

HUNTER INDUSTRY, COMMUNITY, SPORTS & ENTERTAINMENT

@THE COAL FACE

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CHEERS TO 40 YEARS

LOCAL FAMILY OWNED BUSINESS HEDWELD CELEBRATE THEIR 40TH ANNIVERSARY.



CARING FOR OUR COMMUNITY

PAGE 8-9

THE SINGLETON NEIGHBOURHOOD CENTRE HAS BEEN RUNNING IN SINGLETON FOR 45 YEARS PROVIDING IMMENSE SUPPORT FOR OUR COMMUNITY.



KEEPING OUR INDUSTRY SAFE AND ECONOMY MOVING

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THE SHOW WILL GO ON

WITH THE WORLD AS WE KNOW IT DRASTICALLY CHANGING EVERY DAY, WE HOPE THIS MONTH'S EDITION OF @ THE COALFACE BRINGS A LITTLE FAMILIARITY BACK INTO YOUR DAY.

This month we turn to industry and government leaders for their take on what's in store for the mining industry in the months ahead. The general consensus is that there's going to be some bumps in the road, but our industry should still be strong when we come through to the other side. It's definitely reassuring news.

You might notice this month's edition of @ The Coalface is a little smaller than usual. Like all businesses, we've had to make some changes to ensure we can make it through the tough months ahead.

We hope you find a few things to laugh at this month, don't miss the Pie Minister's take on the current situation and our coronavirus themed jokes. If you're still feeling stressed out, check out our tips on meditation.

We hope you enjoy this month's edition and thank you all for the support that makes it possible.

@THE COALFACE

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STRONG AND STEADY

STEPHEN GALILEE,
CEO, NSW MINERALS
COUNCIL

A CALM, STEADY AND CONCERTED APPROACH WILL BE NEEDED TO SEE US THROUGH THE CHALLENGES OF THE WEEKS AND MONTHS AHEAD.

First and foremost, we need to ensure the health and safety of our workforce and our mining communities. We also want to maintain the strong economic contribution that our state, our mining communities and our mining families rely upon.

The NSW Minerals Council is working closely with state and federal governments, regulators, and other industry associations to minimise the impact of covid-19 on mining communities, including here in the Hunter.

Mining operations across the Hunter are following the advice of health authorities and implementing extensive workforce protection measures, including enhanced monitoring, cleaning and sanitation, work from home policies, social distancing in crib rooms, enhanced screening measures for visitors and many more.

The NSW Minerals Council has also commenced an information advertising

campaign to reassure local communities that our industry is taking all necessary steps to ensure our workforce is as safe as possible.

IT'S IMPORTANT TO REMEMBER THAT THE NSW MINING INDUSTRY ENDED 2019 IN A STRONG POSITION WITH RECORD COAL EXPORT VOLUMES, STRONG GOLD PRICES AND RECORD EXPLORATION SPENDING.

So far in 2020 there has been strong demand for coal and while it's too early to tell what the longer term economic impact of the current global challenge will be, it's likely that demand for the high quality coal we produce here in the Hunter will remain solid.

Together, we can ensure our industry weathers this storm and emerges on the other side as a strong and reliable source of economic stability for our region and our state.

Stephen Galilee, CEO, NSW Minerals Council

OPINION

THE WORLD HAS CHANGED SINCE I WROTE MY LAST COLUMN FOR THE COALFACE

WITHIN WEEKS, AUSTRALIA'S MINING FAMILY HAS COME TOGETHER LIKE NEVER BEFORE TO KEEP OUR WORLD-CLASS WORKFORCE, THEIR FAMILIES AND COMMUNITIES SAFE AND HEALTHY.



TANIA CONSTABLE

While health and safety is always the industry's first priority, the onset of COVID-19 has taken us to a new level at site, in neighbouring communities, within companies and across the nation.

In NSW and especially the Hunter Valley, we salute the hard-working men and women in our coal mines who are keeping the export pipeline full and keeping the lights on.

Across Australia, we've been fortunate to work with state mining chambers and state, territory and federal governments in partnership so people stay in work and our nation keeps running.

In particular, the NSW Minerals Council has shown great leadership by getting a strong message out to mining towns and regions that mining is a key industry and outlining the measures being taken at every mine, including increased cleaning and sanitation, social

distancing, and alternative working arrangements.

I also want to pay tribute to the suppliers and contractors who are providing vital support with fuel, tyres, chemicals, spare parts, PPE and the thousand other things that keep mines operating.

As an industry, the MCA has joined with the Australian Petroleum Production and Exploration Association to develop and implement strict national COVID-19 health and safety protocols to reassure governments and the community.

Companies are moving to adopt the protocols already.

This approach has been strongly backed by the nation's resources ministers and industry unions.

RESOURCES MINISTERS HAVE ALSO ENDORSED AUSTRALIAN MINING AS AN ESSENTIAL INDUSTRY.

But if the industry is to continue operating, even with restricted output in some cases, it's clear that our minerals companies need to work even more closely with health officials, resources regulators, law enforcement, local government and others.

We also need to take a zero-tolerance approach to ensure that all official advice and restrictions are observed across the supply chain.

It's essential that mining continues as long as it's safe to do so, because families, communities and small businesses across regional Australia and in our major cities depend on the mining industry.

The minerals sector is also an integral part of the complex supply chains for Australian manufacturing industries, a key element of the economy.

Australian mining also helps to fund hospitals, nurses, teachers, police, roads and other critical infrastructure including in the Hunter Valley and other mining areas.

