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Vol 3 No 10: August - September 2019

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## BARRY RETIRES AFTER MEMORABLE CAREER

THE WESTPAC RESCUE HELICOPTER SERVICE SAYS GOODBYE TO LEGENDARY EMPLOYEE BARRY WALTON, AFTER MORE THAN FOUR DECADES OF SERVICE TO OUR COMMUNITY.

**PAGE 25**

RIX'S CREEK FIGHT FOR THE  
FUTURE OF THE COMMUNITY,  
THEIR WORKFORCE  
AND THEIR  
OPERATIONS.

**PAGE 7**



## FIGHTING FOR THE FUTURE



# BELIEVE AND ACHIEVE

**PAGE 18-19**

THE NSW MINERALS COUNCIL'S 2019 HEALTH, SAFETY, ENVIRONMENT AND COMMUNITY CONFERENCE AWARDS SHOWCASE THOSE IN OUR INDUSTRY WHO GO ABOVE AND BEYOND. THIS YEAR'S WINNERS ARE NO EXCEPTION.



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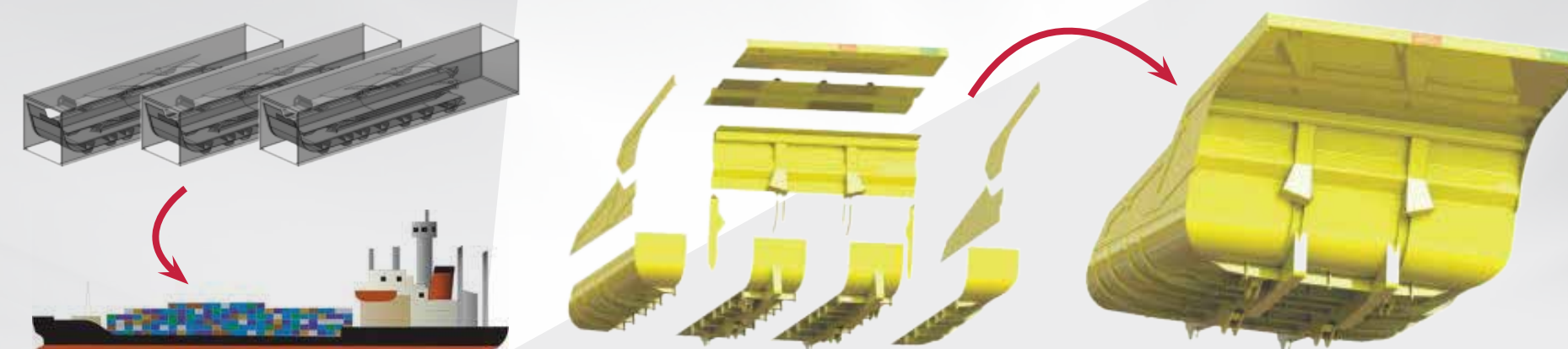
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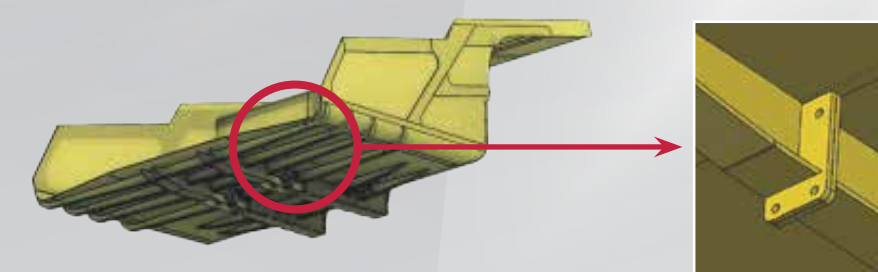


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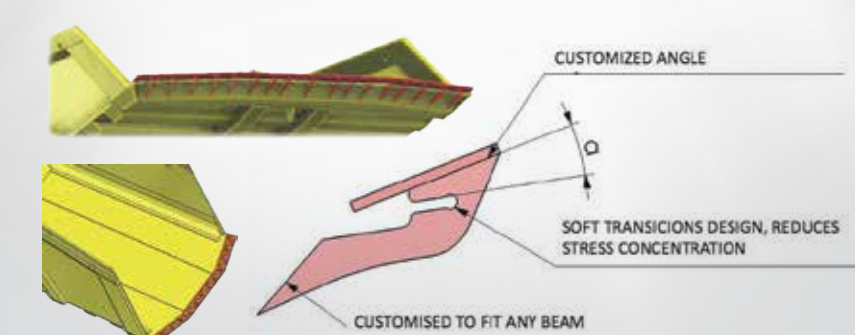
- ▶ REDUCES CARRY BACK
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# Ups AND Downs

FROM THE DEPTHS OF THE EARTH TO THE SKIES ABOVE, THIS MONTH WE PROVED THAT THERE IS NOWHERE WE WON'T GO FOR OUR READERS.

This month we visited Integra Underground Mine and saw their longwall in action at a depth of 500 metres. Being so far underground is a truly unique experience and it was a privilege to see a first-rate underground mine in action.

Then it was to the skies for our activity page this month, as we put life and limb on the line with a tandem skydive. Skydive Australia has a jump zone in Singleton and is a great way to see our mines from high above. If you can bring yourself to open your eyes!

But the danger didn't stop there. We also tried out Burger Urge's, 'Double Decker Death Wish Burger'. A burger so hot that you have to sign a waiver and wear goggles and gloves to eat it. Talk about feeling the burn.

But it wasn't just a month of fun and games with some serious issues this month. The Rix's Creek Continuation Project PAC meeting saw hundreds in the community gather. Let's hope the many voices touting the benefits of this project are the ones that are listened to.

As always it was a month filled with fantastic community events and inspirational people. We are so proud to share your stories!



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STEPHEN GALILEE,  
CEO, NSW MINERALS  
COUNCIL



WORKFORCE SAFETY IS THE HIGHEST PRIORITY FOR OUR INDUSTRY. WE ALSO PLACE GREAT IMPORTANCE ON ENVIRONMENTAL MANAGEMENT AND SUPPORTING OUR LOCAL MINING COMMUNITIES.

That's why our Health, Safety, Environment and Community Conference held each year in the Hunter is such an important event for mining in NSW.

Our Conference was sold out again this year with more than 500 people from the Hunter and across NSW gathering to share ideas and listen to a range of speakers from industry and government. I'm sure there were more than a few regular Coalface readers there too.

The Conference provides our industry the opportunity to gather and focus our challenges, identify innovation opportunities, and celebrate excellence. The conference helps our industry identify ways to further improve health and safety for our workforce and quality of life for our local mining communities.

**THE HEALTH, SAFETY, ENVIRONMENT & COMMUNITY AWARDS ARE A HIGHLIGHT OF THE CONFERENCE, SHOWCASING THE BEST INNOVATIONS FROM ACROSS THE INDUSTRY IN NSW.**

Our award entrants were of a very high standard this year, demonstrating our industry's commitment to workplace safety and environmental management, and supporting local mining communities.

This year's Health Excellence Award went to Whitehaven Coal's Narrabri Underground Mine for their Narrabri Gumboot Improvement Trials project, which involved

working with a specialist to design and trial new gumboots that provide better protection from foot and ankle injuries.

Centennial Coal's Myuna colliery won the Safety Excellence Award for their Monorail Bracket that hangs from the mine ceiling, allowing the installment of ventilation pipes without the use of mesh or heavy overhead lifting. This has greatly reduced the risk of shoulder, back and neck injuries.

Idemitsu Australia Resources Boggabri Coal Mine were awarded the Community Excellence Award for a project that involved working closely with the traditional owners of the land, the Kamilaroi people, to provide an educational resource that can be used by all Australians to improve their cultural awareness and understanding of the Kamilaroi Nation.

The Environmental Excellence Award went to Whitehaven Coal's Maules Creek Mine for their Feel the Burn project that involved using ecological burns to ignite the natural restoration of former agricultural landscapes.

Once again this year our finalists and winners were all of a very high quality. Congratulations to all of our award winners and thanks to all who supported our Conference and helped make it a success. **Stephen Galilee, CEO, NSW Minerals Council**



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## OPINION

# TECH DRIVING COAL'S BRIGHT FUTURE

AUSTRALIAN COAL IS THE WORLD'S BEST, WITH PLENTY OF IT PRODUCED BY THE WORLD-CLASS COMPANIES AND FIRST-CLASS WORKFORCE IN THE HUNTER VALLEY.



TANIA CONSTABLE

Since 1992, there has a staggering 7.7 billion tonnes of black coal produced in Australia, and at current production rates an additional 5 billion tonnes are expected to be produced by 2030.

Yet much of the next wave of coal production is likely to be sourced under more demanding mining conditions, including deeper mines, more geologically challenging and thinner coal seams and measures.

**WE ARE RENOWNED FOR OUR INNOVATIVE CAN-DO ATTITUDE WHICH HAS SUPPORTED EXTRAORDINARY GAINS IN PRODUCTIVITY AND EFFICIENCY OVER THE DECADES.**

And both coal miners and their service providers will continue to apply advanced technologies in order to improve safety, protect the environment, reduce costs and maintain competitiveness.

It's clear that the impact of advanced technologies is only just beginning. There are many more expected future applications to coal mining.

These include improving the safety of employees and contractors workers through automation of physical operations and digitising equipment; creating the digital mine nerve centre with data-driven planning, control and decision making, and rethinking enterprise resource planning and support processes.

**TECHNOLOGY IS ALREADY TRANSFORMING COAL MINING IN THE HUNTER AND ACROSS OUR GREAT COAL REGIONS.**

New robotics sensor software is being trialled to allow autonomous loading of coal onto haul trucks.

Drones are in common use to undertake technical inspections of critical structures like rail lines and bridges in the Hunter Valley in the lead up to rail maintenance shutdowns.

3D and 4D earth modelling and data management solutions have been developed for exploration, resource evaluation and geotechnical hazard assessment in roof fall hazards.

**AUSTRALIAN MINING COMPANIES ARE ALSO PIONEERING SEMI-AUTONOMOUS DOZER TECHNOLOGY TO INCREASE SAFETY (BY REDUCING STRESS AND DRIVER FATIGUE) AND REDUCE COSTS (A SINGLE EMPLOYEE IS ABLE TO OPERATE MULTIPLE DOZERS).**

New explosives technologies pioneered by Orica is using digital and automated technologies to create safer and more productive blast outcomes for its customers. Coalface readers might have heard about the Australian Rail Track Corporation 2019 Hunter Valley Corridor Capacity Strategy which aims to increase the Hunter Valley region's coal capacity.

The newly-released strategy involves the introduction of data processing that would allow the digitisation of train planning and a communication system between trains, allowing them to run closer together. Reducing the gap between train sets provides the opportunity for additional train services.

There are many other ways that productivity can be boosted across the coal industry.

One thing is for certain: the pressure to compete will only grow stronger, so it's vital that our world-beating Australian ingenuity continues if we're to stay at the front of the global pack on mining.

**TANIA CONSTABLE**  
CEO, MINERALS COUNCIL OF AUSTRALIA

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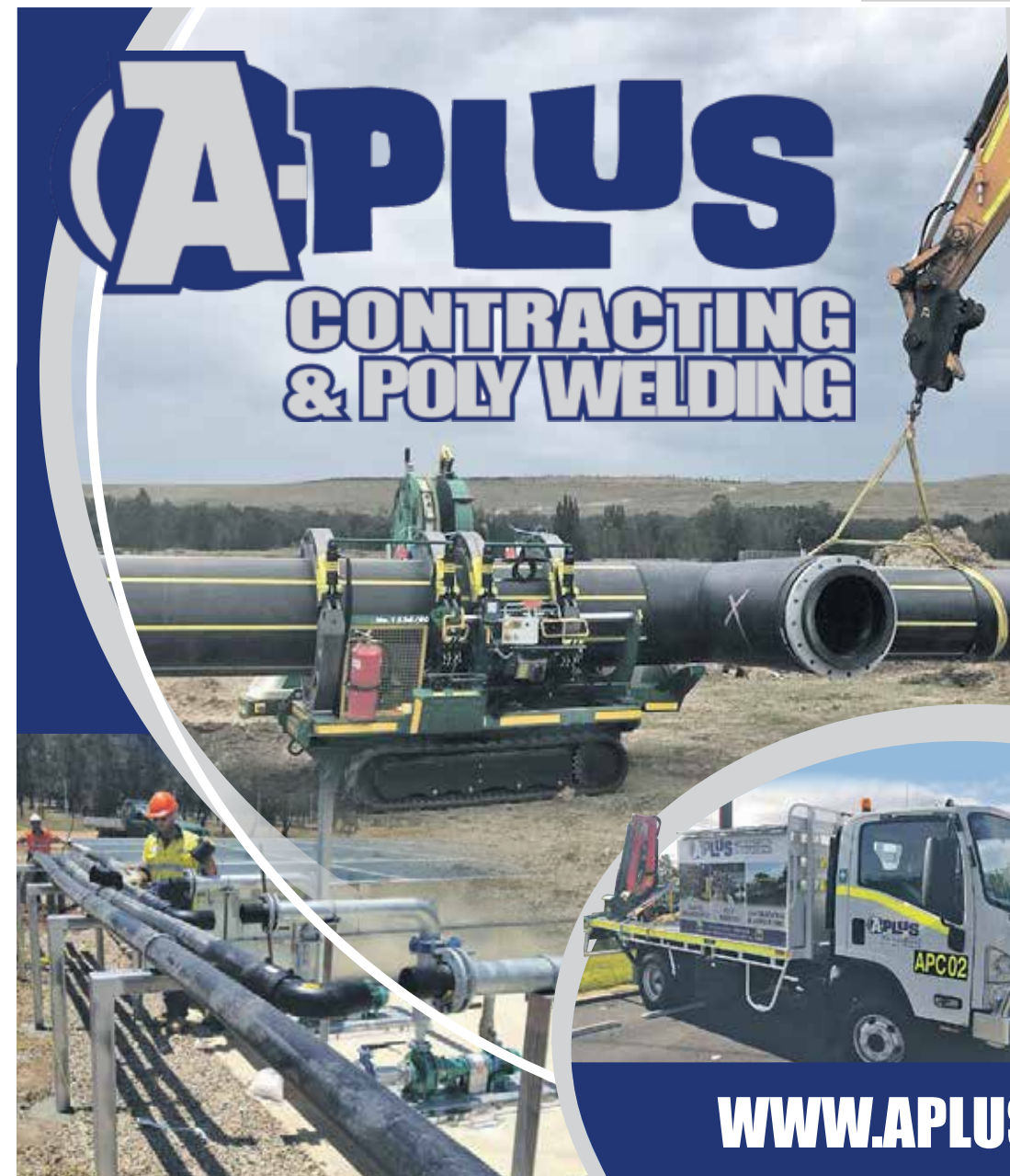
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# IN THE NEWS...

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

COPS ARE TOPS

The NSW Government announced 450 additional police will be assigned to local stations over the next 12 months as a part of their \$583 million investment in the NSW Police Force. 11 will be coming to the Hunter Valley Police District in August. “One of those 11 positions will be dedicated to managing our child protection register which will be a great assistance to our detectives and we will be getting three new sergeants and seven new constables to be put in stations across Cessnock, Singleton and Muswellbrook,” said Hunter Valley PD Superintendent Chad Gillies.

ANOTHER VOID IN DARTBROOK PROJECT

Australia Pacific Coal (AQC) has hit another bump in their Dartbrook Coal Mine project near Aberdeen. The company announced to the Australian Stock Exchange that a \$20 million sale of a half share in the Dartbrook project had fallen through. In August last year AQC executed binding transaction documents with a subsidiary of Stella Natural Resources (SNR) to form the Dartbrook Joint Venture but the company has advised that certain conditions under the Share Sales Agreement were not satisfied by SNR. Therefore the documents had been terminated.

BID TO SAVE RAVENSWORTH HOMESTEAD

Mining giant Glencore is preparing a submission in response to an application to protect Ravensworth Homestead. Their Glendell Continued Operations Project would extend the mine’s life until approximately 2044 and see 140 million more tonnes of coal extracted. A Section 10 application has been made by Scott Franks and Robert Lester as representatives of The

NSW BLUES KICKING GOALS FOR THE ATKINS FAMILY

The NSW Blues have raised more than \$55,000 for the Atkins family in Singleton. After taking out State of Origin Game 3 all 17 of the team signed their jerseys and put them up for auction to raise money for Kara Atkins and her family who tragically lost three children in a heartbreaking house fire.

BULGA OPEN CUT INVESTIGATIONS

The NSW Resources Regulator says it’s possible a worker suffered a micro-sleep when a dump truck crashed at a mine near Singleton last year. The Regulator has released their investigation report into an incident at Bulga Open Cut near Singleton where on July 23, 2018 an unloaded dump truck was being driven along a haul road approaching an intersection and stopped to give way. Another unloaded dump truck was

HOLE IN THE WALL FINISHED

Singleton’s hole in the wall upgrade works have been finished six months ahead of schedule. The \$29 million project was jointly funded through the NSW Government and the Australian Rail Track Corporation (ARTC) to upgrade the rail bridge, widen the New England Highway and provide a new shared path and facilities for cyclists and pedestrians.

A Go Fund Me page was set up and has so far raised more than \$260,000 - the \$55,796 raised from the Blues jerseys will be added to that. “Every NSW player was deeply affected by what happened to the Atkins family and wanted to do whatever they could to help them,” Blues Captain Boyd Cordner said.

being driven along the same haul road, the driver slowed down for the one in front but the driver become unresponsive and the truck crashed into the rear of the truck in front. The report says it is possible the driver suffered a micro-sleep or medical episode. As a result of this incident, the GuardVant Fatigue Management System was installed on the heavy vehicle fleet at Bulga Open Cut and completed in December 2018.

the green light. But Glencore has said that “research and investigations undertaken as part of the Environmental Impact Statement being finalised for the Glendell Continued Operations project has found no evidence (either physical or historical) that a massacre of Aboriginal people took place within the GCO project area or specifically at Ravensworth Homestead”.



MANGOOLA LOOKING TO EXTEND

Community feedback is being sought on a proposal to extend operations at Mangoola Mine. The Department of Planning, Industry and Environment is seeking community feedback for plans to extend the open cut mining at Glencore’s Mangoola Mine, the proposal involves the extension to a new mining area immediately north of the existing operation and the extraction of an additional 52 million tonnes of run-of-mine coal. AGL GETTING PUMPED ABOUT HYDRO

There is about to be further studies undertaken for a pumped hydro facility near Muswellbrook. Energy giant AGL has teamed up with Idemitsu Australia Resources (IAR) to undertake an engineering feasibility for AGL’s proposed 250MW pumped hydro project at Bells Mountain. The study will include looking at design, geotechnical and engineering investigations. The agreement follows on from an initial concept study which explored the viability of utilising the void on the Muswellbrook Coal Company site, which is no longer being mined and is suitable for the proposed project.

