Domestic Violence service supports women and children who are experiencing domestic violence to remain living in their own home and having the violent person leave. They also provide domestic violence court advocacy.

Their Specialist Homelessness Services



Domestic Violence & Homelessness Services Inc.

info@carriesplace.org.au Office Hours: **02 4934 2585** After Hours: **02 4933 1960**

Program supports people and their children who are homeless or at risk of losing their home.

Carrie's Place is there to support recovery and build resilience for some of the most vulnerable people in our community. The work they do is vitally important and they are always in need of donations. Find out how you can

help them today.

www.facebook.com/CarriesPlaceInc/

www.carriesplace.org.au

LAST YEAR WESTRAC FROM TOMAGO WON AND THEY ARE BACK AGAIN THIS YEAR TO KEEP THEIR TITLE.

The competition is looking tough though with teams from ADW Johnson, AMP Control, Austar Coal Mine, Bolt up Mining, HMA Wear Solutions, Mach Energy Mount Pleasant, Macquarie Manufacturing, Morgan Engineering, Orica, Pacific National and Quarry Mining already signed up and ready to take them down.

The Coalface Pedal started as an idea by the Kurri Mongrels to raise money for the Westpac Rescue Helicopter Service and the event wouldn't be what it is without them. From mapping the extensive

tracks, fundraising and helping out on the day (such as pointing lost riders like me back on track!), they make an invaluable contribution. A shout out also has to go to AHA Hunter and Newcastle who have come onboard as sponsors this year, generously donating \$5,000.

Last year the event saw 500 riders take part and an amazing \$24,000 raised for the Westpac Rescue Helicopter Service. With your help we can raise even more money this year, so dust the cobwebs off your bike and squeeze yourself into some lycra!

Online entries close on April 1. Entries will be taken on the day but what are you waiting for? Sign up now!

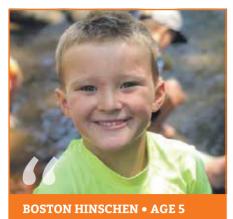
www.rescuehelicopter.com.au/events







Phone: 1300 663 888



Dad: Steve Hinschen, Fitter What does your dad do? Dad fixes trucks. What is coal and what do we

I don't know, black rock used for gravel.

use it for?



TYE MEEKIN • AGE 8

Mum: Carly Patterson, Stay at Home Mum

What does your mum do? She does mostly everything! Even cooks me dinner sometimes.

What is coal and what do we use it for?

Are you asking because we went to Mt Arthur to drop uncle Joel off this morning? Well they dig it up and then take it to Stockton for Santa to give to the naughty boys and girls..



CHARLIE SERHAN • AGE 5

Dad: Elliot Serhan, High Voltage Electrician What does your dad do? He fixes things.

What is coal and what do we use it for? Coal is really long way underground. Coal is used for boats and they get filled up.



THEIR ANSWERS!

MEMPHIS HINSCHEN • AGE 7



Dad: Steve Hinschen, Fitter What does your dad do? Dad fixes machines at Mt Arthur. What is coal and what do we use it for? It's a type of rock used for electricity.



BRAYDAN SMITH • AGE 8



Mum: Sam Harvey, Operator What does your dad do? She works in the mines driving dump trucks or something. What is coal and what do we

Coal is something black and we use it for power.

use it for?





Dad: Andrew Nicholls, Operator What does your dad do?

He drives big trucks at the mines, but he also does the laundry at home.

What is coal and what do we use it for?

It's a black stone, and its used for fires and trains and taken to places.





PHOENIX MCGRADY • AGE 8

Dad: Cliff McGrady, Tenant Engagement

What does your dad do?

He goes to houses and fixes them. What is coal and what do we use it for? It's coal, it's a black rock. It makes electricity.



Dad: Ian Johnson, Operator What does your dad do?

His work is going to a coal mine. He has a big dozer, he hops on them and pushes dirt into big piles.

What is coal and what do we use it for?

Coal is a type of rock, we use it for lighting up fires.







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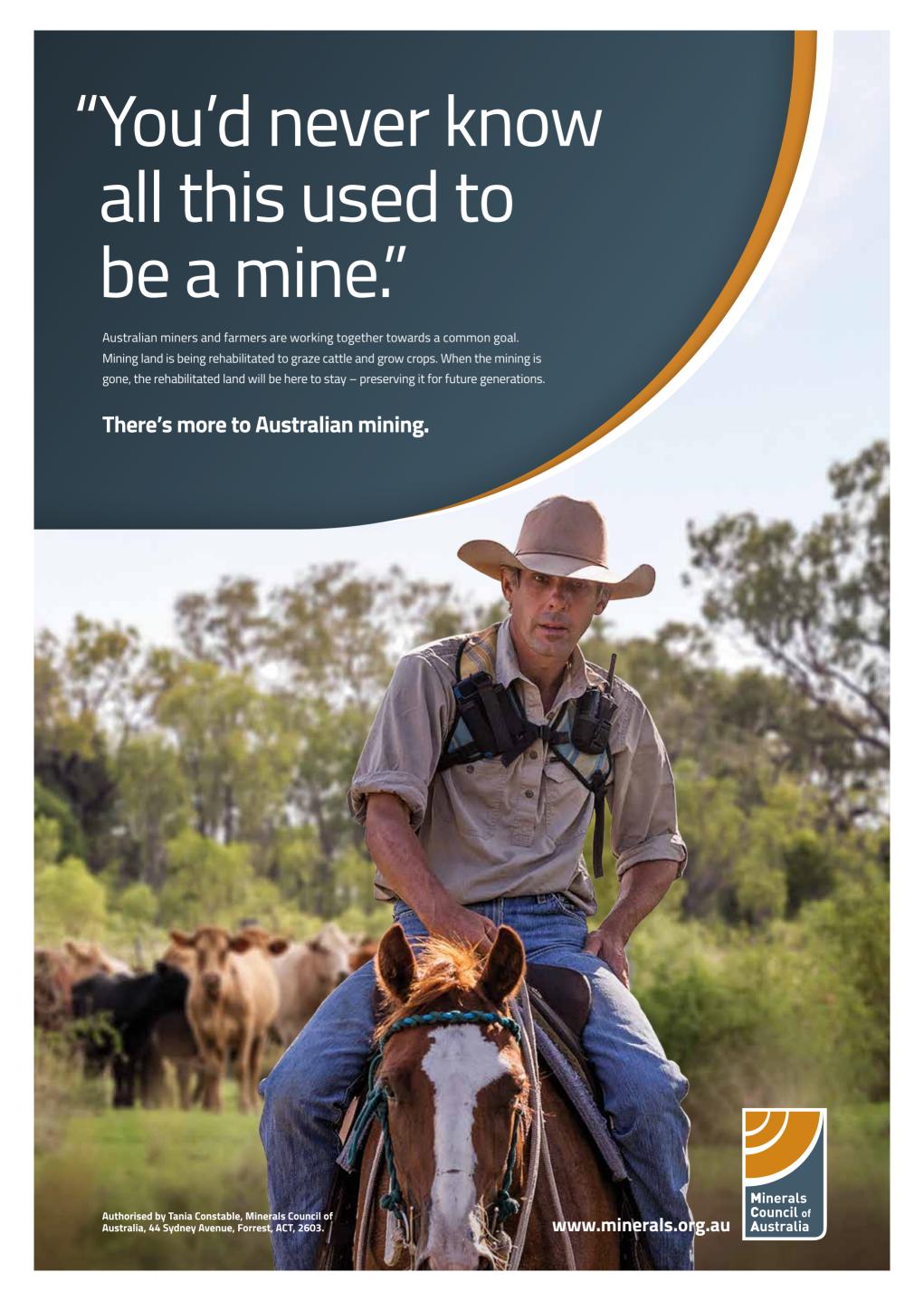