AUSTRALIAN MINING HAS ALWAYS BEEN A RESPONSIVE AND RESPONSIBLE NEIGHBOUR.

When Australia emerges from the immediate health impacts of COVID-19, a strong resources sector and a safe and healthy workforce will underpin Australia's economic recovery.

I wish all Coalface readers and their families – especially those with young children – all the best in the weeks and months ahead. Stay safe and healthy!

TANIA CONSTABLE
CEO, MINERALS COUNCIL OF AUSTRALIA

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IN THE NEWS...

COMMUNITIES BOOSTED TO STAY STRONG

There was a massive funding boost for many projects in the Upper Hunter region throughout February and March.

Through the NSW Government's Stronger Country Communities Fund, projects in the Upper Hunter Shire have received \$814,000; \$629,000 has gone to projects in Quirindi; projects in Denman have seen \$824,000 and in Singleton there has been \$878,000 for projects from sports to community organisations.

\$100 million is being distributed across more than 550 new projects in regional communities across NSW.

IT'S SIMPLE... PEE... POO AND PAPER

Amid toilet paper and sanitary items disappearing off the supermarket shelves faster than it can be stocked, we're being reminded again of the 3 Ps...

Everyone is being urged to stop using the "flushable wipes" because it turns out they're not so flushable getting caught up in sewer mains and pump stations causing frequent blockages.

Council staff have had the unpleasant job of cleaning out many a pipe and sewerage system of late across all of the Council areas, so please the 3 Ps.

QUICK APPROVAL FOR GLENDELL

The IPC has taken just three weeks to approve plans for Glencore to extract more coal from their Glendell Open Cut mine.

Close to an additional two million tonnes more coal will be extracted from the Barrett Pit at Mount Owen with the approval to extend the Glendell mine 20km north-west of Singleton.

In its Statement of Reasons, the Commission concluded the application "is in the public interest" and "on balance the benefits outweigh the costs of the Application". The IPC did acknowledge the concerns raised by the community in relation to potential air quality impacts but ultimately found there would be a "reduction in terms of air quality impacts."

SUN SHINING ON SOLAR AT WOLLAR

A solar farm between Denman and Mudgee has been given the green light.

The NSW Department of Planning has given the \$431 million project the go ahead to be built at Wollar - the project forms a part of a slate of renewable energy projects across the state and will generate 290 megawatts creating up to 320 construction jobs and generate enough electricity to power around 108,000 homes.

There are more projects in the pipeline such as the 290 megawatt wind farm at Bowmans Creek, a pumped hydro project at Bells Mountain at Muswellbrook and also a gas fired power station at Tomago.

DISCUSSION ON POWER GENERATION GETS NUCLEAR

Upper Hunter MP Michael Johnsen has backed the idea of a small nuclear reactor being built in the region, saying nuclear energy would be a good fit for the region.

Deputy Premier John Barilaro said he would support a Bill to allow

uranium mining in NSW - it's an idea One Nation Senator Mark Latham has been pushing for some time.

"Mark Latham has a Bill before the house to lift the ban on nuclear and the Deputy Premier has come out and said the nationals will support the passage of the Bill and we intend to do so," Michael Johnsen said.

SUNNIER SKIES FOR SOLAR IN SINGLETON

There is a feasibility study underway by a global renewable energy company into the possibility of a solar farm at Whittingham.

Global renewable energy company RES is currently assessing the feasibility of a solar farm that would generate up to 90MW of power and have enough power for 36,000 homes.

A site, 250 hectares in size is being looked at adjacent to the New England Highway approximately 4km south east of Whittingham.

COVID-19 COMPLAINTS TO REGULATOR

The NSW Resources Regulator is checking up on mine sites after numerous reports of mines risking mine worker safety when it comes to COVID-19.

It comes after a number of allegations including workers who should be self-isolating being directed to work, workers not complying with self-isolation after returning from overseas or being in close contact with confirmed cases, workers being told that social distancing requirements don't apply at a mine site because mining is considered essential are among the complaints.

There have been numerous reports of sites following appropriate protocol like at Hunter Valley Operations and Bengalla where workers have been isolated on site and sent off site after exhibiting symptoms.



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

COVID-19 LATEST...

As of the start of April, the Hunter New England Health District has more than 200 confirmed cases of COVID-19.

The majority of the cases have been acquired overseas from three cruise ships and travellers coming home, many have also been locally acquired through contact with a confirmed case.

In good news, more than 30 people have recovered from the virus, having done their isolation and are now back in the community.

HNEH is urging everyone to continue following the health advice in a bid to slow the spread of COVID-19 and that includes social distancing, excellent hand hygiene and staying home unless absolutely essential for work, supermarket shopping or for a medical appointment.

NOT THE WOMAN OF THE MOMENT, BUT THE YEAR

Cassandra McLaren said she feels totally overwhelmed and humble to be named the Upper Hunter Electorate's 2019 Local Woman of the Year at the NSW Women of the Year Awards.

The awards ceremony was even more poignant considering the drought and bushfires that much of NSW has been and still is contending with.

Cassandra received the accolade due to her work keeping drought-affected communities in NSW together with her Facebook page One Day Closer to Rain.