When the NSW Department of Planning and Environment held its public meeting, workers, the community and the activists all turned up to have their say or try and make a point. What I took away from it all was the dignity with which those in support handled themselves. There was no fanfare or stunts from supporters, just a hell of a lot of people passionately telling how unique and important this operation and company is. On the detractor’s side an early morning protest turned into a no show when it came time to talk. It was a case of ‘give us our way or we will boycott proceedings’ and that’s what largely occurred. It was a shame really. Both sides have their issues with the planning process, but it is the process we all have to work with. Sensible debate from both sides equals better outcomes whichever way it goes.

BUT ALL IN OUR INDUSTRY ARE PRAYING THAT IT GOES OUR WAY.

The economic and employment benefits of the mine cannot be emphasised enough. These benefits include jobs for almost 300 direct employees and contractors. For this current year alone, the Bloomfield Group will spend \$289 million on wages, suppliers and contractors with \$114 million of this annual expenditure associated with Rix’s Creek South. Not to mention the group provides sponsorships and donations to charities and



## FIGHTING FOR THE FUTURE

IT WAS ALL HANDS ON DECK RECENTLY AS RIX’S CREEK FIGHT FOR THE FUTURE OF THEIR WORKFORCE AND OPERATIONS.

community efforts which provide huge benefits to the people of Singleton and surrounding areas. The current Rix’s Creek Coal Mine has been operating since 1990 and its consent was set to expire on 24 June (2019), but was extended until March 2020, providing the IPCN with additional time to complete its assessment of the mine’s long-term continuation consent application. This application seeks to continue operations as always intended when the mine commenced, and not significantly change operations, as stated by anti-mining lobbyists.

IT WOULD VERY MUCH BE BUSINESS AS USUAL AT THE SITE, WITH NEIGHBOURS AND THE SURROUNDING COMMUNITY NOT LIKELY TO NOTICE SIGNIFICANT CHANGE. Bloomfield is providing some additional air quality assessment information as requested by the Department of Planning, Industry and Environment earlier this month. The addendum information will be forwarded to the Department and IPCN early next month and will be publicly available. Bloomfield has also responded

to some minor environmental management and rehabilitation matters recently raised by the NSW Resources Regulator. These matters are routine in nature, and the company’s responses in promptly addressing them demonstrate that it is continuing to cooperate with a stringent and thorough assessment process. For the sake of the broader community, let’s hope sensible debate results in an outcome that works for all and provides a positive outcome for all. The fight isn’t over yet, keep up the good work.



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# Down UNDER

THIS MONTH WE GOT DOWN AND DIRTY AT GLENCORE'S INTEGRA UNDERGROUND MINE.

PETER OSTERMANN

Integra Underground Mine, formerly known as Glennies Creek Colliery, was established in 1999 with the first longwall mining commencing in the Middle Liddell seam in 2002.

Then in 2014, the operations were placed into care and maintenance after the completion of Longwall 12 and with the downturn in the industry, the general consensus was it was the end of the road for the mine.

**BUT IT TURNED OUT THE MAIN ACT FOR THIS MINE WAS STILL TO COME.**

In August 2015, Glencore and Bloomfield signed agreements to acquire the Integra Coal Mine complex from Vale S.A, with Glencore acquiring the Integra Underground Operations and associated mining leases, while Bloomfield took ownership of the Integra Open Cut Mine together with the wash plant and rail loop facilities.

When Glencore took over the reins there were no immediate plans to reopen the underground

operation however with an upturn in coal prices the decision was made to recommence operations. The original proposed mine life was only for two years based on the existing longwall and a partly developed longwall. But with hard work and investment, Integra has plans to operate out to 2023.

It's a success story that's only possible because of the team of passionate people that work there. A team of over 200 people that have gotten behind an Operations Manager who is as passionate about his job today as he was when he first started. That man is Peter Ostermann, who not only manages a first-class underground mine operation, but as I discovered is also a bloody good tour guide!

**"WE LOVE THE OPPORTUNITY TO SHOW PEOPLE WHAT WE DO HERE," SAYS PETER PROUDLY.**

"It's hard to describe what it's like underground, you really have to experience it for yourself. The team we have here are so proud of what they do, and the future they are creating for themselves,

their families and the region."

For over 10 years I've been avoiding going underground, so when @ The Coalface was invited to visit this top-notch operation and I drew the short straw, I admit to feeling some trepidation as I'm not good with confined spaces. But to be honest I really had no idea what I was in for. As Peter told me, you can imagine what it's like underground all you want, but nothing is like experiencing it.

First up are the safety inductions and precautions. There is an absolute focus on safety, beginning with the induction process. Each step is taken seriously and is a reminder that there are many risks underground that need to be controlled for the job to be done as safely as it is.

"Safety is always first here," says Peter as he double checks my gear. "We have a good safety culture and performance and we are dedicated to keeping it that way. Nothing is more important than keeping our workers safe. And, of course, visitors," he adds with a grin.



## THEN MY UNDERGROUND JOURNEY BEGINS.

The transporter enters through the cavernous opening and into the bowels of the earth and it's an otherworldly experience. Where I had expected it to be claustrophobic, the tunnel is surprisingly large, and the ventilation creates continuous air movement, which safely removes gas while helping to alleviate the oppressiveness.

Which is not to say it's not incredibly eerie. It's dark, a little smelly and dirty. But it's also strangely exhilarating and after 20 minutes or so we reach the longwall at a depth of 500 metres.

Peter gives us some more instructions before I walk along the pontoons of the 250m wide face supported by 143 roof supports. Seeing the longwall in action is mesmerizing. Integra currently uses a Uni-Di cutting method and are currently operating a CAT Evo 2000 Shearer, which makes quick work of the coal seam. Up to two and a half thousand tonnes of coal makes it way out on the belt every hour at peak output. It really is a sight to behold.

As we head back into the sunlight, to say I have a newfound respect for underground coal miners is an understatement. I'm not ashamed to say it's a job I could not do. Yet, judging by the smiles and laughter I saw all the guys here love their work.

Back on the surface, I meet with Keith Simkin, a key member of Integra's environment and community team. Like everyone else I met, Keith is proud to talk about the work his team does in managing the mining surface area, and the important role the mine plays in safely extracting coal while being a valued member of the community. Keith told us how it's often one of the workers who comes forward with a project to get involved with in the community, such as the sponsorship of the Singleton Town Band in 2018.

As an underground mine, rehabilitation and environmental management may be considered less of an issue than open cut mines, but Keith says it remains a high priority. "We do a large amount of monitoring including air and water quality, noise levels, subsidence effects, weather conditions, flora and fauna and rehabilitation areas and we are always looking for ways to improve our environmental management in the future."



## AND THAT FUTURE IS LOOKING POSITIVE FOR A MINE THAT WAS ONCE THOUGHT TO BE FINISHED.

Integra are currently rolling out a capital improvement program of over \$60 million which will see work including new conveyor belts, water and ventilation systems and other mine infrastructure.

A notable achievement in this program was recent completion of a 12-month, \$3.5million recovery of a third drift, a significant milestone for the mine as the road is 2km long. A \$30 million development of a third shaft for a new set of ventilation fans is also underway.

"With continued improvements in site performance there is a lot to look forward to," says Peter. "This business continues to improve month to month and year to year, but we understand that there is still a lot of work to do."

"Workforce input and ownership has been important in repositioning Integra for a bright future. Part of that conversation has been introducing a roster that aims to achieve a better work lifestyle balance for everyone."

"I'm proud of what we have achieved in our operations here, proud of our safety performance, but most of all I'm proud of the people who are committed to creating the future we know we can have here."



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## THIESS TEAMS UP

THE UPPER HUNTER MINING DIALOGUE HAS WELCOMED LEADING MINING SERVICES PROVIDER THIESS AS A MEMBERSHIP PARTNER.

HEATHER PARRY, THIESS' NSW OPERATIONS MANAGER.



Thiess and its employees are already actively involved with the Dialogue's projects and events, participating in the School Mine Tours Program and the annual forum.

As a membership partner, Thiess will engage on key community issues and concerns in collaboration with the Dialogue's other industry, community and government partners.

The Dialogue welcomes Thiess' expanded involvement – as a major contributor to the Upper Hunter mining industry. Thiess' input will be invaluable and complement the existing industry representation in the Dialogue's working groups.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining

Company, BHP, Glencore, MACH Energy, Malabar Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

AS PART OF ITS SUPPORT FOR THE DIALOGUE, THIESS NEW SOUTH WALES OPERATIONS MANAGER HEATHER PARRY WILL JOIN OTHER MINING INDUSTRY LEADERS TO DISCUSS PROCUREMENT OPPORTUNITIES FOR LOCAL BUSINESSES AT A DIALOGUE AND MUSWELLBROOK CHAMBER OF COMMERCE BREAKFAST ON AUGUST 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Hollway.

A second procurement-focused event is being planned for Singleton on September 12.

FULL DETAILS INCLUDING REGISTRATION INFORMATION FOR THE EVENTS CAN BE FOUND AT [WWW.NSWMINING.COM.AU/DIALOGUE/EVENTS](http://WWW.NSWMINING.COM.AU/DIALOGUE/EVENTS)

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PUBLISHERS OPINION

FIND YOUR Kind

All it takes is one kind act to change someone’s life. And yours. You might be surprised to discover that being kind does not only benefit the recipient, but it will also benefit you.

There’s plenty of research that shows being kind is good for your physical and mental health. Performing or even witnessing an act of kindness produces oxytocin which aids in lowering blood pressure; endorphins that reduce the stress hormone cortisol which helps with anxiety and depression; and also boosts your serotonin which is responsible for feelings of satisfaction and well-being.

When being kind, it can make you feel stronger, more energetic, happier, experience less aches and pains, improve your relationships, increase your longevity, boost your self-esteem and lead to a more successful and fulfilled life.

RANDOM ACTS OF KINDNESS CAN LIFT UP ANYONE’S SPIRITS AND SOMETIMES IT’S THE SMALLEST THINGS THAT WILL MAKE SOMEONE’S DAY. TRY SOME OF THESE IDEAS GUARANTEED TO PUT A SMILE ON A FEW FACES.

- Bake cookies for the office (or buy from bakery and claim they are yours)
- Hold open a door, or car door or elevator door, any door!
- Don’t ignore homeless people. Say hello, ask if you can help them with anything.
- Take that annoying barking neighbours dog for a walk.
- Pick up litter on your street, if you really want to go all out, pick up the neighbours dog poop too!
- Give up your place in the supermarket queue. When there’s a harassed parent with a screaming kid, don’t ignore them.
- Let someone in your car lane. If someone lets you in, try blowing a kiss instead of giving a wave.
- Change the toilet paper roll when its empty, even in public toilets.
- Smile at strangers, say hello, even give out compliments.
- Donate to a charity or give up some of your time for a good cause.

‘BE KIND WHENEVER POSSIBLE.  
IT’S ALWAYS POSSIBLE’ The Dalai Lama

LATELY THIS COLUMN HAS BEEN A BIT OF A WHINGE FEST, SO THIS MONTH I THOUGHT IT WAS HIGH TIME I REMINDED PEOPLE (AND MYSELF) TO JUST BE KIND.

IT’S COOL TO BE KIND

WOW, WHO WOULD HAVE THOUGHT BEING KIND IS ACTUALLY A SELFISH ACT!

Teaching our kids to be kind and compassionate is one of the best things we can give them, and we all know that they learn by example. Here’s some acts of kindness just for the kiddies.

- Tell a joke to a stranger.
- Talk to someone new at school.
- Donate your toys.
- Do a chore without being told.
- Bring flowers to your teacher.
- Say hello and smile at everyone you see.
- Teach someone something new.

I challenge you to perform an act of kindness every day, it doesn’t matter how big or how small!

EXCELLENT EXHIBITION

TECHNOLOGICAL ADVANCEMENTS, WORKFORCE CHANGES, COMMUNITY COLLABORATIONS AND ENVIRONMENTAL CHALLENGES ARE JUST SOME OF THE CONCEPTS THAT WILL BE GRAPPLED WITH AT AUSTRALIA’S LARGEST AND LONGEST RUNNING MINING EXHIBITION AND CONFERENCE IN AUGUST.

Speakers and key topics of the free-to-attend conference have been announced for Asia-Pacific’s International Mining Exhibition (AIMEX) 2019 edition and the impressive line-up for the three-day event will provide visitors with a unique opportunity to hear from mining innovators at the same venue where the technology is on show.

Sponsored by Davey Bickford Enaex, the AIMEX conference has been developed with direct input and consultation from key mining personnel, industry associations as well as key mining companies.

On the opening day, a panel of speakers from across the mining spectrum will dissect the industry’s image and discuss ways that the mining sector and the community can work more collaboratively together in the future. Mach Energy’s Ngairé Baker, Mark Jacobs from Yancoal, Dr Kieren Moffat from the CSIRO and Anna Littleboy from the University of Queensland will lead the discussion.

A HIGHLIGHT OF DAY TWO WILL BE THE PANEL DISCUSSION ON HOW THE MINING COMMUNITY CAN REINVENT ITS APPROACH TO TALENT ACQUISITION AND RETENTION FOR TODAY’S AGILE, DIGITAL, MOBILE, ANALYTICAL, AND TECHNOLOGICALLY DRIVEN WORKFORCE.

Mining Leaders Group Founder Brett Cunningham, CEO of Weld Australia Geoff Crittenden and Jamie



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Frankcombe, Whitehaven Coal’s Chief Operating Officer will lead the thought-provoking discussion that will exchange ideas and share current thinking to prepare for tomorrows demands in areas such as recruiting, educating schools, upskilling and diversity.

Other highlights of the conference include Dr John Cronin’s presentation on using telepresence technologies for the safe deployment of wireless mesh networks and underground inspection robots in mines, cross-industry learnings from the Oil & Gas industry that define and mitigate HMI risk with technology and analytics and the final day panel which looks at adapting to climate change, emissions and what does this look like for the mining sector?

AIMEX EXHIBITION DIRECTOR BRANDON WARD SAID NO OTHER MINING EVENT GIVES YOU ACCESS TO THIS VOLUME OF SUPPLIERS AND THIS CALIBRE OF SPEAKERS FOR FREE.

“AIMEX is about pushing boundaries and challenging operations and business to innovate not just through technology but through work practices, social engagement and policy reform,” said Ward.

“This year’s AIMEX Conference is our most extensive yet which means mining professionals have a forum for open and transparent dialogue that will drive the sector forward.”

‘AVE A LAUGH WITH



PH 6545 3033

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A wife was in bed with her lover when she heard her husband’s key in the door. “Stay where you are,” she said. “He’s so drunk he won’t even notice you’re in bed with me.” The husband lurched into bed, but a few minutes later, through a drunken haze, he saw six feet sticking out at the end of the bed. He turned to his wife: “Hey, there

are six feet in this bed. There should only be four. What’s going on?” “You’re so drunk you miscounted,” said the wife. Get out of bed and try again. You can see better from over there. The husband climbed out of bed and counted. “One, two, three, four. Damn, you’re right.”

HARD WORK DELIVERS



Who are you and what’s your role at Pit Express?  
My Name is Tom Lucan and I’m the new Operations Manager.

How long have you been with the company?  
I’ve been with the company since January.

What’s the best thing about the job and the company?  
The diversity of where we’re working. Working with the mines and that sort of stuff. It’s the first time I’ve done this sort of thing and the variety on a day to day basis is great.

Why are they are so successful?  
The fact that they all seem to care about what they are doing. Everyone wants to provide the best possible service to the customer.

Tell us something personal about yourself?  
I relocated from Sydney and am looking forward to relocating the family to the area and enjoying a bit of country life.



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OPINION

FIGHT FOR FUNDS



THE NATIONAL DEBATE AROUND COAL MAY FLUCTUATE BETWEEN ECONOMIC DOWNTURNS AND RENEWABLE ENERGY, BUT THE REALITY IS IT IS INTRINSIC TO THE FUTURE OF NSW, AT LEAST IN THE SHORT TERM, AS EVIDENCED BY JUNE’S STATE BUDGET.

The first budget in the Coalition Government’s second term in power saw mining royalties not only at record levels, but coal expected to play a vital role to deliver future budget surpluses to 2022/2023.

It’s appropriate then that the budget also saw an additional \$100 million committed to the NSW Government’s \$1.7 billion Regional Growth fund, which feeds the Resources for Regions program – designed, apparently, to support mining-affected areas and deliver infrastructure to assist the communities that live side-by-side with coal mines.

There’s no denying Singleton’s significant contribution to mining royalties in NSW. Our area is the biggest contributor, with about \$340 million dug out of the ground and sent down the M1 to the State’s coffers each year. And with more importance placed on those funds for the prosperity of our State, Singleton should have high standing in Macquarie Street.

Yet our community continued to miss out in the latest rounds of the program, reinforcing Council’s very loud call for a review of how the program is administered.

Deputy Premier John Barilaro pledged that such a review would take place when he came to Singleton in April, to deliver more bad news that Singleton’s \$8.5 million proposed roads upgrade – targeting rural roads used by almost 10,000 mine workers – had missed out.

That means Council can progress the Glendonbrook Road rehabilitation, Elderslie Road bridge approach upgrade, Cessnock Road bridge widening and the Moses Crossing bridge approach upgrade in the Capital Works program for the next two financial years, delivering a safer and more efficient road network for the people literally at the coalface.

It’s nothing less than we deserve for the contribution we make to the prosperity of everyone in NSW.

But while I was pleased to welcome Mr Barilaro and happier still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon.

Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

**Cr Sue Moore, Mayor of Singleton**

BUT IN A SILVER LINING TO YET ANOTHER GREY CLOUD, HE ALSO PLEDGED TO FIND THE FUNDS TO FULFIL COUNCIL’S APPLICATION FOR \$4.25 MILLION TO BE ABLE TO DELIVER THE FOUR PROJECTS UNDER THE PROGRAM. AND I WAS PLEASED TO SEE MR BARILARO BACK IN SINGLETON IN JULY TO FOLLOW THROUGH ON HIS PROMISE.

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# LEARN FROM THE LAWMAN

STUART BARNETT IS OUR MINING INDUSTRY'S LEADING PERSONAL INJURY LAWYER. THIS MONTH HE HAS SOME IMPORTANT ADVICE IN RELATION TO THINGS YOU THOUGHT YOU KNEW ABOUT THE RULES APPLICABLE TO BICYCLES ON THE ROAD.