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BMI - BAD MEASURING INSTRUMENT

DESPITE ITS WIDE USE, THE BODY MASS INDEX (BMI) IS NOW CONSIDERED FLAWED BY MOST EXPERTS, AS MORE AND MORE PEOPLE ARE BEING PLACED INTO ITS HIGH-RISK CATEGORIES OF OVERWEIGHT OR OBESE.

tell you if tell you're in a healthy weight range by combining your height and weight measurements in a simple math formula. Sounds somewhat arbitrary? That's because it is.

The BMI doesn't take into consideration things like muscle mass, ethnicity or age. As the science develops, the flaws in this approach become ever more apparent.

THAT'S WHERE BODY COMPOSITION **ANALYSERS COME IN. THESE MACHINES ARE ABLE TO PROVIDE AN** INTERIOR LOOK OF YOUR BODY. THEY **CAN HELP DETERMINE MUSCULAR** IMBALANCES DUE TO TRAINING OR INJURY, PINPOINT POTENTIALLY DANGEROUS VISCERAL FAT LOCATED AROUND YOUR ORGANS, AND A WHOLE LOT MORE.

We headed down to ASN Singleton to check out what's the deal with these scanners and if they're really worth a go. Rowan Newton is the owner of ASN Singleton and gave us the run down on their InBody 570 Body Composition

"The BMI is outdated and it's biggest problem is it doesn't show the difference between muscle and fat so it doesn't always accurately predict when weight could lead to health problems," Rowan

"We've had a lot of guys coming in from workplaces being told they're overweight. Workplaces including the mines still place a lot of emphasis on BMI so you're getting all these people who are actually quite fit being told they need to lose weight and they're unhealthy. That's why these scans are proving to be much more beneficial."

THE INBODY ANALYSER STILL GIVES YOU A BMI SCORE, BUT MORE IMPORTANTLY IT LOOKS AT A LOT OF OTHER DATA POINTS TO GIVE YOU AN **ACTUAL FITNESS SCORE WHICH WILL GIVE YOU A MUCH MORE ACCURATE** INSIGHT INTO YOUR HEALTH.

Although I've been avoiding scales for most of my life, I decided to try the analyser. First off, the big plus about the scan is it's very noninvasive. There's no uncomfortable measuring with tape, or being pinched with calipers, it's simply shoes off and stand on the base while holding onto a couple of handles. A small alternating current is sent through the body which precisely measures body composition. You don't feel a thing.

My BMI just sneaks into the category of what is considered a healthy weight range. Though all it takes is a smorgasbord

Since the 1830's the BMI has been used to lunch to push me into the overweight category. If I'm to believe in the BMI as an indication of my health than I have a higher risk of diabetes and cardiovascular disease and I'm also more likely to have a shorter life span.

> THEREIN LIES THE PROBLEM WITH BMI. I EXERCISE MOST DAYS, I **EAT LOTS OF HEALTHY FOODS** (THOUGH A LITTLE TOO MUCH OF THEM) AND I CONSIDER MYSELF OF **ABOVE AVERAGE FITNESS, YET MY** BMI SCORE TELLS ME I'M FAT AND I'M LIKELY TO DIE EARLIER THAN SOMEONE WITH A LOWER BMI.

Unlike the ambiguous BMI, the scan provides an entirely different result. It produces detailed results right down to complete measurements of my individual body parts, fat distribution on my body, mineral content, lean fat analysis, body water and even my base metabolic rate (this is how many calories my body needs each day to function).

Rowan walks me through all the results which show a much more positive snapshot of my health. It's fascinating seeing everything broken down in detail. From the results Rowan is able to give me recommendations on where I can improve, such as dietary adjustments I can make and specific types of exercise I can benefit from.

ROWAN TELLS ME THE SCANS AREN'T JUST FOR PEOPLE WHO **ARE WANTING TO LOSE WEIGHT** EITHER BUT IT'S A GREAT TOOL FOR

"Anyone can benefit from having the scan. We have a lot of people that get scanned regularly to monitor if they are on track. If you've stalled with your training or progression it can help identify why, it may be that you've replaced the body fat with muscle and so you aren't seeing the weight loss you'd expect. There could also be hormonal imbalances which we can detect and help with," Rowan

So instead of relying on an outdated math formula to judge your health and fitness, I recommend giving a body scan a go.

SINGLETON ASN IS OFFERING SCANS TO OUR READERS FOR ONLY \$10

(NORMALLY PRICED AT \$50). TELL THEM THE COALFACE SENT YA!



IN 2018 THERE WERE 354 FATALITIES ON NSW ROADS. THAT'S 354 TOO MANY. THERE'S ALSO TOO MANY OF THAT NUMBER THAT COME FROM THE HUNTER.





training available that can improve

your driving skills and reduce risks.

When it comes to training there's no

such thing as too much, regardless of

your age or years behind the wheel.

Driving is a complex task. Anything

that takes your mind or eyes off the

road, or your hands off the wheel not

DON'T BE DISTRACTED

While our roads and cars are getting safer every year, there are still too many of us being injured or killed whilst driving. With more and more traffic on our local roads courtesy of more happening in the mining industry, we thought it was time to remind you of things to consider before hitting the road.