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KEY INFORMATION



- The LA Stand is both forkliftable and self-propelled for superior mobility
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- The base has specifically been made with a short front, to fit a personnel access stand between it and the wheel being worked on, providing the ability to reach both sides of the wheel without moving the setup.
- The Lift Assist stand can take the LA40 arm to a height of 3 metres, enabling fitters to use it for wheel, tyre, rim and suspension maintenance even on the biggest machines.
- The LA Stand's pendant controller allows fitters to operate the up and down movements whilst on the access platform.
- The Lift Assist System comes ready for easy site introduction, complete with third party certification, Operation Risk assessment, and SIL assessments.
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WHAT INDUSTRY IS SAYING

"We believe that the Lift Assist Stand will allow us to cover the full range of tyre and wheel maintenance requirements and take the heavy labour out of the work in unbolting wheel assemblies. I believe it will assist us in reducing hand injuries as well as back and shoulder issues long term as it means the Technician has a far reduced need if at all to place his hands near any pinch or crushing points in the rim and wheel base when using rattling or torquing equipment." **Peter Santarossa, Tyre Supervisor Bengalla Mine**

"The ability of the Lift Assist to compensate for the weight of heavy tooling that we sell into heavy industry, is a huge benefit. It makes it easier for us to sell heavy duty tooling typically used in awkward positions. Even if a tool isn't particularly heavy - if you're doing up 46 bolts at a time, or 70 bolts say, on a wheel arch - that repetitive action can be fatiguing and can ultimately cause injury." **Kevin, Business Development Manager Persas**

"The greatest benefit will be the long-term safety of the tyre technicians. Manual handling risk (particularly relating to the Hitachi trucks) is significantly reduced. Once the Lift Assist System is embedded into day to day practices then the efficiencies will come." **David, Kluge Tyre Management Systems**



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CARING FOR OUR Community

THE SINGLETON NEIGHBOURHOOD CENTRE HAS BEEN RUNNING IN SINGLETON FOR 45 YEARS PROVIDING IMMENSE SUPPORT FOR OUR COMMUNITY.

The Singleton Neighbourhood Centre (SNC) is a place for local people to access a range of community services, from emergency relief and advocacy to financial assistance and no interest loans. Located in Mary Street Singleton, the centre has been a shining light of support for those doing it tough.

With the recent drought, bushfires and now a national pandemic, the services that the Neighbourhood centre provide have become, more now than ever, indispensable.

Some of the services available can be the difference between having a roof over your head or being forced out on the street, like the emergency payment help for example. The service provides help with power, gas, Telstra and food parcels where needed. No interest loans are also available for those that are on benefits or low income.

Work Development Orders are there to help people pay off fines that they have incurred over many years through a volunteer option, where people have the option to go

to TAFE or some sort of counselling to pay off their debts. On top of financial assistance, the SNC offers information and referral to all of the Singleton community.

ONE OF THE SNC'S GREATEST RESOURCES IS THEIR OPENDOOR. THIS SERVICE PROVIDES A HOT BREAKFAST 4 DAYS A WEEK SERVING 250 BREAKFASTS PER MONTH, HOT SHOWERS, WASHING MACHINE AND DRYER AS WELL AS NEW CLOTHING AND FREE BREAD, FRUIT AND VEGGIES.

"There is no other service in the Hunter that has a space like the OpenDoor," said Judy Mitchell, Manager of SNC & OpenDoor.

"It is a place that is helping people engage in meeting people and has also helped people come in that would normally be isolated in the community. They meet over breakfast and coffee, watch some TV and do their washing while they are here. It really is a great place for all the people that come here."

"The SNC helps families, single men and women, teenagers and children



JEAN HANDS, VOLUNTEER AND A BOARD MEMBER OF SINGLETON NEIGHBOURHOOD CENTRE WITH THE CLONTARF ACADEMY

be fed of a day; we provide hygiene packs, toothbrushes and paste, nappies, blankets, towels, linen and swags when we have them."

IT DOESN'T STOP THERE. THE SNC RUN ART THERAPY 2 TIMES A MONTH AND SEWING CLASSES EVERY SECOND MONDAY. THEY ARE ALSO TRIALLING EVENING SIT DOWN MEALS TO THE COMMUNITY THAT ARE HOMELESS AND DO NOT HAVE A PLACE TO HAVE A MEAL.

There's a free women's health service on the 1st and 3rd Monday of every month, Legal Aid twice a month, Umbrella Legal twice a month, pro bono legal work for clients, Mission Gambling Counselling 4 days a week, Interrelate Mediation 2 days a week, Upper Hunter Homeless Service 2 days a week, Corrective Services use the centre to run courses for people on parole, NDIS once a week and AA Singleton every Saturday night. It's clear to see the extensive impact that

the SNC has on the wider Singleton community. The amount of support they provide on so many different levels is extraordinary.

"We do a lot of Advocacy for our clients and refer a lot of people to other agencies when we cannot help them," said Judy.

"We also provide funding to the 3 public schools in Singleton - The Heights, Hunter Street and King Street. They can serve over 2000 students a month, with Clontarf Academy coming in from the High School to cook a BBQ in March and the Girls Academy to be attending the OpenDoor regularly to help serve breakfast and volunteer in the OpenDoor."

GLENCORE HAS BEEN A LONG-TERM SPONSOR AND SUPPORT OF THE SNC IDENTIFYING THE NEED FOR THESE TYPES OF SERVICES IN THE COMMUNITY.

Glencore supports the SNC with the

funding for the Breakfast Clubs in the 3 schools. "If we did not have their support for the program, we would have a lot of children attending school hungry and aggressive," said Judy.

Glencore provided the SNC with the money to purchase the centre building for their own. They helped with donations for the fit out of the shed, all electrical, plumbing and cementing and a cash injection to help get it finished. "Without Glencore we would not be where we are today in such a wonderful centre," Judy added.

When asked what it means to work

for an organisation like the SNC, Judy's passion for what she does was undeniable.