Many of us as children rode bikes as our main mode of transport and bike riding has in recent years become very popular with people of all ages, not just as transport but as a means of getting fit, having fun and contributing to a cleaner environment. The are many rules and probably almost as many misconceptions about the rights and obligations of bike riders and motorists, so many that we cannot cover all of them here. In this article we look at a few of the obvious and not so obvious.

FOR THE PURPOSES OF THE ROAD RULES A BIKE IS CONSIDERED A VEHICLE. A RIDER MUST OBEY THE RULES JUST LIKE A MOTORIST HAS TO. THIS INCLUDES, BUT IS NOT LIMITED TO OBEYING SPEED LIMITS, STREET SIGNS, HAVING LIGHTS ON AT NIGHT, USING DIRECTIONAL HAND SIGNALS AND THE LIKE. CYCLISTS CAN BE CHARGED WITH RIDING UNDER THE INFLUENCE OF ALCOHOL, NEGLIGENT RIDING AND SIMILAR OFFENSES. AT THE SAME TIME A CYCLIST IS ENTITLED TO US THE ROADWAY AND BE AFFORDED THE SAME COURTESY AS ANY ROAD OTHER USER.

One of the rules that applies to cyclists but not motorists is that a rider of a bike must wear an approved helmet whilst on the road, regardless of their age. This rule also applies to a lawful passenger. Whilst on the topic of passengers, the bike rider is only allowed to carry as many passengers as the bike is designed for, so for example, one seat equals one rider. You may carry a child passenger if you have a seat or trailer designed for that purpose. In other words, you cannot lawfully "double" someone, as we used to call it.

# SWEET!

THANKS TO CHEF NICK AT CAFÉ LA LUNA, WE ARE GIVING AWAY A SCRUMPTIOUS CAKE OF YOUR CHOICE.

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*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

I OFTEN HEAR ARGUMENTS ABOUT BIKES ON FOOTPATHS. THE FACT IS THAT CHILDREN UNDER THE AGE OF 16 YEARS ARE ENTITLED TO RIDE ON A FOOTPATH AND IF THEY HAVE AN ADULT SUPERVISION RIDER WITH THEM THEN THAT SUPERVISOR CAN ALSO RIDE ON THE FOOTPATH. IN THOSE CIRCUMSTANCES THE RIDERS MUST KEEP TO THE LEFT OF THE FOOTPATH AND GIVE WAY TO PEDESTRIANS.

There are some interesting rules about how close to each other cars and bikes can come when using the road together. At speeds of up to 60kph a car must allow 1 metre of space between the car and the bike and at speeds greater than 60kph a gap of 1.5 metres must be allowed. Riders also have obligations, for example a cyclist must not ride within 2 metres of the rear of a moving vehicle continuously for more than 200 metres.

YES, CYCLISTS CAN RIDE TWO ABREAST ON THE ROAD AS LONG AS THEY ARE NOT MORE THAN 1.5 METRES APART, THEY DON'T HAVE TO RIDE SINGLE FILE AND DRIVERS CAN DRIVE IN A BIKE LANE FOR UP TO 50 METRES WHEN LEAVING A ROAD OR ENTERING A ROAD FROM A DRIVEWAY OR INTERSECTION. CYCLISTS MUST USE THOSE BIKE LANES WHEN THEY ARE AVAILABLE UNLESS IT'S NOT PRACTICAL TO DO SO.

Remember, we all have an obligation to avoid a collision and you need to drive and ride in such a manner that will enable you to avoid a collision. It is usually easier and safer to give way even if you think you have right of way.

# TIME TO TECH UP

SINCE HIS APPOINTMENT AS CHIEF EXECUTIVE OFFICER OF COAL21 LATE LAST YEAR, MARK MCCALLUM HAS SOUGHT TO RAISE THE PROFILE OF CARBON CAPTURE, UTILISATION AND STORAGE (CCUS) IN AUSTRALIA AND AROUND THE WORLD.

@ The Coalface is a big supporter of technologies that can not only improve our industry, but also improve the environment and that's exactly what CCUS technologies have the potential to do.

"CCUS technologies offer an important opportunity to achieve deep carbon dioxide (CO2) emissions reductions in key industrial processes and in the use of fossil fuels in the power sector," Mr McCallum told @ The Coalface.

"CCUS can also enable new clean energy pathways, including low-carbon hydrogen production and in addition, provide the foundation for carbon removal or 'negative emissions' when the CO2 comes from bio-based processes or directly from the atmosphere," he added.

YET DESPITE THE UNARGUABLE BENEFITS OF CCUS, THE WORLD, AND IN PARTICULAR US HERE IN AUSTRALIA, ARE STILL LAGGING IN MAKING SIGNIFICANT INVESTMENTS IN CCUS.

The International Energy Agency warns that even if wind and solar PV deployment could be accelerated, other low-carbon technologies like nuclear power and CCUS also need to be expanded at massive scale to

decarbonise the power sector.

The average efficiency of coal-fired power plants around the world is about 33%. But China, with half of the world's coal power, has an average fleet efficiency close to 40%. The rest of the world needs to follow China's strong commitment to addressing environmental issues.

"If the rest of the world's coal fleet efficiency averaged 40% as well, we'd reduce CO2 (carbon dioxide) emissions by 2 giga tonnes each year. This is almost 4 times Australia's current emissions," said Mr McCallum.

MODERN TECHNOLOGY EXISTS TO DO THIS. AND WE CAN DO EVEN BETTER AS PLANTS WITH EFFICIENCIES OF UP TO 47% OPERATE AROUND THE WORLD WITH FURTHER IMPROVEMENTS ANTICIPATED.

HELE technology is already cost-competitive with other low emissions technologies as coal and gas technologies are the lowest cost per unit of electricity to build and operate.

Very deep cuts in CO2 emissions can be achieved through the additional use of proven CO2 capture and geostorage technologies and biomass co-combustion.

BUT MORE CAN BE DONE.

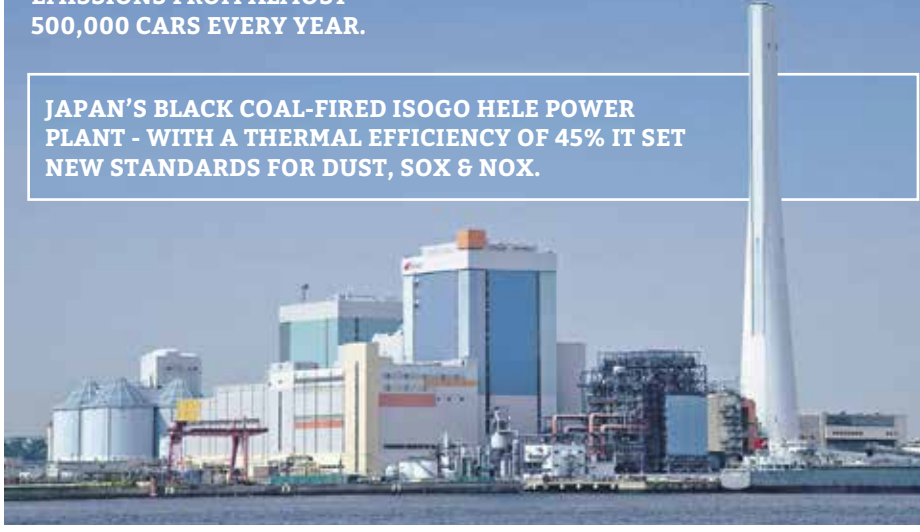
"This pathway – HELE with CCUS – opens up the prospect of achieving very deep cuts in emissions into the future. It also underlines the COAL21's key message: CCUS must play a greater role in the future in order to achieve climate change goals at least cost," he added.

TODAY AT BOUNDARY DAM IN CANADA AND PETRA NOVA IN THE US THERE ARE COMMERCIALY OPERATING COAL POWER STATIONS CAPTURING AND STORING CARBON EMISSIONS WITH CCUS UNITS. THESE TWO POWER STATIONS ALONE ARE CAPTURING THE EQUIVALENT OF CARBON EMISSIONS FROM ALMOST 500,000 CARS EVERY YEAR.

WITH BOLD POLICY IMAGINATION OUR THREE LARGEST STATES IN CONCERT WITH THE FEDERAL GOVERNMENT COULD DO THAT HERE.

Australia needs to support the commercial viability of low emissions technologies worldwide. In doing so we could contribute to global development of safe and reliable CCUS while promoting a practical and effective means of significantly reducing greenhouse gas emissions. And at the same time, we would continue to derive economic benefit from developing our vast energy resources in today's carbon-constrained world. What are we waiting for?

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THE NSW MINERALS COUNCIL'S 2019 HEALTH, SAFETY, ENVIRONMENT AND COMMUNITY CONFERENCE AWARDS SHOWCASE THOSE IN OUR INDUSTRY WHO GO ABOVE AND BEYOND. THIS YEAR'S WINNERS ARE NO EXCEPTION.

Over 500 people from across NSW were in attendance to celebrate excellence and innovation in NSW mining and to hear the winners announced on August 5 at Crowne Plaza.

“It was great to see our Award winners recognised by so many of their industry peers,” said NSW Minerals Council CEO Stephen Galilee.

“All our finalists were of a very high calibre, and on behalf of the NSW Minerals Council I congratulate them and all of our Award winners. The excellence and innovation recognised by these Awards are an important part of our industry’s determination to deliver better outcomes for our industry, our workforce, and our local communities.”



**WINNER - HEALTH EXCELLENCE**  
**NARRABRI GUMBOOT TRAILS WITH CRAWFORD BOOTS**  
**WHITEHAVEN COAL - NARRABRI MINE**

Given the dark, wet and rocky environment in underground mines, it’s no surprise that foot and ankle injuries are some of the most common experienced by miners.

In response to reports of foot, ankle and leg pain from the 300 strong workforce at Whitehaven Coal’s Narrabri Underground mine, the mine approached Gunnedah-based podiatrist Penny Crawford to design footwear which could replace the current gumboots that the miners were using. Alongside a team of industrial designers, specialised manufacturers and traditional rubber boot craftsmen,

Penny developed the WedgeTech Personalised Lock-Fit System. The System works by locking the foot into a stable position into the boot.

After six months, the mine conducted a trial with miners wearing the specially made boots and found that 24 out of 25 participants would recommend the boots over other boots and their ratings for the boot far exceeded the ratings for non-Crawford boots.

Another trial 12 months later found that 75 percent of the original participants were still using the same Crawford boot, where other boots would be worn through every four months.

Whitehaven Coal now plans to introduce these new boots more broadly on site and educate its workplace about proper footwear.

**WINNER - SAFETY EXCELLENCE**  
**MYUNA MONORAIL BRACKET**  
**CENTENNIAL COAL - MYUNA MINE**

Centennial Coal’s Myuna Mine in west Lake Macquarie employs over 250 people. The mine uses the herringbone mining system, part of which requires a mesh strap to be attached to the ceiling every 1.5 metres to hang ventilation tubes.

However, Centennial found that this method led to an increase in shoulder injuries which, in turn, led to delays in production.

In an effort to address these issues, the Myuna Innovations Team met with its workforce to develop an alternative approach, which led to the ‘Monorail Bracket System’ that hangs down from the mine ceiling, eliminating the need for miners to install anything above their heads.

The elimination of mesh, in favour of the brackets, drastically lowered operating costs by around \$500,000 a year, increased productivity and, most importantly, enhanced the health and safety of Myuna Mine’s employees.

**WINNER - ENVIRONMENT EXCELLENCE**  
**NEST BOX PROGRAM**  
**YANCOAL AUSTRALIA - DURALIE COAL MINE**

Located in the Southern part of the Gloucester Basin, Yancoal’s Duralie Coal Mine has identified a marvellous way to protect endangered and native fauna through the use of Nest Boxes.

Large areas within the Gloucester Valley have been cleared through logging, leading to a loss of native vegetation and damaging the biodiversity in the area. This has meant a lack of hollow-bearing habitat in trees for local fauna, as the majority of the vegetation is regrowth and too young to contain hollows for fauna to live in.



To fix this problem, as part of their biodiversity offset strategy, the team at Duralie developed an idea to build artificial nest boxes which provide a habitat for a range of endemic native birds and mammals.

Running since 2012, the Nest Box Program has exceeded expectations, with a plan to expand the program to accommodate more species.

**WINNER - COMMUNITY EXCELLENCE**  
**THE CONSULTATION OF CULTURAL RECORDINGS OF STORIES TOLD BY KAMILAROI PEOPLE**  
**IDEMITSU AUSTRALIA RESOURCES - BOGGABRI COAL MINE**

Idemitsu Australia Resources’ Boggabri Coal Mine, which employs 600 people, has worked closely with the traditional owners of the land, the Kamilaroi people, to provide an educational resource that can be used by all Australians to improve their cultural awareness and understanding of the Kamilaroi Nation.

Made in consultation with members of the Kamilaroi Nation, the 20-minute film portrays the Dreamtime stories and the cultural traditions of the Kamilaroi. The team at Boggabri Coal hosted screenings of the film to the public and has given a copy to all local schools to raise awareness of the area’s rich indigenous connection.

This is a world-class example of a mining company investing in a project to highlight the significance of and cultural connection to ‘country’ by traditional owners. The standard that Boggabri Coal has achieved with its production ‘The Kamilaroi’ evoked genuine emotion and interest from members of the public, teachers and students alike.

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# What's your Idea?

FOR THOSE OF YOU WHO'VE BEEN LOYAL READERS OF OUR MAGAZINE FOR THE LAST FEW YEARS, YOU WILL KNOW HOW WE LOVE COMING UP WITH IDEAS FOR PARALLEL ECONOMIC DEVELOPMENT. BUT NOW IT'S YOUR TURN.

For too long, debate has focused on mine sites being liabilities and we need to shift the thinking to explore the positive potential of mine sites and the adjoining rehabilitated and buffer land areas.

Parallel Economic Development uses mine land for ideas that will help deliver growth and shape the regions identity with new opportunities now and into the future. These opportunities could include, tourism, industry, agriculture, education, research and logistics.

**IF YOU'VE MISSED SOME OF THE IDEAS OVER THE YEARS HERE'S A RECAP.**

On the agriculture side of things, we've covered everything from a Christmas Tree Farm, Botanic Gardens, Feedlots, Hemp Farms to a Hunter Arboretum.

## THE MEGA MONTHLY MEAT RAFFLE WORTH \$150 COMPLIMENTS OF



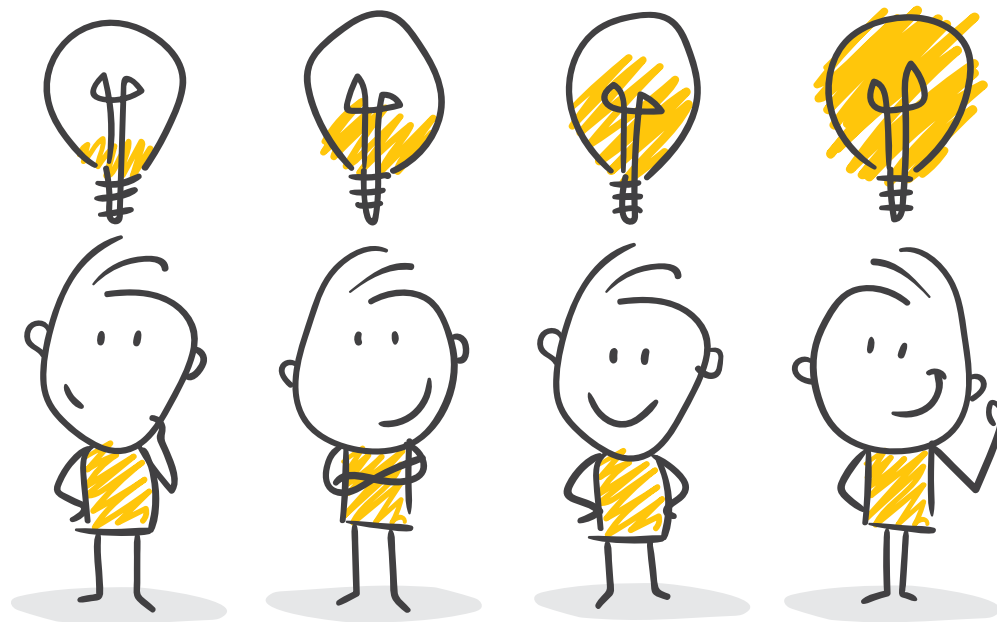
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For the motorheads there was the Dirt Bike Disneyland, Driver Training Facility and Drag & Drift Park.

To get the tourism flowing into the Hunter how about a Super Stadium, Water Park, Adventure Playground, Hunter Hollywood or Sculpture Park.

Don't forget industry with an Emergency Services Hub or Military Base, Pumped Hydroelectric Storage, CSIRO Research Facility, University Faculty Campus or a Road, Rail and Air Freight Logistics Hub.

Animal lovers, we've got you covered. What about a Camp Draft Arena or Equestrian Centre? A Retired Racehorse Haven or a zoo that could compete with Australia Zoo.

Then there's my personal favourite 'Space Base' which would see a private enterprise space station built on mine land here in the Hunter.

**OKAY, SO MAYBE SOME OF OUR IDEAS HAVE BEEN A LITTLE OUTLANDISH, BUT IF YOU'RE GONNA DREAM, THEN DREAM BIG!**

On a serious note, here in the Hunter we have a big opportunity to re-set the bar for mine rehabilitation and land use potential in Australia. But what do you think? We'd love to hear some of your ideas for Parallel Economic Development here in the Hunter or let us know which of our ideas you think are worth a second look.



WRITE US AN EMAIL, GIVE US A CALL OR SEND US A MESSAGE ON FACEBOOK. IF YOUR IDEA IS GOOD ENOUGH TO GET PUBLISHED, THEN WE'LL SEND YOU A \$50 BUNNINGS VOUCHER!

# A CHRONICLE OF COAL

COAL IS SO MUCH MORE THAN SOMETHING SANTA LEAVES FOR NAUGHTY KIDS. FROM PROVIDING A HEAT SOURCE FOR THE CAVE MAN, TO PROPELLING MANKIND INTO THE MODERN AGE, COAL HAS A PLENTIFUL AND VARIED HISTORY.

For hundreds of thousands of years this little rock known as coal has been around. Made of up of 65-95% carbon, with hydrogen, sulphur, oxygen, and nitrogen thrown into the mix, coal is sometimes so shiny it could pass as silver and other times as sooty as night.

It is generally accepted that most coals formed from plants that grew in and adjacent to swamps in warm, humid regions. Material derived from these plants accumulated in low-lying areas that remained wet most of the time and was converted to peat through the activity of microorganisms. Under certain conditions this organic material continued to accumulate and was later converted into coal with most of the world's coal being formed during the Pennsylvanian Epoch (Carboniferous Period).