FIGHT OFF FATIGUE

The Hunter has really opened up in recent years with the Newcastle Expressway and it's never been easier to commute to work in the mines. Long hours of shift work and long hours behind the wheel are a recipe for disaster. Caffeine and

breaks might temporarily help but there is no substitute for sleep. If you're tired take a 20-minute nap before you leave work to help make sure you get home safely.

TAKE SOME TRAINING

Nearly all crashes are due to driver error. In rural areas, the most common crashes are at intersections followed by losing control or veering off a straight road. Other common causes are rear ending, crashes involving pedestrians, changing lanes and head ons.

Advanced driver training, defensive driving, safer drivers' courses, there are plenty of different types of

only compromises your safety, but that of everyone else on the road. It's not just your mobile phone that's the issue, but eating, smoking, playing with music devices, even talking on hands free. It's all going to increase your chances of having a crash. Keep your focus where it counts.

KEEP YOUR VEHICLE SAFE

Regular maintenance is incredibly important in keeping you safe as even a small fault could cost lives. In addition to seat belts and airbags, consider safety features like reversing alarms, cameras and proximity sensors.

When buying a car check its safety rating. The ratings, between 1 and 5 stars, are based on how well the vehicle protects you in a crash. Your choice of car can be the difference between you surviving or being killed.

WATCH OUT FOR ANIMALS

With the drought causing feed and water levels to fall, more wildlife and livestock are wandering onto roads than ever before.

Watch out for temporary warning signs. Animals are more active near waterholes and are harder to see at sunrise and sunset. Animals are extremely unpredictable and can move fast, so always slow down even if you can't see any. Although it goes against instinct, it is safer to hit an animal than swerve and lose control of your vehicle.

DRIVE TO CONDITIONS

Always adjust the way you drive in weather. Wear sunglasses on sunny days, slow down when it's wet or icy and leave extra distance in front for safe braking. Always use headlights on low beam to help other road users see you in overcast and wet conditions. Keep your wipers in good condition as whether it's smearing bug carcasses off your window or driving in rain, they can make all the difference.

CHECK YOUR EYES

Many crashes are caused by poor vision. Regular eye checks are incredibly important as eyesight can deteriorate quickly and without notice. If you're struggling to read signposts or licence plates than you probably shouldn't be driving without glasses or contact lenses.

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For the most part, 3 Man Chess is played just like conventional Chess, but the field of play is circular. Being able to play with three minds interacting creates situations that never arise in conventional Chess. Your two opponents can team up to checkmate you, or ultimately you can checkmate both of them at the same time!

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Stuart will explain your rights and take you step by step through the legal process. He wants you to know exactly where you stand and that is why he offers an obligation free chat with him so you get the expert advice you need.



Stuart Barnett

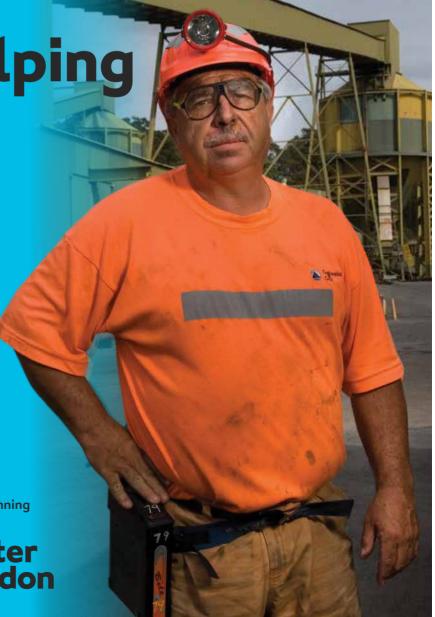
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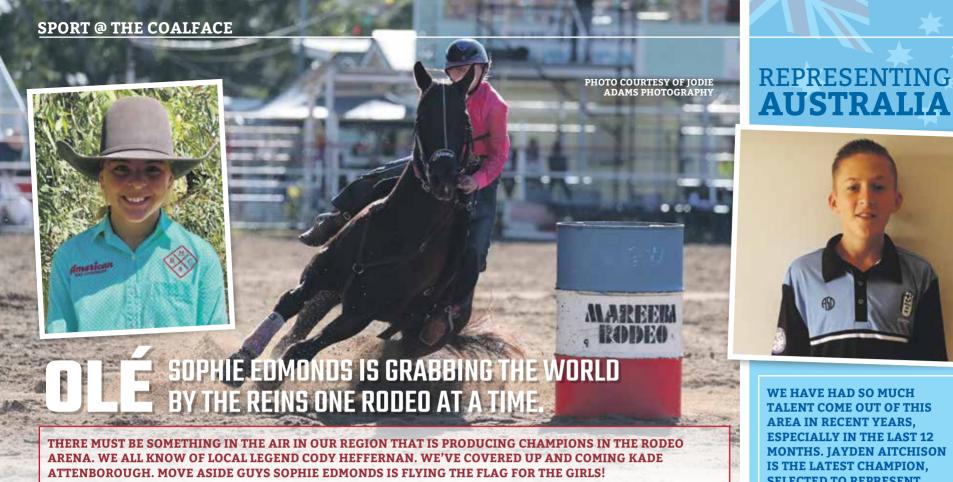
As well as specialising in coal mining compensation law, Stuart and his team can help with:

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- + Dust Disease & Medical Law + Conveyencing + Wills and Estates Planning

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Home base might be Murrurundi and school might be Scone Public, but it's out in the paddock and in the rodeo arena that 11-year-old Sophie Edmonds feels most at home. Every day after school it's straight out to the training grounds and practicing on 4 horses, though it's her trusted best friend Deano that has been her ride to National Championship

A unique part of Sophie's story is that she is the only one in her family

on the rodeo circuit. Her brother and sister are not interested in horses at all and her father many years ago had done some camp drafting. But for Sophie a passionate love of horses and all things equine had her joining the Murrurundi Pony Club which put her on the course she is now.

"From as early as 3 Soph showed a real love for horses so we put her into pony club up here in Murrurundi," says Sophie's mum Rebecca Edmonds. "She did that for a couple of years and really loved the barrel

racing, so we joined the local barrel racing competition up here and in Murrurundi."

"It was after her success there that someone suggested that if we wanted to see how good she was, to put her in a rodeo. So, then we entered her at the Scone Rodeo in 2015 for her first rodeo in the under 8's and she won that. We just kept going from there ever since."