"I FEEL THIS IS MY LIFE'S CALLING, I LOVE MY JOB AND IT IS GREAT WHEN YOU CAN HELP PEOPLE OUT OF SITUATIONS THEY THOUGHT THEY WOULD NEVER GET OUT OFF. I HAVE BEEN WITH THE CENTRE FOR AT LEAST 25 YEARS," SHE SAID.

With big goals for the future to continue their community support, Judy said they are aiming to get the funding to replace funding that the Government took off them last year. Also running out of space in the centre for services the organisation

hopes to purchase a demountable building to increase much needed services in the Community. "We would like to put all our Volunteers through DV courses, Mental Health and First Aid," said Judy.

"The OpenDoor is not funded at all, so anything donated into that covers all the meals we provide."

If you're looking for a deserving organisation to donate either your time or much needed funds, visit <https://www.singletonneighbourhoodcentre.org.au> or pop in and see the lovely volunteers at 21 Mary Street, Singleton.



JASON DEVILLE, PROJECT SUPERVISOR OF THE OPENDOOR @SNC



JUDY MITCHELL 3RD FROM THE RIGHT AND JELINDA MILLGATE 2ND FROM RIGHT FROM THE BUSINESS CENTRE AND OTHER LOCAL COMMUNITY MEMBERS.



ARE YOU LOOKING TO GET INVOLVED?

- Book a table at the Trivia night on the 13th June.
- Lend a marquee to the SNC. On August the 6th SNC will be holding their first Homeless Connect day that will have many services to help anyone that attends.
- Get involved with the Pie Drive coming up, with details to follow.
- Participate in the 50/50 raffle.

DUE TO THE CURRENT SITUATION EVENTS MAY CHANGE WITH LITTLE NOTICE. ALL DETAILS AND BOOKINGS CAN BE ACCESSED ON THEIR WEBSITE OR CONTACT (02) 6571 2499.

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OPINION

Too little, too late...

THE LAST ELECTION WAS A WATERSHED MOMENT FOR THE LABOR PARTY, ESPECIALLY HERE IN THE HUNTER.

For Labor, 23 of the top 46 worst performing booths in the country were in the Hunter. 7 of the top 10 booths were in the Hunter. Labor have held the Hunter for 100 years. 2019 was the worst primary vote result they have ever recorded in the area at 37.5%.

It was a warning shot, fired over the bow and the most senior front bench in the Labor party, Joel Fitzgibbon, narrowly clung to his seat with a 14.2% swing against him.

As far as I see it, the Labor party had a choice. Scale back its flagship zero emissions policy and risk losing seats in the city. Or retain the zero emissions target and try to shift the focus off the unpopular policy, back to an area of perceived strength. Industrial Relations.

Labor knows in order to retain the Hunter the party needs to fight the war on a different front of the battlefield, an area where the Liberal Party lack strength. The problem is, the Labor Party of today does not understand Industrial Relations the way it used to. The Labor Party of today is not the Labor Party of the 70's and 80's, and it shows.

ON MARCH 11, 2020, ANTHONY ALBANESE ENDORSED A REPORT PAID FOR BY THE CFMMEU SHOWING THE COMMUNITIES IN THE HUNTER AND CENTRAL QUEENSLAND ARE HAVING UPWARDS OF 800 MILLION DOLLARS A YEAR SIPHONED OUT OF THEIR COMMUNITIES.

This has been done by employing people as casual when in fact they are a fulltime employee. Otherwise known as 'sham labour contracts'.

A noble cause surely. But Mr Albanese doesn't understand the history of this type of employment in the mining industry and the players involved. He mustn't. If he did he would of stayed well clear of this issue and it's a poor read by his advisors.

One Nation have been untangling the web surrounding this issue for the last 12 months and are getting action in all areas. Meetings are taking place, small scale investigations are happening, lawsuits have been filed and many more will be launched, I'm sure of that.

In other words, Mr Albanese has unknowingly wandered into a mine field, blindfolded, with a war about to start.

Both Albanese and the CFMMEU report conveniently avoided mentioning CFMMEU started the first casual labour hire company, sold it to TESA and then retained shares in TESA.

There is a detailed, complex history of Phoenixing of the companies inside the labour hire industry that continues to this day. Everyone that's been involved in these sham labour hire companies knows what I'm talking about here.

SOME PEOPLE HAVE WORKED FOR 4 DIFFERENT COMPANIES AND NEVER QUIT ONCE AND NEVER APPLIED FOR A JOB. THEY WERE SIMPLY MOVED TO ANOTHER COMPANY, GIVEN A NEW SHIRT WITH A NEW LOGO, ALONG WITH A PAY CUT AND SENT BACK TO WORK.

The report also focused of several enterprise agreements with casual terms in them. The bit they don't mention is the report focuses on a few enterprise agreements CFMMEU did not endorse. The majority of these enterprise agreements used by the labour hire companies are done with a Union representative signature on the page. Of course using the Union endorsed agreements would expose the fact the Union should not of signed them in the first place, but he who pays the piper calls the tunes.

They also neglected to mention the significant progress made in recent months by One Nation and specifically Malcom Roberts. The senator had exposed enormous issues inside the Coal Mining sector.

Underpayment of wages, Insurance fraud, not reporting serious incidents to the regulator, underpayment of long service leave, under payment of people's super, companies Phoenixing themselves to avoid paying entitlements, cover ups, fraud, mismanagement.

Senator Roberts has pointed out that unlike most other industry awards, the Black Coal Award simply does not have a provision for casual employment in it. Therefore none of these enterprises agreements should of been signed and approved in the first place.