**REFERENCES TO THE EARLY USES OF COAL ARE HARD TO FIND, AS UNFORTUNATELY EARLY MAN DID NOT BACK UP THEIR STONE TABLETS TO THE CLOUD. THE CHINESE, ROMANS, AZTECS AND GREEKS ALL USED COAL, THOUGH WHEN AND HOW IS A BIT SKETCHY.**

The earliest reference to the use of coal in metalworking was by Greek Scientist Theophrastus (371-287 BC) who wrote in his text Stones:

'Among the materials that are dug because they are useful, those known as coals are made of earth, and, once set on fire, they burn like charcoal; and they are used by those who work in metals.'

For the Chinese, most historians say China first began burning coal for heat, cooking and smelting steel during the Han dynasty which began in 206 BC. It is thought by some that the Chinese were involved in the surface mining of coal as far back as 3490 BC.

In Europe, archeologists have found evidence that the Romans in England used it from around 100-200 AD though the first documented proof that coal was mined in Europe was provided by the monk Reinier of Liège, who wrote in 1200AD of black earth very similar to charcoal used by metalworkers.

In the Americas some of the first instances of coal utilisation date back to the Aztecs who used coal for fuel from the 14th century. During the 1300s in North America, the Hopi Indians used coal for cooking, heating and to bake the pottery they made from clay. Coal was later rediscovered in the United States by explorers in 1673.

Worldwide, coal was used only on a limited scale until the early 18th century when successive metallurgical and engineering developments saw coal power the steam engine, turn turbines, fire kilns, heat buildings and generate electricity.

**TODAY WE HAVE COAL TO THANK FOR CREATING OUR CITIES, POWERING OUR CARS AND HOMES, AND PROVIDING ALMOST EVERY LUXURY THAT MODERN CIVILISATION ENJOYS. NOT BAD FOR A LITTLE BLACK ROCK!**



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**PH 6571 1589**

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# SAVED FROM THE Sky

**WE ALL KNOW WHAT A VITAL SERVICE THE WESTPAC RESCUE HELICOPTER SERVICE PROVIDES. NO MATTER WHERE YOU ARE OR WHO YOU ARE, THE SERVICE WILL BE THERE.**

Chris and Hana Skilton will always remember the day the helicopter flew into their lives. Elijah was Chris and Hana's first born, and while he appeared picture perfect, four hours after he was born, he stopped breathing.

"As a first-time mother, it was so scary to know something wasn't right, we felt so helpless. He stopped breathing, turned grey, and had to be roused. We weren't sure what was happening," Hana said.

With Tamworth Hospital unable to provide Elijah with the specialist care he needed; the newborn was transferred to the John Hunter Children's Hospital in Newcastle by the Rescue Helicopter.

**"IT WAS PRETTY AWFUL SEEING HIM IN THAT CONDITION, BUT WE WERE ALSO VERY REASSURED WHEN WE FOUND OUT HE WAS GOING TO A HOSPITAL THAT COULD CARE FOR HIM MORE EFFECTIVELY, AND WE KNEW HE WAS IN GOOD HANDS WITH THE CHOPPER," HANA SAID.**

The Skilton's then faced a lengthy, anxious time as they made the journey to Newcastle by car.

"The Service called and reassured us that he was fine when they touched down in Newcastle. This was amazing to have such thoughtful support when we were still so far away," Hana said.

The couple were soon told their little boy had a subarachnoid

haemorrhage, also known as a bleed on his brain, which thankfully overtime resolved itself.

**NOWADAYS, ELIJAH IS A THRIVING, HEALTHY SIX-YEAR-OLD WHO IS WELL AWARE OF THE DAY THE WESTPAC RESCUE HELICOPTER SERVICE FLEW INTO HIS LIFE.**

"A friend made him a member of the Rescue Club as a birthday present and we've visited the Tamworth Base, so he knows about the service that gave him special care when he was born," Hana said.

"Both Chris and I work in the medical field, so we see the helicopter arrive at the hospital all the time, and it's a reminder of just how very lucky we are as a community to have access to the lifesaving service."



READ MORE STORIES LIKE THIS, IN THE CURRENT EDITION OF THE SERVICE'S RESCUE MAGAZINE

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BROOKLIN HEMSON WILLIAMS  
AGE 13



What's the coolest place you have ever been to?  
Tenpin Bowling.

If you could go anywhere in the world where would you go?  
Hawaii because it's really pretty and I want to do the hula.

IZACC FLETCHER SOARS  
AGE 12



What's the coolest place you have ever been to?  
Royal Easter Show.

If you could go anywhere in the world where would you go?  
Queensland to go to the theme parks.

MALAKAI BUTLER · AGE 5



What's the coolest place you have ever been to?  
Sydney.

If you could go anywhere in the world where would you go?  
Back to Sydney.

# Kids @ THE COALFACE

OUR KIDS (OR SHOULD I SAY SEASONED TRAVELERS) OF THE HUNTER HAVE BEEN FAR AND WIDE AND THIS MONTH WE FIND OUT WHERE THEY'VE BEEN AND WHERE THEY DREAM OF GOING.

ETHAN FLETCHER SOARS · AGE 10



What's the coolest place you have ever been to?  
Aubrey because it's the furthest place I have ever been to.

If you could go anywhere in the world where would you go?  
Hawaii because it's really cool and there's heaps of cool stuff there and all my friends have been.

JACK MCGREGOR · AGE 11



What's the coolest place you have ever been to?  
The snow.

If you could go anywhere in the world where would you go?  
Would be Disneyland but I just found out it's haunted...so Epic Games HQ.

ASHLEA HEMSON WILLIAMS  
AGE 13



What's the coolest place you have ever been to?  
Timezone.

If you could go anywhere in the world where would you go?  
Hollywood to see all the celebrities.

JYE BUTLER · AGE 9



What's the coolest place you have ever been to?  
New Zealand.

If you could go anywhere in the world where would you go?  
Africa to see the lions.

CURTIS MORETTI · AGE 12



What's the coolest place you have ever been to?  
Gold Coast.

If you could go anywhere in the world where would you go?  
America and Disneyworld.



# WESTPAC RESCUE LEGEND RETIRES

AFTER MORE THAN FOUR DECADES OF DEDICATED SERVICE, BARRY WALTON IS TAKING HIS WELL-EARNED RETIREMENT FROM WESTPAC RESCUE HELICOPTER SERVICE.



Barry Walton is a bit of a legend here in the Hunter Valley, starting at the Westpac Rescue Helicopter Service back in 1975 as a volunteer crewperson and he has helped save thousands of lives since.

It's clear to see the passion and enthusiasm Barry has for the service as he reminisces on an amazing career. "The ride has been amazing because when we started back in 1975 it was just a beach patrol service, no one was thinking about the future and what has transpired has just been amazing," Barry said proudly.

FROM 1992, BARRY WAS EMPLOYED FULL TIME AND STARTED ESTABLISHING THE SERVICE VOLUNTEER NETWORK THROUGHOUT NEWCASTLE AND THE HUNTER VALLEY. TODAY, THERE ARE MANY VOLUNTEERS THAT MAKE THE RESCUE HELICOPTER SERVICE WHAT IT IS TODAY, THANKS TO HARD WORKING INDIVIDUALS LIKE BARRY.

Together with CEO Richard Jones, 1996 saw the pair begin to investigate expanding the Service to the New England North West (NENW) region. Tamworth was established soon after in 2000 and operates today with a team of dedicated professionals and volunteers.

Our good friend Richard Jones spoke very highly of this colleague and friend. "We have been so fortunate to have Barry as part of our helicopter

family for more than four decades," said Richard.

"Barry has a great faith in people and has always taken great pride in the way they have contributed to ensure the Westpac Rescue Helicopter Service has been able to grow with the community and upgrade to continue to be an integral and essential part of the emergency service chain throughout Northern NSW," added Mr Jones.

Barry spent 14 years in the NENW and has made the move back to Newcastle to be with family and

"I remember in the early days we had to do a Saint John's first aid course at Broadmeadow and in the 3rd week 20 surf lifesavers were shown a film on childbirth...8 walked out that day and never returned," Barry laughed.

"And so, we ended up with our crew of 12 rescue and 1 pilot," he added.

Barry spending hours travelling, working with regional towns and individuals and driving the value of the Service has been instrumental to where the Service is today.

It is clear that everyone at the Rescue Helicopter Service is extremely grateful and proud of Barry, and on behalf of us here @ The Coalface, we thank you for your service mate. Happy retirement.



## 'AVE A LAUGH WITH



PH 6545 3033

END OF FINANCIAL YEAR SALES ON ALL HONDA MOTORCYCLES, QUADS AND SIDES BY SIDES

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?"

"Because white is the color of happiness, and today is the happiest day of her life," her mother tried to explain, keeping it simple.

The child thought about this for a moment, then said, "So why's the groom wearing black?"



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# BROOKE AND THE BEARS OF HOPE



BLOOMFIELD'S BROOKE WILLIAMS AND HER FAMILY HAVE TURNED THEIR LOSS INTO HOPE FOR FAMILIES AROUND AUSTRALIA.

Brooke Williams and her partner Shawn have proudly supported and raised money for the Bears of Hope Pregnancy and Infant Loss charity after the tragic loss of two babies due to early miscarriage in 2015. Their son Riley was one and a half at the time.

After going through the grieving process, Brooke and her family came across the Bears of Hope Pregnancy and Infant Loss charity and have since worked tirelessly to raise money for this fantastic cause.

Brooke has worked for The Bloomfield Group for the past 2 years and partner Shawn is a local builder in the Singleton area. The couple has proudly seen their cause

supported by many local companies and individuals across the mining community over the years.

**BEARS OF HOPE PREGNANCY AND INFANT LOSS SUPPORT PROVIDES LEADING SUPPORT, ADVICE, INFORMATION AND CARE FOR FAMILIES WHO EXPERIENCE THE LOSS OF THEIR BABY.**

"Through this charity I got in touch with co-founder and Singleton local Toni Watson who has been a fantastic support to us throughout the years," said Brooke.

After meeting Toni, Brooke went on to organise her first fundraiser in September 2015 organising a Teddy Bears Picnic at the Singleton Rugby

Club and raising \$9,235 for the charity.

The Picnic also featured a shave off for the guys from 'Team Angel Williams x 2' who grew their beards over Winter to raise money for the same charity, through the 'Beards of Hope' campaign. This campaign brings awareness and support to the dads who are also just as affected by pregnancy loss.

Brooke and Shawn raised another massive \$5000 in 2017 after hosting a successful Trivia night at the Singleton Rugby Club for the charity.

**THE FOLLOWING YEAR, THE INSPIRING COUPLE WERE INVITED TO ATTEND THE BEARS OF HOPE**

## FAMILY MOVIE NIGHT UNDER THE STARS

Saturday 21st  
September 6pm  
Singleton Rugby  
Club, Howe Street

- Gold coin donation on arrival
- Food, popcorn and coffee vans
- Bring lawn chair and blankets
- Bar facilities available (no BYO alcohol)
- Raffles and prizes on the night



**ANNUAL BALL WHERE THEIR 'TEAM ANGEL WILLIAMS X 2' RECEIVED AN AWARD FOR COMMUNITY SPIRIT FOR ALL OF THEIR FUNDRAISING EFFORTS. "IT WAS A VERY EMOTIONAL BUT PROUD MOMENT FOR US," SAID BROOKE.**

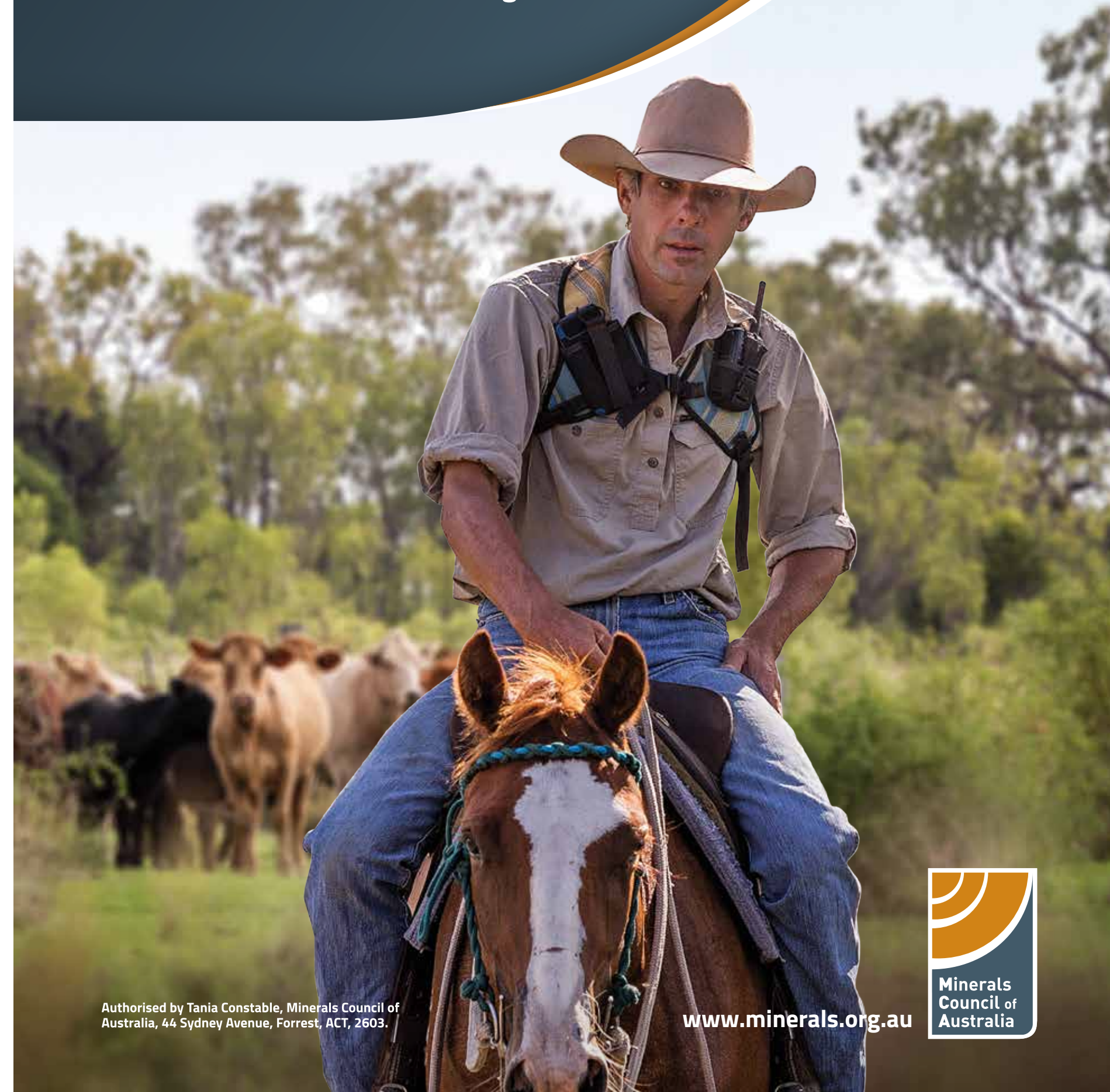
Brooke and Shawn have had some wonderful sponsorship and donations from Kallidy, AC Whalan, Tolsaf Cranes, Programmed, Tygear, The Bloomfield Group and Dimar Engineering.

But it doesn't stop there. Brooke and her family are now holding an outdoor family movie night next month and all are welcome to come along and support this fantastic cause.

# "You'd never know all this used to be a mine."

Australian miners and farmers are working together towards a common goal. Mining land is being rehabilitated to graze cattle and grow crops. When the mining is gone, the rehabilitated land will be here to stay – preserving it for future generations.

**There's more to Australian mining.**



Authorised by Tania Constable, Minerals Council of Australia, 44 Sydney Avenue, Forrest, ACT, 2603.

[www.minerals.org.au](http://www.minerals.org.au)



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SUPPLIER INSIDER

## JOHN HAMSON, MAYFIELD GROUP

### Who are you and what do you do?

My name is John Hamson and I am the Operations Manager at Mayfield Group. We own and operate an extensive fleet of heavy earthmoving equipment servicing the mining and civil industries.

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

I started in the mining industry 17 years ago scraping blackjack grease off draglines on shutdowns. I guess I ended up where I am now by always putting my hand up and taking on whatever challenges I could... In the early days the motto was always "bite off more than you can chew and chew like crazy"

### Describe a typical day at 'The office'.

There is no real typical day and that's what I love about where I work. I start anywhere between 5am and 7am and that could be on a client site or in the office, spend my time managing our workforce and client's needs and then finish hopefully while there is still a bit of daylight left, although that's not always the case.

### What's the best thing about your business?

Mayfield Group is a family owned business and as such it is a great place to work. Everyone cares about each other and we all work together to get the job done. We are all happy to get in and get our hands dirty. Our client's needs always remain at the top of our priorities, nothing is ever a drama.

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

We are thrilled to be assisting multiple Hunter Valley and Gunnedah mine sites in reaching their 2019 rehabilitation targets whilst introducing the exciting new Geo Fluv methodology which steers away from traditional rehab and returns the land closer to the

natural landform that it once was. Our experienced operators and high precision GPS enabled dozers allow complex designs to be achieved. Quality rehabilitation works are extremely important to our clients and their stakeholders and we are proud to be a big part of achieving this. Our operators really enjoy seeing the results of their efforts at the completion of each rehabilitation area, it gives everyone great job satisfaction.

### What is the biggest opportunity for your business right now?

Mayfield Group has a strong focus on being a one stop shop for rehabilitation services to the mining industry, with a large range of equipment and competent experienced operators. We continue to invest and expand our fleet of equipment, with many recent additions including smaller dozers, watercarts, and excavators. We are very fortunate to continue to attract and retain experienced operators who can support our long-term contracts and great clients.

### What are the biggest challenges facing your business?

Continuing to target the right business opportunities that align with our core values and business strategy whilst meeting clients increasing demands. Sometimes this means that we will respectfully decline some opportunities where we feel we are not well placed to deliver a quality service, rather than over promise and under deliver.

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

Personally, I have worked in the Hunter Valley mining industry since 2002. Mayfield Group was established in 2012 with its head office based in Singleton, and a small branch office in Brisbane.