MOST RECENTLY AT THE FINALS **HELD IN TAMWORTH, SOPHIE** WON THE AUSTRALIAN CHAMPION JUNIOR BARREL RACER FOR THE SECOND YEAR IN A ROW. SHE ALSO WON THE BIG TITLE WHICH IS THE JUNIOR ALL-ROUND COWGIRL, **WHICH IS AN UNDER 18S TITLE** WHERE YOU HAVE HAD TO HAVE DONE MORE THAN ONE EVENT IN ORDER TO QUALIFY.

With her break away roping and her barrel racing, Sophie achieved enough points from throughout the year that she was leading the points score even before the finals, which meant she was going to be the Australian Champion before she even got to the finals.

Last season Sophie competed in 55 Rodeos all around Australia and won 47 of them. Not bad for an 11-yearold! The team @ The Coalface would like to congratulate Sophie and wish her all the best with this season.

WE HAVE HAD SO MUCH TALENT COME OUT OF THIS AREA IN RECENT YEARS, **ESPECIALLY IN THE LAST 12** MONTHS. JAYDEN AITCHISON IS THE LATEST CHAMPION, **SELECTED TO REPRESENT AUSTRALIA IN FUTSAL THIS** JUNE.

So, what the heck is Futsal you ask? Futsal is basically soccer with 5 players and played on a smaller hard surface field. 90% of the time these are indoors.

Young Jayden will embark on a 2-week tour representing Australia leaving our shores on the June 26 bound for Blanes, Spain to compete in the 2019 National Futsal Championships. It's an amazing feat for a 13-yearold Muswellbrook boy.

"I have always dreamed of representing Australia for soccer, but never would I have thought it would be so soon. This is a huge opening for my dream to become a pro soccer player. This is the chance. The one big chance that could change my life forever," Jayden told us.

From all the team here @ The Coalface, Bueno yo (Good Luck)

IF YOU CAN SPARE A FEW **BUCKS TO HELP THIS LITTLE CHAMPION REACH HIS** DREAM, HE HAS A GO FUND ME PAGE SET UP FOR HIS REPRESENTATIVE TOUR

WWW.GOFUNDME.COM/ JAYDENS-JOURNEY-TO-SPAIN

TO STAY IN THE LOOP WITH THIS LOCAL CHAMPION'S 2019 SEASON, YOU CAN FOLLOW HER INSTAGRAM @SOPHIE_EDMONDS07.







FOR THE PAST 12 YEARS PROMOTING GROUP 21, I HAVE ALWAYS GONE OUT ON A LEDGE BY ROUND 2 AND SELECTED ONE OF THE 6 SIDES THAT WILL MAKE THE GRAND FINAL. I MAY NOT HAVE PICKED THE WINNER, THOUGH EACH YEAR THAT SIDE HAS MADE THE BIG DANCE. WITH THE TALENT ACROSS THE TEAMS THIS YEAR THOUGH, I MAY END UP UNLUCKY ON 13.

TIGERS NEWS

On the back of our last article, the buzz at Aberdeen has continued with the club also signing Johnnie Walker, a former Manly U20s and Australian U20s Rugby Union representative who will play on the edges. It's been quoted, "He will take this competition by storm." Another new signing to look

out for is Brock Wadwell from North Tamworth who is a hooker who has won premierships and the Clayton Cup with Norths.

FROM THE DEVILS DEN

"We are looking very good for the 2019 season," says Denman President Jay Shepherdson. "As you know we have signed Adan Grech





as our first-grade coach.
He has been very good for
the club and for a first-time
coach is doing very well
in preseason training. We
have signed a number of
new players including Andy
Pritchard, Dan and Luke Rees,
Daniel and Jacob Ellis, Brady
Benkovic, Josh Scrymgeour,
Jordan Mulheron and two
new Fijians who are in the Fiji
Residents side."

"Isaac McCormick, Nicco (Andrew Nichols) and Paula (Dinauvoli) are playing again and we have several young kids coming through including Tommy Pickersgill and Max Grecian who both played firsts last year. So, our grade sides look like they will

be in for a good year."

Daniel Hagan is also helping all of the club's coaches in an advisory role and has been a very good asset for the coach's and club with his input. The Denman's new home is The Denman Hotel who have come onboard as their major sponsor.

SCONE "4 FROM 4" THOROUGHBREDS

The club has had a relative quiet build up to the season

ROUND 1 Saturday 27th of April

4.40pm First Grade-Aberdeen Tigers v Muswellbrook Rams

Sunday 28th of April

2.00pm First Grade-Greta Branxton Colts v Scone Thoroughbreds 2.00pm First Grade-Singleton Greyhounds v Denman Devils

similar to 2018, with the club commencing training from mid-January from the under 12's through to Seniors attending.

The younger Thoroughbreds have been really impressive pushing the senior's players and everyone is enjoying the comradery.

Scone are looking forward to another great season for the club with some old and not so old players returning along with the majority of the players from all four grades last year.

BEFORE THE SEASON STARTS, THE PRE-SEASON SCANLON SHIELD COMPETITION WILL TAKE PLACE AT MCKINNON FIELD, ABERDEEN ON MARCH 30. THE DRAW IS TO BE COMPLETED AS YET, THOUGH STAY POSTED TO OUR WEBSITE AND FACEBOOK FOR GAMES AND TIMES.



LIEBHERR'SMINING POWER

IS IT JUST ME OR DO LIEBHERR PRODUCE GOOD LOOKING EQUIPMENT? IN THEIR DISTINCTIVE WHITE (SOMETIMES A YELLOWY ORANGE) THEIR MACHINES ARE IMMEDIATELY RECOGNISABLE ON ANY MINE SITE.

Established in 1949 by Hans Liebherr in Germany, this business is still an entirely family owned business that now boasts eleven divisions including earthmoving, mining, fridge's and cranes, to name but a few.

Typically German in their approach to design and aesthetics, they are a vertically integrated, manufacturing the bulk of their components and systems in-house. As a family owned and operated business, they are unsurprising guarded with their technology and work hard to tightly control the secondary markets for used components and parts.

IN AUSTRALIA, LIEBHERR HAS BECOME A POPULAR FIXTURE ON MANY MINE SITES AND HAVE IN RECENT YEARS INTRODUCED THE T284 ULTRA CLASS DUMP TRUCK.

Superseding its T282C sibling, this truck has one of the lowest empty vehicle weights in the market at 237 t. Liebherr have achieved this by keeping castings to a minimum in strategic stress areas of the chassis as well as, incorporating hollow box rails with fully welded internal stiffeners.