Not only are these enterprise agreements significantly below the award, but you simply cannot be employed casually under the Black Coal Award. This is well known inside the Union circles. It even says so on the Fair Work Ombudsman's website you cannot be employed casually.

SO WHY ENDORSE THE AGREEMENTS IF YOU KNOW THEY ARE BELOW THE AWARD?

Mr Albanese also neglected to mention the fraudulent activity happening around the Coal Long Service Leave that Malcom Roberts uncovered in Senate Estimates. There is millions of dollars missing in Underreported hours. Not missing hours as if someone didn't know they had to pay into the fund, deliberately skimmed to lower costs.

The other thing Labor fails to mention is that this activity has come with them representing many of the areas affected. In the case of the Hunter, the ONLY representative we've had has been Labor. I've said it many times, this needs a formal investigation and if I have to get into parliament to get one, I'll do it.

There can be no doubt that the recent attention we have received in the Hunter is due to the result One Nation got in the area. After all the Nationals lost 3% of its primary vote too.

But they can't say that. I'm like Voldemort from Harry Potter to these guys. Nobody can mention my name for fear of generating publicity.

But I'm here, working away behind the scenes and man have we got a show for you coming up...

Thank you for your continued support.

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PUBLISHERS OPINION

WHAT CAN WE LEARN FROM THIS?

WOW! WHAT A DIFFERENCE A MONTH OR TWO MAKES. I'M STILL TRYING TO WRAP MY HEAD AROUND THIS WHOLE CORONA THING AND THE WAY IT'S CHANGED THE WORLD WE LIVE IN. BUT ARE THERE ANY OPPORTUNITIES AMONGST THE DOOM AND GLOOM?

The night before I wrote this month's column I was sitting on the back deck having a couple of beers. Ok, I was three parts pissed and trying to get my head around it all. Our business and most others are suffering at the moment and I'd be lying if I said I wasn't worried.

Fortunately, mining is still going strong and let's hope it stays that way for the core businesses that are supplying the industry.

Anyway, sitting there I remembered an email one of my crew, Ashley, sent me earlier in the day. The contents were brief and the result of a conversation she had with our Editor.

ANYWAY, A WEEK OR SO AGO THEY STARTED TALKING ABOUT WAYS TO IMPROVE EFFICIENCIES AND MAYBE SKILL UP SOME MORE TO STRENGTHEN US TO SURVIVE THESE TIMES.

Obviously I thought it sounded like a good idea, but promptly forgot about it until Ash's email. In the haze of my beer buzz I got excited again. I realised that this was precisely the kind of attitude and idea that we as a nation should be embracing and fast tracking.

We now effectively have millions of people sitting on the couch waiting this thing out through no fault of their own.

So imagine that while the Chicken Littles out there are waiting for the sky to fall in on us, that we as a nation took a huge collective leap forward to prepare ourselves for the future?

IMAGINE IF WE QUICKLY PULLED TOGETHER A COMPREHENSIVE PROGRAM TO SIGNIFICANTLY UP-SKILL OUR NATION THROUGH ONLINE LEARNING AND THROUGH OTHER SAFE MEANS.

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD

NELSON MANDELA

People who never had the time or space to get started on dreams of everything from new uni degrees to the study components of trades, economics, management, IT and health services etc., could now make it happen.

In a very short space of time we could take a collective national knowledge leap and be significantly better prepared to tackle an unknown future.

I believe there to be in the region of a million to two or more Aussies with the motivation and smarts who would take up the offer and opportunity.

I for one as a small business will do everything I can to support my guys to do just that. I'll also remember to thank them in person and shout 'em a beer when we eventually can catch up again.

I've heard the Government talk up education revolutions before, but this time it really could be a game changer.

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Health + safety is our top priority

COVID-19

Mines in NSW are taking action to minimise the spread of the virus and help keep mine workers and mining communities safe.

Please do what you can to share this message and help stop the spread of #COVID19



We care about our mining communities

COVID-19

Workforce health and safety is our number one priority

Mines have increased cleaning, hygiene, monitoring, social distancing measures, alt work arrangements and more

All mine workers must follow directions from employers and health authorities to help keep workmates and family safe



INDUSTRY TAKING ACTION

THE NSW MINING INDUSTRY IS TAKING STRONG ACTION TO ENSURE A SAFE WORKING ENVIRONMENT DURING THE COVID-19 PANDEMIC, SUPPORTED BY A NEW PUBLIC INFORMATION CAMPAIGN AIMED AT PROTECTING THE WORKFORCE AND COMMUNITY.

"Our priority is to ensure the health and safety of our mining workforce, mining families and mining communities, while maintaining the important economic contribution that our industry is known for and relied upon," said NSW Minerals Council CEO Stephen Galilee.

"Mining operations are implementing extensive workforce protection measures in accordance with public advice, including enhanced monitoring, increased cleaning and sanitation, work from home policies, social distancing in crib rooms, enhanced screening measures for visitors and many more."

"Today we have also commenced a public information campaign in key mining regions to support these measures and to reassure mining communities that our industry is taking all necessary steps to ensure our workforce is as safe as possible and our mines are able to provide jobs and economic stability now and into the future."

"The campaign will initially be delivered through radio and social media, but may be expanded as we consider other communications measures to support efforts to protect public health during this crisis."

THE NSW MINING SECTOR ENDED 2019 IN A STRONG POSITION, WITH RECORD COAL EXPORT VOLUMES, STRONG GOLD PRICES AND RECORD EXPLORATION SPENDING.