### Community or other causes close to its heart and values?

Mayfield are proactive supporters of many community and charity causes with the owners being the major contributor for the Kaden

Centre. The Kaden Centre is a not-for-profit facility designed to deliver custom, targeted exercise programs to people experiencing all stages of cancer, safely prescribed and guided by experienced exercise and health professionals. We also support many other causes and community based organisations such as the Singleton Greyhounds and Gunnedah Bulldogs Rugby League Clubs. Myself and our General Manager are taking part in the Westpac Rescue Helicopter Leaders Leap in August where we will abseil off McDonald Jones Stadium to raise money for the Chopper!

### How big is the crew in the Hunter Valley?

Our team is some 50 strong in the Valley.

### What's the best thing about your job?

Definitely the people I work with. Our office has a great culture and morale and it spreads out into the workforce making Mayfield Group a great environment to work in.

### The worst thing?

Driving through Singleton traffic twice a day... YUK!

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

Not sure that it was very funny at the time but a couple of staff who shall remain nameless were on their way home from Mangoola when the fuel range told them 68km until empty. They subsequently ran out of fuel about 2km up the road and had to put out an SOS... The office staff dine out on this one at every opportunity!

### Anything else you want to say?

Just a big thanks to the team at Mayfield Group for the continued strong efforts and solid results. It really is a testament to the guys and girls on the ground that we as a business are going from strength to strength and this is validated regularly with positive client feedback and new opportunities for our business. I am personally very proud to be part of the Mayfield Group and to be part of a business that values its employees!

MY MINING LIFE

## JACOB OSLAND

FOLLOWING IN HIS FATHER'S FOOTSTEPS, OZZY THE MECHANIC LOVES THE MINING INDUSTRY.

### Who are you and what do you do?

I'm Jacob Osland and I am a mechanic at Glendell Open Cut.

### Any nicknames good or bad?

Ozzy. Just because it rhymes with my last name.

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

I live in Singleton and I have been in the Valley pretty much all my life. I moved up here because dad worked in the mines before I started school.

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

I started with Glendell as a contractor in 2011, then became permanent with Glencore in 2012. Prior to that, finishing an apprenticeship with Westrac and working at several other pits. The ride has been

awesome, and I've met some top blokes along the way who have helped me.

### What's a usual day at work entail?

Well you never know at Glendell, depending what job you're given at the pre-start. Could be the breakdown fitter in the pit, working on planned jobs in the workshop or out driving the fuel trucks. Either one its generally a good shift, day or night with the boys.

### How big is the crew?

We have 5 permos on my crew, an apprentice and usually 2 contractors to share the load.

### What's the best thing about your job?

Well obviously the pay and flexibility, but probably most importantly the job satisfaction on completing a difficult task together with your mates safely, then



the company found it as funny though, can't say too much.

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

I didn't really know what I wanted to be growing up. Didn't help being a bit of a delinquent throughout school. But doing work experience out with dad made me think I could handle following his and some of my other family's footsteps out in the mines. I always enjoyed tinkering around on cars and bikes out on the family property.

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

Absolute asshole of a kid. Parties too hard, but she loves me.

### Family?

Unfortunately no kids yet, hopefully one day. Just my dog Jettson.

### What do you do in your downtime?

Love going on holidays with my girlfriend Ellie. Riding motorbikes and pushbikes with mates, playing footy. Normal boy stuff like fishing and camping with plenty of VB's.

### What is one thing about you that would surprise people to know?

Crap that's a hard question. I love heavy metal and playing with my girlfriends' cat. And I touch myself to Drew Carey on The Price is Right. Haha.

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

Just general banter and pranks on the boys, mainly apprentices. One of the boys had a little mishap in one of the vehicles one night a few years back, we all found it hilarious and still talk about it today. I don't think

going for a beer together afterwards.

### The worst thing?

Crap I can't say too much. We normally share the bad jobs around. It gets a little hot in summer, then to make it worse getting unexpectedly drenched in oil doesn't help.

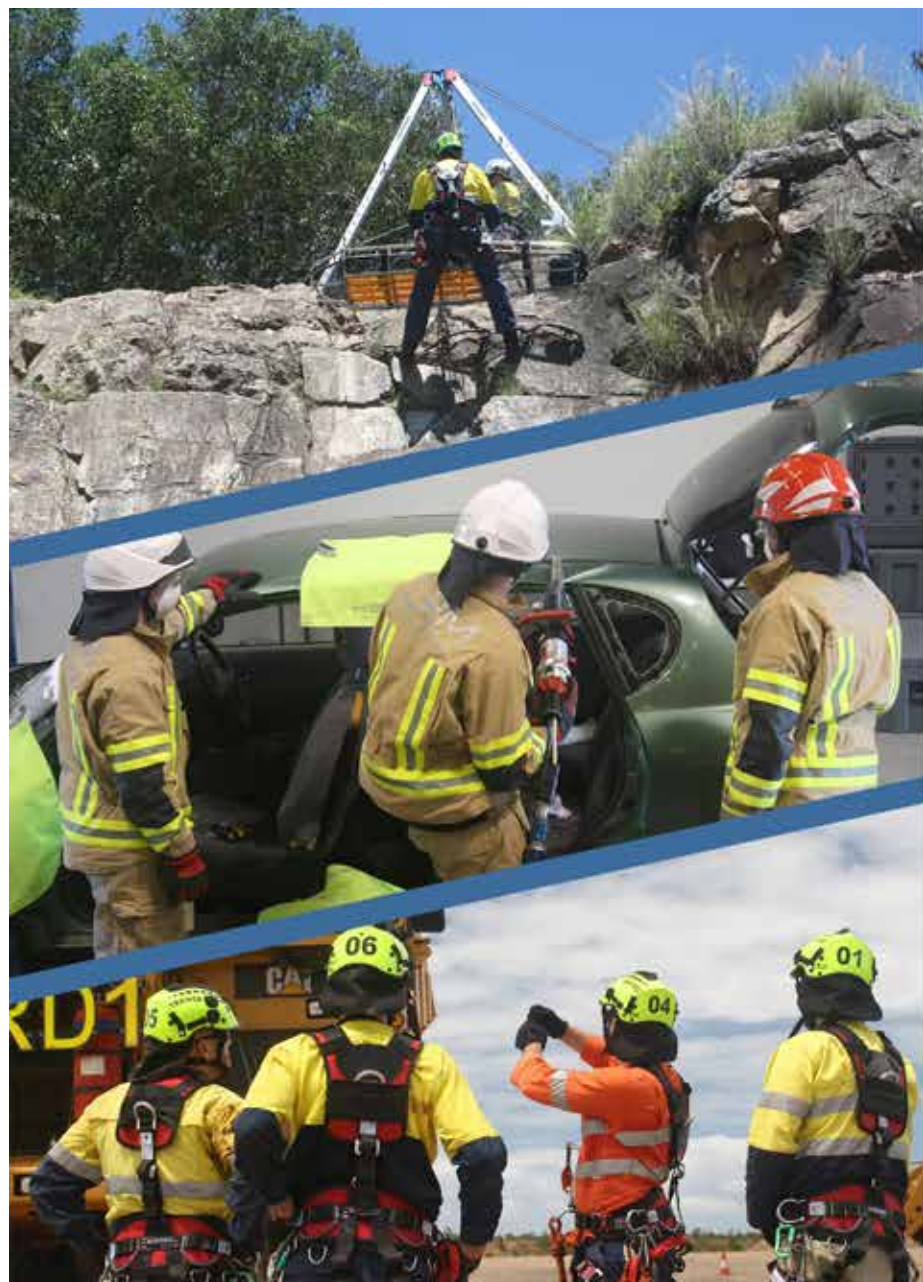


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THE IMAGE THAT INSPIRED IT ALL

# MURAL MEMORIAL

**KIRSTY HARRISON (SPITERI) HAS FOUND A MEMORABLE WAY TO PAY TRIBUTE TO HER FAMILY’S LONG HISTORY IN COAL MINING.**

Kirsty would be the first to tell you she has a bit of a quirky streak. In her family, she’s the one who takes on the unusual renovation projects or upcycles the vintage furniture no one else wants. “I like making stuff,” she shrugs, smiling.

It was this sense of imagination – and a photo of her Pop – that led her to commission a mural of him on their latest renovation project.

The ‘Coal Miner’s Cottage’, as it’s going to be called, sits on a corner block in Singleton’s William Street. Its original weatherboard exterior has been painted powder blue; the verandah, closed-in when Kirsty and husband Ben bought the property earlier in the year, has been restored and opened back up.

**AND TO THE RIGHT OF THE VERANDAH, ON THE FRONT FACE OF THE HOUSE, IS A HUGE BLACK AND WHITE MURAL OF WILLIAM “SUNDAY” THOMPSON, EXITING AN UNDERGROUND MINE PORTAL IN A SHUTTLE CAR.**

Kirsty and Ben bought the property with the aim of offering it as a serviced rental “to accommodate predominantly mining people,” Kirsty explains. But she also wanted to do something a little bit special.

She decided - as a way to pay tribute to her grandfather and because of its mining-town location - that they should name the property. In keeping with the stunning original features they found hidden under the “almost derelict”

interior, the ‘Coal Miner’s Cottage’ will eventually have a custom metal gate featuring its name, as well as underground head-lanterns and shovels worked in metal.

The mural idea came later. Kirsty calls it one of her “crazy conceptions,” and it was another way to acknowledge her grandfather, and the family’s strong mining heritage.

“The photo of my Grandad was on our kitchen bench,” she says. “When I went home I looked at it and it was like an epiphany. I thought ‘I have to have Pop on the wall!’”

**KIRSTY IS A FOURTH GENERATION HUNTER VALLEY MINER AND SHE’S RIGHTLY PROUD OF THE FAMILY’S MINING HISTORY.**

Her paternal great-grandfather, Robert (Bob) McLennan, was a Cessnock local and the first miner in the family. His daughter Colleen would go on to marry William Thompson and raise another generation of miners.

‘Pop’ himself began his mining career in Wollongong aged just fifteen, working as an operator. He later moved his family back to Cessnock, and took on jobs across the Hunter and the South Coast.

“Everyone knew my Pop as Sunday Thompson,” explains Kirsty. “He worked in mines such as Bellbird, Burrajalong, Liddell and Aberdare East (where we think the photo was taken).”

“Pop worked in mining for some 35 plus years. All his brothers worked in mining and all of his children are or were mining households.”

Although William passed away almost thirty years ago, the family mining tradition continues.

Her own daughter is now a fifth-generation miner, having recently taken a job as an operator at Mount Arthur.

**IN FACT, KIRSTY SAYS, “OUT OF 12 OF POP’S GRANDKIDS, 10 HOUSEHOLDS ARE MINING HOUSEHOLDS. ALL MY FAMILY ARE PREDOMINANTLY HERE, IN A WHOLE BUNCH OF MINES AROUND SINGLETON AND THE HUNTER VALLEY.”**



KIRSTY, BEN AND NAN COLLEEN

As for Kirsty, she has just left the industry after 25 years in various maintenance planning and procurement roles but says her “mining connection has not dissolved.” In her new position with the Royal Australian Air Force (RAAF) - as the ‘Classic Hornet Disposals Project Manager’, she focuses on maintaining a strong link between the Defence Force and local area industry.

When it came to creating a tribute to ‘Pop’, Kirsty approached graffiti artist Jamie Curtrupi – a former school friend of hers from Singleton - who now works on the Gold Coast. Though his commissions are usually for larger organisations – think SeaWorld – and are slightly more organised than the pictures Kirsty gave him, he liked her idea and agreed to do the mural.

Kirsty kept the project secret from most of her family, and when it was ready to unveil, she and three of her cousins had to lure the rest of the family to Singleton with various – fictional – reasons.

When ‘Nan’ Colleen Thompson and the family were gathered at the cottage, Kirsty told them “I had a little surprise for them; that one of my normal, ‘out-there’ ideas had come to fruition,” she laughs.

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away,” she says.

To Kirsty, the fact that she was able to get the family together to remember Pop and their mining history makes the mural worth the time and effort.

“I’m super family-oriented,” she says. “If it’s something that will get the family to focus, or bring the family together, then I’m in it.”

# REMARKABLE RIDERS



**COAL MINERS AND PASSIONATE CYCLISTS ARE COMING TOGETHER FOR A GREAT CAUSE, CYCLING THEIR WAY FROM THE GOLD COAST TO NEWCASTLE OVER 10 DAYS FROM SEPTEMBER 6.**

Raising funds for Camp Quality and giving kids facing cancer the chance to be kids again, the hardworking cyclists and support crew will put their foot to the pedal after year-round training and fundraising.

The 1,000Ks 4 Kids bike ride first started in 2011 with 19 participants and has grown from there,

this year being the largest ever group of 62 riders keen to chuck on the lycra and ride across the country.

The ride will start at Movie World on the Gold Coast and over the next 10 days riders will make their way back to The Bradford Hotel in Rutherford, stopping at Murwillimbah, Casino, Grafton, Dorrigo, Guyra, Walcha, Tamworth, Murrurundi and Muswellbrook along the way.

Miners have united from all over the Hunter including Anthony Fleming from Sedgman



Mount Pleasant Operations, Luke Redgrove from Mount Thorley Warkworth, Simon Mead from Wambo Coal, Jayden Rowett from Hunter Valley Operations, Jarrod Baker from ARTC, Brad Harris from Bloomfield Group, Jarret Pacheco from MTI Group, Andy Olrich from Port Waratah Coal Services and Peter Hodgson from Quarry Mining. The dedicated cyclists will be riding a whopping 1030 kilometres, so be sure to get on board and support these legends today. You can donate to a particular rider or team or jump on and donate to the event as a whole.

EVERY BIT COUNTS, DONATE AT [WWW.FUNDRAISE.CAMPQUALITY.ORG.AU/EVENT/1000KS4KIDS2019/DONATE](http://WWW.FUNDRAISE.CAMPQUALITY.ORG.AU/EVENT/1000KS4KIDS2019/DONATE)

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## COMMUNITY @ THE COALFACE



**EARLY LINKS INCLUSION SUPPORT SERVICE HAS RECEIVED THE BHP BENEFITING MY COMMUNITY GRANT AND IS USING IT TO CHANGE THE LIVES OF CHILDREN IN THE HUNTER.**

A sunlit day on July 17 saw dozens of kids from all over the Upper Hunter smiling ear to ear as they enjoyed Circus Avalon and learnt some amazing new skills.

The Early Links Inclusion Support Service put on quite the show for the kids of their program, supporting children and young people with developmental delay, disability or those at risk of developing a developmental delay.

**FOUR PERCENT OF AUSTRALIAN CHILDREN WILL HAVE A DIAGNOSED DISABILITY OR DEVELOPMENTAL DELAY AND EARLY INTERVENTION HAS PROVEN TO BE THE KEY TO LONG TERM BENEFITS FOR KIDS, THEIR FAMILIES AND THE COMMUNITY.**

The service has been around since 1988 supporting families throughout the Hunter Valley and recent funding from BHP and the Muswellbrook Council has seen them move from strength to strength as they give their kids the opportunity to participate in the community.

Everyone, from the kids to their parents, enjoyed the circus as they learnt how to unicycle, balance and hula-hoop whilst enjoying a range of tricks performed by circus extraordinaire.

Through the BHP grant, Early Links has been able to fund a school holiday program for young people with disability and their families. Last holidays the kids attended SailAbility in Sydney. Diversional Therapist for Early Links Felicity Smith said, "the experience was life changing for some of them."

**THESE HOLIDAYS, FAMILIES HAVE HAD THE OPPORTUNITY TO GO ICE SKATING, ATTEND A FISHING TRIP, LEARN DANCING AT THE SCONE NURSING HOME, LEARN CRAFT AT BUNNINGS AND NOT TO FORGET THE CIRCUS AVALON COMING TO TOWN.**



"While other businesses have also made a huge contribution to our program, the funding from BHP has been vital for the realisation of these activities," said Felicity.

"These types of social inclusion programs are not funded through the National Disability Insurance Scheme and we thank BHP for creating this wonderful opportunity for our families," Felicity added.

The program has ensured that kids from the Upper Hunter region have been able to participate and feel included in the community and learn some great new skills along the way.

**FOR MORE INFORMATION  
ABOUT THE PROGRAM VISIT  
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## SHOOTING Stars

**THE STARS OF THE HUNTER DANCE FOR CANCER WAS A RESOUNDING SUCCESS RAISING AN INCREDIBLE \$108,092 FOR THE CANCER COUNCIL.**

On June 29, hundreds gathered at the Cessnock Performing Arts Centre for a night of dance, celebration and a fantastic cause.

The inaugural Stars of the Hunter event, which saw people from industry and the community put on their dancing shoes to raise money for the Cancer Council, was thanks to Singleton Cancer Council Community Relations Coordinator Clint Ekert. Clint saw the success of the event in other regions and worked tirelessly over the last few months to make it a success here in the Hunter.

And a success it certainly was. We sat down with Glen Parsons, Cancer Council Community Programs Coordinator after the event where he praised each and every Star who willingly gave up their time with one purpose in mind, to fundraise as much as they could for the Cancer Council.

Glen said, "It's a testament to them that despite these people not being dancers and having to get up and dance in public to a genre of dance they were randomly given, they all

put aside their reservations for a greater cause. To learn an entire dance in a short few weeks while non-stop fundraising along the way, I just can't praise all our Stars enough."

**"I ALSO HAVE TO THANK EVERYONE ELSE WHO SUPPORTED THE EVENT. ALL THE DANCERS, CESSNOCK COUNCIL AND THE CESSNOCK PERFORMING ARTS CENTRE, EVERYONE WHO CAME ALONG TO THE EVENING, AND OF COURSE EVERY SINGLE PERSON WHO DONATED. IT'S A FANTASTIC RESULT AND IT WILL HELP MAKE A DIFFERENCE IN THE LIVES OF SO MANY PEOPLE AND THEIR FAMILIES WHO ARE DEALING WITH THIS TERRIBLE DISEASE.**

"Funds raised will go to assist those in the Upper Hunter diagnosed with cancer along with our local researchers. Supportive care services such as Transport, financial assistance, legal and financial services and home help will see a boost for those doing it tough in our local area," Glen added.



## COMMUNITY GIFT

**THIS MONTH THE COMPLETE PARTS AND @ THE COALFACE \$500 COMMUNITY GIFT GOES TO THE TRITON GROUPS AU COMBINED STOCKTON GROUP RAISING MONEY FOR BLACK DOG INSTITUTE.**

### PUTTING HEALTH IN MIND

A group of Mining Industry professionals and 4x4 enthusiasts have banded together for a great cause, The Black Dog Institute. On August 4, the 4x4 event saw a sea of supporters making their way to Stockton Beach for a BBQ, a fundraising raffle and a day of fun. The Black Dog Institute is dedicated to understanding, preventing and

treating mental illness, currently offering free mental health training for managers in high risk industries across NSW.