In utilising this design, the T284 provides a durable lightweight frame with one of the highest payloads in the industry at 363 t. With the option of powerplants, customers can choose to incorporate MTU's 20V4000 or Cummins QSK78, with the ability to achieve a 3,000kW (4023hp) of power.

Consistent with this category of haul truck, the Liebherr T284 utilises an AC electric drive system that is proprietary to Liebherr. Manufactured internally, this system is branded 'Litronic Plus' and can propel the truck to a top speed of 64kph as well as assisting with higher speeds on grades; of course, like all good systems it 'conserves fuel when the engine is idling as well as maximises performance'.

Not unlike their competitors, Liebherr is well progressed in their development of autonomous haulage solutions and have been testing their system in dirt since 2016.

SOMEWHAT STRATEGICALLY, LIEBHERR HAVE OPTED TO PROVIDE MINE OPERATORS AN AUTONOMOUS PLATFORM WITH OPEN ARCHITECTURE, THAT ALLOWS CUSTOMERS THE FLEXIBILITY TO INTEGRATE AND/OR COMPLEMENT EXISTING FLEET MANAGEMENT AND TELEMETRY SYSTEMS AS WELL AS THIRD PARTY SOLUTIONS.

I say strategically, as this will allow Liebherr to position their equipment for fleet inclusion, without being omitted from selection due to lacking a full suite of product across front line machines and ancillary equipment.

If you'd like to know more about Liebherr's largest haul truck on offer, visit YouTube and search https://www.youtube.com/watch?v=1b7S-LoDgEM

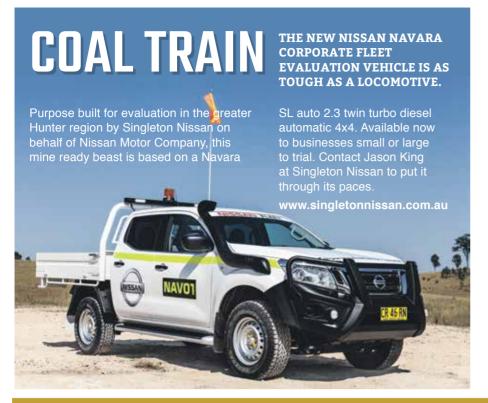
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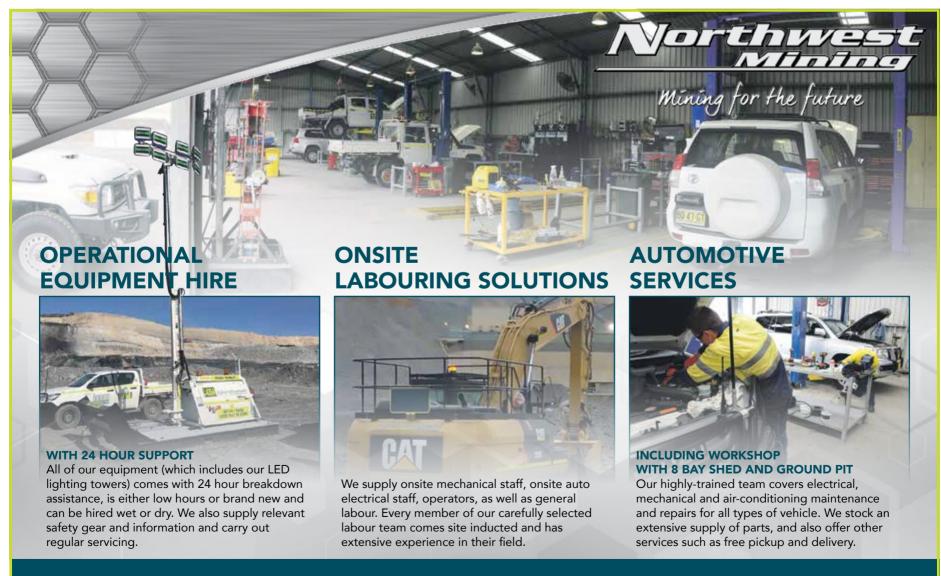


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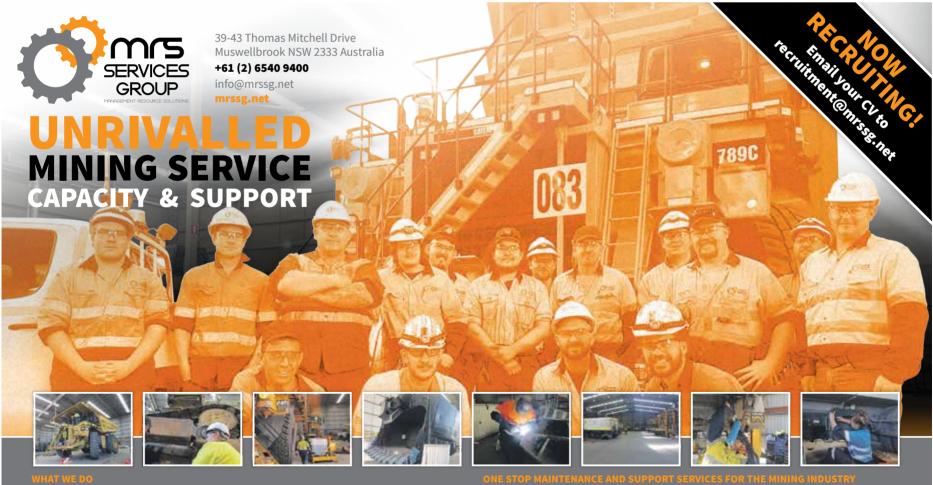


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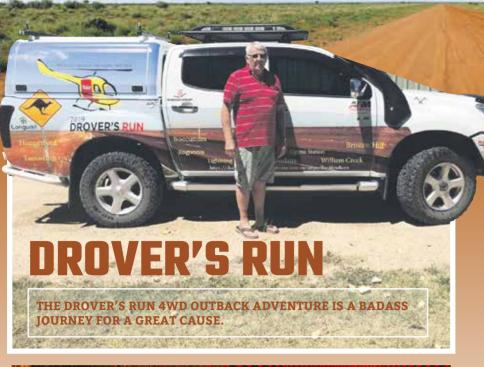
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HELP RON AND MATT RAISE MONEY FOR THE WESTPAC RESCUE HELICOPTER SERVICE AT HTTPS://DROVERSRUN2019. GOFUNDRAISE.COM.AU/PAGE/RONMEWBURN

This is the 6th year for the event and set to be the most ambitious yet with an expected 50 vehicles to take part. Entrants travel 4,000kms over fourteen

days through some of the most spectacular scenery in Australia to raise money for the Westpac Rescue Helicopter Service.