So far in 2020 there has been strong demand for coal with minor variations in prices, offset by lower currency rates. However it is too early to tell what the longer term economic impact of the current global challenge will be.

Mining is a key industry for NSW. The sector provides around 40,000 direct jobs and supports tens of thousands more jobs in around 7000 mining supplier businesses across the state.

Mining also provides our state's most valuable exports and sustains the local economies of many regional communities across NSW.

Mines are taking action to protect workers + mining communities

COVID-19

Please follow directions from employers and health authorities and help stop the spread of #COVID19



Some ways mines are keeping workers safe

COVID-19



increased cleaning + sanitation



social distancing



increased monitoring



alternative working arrangements





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Mudgee
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Muswellbrook
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Newcastle
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Orange
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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 A QUESTION RECEIVED ABOUT WHETHER INCOME PROTECTION INSURANCE COVERS YOU IF YOU'RE IN THE COVID-19 CRISIS.

In an earlier article I talked about Income Protection Insurance, which is a form of insurance that you may have through your Superannuation fund, through your employer or as a standalone personal insurance product. We received a question enquiring whether you can claim on your Income Protection Insurance during the COVID-19 crisis.

THE PURPOSE OF INCOME PROTECTION INSURANCE IS ESSENTIALLY TO COVER YOU FOR A PROPORTION OF YOUR REGULAR INCOME DURING PERIODS OF INCAPACITY FOR WORK BECAUSE OF SICKNESS OR ACCIDENT. THIS FORM OF INSURANCE CAN COVER YOU USUALLY UP TO 75% OF YOUR REGULAR INCOME FOR A PERIOD OF TIME, SELECTED BY YOU.

There will be a policy document in respect of every Income Protection Policy. That document may be a "group" policy document or an individual policy document depending on how you took it out. The Policy document sets out all of the relevant rules, for example, when you are entitled to claim, for what reasons, waiting periods, and the amount you can claim. In summary it sets out the agreement between you and the Insurance company. If you have such a policy and have not read the policy document you should ask for a copy and familiarise yourself with it to avoid nasty shocks down the track.

BECAUSE POLICIES WILL VARY IN THEIR CONTENT FROM INSURER TO INSURER WE CAN ONLY COMMENT GENERALLY ABOUT AN ENTITLEMENT TO CLAIM.

If you are unfortunate enough to contract COVID-19, then in my view that would be a sickness or illness. In the event the sickness render you

totally or partially disabled then there is potential to claim. There will however be a waiting period that starts when the doctor advises you of the diagnosis and certifies your disability, you cannot receive benefits during the waiting period.

Once the waiting period is over you may then be entitled to receive a benefit, but if your employer is paying you sick leave or other entitlements then the value of those entitlements would be deducted from the Income Protection Insurance benefit. The benefit would be paid until the disability ceases or the benefit period ends, whichever is the sooner.

You would not be entitled to receive an Income Protection Insurance benefit in circumstances where you and your fellow workers were stood down because of the lockdown or lack of work. In those circumstances you would not have suffered a sickness or injury.



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

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BUY ANY TORO MOWER AND YOU COULD WIN THE PRICE OF YOUR MOWER BACK

Did you hear the joke about coronavirus?
Never mind, I don't want to spread it around.

UHMD ON HOLD

A TUMULTUOUS START TO 2020 HAS SEEN THE UPPER HUNTER MINING DIALOGUE IMPLEMENT SOME SERIOUS INTERIM MEASURES IN RESPONSE TO THE COVID-19 SITUATION.

Fortunately, the Dialogue was able to complete the first round of working group meetings and evaluate the extensive and quality feedback received at the 2019 Annual Forum. However, the launch of its 2020 School Mine Tours Program has had to be postponed due to restrictions on school excursions and protection measures implemented at mine sites. The Dialogue has now also postponed meetings of the Industry Working Group and Joint Advisory Steering Committee and is currently evaluating the forward program of activities including joint business chamber functions, community events and the annual forum.

THE JOINT ENVIRONMENT WORKING GROUP ON MARCH 11 MET WITH THE DEPARTMENT OF



PRIMARY INDUSTRIES WHICH PROVIDED AN UPDATE ON A COMPREHENSIVE STUDY ON THE ABILITY OF REHABILITATED MINING LAND TO PROVIDE PASTURE FOR CATTLE GRAZING.

While the study report is still under review, the update indicated positive results for sustainable grazing on rehabilitated land. The final report is expected to be released within the next few months.

The NSW Office of Environment, Energy and Science also attended the meeting to brief the Joint Environment Working Group on air quality and changes to reporting. The Joint Economic and Social Development Working Group also reviewed progress on several projects and strategies including a positive update on the Dialogue's new Mining Procurement Information Hub. The Procurement Hub is an online portal allowing supplier companies easier access to the mining industry's procurement opportunities and processes. The Dialogue will continue

THE HUB IS "LIVE" AND CAN BE ACCESSED AT
WWW.NSWMINING.COM.AU/DIALOGUE/PROCUREMENT.



to closely monitor the situation but at this stage the school mine tours scheduled for May and June will be rescheduled for August and September. Likewise, depending on the status of restrictions due to Covid-19 it is planned to resume Dialogue meetings in May and June.

The School Mine Tours Program was gearing up for its biggest year yet. Following an expansion of the program to offer Scone based schools the opportunity to participate, a record 22 schools have confirmed participation.

Now in its third year of operation, the program formerly involved only Singleton-Muswellbrook education catchment schools. In 2019, more than 800 students and their teachers from 18 schools toured 12 mine sites across the Upper Hunter.