Groups from Aussie/NZ MQ Triton, Aussie/NZ MR Triton, Modified MQ Triton AUS, mitsubishi\_tritons\_australia and Aussie 4WD Triton had a blast. Such a fantastic initiative from a great group of people.



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ON THE FAST TRACK

YOU'VE PROBABLY HEARD ABOUT THE LATEST DIET FAD, INTERMITTENT FASTING. BUT DOES SKIPPING MEALS MAKE YOU HEALTHY, OR JUST HANGRY?

Intermittent Fasting (IF) is a diet regimen that cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of normal eating. The most common methods are fasting on alternate days, for whole days with a specific frequency per week, or during a set time frame. Jump on the internet and you will find dozens of IF diets each with their own sensational claims.

How does it work? When we eat our body releases insulin to help cells convert sugars (mainly glucose) from food into energy. If the glucose isn't used immediately, then the excess is stored in fat cells. But when we go without food for extended periods the insulin is not released and the body instead breaks down fat cells for energy which can lead to weight loss. In addition, IF is also claimed to have health benefits such as reducing blood pressure, reducing cholesterol levels and increasing longevity.

**SOUNDS GREAT DOESN'T IT?** Unfortunately, as yet, the research does not back any of the claims. Studies in animals are showing promising results, with increases in life span, better performance in cognitive and metabolic functions and significant reductions in weight. Great news if you're a rat. Humans studies, however, are inconclusive. Most studies have shown IF is effective for weight loss, but with much the same results as a regular low-calorie diet with no significant differences in weight loss, weight regain, or body composition. Nor are they showing significant differences in blood pressure, heart rate, fasting glucose, and fasting insulin.

Whether you stick to three regimented mealtimes every day, graze all day long, or eat once a day, unless your calorie intake is less than your energy expenditure than you won't lose weight or reap the health benefits.

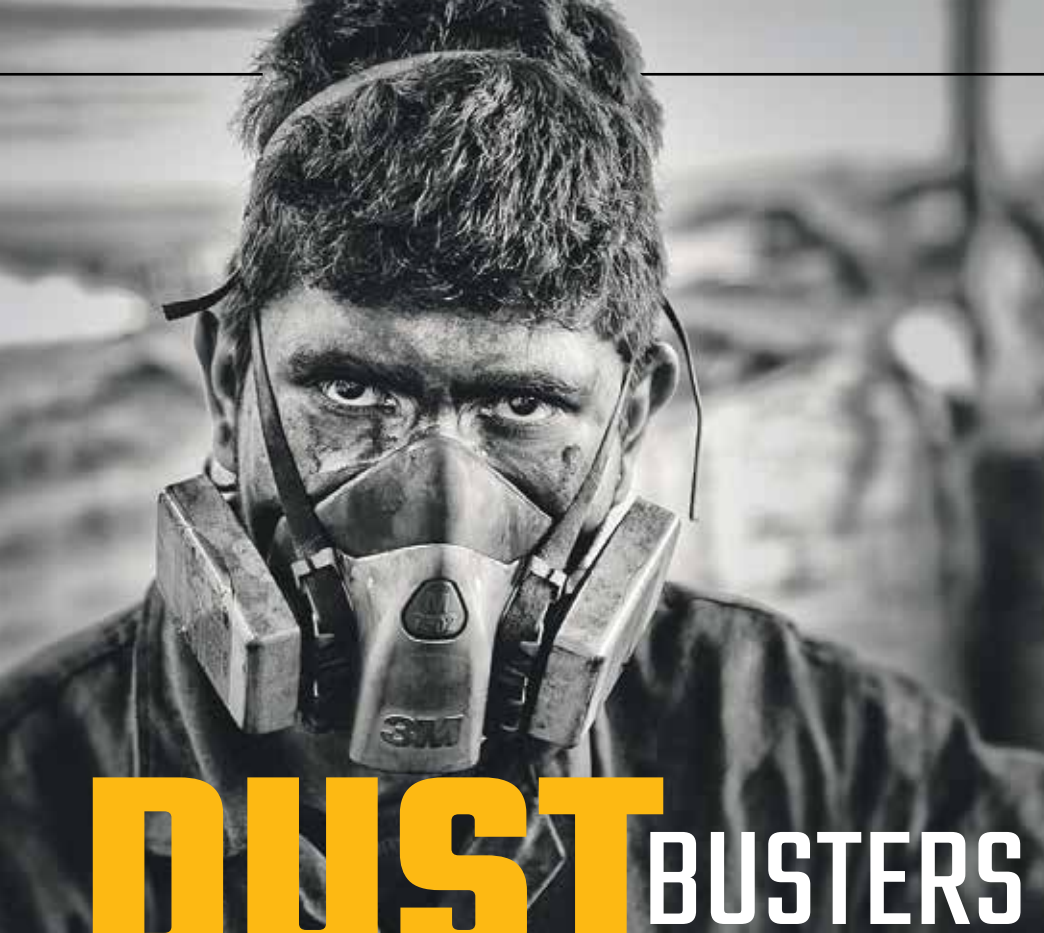
As human studies are still being conducted and it's too early to rule out the health benefits, you might want to be a Guinea pig and give it a go for yourself. What have you got to lose? Maybe weight!

So far there are no adverse effects from IF. However, IF is not recommend for some people such as pregnant women, adolescents or children, diabetics and especially for those with eating disorders or using medication that requires food intake. Although it would be easier to fast from bedtime to lunchtime or early afternoon, research suggests that skipping dinner may be better for health than skipping breakfast. Try fasting from 2pm to 8am but remember that you still want to eat healthy and the normal amount during the eating period. Be careful to not find yourself overeating in anticipation of going hungry.

**EVEN IF YOU HAVE NO LUCK IN LOSING WEIGHT, ONE BENEFIT OF TRYING IF IS THAT IT CAN HELP YOU LEARN TO MANAGE HUNGER WHICH IS AN ESSENTIAL SKILL FOR ANYONE WHO WANTS TO GET IN SHAPE.**

By having periods without food, you might learn the difference between body hunger and mental hunger and find you begin to treat food as a fuel for your body instead of a source of constant pleasure and gratification. Or it might just make you hangry...

WHEN IT COMES DOWN TO IT WHEN YOU EAT IS NOT NEARLY AS IMPORTANT AS WHAT AND YOU EAT AND HOW MUCH OF IT.



DUST BUSTERS

DUST DISEASE IS A RISK IN OUR INDUSTRY THAT WE MUST ALWAYS BE VIGILANT AGAINST.

The NSW Resources Regulator recently released the findings of its investigation into a former coal mine worker diagnosed with a mixed dust disease in 2017 and is urging all current and former mine workers to maintain regular health screening. Chief Compliance Officer Anthony Keon said that while the workers medical condition couldn't be attributed to specific exposure or specific sites, it underlined both the need for all current and former coal mine workers to get regular checks and the importance of the stringent regime we have in NSW.

**"THE REGIME IS WORKING - INSPECTION AND MANDATORY TESTING SHOWS NEARLY ALL NSW COAL MINES HAVE REDUCED EXPOSURE LEVELS TO WELL BELOW THE PRESCRIBED ALLOWABLE LIMITS. CASES SUCH THIS DEMONSTRATE THE SCHEME'S EFFECTIVENESS IN IDENTIFYING LEGACY ISSUES AND ENSURING EARLY INTERVENTION AND APPROPRIATE CARE," HE SAID.**

One of the most common dusts encountered on mine sites is silica dust or Respirable Crystalline Silica (RCS) which is present in most rocks, clays, sands, gravel and shale. Exposure to silica dust can lead to the development of lung cancer, silicosis (an irreversible scarring and stiffening of the lungs), kidney disease and chronic obstructive pulmonary disease.

Coal miners are at risk for respiratory diseases caused by inhaling coal dust. Long-term exposure can cause coal mine dust lung disease also known as black lung disease. Miners with combined exposures to coal and crystalline silica dust can also get mixed dust pneumoconiosis. Because it cannot be cured, prevention is critical.

Managing Director and Chief Executive Officer of Coal Services Lucy Flemming said the recent case highlights how important it is for past and current coal mine workers to undertake regular health surveillance screening, provided to them as part of the NSW regulatory framework.

**"PREVENTION AND EDUCATION IS THE KEY - MINE OPERATORS MUST HAVE STRONG DUST ELIMINATION AND MITIGATION CONTROLS IN PLACE, WORKERS SHOULD WEAR PERSONAL PROTECTIVE EQUIPMENT WHEN REQUIRED AND CONTINUE TO ATTEND FOR THEIR HEALTH SURVEILLANCE MEDICALS EVEN AFTER THEY LEAVE THE INDUSTRY," MS FLEMMING SAID.**

Some of the symptoms of dust disease include chronic cough, shortness of breath, black sputum (mucus), lung dysfunction, fatigue and chest pains but even if you have no symptoms it is still vitally important to maintain regular health screening.

'AVE A LAUGH WITH



Singleton Outdoors

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END OF FINANCIAL YEAR SALES ON ALL HONDA MOTORCYCLES, QUADS AND SIDES BY SIDES

I just read a book about Stockholm syndrome. It was pretty bad at first, but by the end I liked it.

CURRENT AND FORMER COAL MINE WORKERS ARE ENCOURAGED TO CONTACT COAL SERVICES HEALTH ON 02 6571 9900 TO ARRANGE A MEDICAL IF THEY HAVE CONCERNS ABOUT THEIR RESPIRATORY HEALTH.

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# Chopper GOLF DAY RETURNS

**NEW SUPPLIER ALETEK HAVE JUMPED ON BOARD TO SUPPORT THE UPPER HUNTER CHARITY GOLF DAY TO BE PLAYED ON AUGUST 23**

The event helps raise much needed funds for the Westpac Rescue Helicopter Service which is there to help over 1.5 million people throughout Northern NSW.

Founded in 2006, Aletek is a family owned business and prides themselves on being a reputable and trusted manufacturer of specialised mining equipment focused on improving safety and efficiencies.

With a huge product range of heavy-duty exhaust systems, thermal insulation blankets, emission control solutions, and sound suppression and noise attenuation solutions, it's great to see that a relatively new company to the Hunter region support this day of fun and fundraising for an important cause.

Players will be able to make a donation to play against Ryan Norton, Aletek's Business Development Manager (BDM). But there's a catch – Ryan is a former pro golfer who finished third at the Queensland Trainee Championship and has played multiple tournaments around Australia.

Fortunately, players can take solace in the fact that most of Ryan's time is now spent travelling throughout Australia working with Aletek's clients as well as developing new relationships within the mining industry.

All funds raised from the day will go towards the fantastic cause of the Rescue service and players will

**WORKING IN CONJUNCTION WITH DANNY EATHER, COMMUNITY LIAISON OFFICER FROM THE RESCUE HELICOPTER SERVICE, ALETEK WILL BE RAISING ADDITIONAL FUNDS FOR THE CAUSE BY GIVING EVENT ATTENDEES THE OPPORTUNITY TO 'BEAT THE BDM' FOR ALETEK'S SPONSORED HOLE.**



FORMER PRO GOLFER AND CURRENT ALETEK BUSINESS DEVELOPMENT MANAGER RYAN NORTON



have the chance to win some fantastic prizes supplied by Aletek. The golfers will be gunning for the top prize, a Callaway golf bag.

Ryan and the Aletek team are excited to be on board for the Golf Day that will help support the Hunter community and Rescue Helicopter's efforts.

In continuing this community support and following on from the success of last year's inaugural 'new-look' event, Danny and the Westpac team are expecting a big turnout and show of support for this year's Golf Day.

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# THE FINAL COUNTDOWN

**IT SEEMS LIKE ONLY YESTERDAY THE BENGALLA GROUP 21 SEASON GOT UNDERWAY BUT HERE WE ARE IN THE FINAL ROUNDS. HERE'S A RECAP OF THIS SEASON'S HIGHS. AND THERE SURE HAS BEEN PLENTY.**

### BENGALLA GROUP 21 LADDER

#### FIRST GRADE

Scone Thoroughbreds	26 points
Aberdeen Tigers	14 points
Singleton Greyhounds	8 points
Denman Devils	4 points

#### RESERVE GRADE

Merriwa Magpies	24 points
Scone Thoroughbreds	21 points
Aberdeen Tigers	19 points
Singleton Greyhounds	18 points
Muswellbrook Rams	14 points
Murrurundi Mavericks	2 points
Greta Braxton Colts	2 points
Denman Devils	2 points

#### UNDER 18'S

Singleton Greyhounds	25 points
Muswellbrook Rams	17 points
Aberdeen Tigers	13 points
Scone Thoroughbreds	12 points
Denman Devils	9 points

#### LADIES LEAGUE TAG

Scone Thoroughbreds	26 points
Murrurundi Mavericks	22 points
Merriwa Magpies	19 points
Singleton Greyhounds	12 points
Muswellbrook Rams	11 points
Aberdeen Tigers	10 points
Denman Devils	2 points

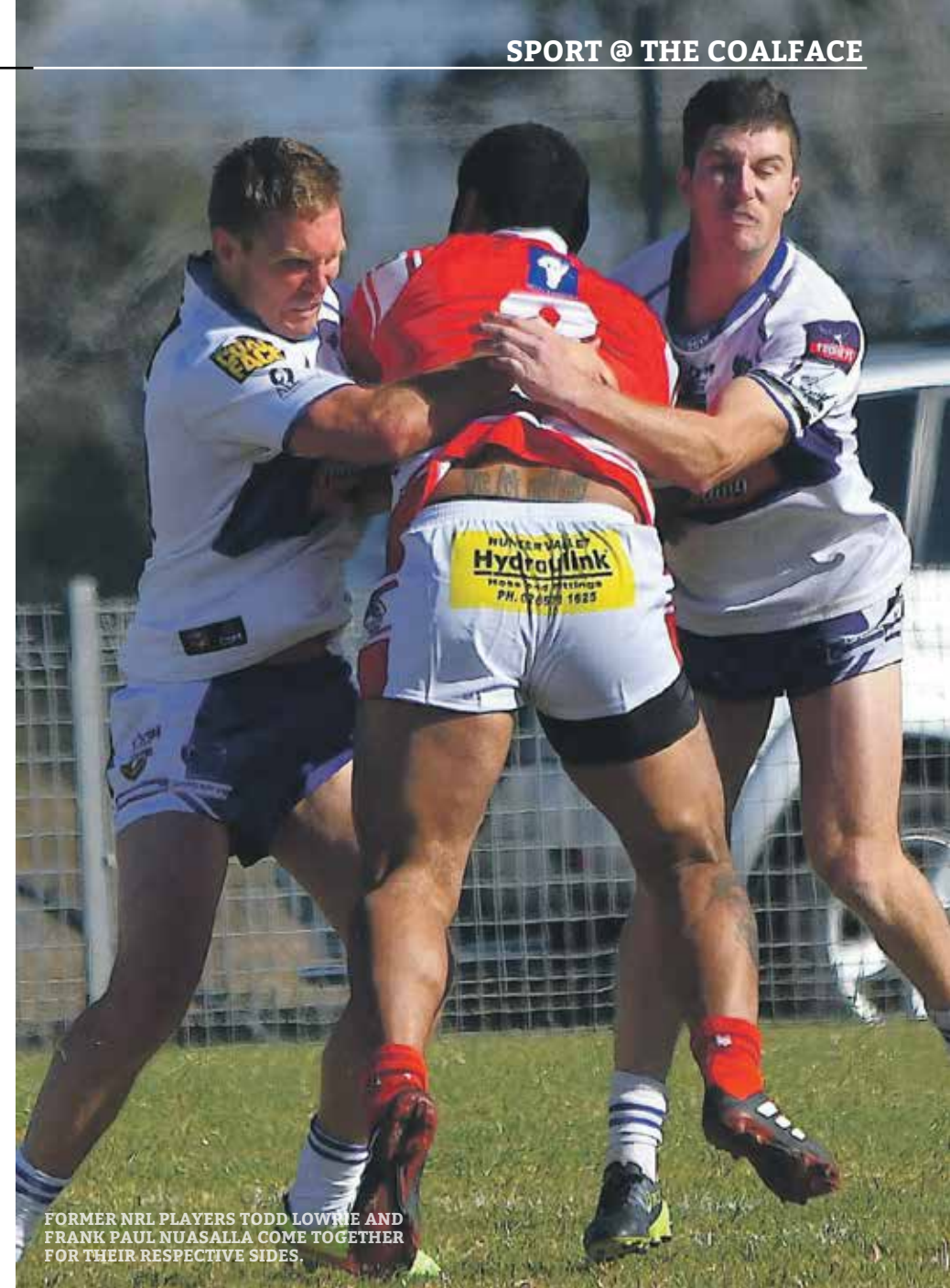
From club legends playing in milestone matches (Daniel Hoggerwerf, Liam Dunn and the rest of the 2019 alumni), it's been a great year for the ones who stick with their clubs through thick and thin. Congrats to all. If we tried to list all the names, there would be no room for anything else.

The Merriwa Magpies. The tiny town with the big heart and a passion for their bush footy. They currently sit at the top of the table in Reserve Grade, but on August 18 expect to see the biggest crowd yet at Aberdeen as the Tigers will have the opportunity to disrupt the small town's season title and potentially put Scone into first spot.

Where's the Judiciary? In good news the on-field behaviour was at its best in 2019, with a MASSIVE turn round from 2018. From our club sources the Judiciary only had to meet once or twice this year. 2018's judiciary was like a regular format in the competition schedule. So hats off to the clubs.

**UNITY. WHETHER IT'S A CLUB DOWN OR A PLAYER DOWN, IT'S BEEN A GREAT YEAR TO WATCH WHAT HAPPENS BEHIND THE SCENES BETWEEN THE CLUBS AND ALL THE PASSIONATE BIG HEARTED PEOPLE. TAKE A BOW. YOU ALL KNOW WHO YOU ARE.**

Giving back. How great has it been to see such talent across the board! From Ladies League Tag through to First Grade, there is some massive talent in our competition. Former NRL players Liam Foran, Frank Paul Nuasala, Adam Clydesdale and the more recent welcoming return of Todd Lowrie giving back to the bush footy after their high careers is great for our competition. The knowledge they bring to their sides is priceless, but also the opportunity for some of our up and comers to steal some advice or measure themselves against them has been great to watch.



FORMER NRL PLAYERS TODD LOWRIE AND FRANK PAUL NUASALLA COME TOGETHER FOR THEIR RESPECTIVE SIDES.

We could go on and on, but we're limited to space, but take a bow everyone! From players, to coaches, to umpires, to supporters, to volunteers. Your value to your club is appreciated by all that are involved.