The drive begins on Sunday August 4 when the convoy leaves from Broken Hill passing through the Flinders Ranges and Oodnadata Track before heading east across the iconic Simpson Desert and Big Red, on to Birdsville and Innamaincka and then making their way home to Tamworth via Hungerford and Grawin.

RON MEWBURN IS ONE OF THE INTREPID DRIVERS THAT HAS SIGNED UP FOR THIS EPIC JOURNEY.

"Last April I got invited to come along on the Tamworth to Tops which is a smaller version of this event. It was such a great group of people and so much fun so when they told me about the Drovers Run, I decided I wanted to be a part of it," Ron said.

"At the time I signed up I was working as the Longwall Maintenance Planner at Narrabri Coal. One of the Deputy's Matt McDonald also signed up and we decided instead of competing for fundraising we would join forces and raise the money together. We thought we'd set a goal of \$5000 and we've already doubled it. I hope that we can keep raising more because the work the Service does is so important, and every dollar goes

towards saving lives."

Since its inception the event continues to grow with over \$430,000 raised so far for the Service. Ron said it's not a race, it's about having fun and raising money for a good cause.

"One of the best things about the event is the people. Not just the drivers and support crew, but the people we get to meet in all the small towns we go through. With the drought affecting some of these towns terribly, its great to be able to bring in some extra business to them. We also often hold raffles and things to help support the local communities."

Ron also said that it's a great event for people who haven't had a lot of experience with this type of driving as there's plenty of help on hand.

"I've done some solo outback driving before and I'm no stranger to a bit of sand and dirt under the tyres, but it's great knowing you've got the support there if you need it. For people who aren't that confident it's a great environment to learn in and you'll receive plenty of instruction to help you along."

THERE'S STILL A COUPLE OF SPOTS LEFT TO ENTER THIS YEAR'S **DROVER'S RUN AND HAVE AN** ADVENTURE OF A LIFETIME. TO FIND OUT HOW TO ENTER OR TO **BECOME A SUPPORTING DONOR** GO TO WWW.RESCUEHELICOPTER. COM.AU

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inside once again. As
the Mullet start to
school up to move,
we should see some
great Jewie fishing
especially in Newcastle

Bream should also start to move down out of the top half of the estuaries with the Mullet as well. Squid will continue to be a great option as we are starting to move closer the best time of year to hunt them - especially 'the big green eyes.'

DAMS

There has been little to write about the fishing on the local dams as the water temps have been so high, but things seem to be improving with a recent session throwing Jackals and surface lures turning up good numbers round the weed edges at Lake St Clair.

Reel 'em in! - Thrifty's

OFFSHORE

Marlin have been placed on the critically endangered species list for the fishermen of Port Stephens, whereas the fisherman of Eden down near the Mexican border are enjoying Marlin madness.

The carrot has been dangled now for a few months with very limited fish encountered. The relentless NE winds blowing every day keeping the cool dirty water trapped inshore and the current raging out wide has been less then favorable. A recent Southerly produced the goods pushing some great water in, but sadly it's only filled the inshore grounds with a bit of bait and bait stealing baby dollies to add to the frustration. BTW some nice Dollies can be found on all the local FADs at the moment, though it does pay to fish weighted live baits to produce the bigger fish.

In other news the reefs are fishing well for Trag, Snapper, school Jewies and the odd Pearl Perch too. We seem to see these little tasties turn up throughout March to June - they love a white soft plastic. Flathead are also fishing well at the 40-50 metre mark.

No predictions this month, but here's hoping we see the Marlin turn up and we might even see a Longtail tuna soon. Let's hope they don't disobey orders like the billed variety.

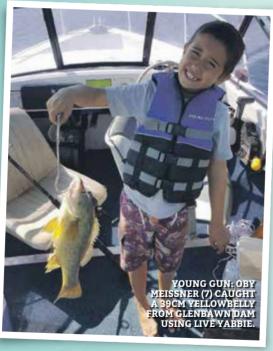
BEACHES

Whiting and Bream will be the standout this month as a bit of warmer water has moved in.
We should also see some good numbers of Taylor start to turn up.

The Jewie fishing should really start to fire up from the beaches later in the month as the Mullet start to move for the annual run though. This will all be decided on when the westerly winds start to blow.

INSIDE

Flathead and Jewfish will continue to be the mainstay in all the waters







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DON'T MISS THE BOAT

BELIEVE IT OR NOT I HAD NEVER VISITED PORT STEPHENS DESPITE LIVING IN THE HUNTER FOR ALMOST TEN YEARS. I HAD NO IDEA WHAT I WAS MISSING UNTIL ONE RECENT SUNDAY WHEN I VENTURED DOWN TO THE BEAUTIFUL LITTLE BEACH BOATHOUSE FOR LUNCH.



The Little Beach Boathouse has to be one the most special places to sit back and enjoy a fantastic lunch. How it's taken me this long to discover this little gem of a place I don't know. Even the carpark has views that any restaurant in the world would kill for.

I wasn't planning to do a review as we were just out for lunch with the better half's Mum, but it didn't take long to realise we were in for something special beyond the view and I knew I had to share it with you.

From the moment we arrived the crew convinced us we had made a wise choice. Not only professional and beyond friendly, they all seem to genuinely like each other and working together. It's infectious and immediately puts you at ease for a lazy Sunday session and a great feed.

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SLIGHT BIAS TOWARD FRESH
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PRODUCE. DON'T WORRY THOUGH,
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THE CARNIVORES HAPPY TOO.

Local Hunter wines and craft beers will stop you ever getting thirsty. On that note, the great wait staff had drinks on our table before that could happen and kept them coming before we ever got to the bottom of our glass. I like that kind of service. Ordering from the lunch menu we took in a selection from the menu

including Hervey Bay Scallops, Japanese Togarashi & lime butter with peach & fennel salad, the Boathouse Prawn Cocktail and Spring Bay Mussels with tomato & chilli for entrée. All were brilliant and we could have stopped there very satisfied.

Mains were to come though, and we got stuck into the Fried Squid with wadashi seasoning, pickled fennel, & black sesame aioli, what seemed to be the signature dish Miso Glazed Atlantic Salmon with red papaya, Chinese cabbage, mint & coriander salad, avocado salsa & Japanese black pepper sauce and also Lemon Thyme Chicken Breast with roast potato, Binnorie feta, garlic field mushroom and basil pesto and rocket.