While the tours program, meetings and community engagement activities have been put on hold, the Dialogue secretariat will continue to work on projects and continue communication activities to ensure that we continue through the current challenging situation.

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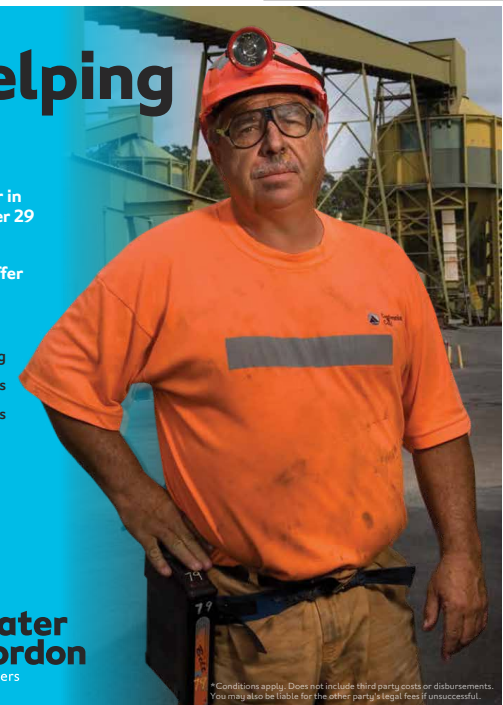
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COAL IS A GROWTH INDUSTRY

THOSE OF US WHO LIVE IN MINING AREAS ARE GROWING TIRED OF THE NEGATIVE SPIN PLACED ON COALMINING. I CALL IT THE 'COAL-DEMISE LECTURE'.

Recently we learned that the University of NSW, which has one of Australia's best mining schools, will divest itself of fossil fuel-related investments. And then it was the University of Western Sydney's Dr Phillip O'Neill who, in the pages of the Newcastle Herald, proffered his coalmining doomsday message about the 'phase-out of the coal sector'.

These prophecies are of little help to us. We live in a rapidly changing world and building economic diversity and ensuring our education and training systems are focused on future employment opportunities, is the normal task of elected representatives. Forward-planning has always been a priority for me, and I know it's been the focus of our industry leaders, local councils and our training institutions.

Let's look at the facts. Demand for thermal coal is on the rise and last year we exported a record amount of it through the Port of Newcastle. Our customers in the Indo-Pacific are building new coal-fired power stations and the Asian investors will be hoping to sell electricity domestically for at least thirty years.

They'll need coal and Australia's high-energy thermal coal is their preferred fuel.

TO QUOTE THE INTERNATIONAL ENERGY AGENCY, IN DECEMBER OF LAST YEAR: "GLOBAL COAL DEMAND (IN 2018) INCREASED BY 1.1 PERCENT, CONTINUING THE REBOUND THAT BEGAN IN 2017 AFTER THREE YEARS IN DECLINE".

There's also metallurgical coal, the product essential to steelmaking and to the modernisation of Asian economies. Around one third of the coal we export through the Port of Newcastle is metallurgical and demand is strong.

The global coal market is not absolutely predictable, but that's the same for all global markets. Our economic planning should focus on diversity and the preservation of existing coal jobs for as long as it is possible. That should be our focus.

THAT'S CERTAINLY WHAT THE COAL COMPANIES ARE DOING. COLLECTIVELY, THEY ARE PLANNING TO INVEST MORE THAN \$4.5 BILLION IN APPROVED AND YET-TO-BE APPROVED HUNTER

PROJECTS. THE RAIL COMPANIES THAT TRANSPORT HUNTER COAL TO THE PORT ALSO HAVE SIGNIFICANT CAPITAL INVESTMENT PROGRAMS.

More than 90 per cent of our coal is exported, but the balance is used in our own coal-fired generators. This sector is in transition as our generators approach the end of their physical lives. But while the fifty-year-old Liddell power station will close soon, the Hunter's remaining three coal-fired power stations have at least a decade and more to run. In the Hunter we are working hard to ensure that when Liddell closes, new local gas and renewable power generators help us maintain our status as the powerhouse of NSW. That's also part of our economic diversity program.

The coalmining industry employs around 70,000 people across our region. As Mark Twain might say, reports of the death of coal are an exaggeration.

**Hon Joel Fitzgibbon MP
Shadow Minister for Agriculture and Resources and Federal Member for Hunter.**

CHEERS TO 40 YEARS

AS LOCAL FAMILY OWNED BUSINESS HEDWELD CELEBRATE THEIR 40TH ANNIVERSARY WE TAKE A LOOK AT THEIR JOURNEY TO BECOME A LEADING GLOBAL MANUFACTURER.

They've come a long way since Ian and Jan Hedley began the company at Mt Thorley in 1980 providing repair and maintenance services to the Hunter Valley mining industry. Those were the days where you could drive your ute onto the mine site and park next to a truck with your welding gear on the back.

From such humble beginnings, Hedweld now employs 80 people and thanks to hard work and innovation the company has grown to be a global leader. Hedweld designs, manufactures and distributes ladders to access large mining machinery, tooling to assist with handling of components on mining and heavy earthmoving vehicles and agricultural innovations.

Today, Hedweld exports to 34 countries with bases in the USA and Brazil and their products are in operation on mining sites all around the world. Ian reflects on the journey over the last four decades.

"I started in the repair and maintenance industry with a welder on a trailer behind a panel van, where I'd drive around a mine site and carry out repairs to earth moving equipment. There was no off-site fabrication in those days," Ian said.