**WE CAN'T LEAVE WITHOUT SPEAKING ABOUT THE FINALS! HERE'S WHAT WE KNOW.**

Singleton have secured the hosting rights to the Minor Semi Finals on Saturday August 24 and will play

Denman in First Grade. Now we've seen Denman written off in 4th spot before and meet Scone in the GF. Denman has been decimated by injury. Who's back for this one? Let's just wait and see.

Scone have secured the hosting rights to the Major Semi Finals on Sunday August 25 and will play Aberdeen in First Grade. HOLY WOW! Who's camping out overnight to save a front row seat on that one.

**FOR MORE INFORMATION HIT THE FOOTY FEVER FACEBOOK PAGE AND STAY UPDATED ON THE BENGALLA GROUP 21 COMPETITION. CHECK OUT THE LINK TO STREAM ALL YOUR COMMENTARY OF THE FINAL'S GAMES ONLINE. SO FROM BALI TO BUNNAN, SINGAPORE TO SINGLETON AND EVERYWHERE IN BETWEEN DON'T MISS ANY OF THE ACTION**

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A revolutionary new beltweigher (belt scale) product has just been released by Control Systems Technology Pty Ltd. Called the IntelliRoll, this wireless 'Weigher in a Roller' can be placed directly into a conveyor belt idler frame in place of a normal roll. It looks like a normal roll but is an amazing 'microbot'.



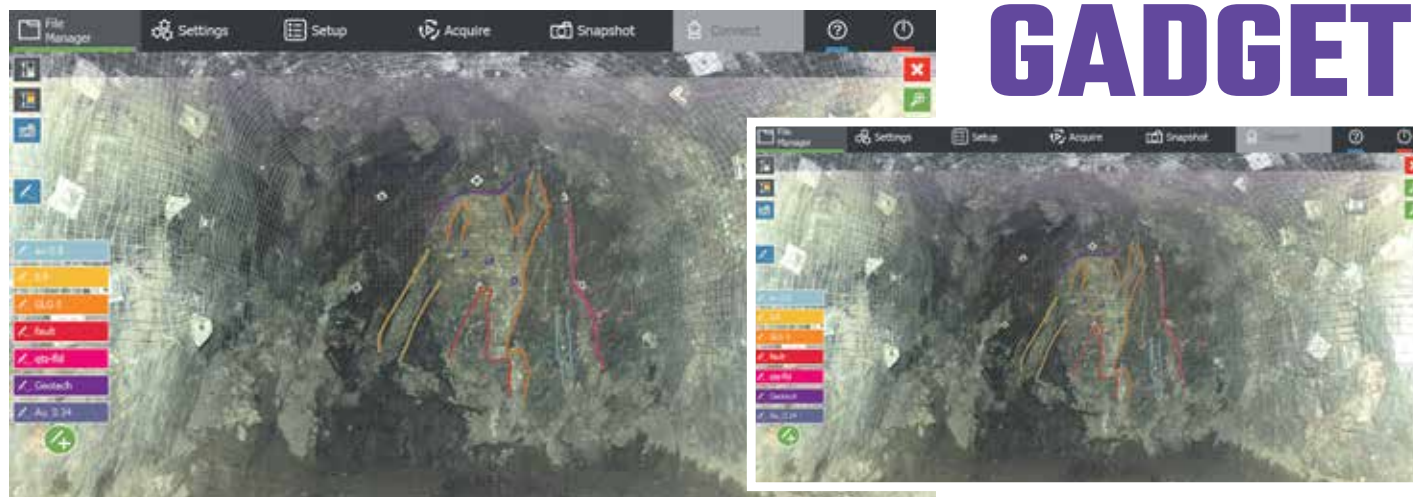
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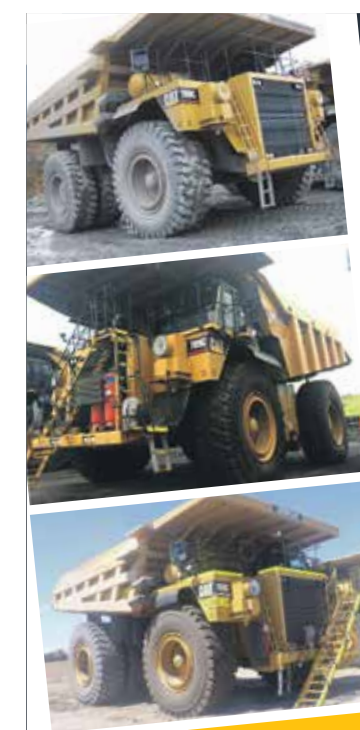
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## THE 100 CLUB

**WEIGHING IN WITH AN OPERATING WEIGHT OF A LITTLE OVER 160T, THE RIGID BODY CATERPILLAR 777G IS NOW CONSIDERED THE MINNOW OF MOST MINING FLEETS.**

A versatile truck, this off-road hauler is equally at home fitted with a water tank or service module as it is being utilised for mud removal or hauling topsoil.

Such is the scale of mining today that this truck by rights almost classifies as a civil size machine and can often be found in quarries and (increasingly) large infrastructure projects. Paired with a Cat 992K Wheel Loader, the 777G can be a potent tool offering operators flexibility in tight working areas

matched with comfort, efficiency and most importantly safety. **RELEASED IN 2012, THIS MACHINE FEATURES SEVERAL UPGRADES AND ADVANCEMENTS OVER ITS F SERIES PREDECESSOR. NOT SURPRISINGLY, MANY OF THESE FEATURES RELATE TO THE TECHNOLOGY THAT UNDERPINS THE TRUCK'S INCREASED FUEL EFFICIENCY AND SAFETY FEATURES.**

Immediately recognisable with its bold black vertical square radiator (previously a sloped bull nose cowling in the F Series trucks), the 777G has introduced a new front frame design that increases the approach angle on ramps and grades. With

hydraulic oil-immersed disc brakes now standard on all four corners of the truck, this truck offers enhanced braking as well as a traction control system able to differentiate between tire spin and high-speed turns that now activate at lower speeds.

As is the theme with most recently released Caterpillar machines the hydraulic oil filter life has been extended to allow 1000 hour service intervals under normal operating conditions with this unit also incorporating a heavy-duty rear axle housing permitting increased

lubrication and filtration of critical components.

With operator comfort a clear design consideration in this Series truck, the redesigned cab is easier to enter and exit and features new operator seat with a more comfortable trainer/'dickie' seat on the right. A laminated windshield and left side window increase occupant safety and contributes to 50 percent less sound compared with the 777F.

As the flag bearer and undisputed champion in the 100 tonne category, the 777G locks horns with Komatsu's 785-7 Dump Truck and more recently Liebherr's T236 Mining Truck that sports a diesel electric drive system.

**WITH A RATED PAYLOAD OF 89.4T AND AN ARRAY OF TRAY OPTIONS AVAILABLE, THE 777G HAS A HEAPED CAPACITY OF 60.2 CU/M IN ITS STANDARD CONFIGURATION THAT WHEN HAULING LIGHTER WEIGHT MATERIALS CAN BE INCREASED THROUGH TO 126 CU/M WITH THE ADDITION OF HUNGRY BOARDS AND/OR THE USE OF LIGHT BODY TRAYS.**

Introduced in 1974 and spanning a multitude of industry sectors this flexible stalwart remains (outwardly) largely unchanged, speaking magnitudes to Caterpillar's original design. Already well entrenched in the Valley, this model truck shows no signs of ending its illustrious run and I suggest will be around for many years to come.

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# SENDING IT SIDEWAYS

We've seen it in movies, we have seen teens chuck the odd sneaky burnout in the streets, but Newcastle's Jack Gibbons has made drifting his lifestyle and his love for the sport is inspiring.

In Jack's words, "Drifting is the art of controlling a car that is completely out of control and making it look beautiful...the rear wheels don't have traction while the car is out sideways."

"You control it by accelerating, clutch kicks, handbrake and footbrake while steering, most of the time you are doing multiple things at once to get the perfect line and angle."

**"THE WHOLE TIME THERE IS LOTS OF SMOKE AND NOISE AND IN MY EYES, THIS IS THE COOLEST THING YOU CAN DO IN A CAR AND THAT'S WHY I LOVE IT," JACK ADDED.**

Dabbling in drifting from the age of 17 to 22 on the streets (Jack

assured me this was always in a safe environment) he then started doing track days and then jumped into competing.

Last year he grabbed a couple of podium finishes in the Coffs Harbour Speedflow drift series, despite engine dramas throughout the year. This year saw Jack take top place in round 1 and top 8 in round 2 and he can't wait to keep the ball rolling for the rest of the year.

His next competition will be at Queensland Raceway on August 17, with two practice days in Goulburn and Eastern Creek in the coming weeks.

"Competition is set out in battles of two cars at once, it's not a race and 90% of the time you will come away with a damaged car, the joys of being a panel beater," chuckled Jack.

"In one day drifting (providing the car holds up) I will go through

**FROM BMX TO DRIFTING, 25-YEAR-OLD JACK GIBBONS LIVES FOR THE ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.**

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and goes the hardest, pushing the limits at every comp.

"It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion."

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He's sure to put on a show.

10-20 tyres and use about 2 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more," he said.

**"IF I'M NOT DRIFTING I'M TRAVELLING, FIXING THE CAR, CHANGING TYRES, BUYING CAR PARTS OR CELEBRATING A GOOD EVENT OR DROWNING MY SORROWS AFTER A BAD ONE WITH A FEW BEERS," ADDED THE CAR ENTHUSIAST.**

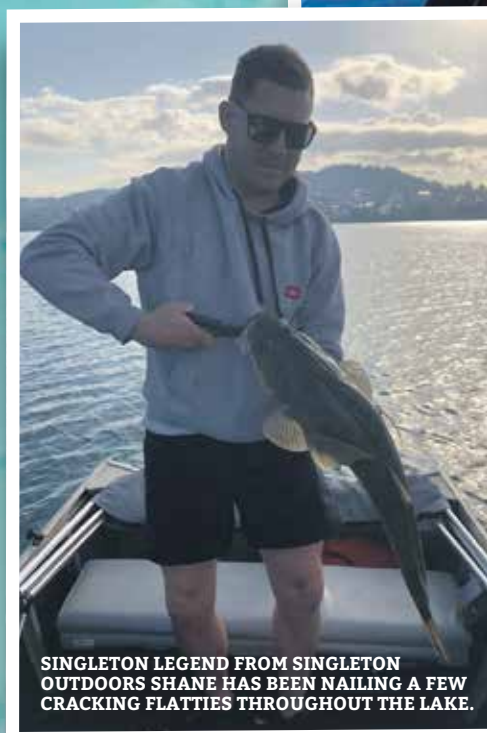


## WINTER fishing WONDERLAND...

WHAT A WINTER SO FAR WITH SOME CRACKING WEATHER AND PLENTY FOR THE FISHERMAN ON OFFER. WITH SOME LUCK EVEN BETTER FISHING IS YET TO COME.



NO COULDN'T PASS UP AN ADVENTURE WIDE-OFF THE PORT OF GOLD WHERE YELLOWFIN ARE SHOWING UP IN CRAZY NUMBERS.



SINGLETON LEGEND FROM SINGLETON OUTDOORS SHANE HAS BEEN NAILING A FEW CRACKING FLATTIES THROUGHOUT THE LAKE.

some big plastics or soft vibes along the gutters chasing a late afternoon Jewie or one of the cracker Flatfishes that can be found in the gutters.

### FROM THE DAMS

It would seem the Bass haven't slowed down at all, with the drop in water temp throughout Winter it's pretty crazy when you're hearing reports of a constant surface bite mid-Winter. The fishing should only start to get better as we move into the back half of Winter and into Spring on all of the Hunter's Dams. The majority of the bite has been gained working schooled fish with a mix of soft plastics, metal vibes and suspended divers on the edges. Keep floatin' - Thrifty's

The fishing offshore has been absolutely insane! Whether it's Snapper snacking on plastics over the inshore reefs or the fun on the edge and beyond with Kings playing the game out at Allmark. Not to mention the insane run of Yellowfin Tuna we have witnessed so far over the edge of the shelf for the past month. What more could you ask for. Let's hope we see some more good water move in for some more crazy Tuna action to finish the winter off on the high.

### ON THE LAKES

From the lake we should expect much of the same as we have been seeing with the Flathead reacting well to soft plastics and vibes in the deeper parts of the lake. Don't be surprised if you come across a school Jewie while tossing soft vibes around with some pretty good numbers being encountered at the moment. Bream will continue to react well to lures and bait around the structure.

### AT THE BEACHES

As we head into Spring and the weather starts to warm back up, we usually see some great fishing from the beaches with plenty of sport fishing fun to be had. Whether it's spinning a few metals targeting Taylor and Salmon or even throwing



YOUNG GUN QUINTON SMITH (9) FROM WEEWAA WITH HIS CATCH!

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THE Ultimate High

THERE'S A REASON WHY SKYDIVING IS AT THE TOP OF MOST BUCKET LISTS. BECAUSE THERE IS SIMPLY NO EXPERIENCE MORE THRILLING AND THANKS TO SKYDIVE AUSTRALIA, I CAN NOW CROSS IT OFF MINE.

Skydive Australia has locations all over the country and here in the Hunter we can choose to jump from their Singleton, Newcastle or Central Coast bases. Whether you want to see beaches, mountains or towns, each location offers breathtaking views. I wasn't going to miss the opportunity to see our mines from up above so on a blustery cold winter day I head out to the Hunter jump zone out near the Singleton Army Base on Range Road. When doing any type of activity, it's a lot more fun to do with a mate instead of on your lonesome like me, which was the case for one group of people there. Eight friends were celebrating a 21st birthday by doing this once in a lifetime experience and their smiles and eager anticipation is infectious.



The group go up before me and as each safely land to whoops and delighted laughter my own excitement begins to bubble up so by the time my instructor Cam gets me suited up and runs me through the safety instructions I'm eager to get going.

As I chat with Cam on the way to the plane, I ask him how many jumps he's done to ensure that I am really putting myself in safe hands. He reassures me that every instructor has jumped more than 10,000 times, with one of the guys having done over 40,000.

"WOW, YOU MUST GET SICK OF IT" I SAY. TO WHICH HE PASSIONATELY EXCLAIMS THAT IT'S THE BEST JOB IN THE WORLD AND IT NEVER, NEVER GETS OLD.

We bundle into the plane and it's not until I see the clouds floating pass the window that the nerves start to come back. I try to convince myself it's only the cold making me shake. As I begin to reconsider what I'm doing, Cam starts

to shuffle me forward on the seat and the instructor in front opens the door of the plane letting the full force of the wind and cold blow through.

I'm still trying to process what's about to happen as Cam scoots me forward so I'm sitting halfway out of the plane looking down at the ground so very far way and desperately trying to remember the instructions he told me only minutes before.

THEN WE JUMP. OR RATHER, CAM JUMPS AND TAKES ME WITH HIM!

This is where it gets incredibly hard to explain what I'm feeling. I'm gulping like a fish trying to breathe in the thin air as we plummet at terminal velocity of nearly 200km/h. I'm trying to scream, I've no idea which way is up, and I have never felt so alive, so exhilarated and so absolutely sh't scared. Then moments later Cam releases the shoot and our death-defying dive suddenly stops.

As we gently float above Singleton

I begin to breathe again and as my heart slowly settles I take in the tranquility of being alone (except for the stranger strapped to my back) and looking down at all the people in their cars and homes who are going about their mundane lives while mine will never be the same again.

Cam encourages me to grab the handles and by pulling hard on one I propel the parachute into a dizzying spin, which ramps up the excitement once more. The grounds draws nearer and nearer and then both feet are firmly back on the ground though my heart is still soaring.

Skydiving is an experience I will never forget and I can truly say it is the ultimate high. I've also just discovered that they do night skydives, so I'm thinking that's definitely worth a review!

SKYDIVE AUSTRALIA 1300 815 245 WWW.SYDIVE.COM.AU

SINGER SONGWRITER SENSATION

LILI CRANE'S PASSION FOR MUSIC SHINES THROUGH EVERY PERFORMANCE.

At just 18-years-old, Newcastle's Lili Crane has already discovered her absolute love for music, playing guitar, singing and writing songs and it truly shows when she's in front of the microphone.

Inspired by the likes of Taylor Swift, Sheryl Crow, Stevie Nicks, Bonnie Waitt, The Eagles and many more, Lili released her first single earlier this year, a pop/rock song titled 'Don't Take My Mask Off', produced by Gareth Hudson, Grant Walmsley and herself.

"Releasing my first single this year was by far the best feeling," said Lili.

"IT'S A SONG I AM SO PROUD OF AND I FEEL SO LUCKY TO HAVE PUT IT TOGETHER WITH THE COOLEST GUYS EVER AND EVERYONE HAS BEEN SO SUPPORTIVE OF IT TOO," LILI ADDED.

Following the success of her first single, Lili's next song 'Stay Forever' was livestreamed via social media late July. Her latest single has a pop/rock atmospheric vibe, reflecting on the people and memories made throughout life.

Music has played a major part in the young performers life after joining a friend for guitar lessons in Year 3. Coming from a less than musical family, Lili's Grandmother is the only member with a singing background. As the eldest of three with a younger brother and sister Lili said, "We think I must have got it from her."



When asked about any funny career stories, Lili laughed saying, "I am the queen of awkward encounters and embarrassing public occurrences, ask anyone that knows me."

"One time I was performing at the Civic Theatre in a big group of singers, we had those headset microphones on and I was right at the front of the group."