THERE WAS HONESTLY NOTHING WE DIDN'T LOVE.

For dessert we got a tasting plate with a few of the best from the menu including Chocolate Pavé, milk chocolate ganache, dark chocolate torte, crystalized rose nibs & strawberry and few others – we left nothing and left very happy indeed! If you haven't done it...do it now!

'AVE A LAUGH WITH

A cop sees a man driving around with a pickup truck full of penguins. He pulls the guy over and says, "You can't drive around with penguins in this town! Take them to the zoo immediately."

The guy obliges and drives away. The next day, the cop sees the same guy driving around with the truck full of penguins again. This time, though, all the penguins are



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wearing sunglasses.

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The cop pulls the guy over and says, "I thought I told you to take these penguins to the zoo yesterday?"

The guy replies, "I did, and today I'm taking them to the beach."



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My recent traditions of traveling far and wide for pie perfection have seen me visit Wagga and every hick village in between to the South and Tamworth and every public house in between to the North. It's thirsty and hungry work, but as they say... "Someone's gotta do it".

This time I was Dubbo bound. As usual I fired up the Kingswood and went through the glove box for what would be the soundtrack for the journey. I decided to do it blindfolded to make things exciting. Both a wise and stupid idea at the same time as it turns out

As I ruffled through and grabbed the cassette tape that would define this journey, I felt a sharp pain shoot up through my fingers and knew I'd found something special. Upon removing my blindfold, I saw just how special it was...there between my fingers was Dolly Parton's greatest hits.

The source of that shooting pain was

there too! A friggin' Redback spider as big as one of Dolly's 'you know what's' chomping on one of my pie handlers. After squashing the little bastard and sucking out the poison in went the tape and on came 'Islands in the stream'.

bakery. I was impressed before pressing on up the main drag to Dinky Di Dog's Eyes at the Kakkadoo Kafe. These guys are pretty good, but they definitely need a bit of work to become as good as their name suggests.

> Talking politics along the way, many suggested I run in both the State and Federal elections and juggle the two roles together as none of the numbskulls in contention could run a bath.

> Anyway, on to Dubbo I pressed and headed straight to PK's drive

thru bakery so I could enjoy a pie in the warm embrace of the Kingswood so she could take in the aroma. What an aroma it was! They do a bloody great one that was almost as good as Merriwa – Being a proud Hunter Man no one beats a local pie. On came '9 to 5' and Dolly and I headed home.

SEE YA NEXT MONTH SOL. X

First up was the old school town

Limit of one entry per person. LTPM/19/04020

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BOWDLER'S **BEER REVIEW**

@ The Coalface beer expert Richard Bowdler brings you this month's beer review.

GROLSCH PREMIUM LAGER

AN EARLY START SAW THE SUN

RISING IN THE REAR-VIEW MIRROR

AN ALL-TIME FAVOURITE MEAT BAG

AS I HIT MERRIWA AND SNAGGED

AT THE LOCAL BAKE HOUSE. WITH

FUEL IN THE FIRE I PRESSED ON TO

DUNEDOO - HOME OF COUNTLESS

TOILET JOKES AND TWO PIE SHOPS.

Name: Grolsch Premium Lager.

Made: Bierbrouwgrij, Holland.

Info: Grolsch's best selling beer. The Grolsch brewery has been in operation since 1615 so it's a fair bet they know their stuff.

Cost: \$20 / 6pak Alcohol: 5.0%

Color: Mid golden, slight cloud.

Taste: Very malty and sweet for a lager, I liked it! Mouth: A full bodied lager. A lot of lagers fall short on body but not this one.

Aftertaste: A slight hops finish with heaps of malty

Comments: A very interesting beer that's full of character. Tons of malt from the get-go, so if you like a malty beer, you'll love this. Grolsch completely changed the recipe for this beer a couple of years back so if you hated it back in the day (like I did) then it's time to give it another shot.



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surprised me at the end of our
Christmas party with a helicopter
flight home with Slattery
Helicopters, I was speechless that
they thought I was so deserving.
Okay, maybe it had more to do with
me notoriously being the last to leave
and this guaranteed a timely exit.
I can tell you now that there's

nothing quite so rock star feeling as having a helicopter pick you up after a good day out and drop you off in your very own backyard. It sure beat spending half an hour in a cab home, and at only around triple the cost it was money

well spent. Especially as it was the boss's money!

Private charters like the one I had are

only one of the things that Slattery Helicopters do. They are the longest established helicopter company in the Hunter, and they offer a whole array of different flight experiences from tours to transfers and everything in between.

Their scenic flights go all around the Hunter and the Newcastle coastline, it's really up to you what you want to see. They even have tours that head over the top of some of our mines. Normally I wouldn't encourage

anyone to go see their work on a day off but in this case...

You'll fly at around 1000 feet which gives you the perfect birds eye view. It's amazing how beautiful everything looks. On a clear day you can see right to the ocean from their home base at Cessnock Airport. You're also low enough to have a real good sticky beak into people's backyards if

voyeurism is your thing.

Wanting to share the incredible experience, I took my daughter up for a scenic flight last weekend and she had a blast. We flew with Base Manager Jay Benson who isn't just a great pilot, he's also a fantastic tour guide. On scenic flights he'll keep you entertained pointing out landmarks and giving you a rundown on history, plus some interesting tidbits about the area.

Slattery Helicopters have got a bunch of different helicopters ranging from 3 to 6 seaters. Got a bunch of friends keen to go up? Why not fly in two

> helicopters side by side? Last one back pays! What's really great about Slattery Helicopters is that you can pretty well customise any

type of flight you want. Pick up and drop off can be done anywhere that has a clear landing site and landowner's permission. They'll take you to virtually any location in Australia.

It's a once in a lifetime experience. Though if you're like me and you get a taste of the high-flying lifestyle, you'll be looking for any opportunity to get up in the sky. Next, I'll be trying one of the food and wine tours. I mean, really, who wants to get around in a minibus with the common people?



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'AVE A LAUGH WITH



I was just looking at my ceiling.

Not sure if it's the best ceiling in the world, but it's definitely up there.

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Mining is massively important in the Upper Hunter, and I've been pretty vocal about my support for miners and their job security. The last thing we can afford is for the inner-city greenies to take control of our government and bury our future.

Some of my opponents say they're supportive of coal, but the fact remains that their leaders have walked away from the workers to shore up their Green support in Sydney and Melbourne.