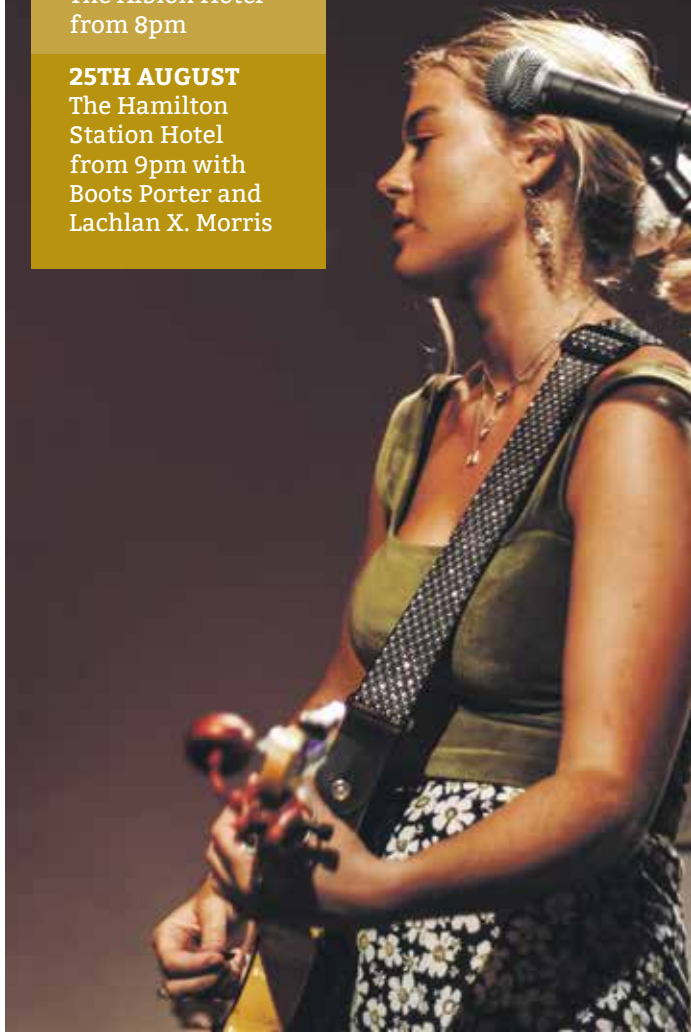
"Halfway through the song, I took a deep breath and inhaled the form tip on the microphone, I had no idea what to do and it was lodged in the back of my throat and I had a solo coming

up."

"I had to try to compose myself and then I spat it out onto the stage in front of me, it wasn't subtle either."

LILI HAS PLAYED AT LOCAL HUNTER VALLEY AND NEWCASTLE VENUES OVER THE PAST FEW YEARS, EVEN GRACING A MASSIVE AUDIENCE AT HOPE ESTATE. CURRENTLY PLAYING A FEW GIGS OVER THE NEXT FEW MONTHS, THERE'S LOTS OF OPPORTUNITY TO CATCH THIS AMAZING ARTIST IN ACTION.

FOLLOW LILI CRANE ON INSTAGRAM @LILICRANEMUSIC



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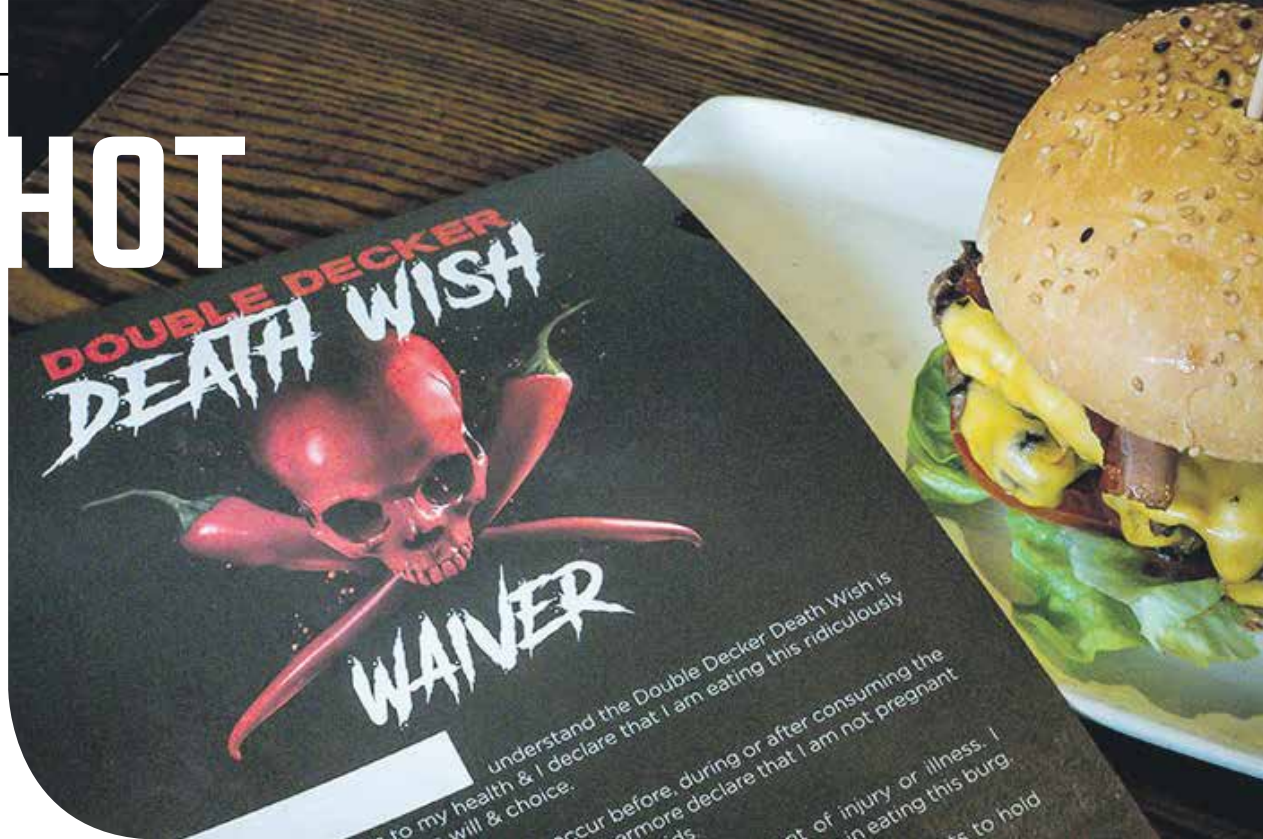
# FEELING HOT

A BURGER SO HOT THAT YOU HAVE TO SIGN A WAIVER AND WEAR GOGGLES AND GLOVES TO EAT IT. “SIGN ME UP,” I SAID.

Everyone loves a burger and chips and Burger Urge, located in The Courtyard Green Hills, has a delicious selection. So, when I saw a new sign about Australia’s Hottest Burger, I was up at the counter in a flash. Curiosity always gets the better of me when it comes to food and I will try anything once, but I promise you I won’t be going back for seconds of the Double Decker Death Wish Burger (true to its name). The burger features two angus beef patties, bacon, cheese, pickles, jalapenos, tomato, lettuce and ghost chillies sauce. The sauce is a deathly concoction of the world’s hottest chillies including the Carolina Reaper, Ghost Chillies, Chocolate Bhutlah and Big Yellow Mama.

THE SAUCE MEASURES OVER 2,200,000 ON THE SCOVILLE HEAT SCALE, ABOUT 700 TIMES HOTTER THAN YOUR AVERAGE JALAPENO. AFTER DOING SOME RESEARCH, I READ ABOUT THREE CASES OF AMBULANCES BEING CALLED TO THE RESTAURANTS FOR CHILLI-INDUCED PANIC ATTACKS. I HONESTLY WISH I READ THIS BEFORE ORDERING.

‘I accept all risks and medical responsibilities in the event of injury or illness’ the waiver states and not to mention the giant skull and cross bone shaped chillies at the top. I was so naive. I took my first bite and initially thought it wasn’t so bad, boy was I wrong, so horribly wrong. I took three bites in total of the burger and that’s all I could manage. I had tears streaming from my eyes, my stomach churning, and I thought I was going to pass out. I love chilli and I love spicy food, but this was honestly more than I could handle. I can’t really imagine anyone being able to eat the entire burger, it’s just that hot. My



partner found the whole ordeal hilarious and gave me the good old “I told you so.” I SHOVED DOWN THE FRIES AS FAST AS I COULD TRYING TO GET RID OF THE BURN, SKULLED MY PEPSI AND DOWNED THE CHOCOLATE THAT CAME ON THE PLATE. I WILL GIVE YOU SOME ADVICE, DEFINITELY ORDER A MILKSHAKE OR THREE WITH THE BURGER BECAUSE YOU’LL BE BEGGING FOR SOME MILK. Let’s just say I had to go home straight after, I couldn’t physically walk around the shops without feeling nauseous and for the next two days the bathroom was my best friend. Honestly, if you are a chilli lover and a thrill seeker, this is definitely something you need to experience for yourself. You don’t know what hot is until you’ve tried the Double Decker Death Wish.

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There were two cannibals who captured a man. They decided it would be fair if they started eating from opposite ends. After a few minutes, the one who started at the head asked the other one, “How’s it going down there?” And the other one replies, “I’m having a ball!”

## Sheep shaggers are pie people too.

KIA ORA! THAT’S KIWIFOR ‘HOW THE BLOODY HELL ARE YA!’ YES FOLKS, I’VE BEEN TO THE LAND OF THE LONG WHITE CLOUD FOR A BIT OF RNR, AND LET ME TELL YA...OUR COUSINS ACROSS THE DITCH ARE PRETTY COOL, AND I’M NOT JUST TALKIN’ THEIR WEATHER.



After slogging it out in the pub for the last few years while guiding the Australian population’s spiritual needs and thinking as your Pieminister, I recently snuck away for a few days of beer drinkin’ and road trippin’. SOME OF YOU MIGHT REMEMBER BRETT WHO USED TO RUN KENNARDS IN SINGO, WELL AFTER AN INCIDENT WITH A LOCAL LADY SHEEP ONE DRUNKEN SATURDAY NIGHT, HE DECIDED TO RETURN HOME WHERE THINGS LIKE THAT ARE NOT ONLY LEGAL BUT ENCOURAGED. Anyway, not a better tour guide, mate and host could you find. The whole trip started out in the business class lounge at Sydney airport where dignitaries like myself get to relax pre-flight. What a spread they put on too. Gourmet food, cakes and pastries as far as the eye can see! More importantly there’s a fully stocked bar

that’s as open and free as me on my last trip to the Happy Valley Nudist Camp. I resisted lounging around in the nuddy though as there was few kiddies around and I didn’t want them regaling school holiday stories about a national hero’s nether regions and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry. NOTHING GETS ME MORE EXCITED THAN THE WORDS ‘FREE BEER’. After then drinking the business class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand shake or man hug. Then it was off to Rotorua stopping at every pie shop we could find and we found a few. Them Kiwi’s know their pies I tell ya. Almost as

good as the Hunter. As the days rolled on we rolled around the countryside a drinkin’ and a eatin’ and even doing some tourist stuff if you could believe it. Then it was on to Lake Taupo. MY FAVOURITE EXPERIENCE WAS THE HUKAFALLS JET BOAT IN TAUPO. THESE GUYS KNOW BOATS AND I ONLY JUST MANAGED TO KEEP ALL THOSE PIES WE HAD BEEN EATING FROM UNEXPECTEDLY EXITING MY REAR END AT SPEED. From there we slid down to Napier to sample their meat bags and brews and they didn’t disappoint. All the dead animals they put in their pies are grass fed and I tell ya it’s a taste sensation. On we went, beers and pies, pies and beers. I couldn’t get enough. Before I knew it, it was time to take off but greed got the better of me. So, like one of the Bali Nine, I strapped two dozen of NZ bakeries best to my body with duct tape and smuggled them home as presents for my adoring family. I hope I see all my bro’s and cuz’s again soon. NZ? I love it! Kia ora! Sol.

Clubhouse HOTEL SINGLETON

WIN!

### BEER O’CLOCK

WIN A 6 PK OF ASAHI DRY BLACK AS FEATURED IN THIS MONTH’S BEER REVIEW.

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## BOWDLER’S BEER REVIEW

@ THE COALFACE BEER EXPERT RICHARD BOWDLER BRINGS YOU THIS MONTH’S BEER REVIEW.

ASAHI DRY BLACK

**Name:** Asahi Dry Black

**Made:** Japan

**Info:** Asahi uses the same yeast strain and filtering process as their famous super dry lager on a black beer

**Cost:** \$3.54 / stubby

**Alcohol:** 5.5%

**Color:** Black as the Ace of Spades

**Nose:** Weirdly almost no smell. Very slight malt. Must be a product of the Japanese extreme filtering process.

**Taste:** Malty but mild and very refined, thinner than a normal black. Doesn’t taste like a dry or superdry... it’s totally its own thing. Different but pleasant.

**Mouth:** Smooth but light bodied for a black. A good intro for people who don’t usually drink black beer.

**Aftertaste:** A black beer malty aftertaste that’s just as good as anything out there. Malt gives way to a hoppy finish after 3 seconds and runs to about the 10 second mark.

**Comments:** Quite an interesting black. Typical of Japanese beer, it is very filtered to knock off all the rough edges. Unfortunately, that also means a loss of character that makes a black an outstanding one.

**Score:** 7/10 for regular black drinkers (not quite enough body or malt).

9/10 for normal lager or draught drinkers who want to turn to the dark side.

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G	P	A	R	A	E	B	I	G	O	Y	R	M	W	Q
H	O	M	E	R	S	I	M	P	S	O	N	A	E	T
C	O	F	T	H	U	P	T	F	D	I	M	B	E	E
R	B	E	S	U	O	M	E	I	N	N	I	M	T	L
C	Y	L	E	M	M	T	L	R	M	O	D	A	Y	G
L	T	I	V	S	Y	Y	A	F	K	R	L	B	P	I
I	T	X	L	S	E	N	D	T	E	Y	E	P	O	P
F	E	L	Y	T	K	J	N	O	O	T	I	K	O	Y
F	B	O	S	I	C	U	P	U	O	P	F	C	N	K
O	N	I	D	M	I	H	I	G	B	W	R	W	S	R
R	K	A	S	P	M	K	H	P	O	S	A	M	J	O
D	A	F	F	Y	D	U	C	K	G	O	G	K	F	P
T	O	P	C	A	T	E	L	M	E	R	F	U	D	D
F	A	L	O	V	X	M	Y	G	U	M	B	Y	B	V

BAM BAM	DORY	MICKEY	PORKY PIG
BETTY BOOP	ELMER FUDD	MOUSE	SNOOPY
BUGS BUNNY	FELIX	MINNIE	STIMPY
CASPER	GARFIELD	MOUSE	SYLVESTER
CHIP N DALE	GOOFY	MR POTATO	TOP CAT
CLIFFORD	GUMBY	HEAD	TWEETY
DAFFY DUCK	HOMER	OLAF	WOODY
DINO	SIMPSON	PIGLET	YOGI BEAR
	KERMIT	POPEYE	

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VOLUME 3 – NO 9: JULY-AUGUST 2019

Components Only Crib for the Crew	Nikki Glover
Roberts Meats Raffle	Nathan Priebbenow
Café La Luna Cake	Natasha Harvey
Beer's On Us	John Lunn
Crib Bag	Steve Wylie
F45 Cessnock	James McIntyre
Exact Hair Co	Belinda Lever

CONGRATULATIONS TO ALL OUR WINNERS!

THIS MONTH'S  
@ THE COALFACE TRIVIA  
COALFACE CONUNDRUMS

- Q1. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
- Q2. What has a head, a tail, is brown, and has no legs?
- Q3. Name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
- Q4. David's father has three sons: Snap, Crackle and \_\_\_\_ ?
- Q5. What is black when you buy it, red when you use it, and gray when you throw it away?
- Q6. What belongs to you, but other people use it more than you?
- Q7. Re-arrange the letters, O O U S W T D N E J R, to spell just one word. What is it?
- Q8. What can point in every direction but can't reach the destination by itself.

ANSWERS  
A1: The word is starting! starting, string, sting, sing, sin, in, I.  
A2: A Penny  
A3: Yesterday, Today, and Tomorrow.  
A4: David  
A5: Charcoal.  
A6: Your name.  
A7: 'Just one word'  
A8: Your finger

TOP OF THE WORLD

ARRIVING IN BUSTLING KATHMANDU, NEPAL, FROM RELATIVELY SEDATE SINGLETON IS A BIT OF A SHOCK TO THE SYSTEM.

In fact, you could be forgiven for thinking your adventure has actually begun when you step out of Tribhuvan International Airport and have to cross the road to get to your hotel - though six lanes of traffic. I say 'lanes', but there are none. It's unregulated and you cross at your own risk between brightly painted buses, legions of vans, and countless motorbike riders who weave confidently (and recklessly!) through the gridlock.

I'm part of a group doing a cultural tour of Kathmandu, followed by a short trek to the village of Chisopani in the Shivapuri Nagarjun National Park. An area that covers the northern part of the Kathmandu Valley.

Kathmandu itself is fascinating – and sprawling. Although its population is only a bit over a million people, its narrow streets and alleys still feel busy, especially in the popular shopping district of Thamel. Here, tiny shops are squeezed together, and their merchandise crowds the footpaths – all the better to tempt the tourists.

It's also known as the 'City of Temples', and Kathmandu has hundreds. Places of Buddhist and Hindu worship range from small shrines on street paths to grand, World Heritage listed structures called 'stupas'.

**BUT IT'S THE KATHMANDU VALLEY WE'VE COME TO SEE, AND A SHORT BUS RIDE (THANK GOD I'M NOT DRIVING!) OF JUST UNDER AN HOUR GETS US TO THE VILLAGE OF SUNDARIJAL, - THE GATEWAY TO THE SHIVAPURI NATIONAL PARK.**

Our destination is Chisopani – a small Sherpa village about 2100 metres above sea level. There's a small hut at its entrance where visitors have to present their passports and pay a fee. Between that and the two army guards who flank the gate, it's like a border crossing! A more welcoming sign describes the wildlife that can be found in the park. Himalayan

Black Bears and Clouded Leopards, anyone?

Having cleared 'customs,' we are free to enter the park, and begin to climb the steps. The many, many steps that lead up into the lush, terraced foothills that form the sides of the Kathmandu Valley. I should probably come clean and admit that we aren't carrying anything much. Guides are included in the price of the tour and they do all the heavy lifting, which means that people of varying ages and fitness levels are able to make the journey.

The track alternates between flights of steps and packed earth. Thousands of treading feet have worn the path to a smooth finish that makes the going easier, and the higher we climb the better the view of the Kathmandu Valley below. There are several tiny settlements to pass through before we reach Chisopani, most consisting of a handful of traditional Nepali stone and mud houses.

**BUT THE BEST VIEW OF ALL COMES LATER IN THE AFTERNOON, AS THE TRACK WIDENS OUT TO REVEAL THE SNOW-CAPPED PEAKS OF THE HIMALAYAS AGAINST A BRIGHT BLUE SKY. THAT VIEW ALONE IS WORTH THE TRIP TO NEPAL.**

We reach Chisopani about five hours and twenty-two kilometres later, and – tired as we are - it's instantly enchanting. Its name means 'cool water' in Nepali, and as the evening draws in, the whole village is wrapped in fog.

Our accommodation for the night is the catchily-named 'Lama Dorje Lakpa Hotel and Lodge'. Its rooms are basic but warm, there's good food, and in the small bar downstairs they serve Everest beer. I mean, why not?

The following day – regretfully – we make our way back down the hills and back to Kathmandu. Our trip is over; it's time to fly home. But I think it would be well worth another, longer trek in the future. After all – I never did get to see a Clouded Leopard.



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