I remember how hard the BHP closure was on Newcastle, but it'd be 10 times worse if we let let Labor and the Greens shut down our mines by 2030. What's worse, this 'renewable energy plan' will cost thousands of jobs and send power bills through the roof.

If you want a common-sense government that will protect our workers, not sell them out for votes, then you need to vote 1 Michael Johnsen and support someone who's fighting for you.

THE AUSTRALIAN **

Labor's 45 per cent emissionsreduction target would push
electricity prices 50 per cent higher,
cost workers up to \$9000 a year
in lower wages and wipe \$472
billion from the economy over
the next decade, according to the
first independent modelling of
the energy policies of both the
government and opposition.

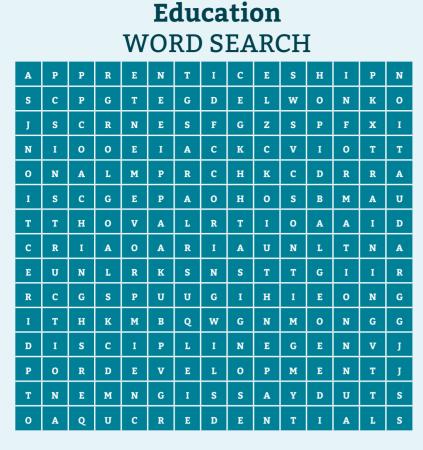


Collapse of global market for thermal coal 'a good thing': Labor's Richard Marles



Michael Johnsen: "In relation to energy, I'm a big supporter of the coal industry and coal-fired power."





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- Q1. Leila McKinnon hosted which Nine Network current affairs series?
- Q2. Peter Stirling hosted which Fox Sports NRL series?
- Q3. Greg, Jeff, Murray & Anthony were members of which children's show?
- Q4. What show was 'Plucka Duck' a character on from 1971-1999?
- Q5. Kylie Minogue played 'Charlene Robinson' in which TV Series?
- Q6. Gretel Killeen & Sonia Kruger hosted which reality TV Series?Q7. What is the name of Blinky Bill's
- best friend?

 Q8. Chris Hemsworth played 'Kim
 Hyde' in which TV Show?

Y2: NEIGHBONKS **Y6**: BIG BKOLHEK **Y3**: NALA **Y8**: HOME 8 YAY. HEA HEA IL, S SYLIKDYA

ANSWERS

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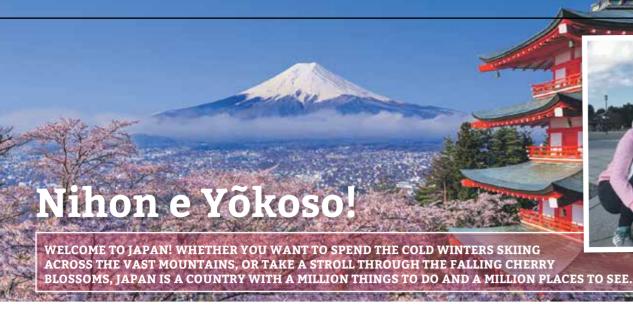
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JAPAN'S TWO
MAIN RELIGIONS
ARE BUDDHISM
AND SHINTOISM,
AND BOTH LIVE
HARMONIOUSLY
WITH EACH OTHER.
COMPLETE WITH
MANY FAMOUS
SHRINES AND
TEMPLES, YOU MUST
MAKE TIME TO VISIT
ONE – OR SEVERAL!

Taste traditional foods every city you visit; savoury pancakes (a Hiroshima delicacy, called okonomiyaki), miso ramen in Nagoya, delicious fresh caught oysters in Miyajima, traditional sushi in Tokyo and the best Kobe beef in Kobe. Almost every dish comes with a delicious sticky rice, miso soup and green tea but I recommend a Sake to wash it down. Try a traditional barbeque restaurant (called yakiniku) followed by Karaoke.

If you're up for some excitement, Tokyo Disneyland and Tokyo DisneySea are places where dreams truly do come true. Meet all your favourite characters, take an exhilarating ride on Space Mountain and gobble down some Soy Sauce popcorn while you watch the magical Electrical Night Time Parade. Other theme parks include Osaka's Universal Studios, complete with Harry Potter World, Nagoya's Legoland and Spa Land and many more!

TRAVELLING THROUGH JAPAN IS AN AMAZING EXPERIENCE IN ITSELF. GRAB A 7 DAY RAIL PASS THAT GIVES YOU ACCESS TO THE SHINKANSEN (BULLET TRAINS) THAT GOES UP TO A MAXIMUM SPEED OF 320 KMS PER HOUR AND WATCH AS THE INFAMOUS MT. FUJI PASSES YOU BY.

There's plenty of wacky stuff to try to. Visit a gaming arcade and play claw machines to your heart's content or visit an animal café, whether it be with cats, owls or bunnies! I recommend visiting an Onsen. One of Japan's most famous activities include bathing in a natural-

volcanically heated hot springknown as Onsen. Sounds great, right? That is until you learn you must enter the public space naked. Whilst it may be daunting, it's worth it.

The beautiful city of
Hiroshima, most wellknown for where the World
War Two nuclear bombing
occurred, is still haunted by its
history but there's a sense peace
in the air. You can visit the dome; the
only building that has remained standing from the
bomb, ring the peace bell at the Peace Park, or visit
the Hiroshima National Peace Museum and learn of
the effects. Opposed to popular belief, Hiroshima is
not a city plagued by lingering radiation, it's a city
flourishing with life.

If you have the opportunity, visit a traditional Japanese home. Most have special rooms where you can't wear any shoes, slippers or socks known as the Tatami room, Tatami is traditional Japanese flooring made of delicate woven straw.

If you ever get thirsty on your travels look no further to your left or right and you'll find a vending machine. There's just over 5 million nation-wide. Primarily, they are filled with

hot and cold drinks, though some vending machines include the weirdest items such as mystery packages, tobacco, alcohol, surgical masks and sim-cards.

So apart from the wacky, fun and craziness Japan offers, Japan itself is a very safe and clean country. The Japanese people are truly humble souls and will always make you feel welcome. Contrary to popular belief, the air is beautiful and fresh. Every time I return to

Japan the smell of Tatami instantly reminds me that I'm truly in Japan. And it's exactly where I want to be.

Local girl Piper Tye returned from her most recent visit to Japan where she was on a Mitsui Coal Holdings scholarship and provided us with this great article. Thanks Piper, you've certainly convinced us to go!



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