"Then I met a man in the Council Chambers who was developing industrial land at Mt Thorley and he said he was looking for a fabricator. So I started there building industrial buildings and then commenced developing some products for the mining sector. One was a pneumatic boarding ladder for a mine that was experiencing a lot of problems with back injuries and that pretty much got us into manufacturing products."

IAN ATTRIBUTES THEIR SUCCESS TO BEING ABLE TO REINVENT THEMSELVES OVER THE YEARS AS THEY ADAPTED TO THE NEEDS OF THE INDUSTRY.

"Every time an opportunity came along, we changed direction," Ian said. "And we've still got some of those people from the early days working with us. They've seen us change so many times and they've changed with us."

That has included the transition to a more multi skilled workforce as the mechanisation and computerisation of machinery required tradespeople to expand their expertise, prompting Hedweld to launch their own in-house training to support the needs of the business.

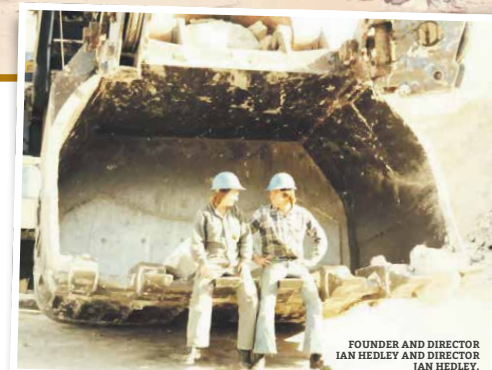
The approach has also grown the company's reputation as a producer of talented tradespeople as their apprentices are regularly recognised across the industry.

These days there is a new change of guard at Hedweld with daughter Kristy Hedley taking over the role of Managing Director in July 2019. Now recognised as Founding Director, Ian has moved away from the day to day running of the business to focus on Hedweld's agricultural site running beef cattle, as well as research and development.

But some things have not changed and that is the significant contribution Hedweld makes to the local community. Employing locally, supporting local organisations and sponsoring events such as the Milbrodale Mountain Classic to raise money for charity. Even with all their success globally, Hedweld is a company who are still local at heart. Great job Hedweld and cheers to 40 years!



IN 1990 A MAJORITY OF HEDWELD'S WORK WAS BUCKET REPAIRS.



FOUNDER AND DIRECTOR IAN HEDLEY AND DIRECTOR JAN HEDLEY.



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OPINION



RESOURCES ARE RESILIENT

FROM THE OUTSET LET ME ASSURE YOU THAT THE HEALTH AND SAFETY OF ALL AUSTRALIANS REMAINS THE PRIORITY OF ALL LEVELS OF GOVERNMENT AS WE FIGHT THIS GLOBAL COVID-19 PANDEMIC TOGETHER.

It is understandable though that some public discussion is turning to the post-coronavirus economic recovery and what long term changes it may leave on the way Australia, and Australians, do business and the way we live our daily lives.

As the Minister for Resources I am confident of two things. First, once we pass through this crisis the economy recovery will be quick and second, it will be underpinned by the same key industries that have made our nation an economic success, particularly resources.

The Government is responding to the pandemic, which is presenting us all new challenges almost daily. But as Australia navigates uncharted waters in dealing with this crisis, the resources sector is providing some certainty about our economic future.

Have a look at the latest figures. Iron ore is set to become the first Australian export to top \$100 billion in a financial year. Energy and resources exports will come close to \$300 billion.

We are also on track to be the largest LNG exporter, with export earnings estimated to be above \$48 billion. We are also on track to become the largest exporter of gold by 2021.

Around 240 thousand Australians are directly employed in the industry, and hundreds of thousands more are employed in related industries.

Even for those Australians not directly connected to the industry, they all see the benefits through the royalties and taxes paid by the sector that helps fund state and federal government services and infrastructure.

THE GOVERNMENT IS COMMITTED TO HELPING THE SECTOR MAINTAIN THIS PERFORMANCE, NOW AND BEYOND THE COVID-19 PANDEMIC.

We've negotiated free trade agreements with

China, with Japan, with South Korea. We've also put together the Trans-Pacific Partnership. These will provide options for Australia's resource exporters — and indeed many other Australian exporters — to reach markets all around the world. That's one of the reasons we've pursued these agreements. Because when economic headwinds arise in key markets, there are options for Australia's exporters to sell their product into different markets.

The Government has announced three of the most significant stimulus packages in our history, totalling \$300 billion, that have been well received throughout all sectors of the community to support business and protect Australian jobs.

We recognise that both trade and industry play a critical role helping Australia through challenging times.

The stimulus includes \$700 million to support business investment by increasing the instant

asset write off threshold.

There is also \$3.2 billion to accelerate depreciation deductions that will incentivise investment.

THIS IS ABOUT GOVERNMENT AND INDUSTRY WORKING TOGETHER TO GET AUSTRALIA THROUGH THIS PERIOD.

Keeping us open for business. Keeping Australian's employed. Keeping, for example, the gas switched on — here and around the world.

The resources sector saw Australia safely through the Global Financial Crisis and its resilience and strength will help guide us through these current and future challenges.

Together we are well placed to endure this challenge, and as markets and communities around the world stabilise we will all prosper.

**HON KEITH PITT MP
MINISTER FOR RESOURCES, WATER AND
NORTHERN AUSTRALIA**

PANDEMIC PROTOCOLS

NSW IS IMPLEMENTING COVID-19 HEALTH AND SAFETY NATIONAL PROTOCOLS WHICH HAVE BEEN ENDORSED ON BY THE NSW MINERALS COUNCIL IN PARTNERSHIP WITH THE AUSTRALIAN GOVERNMENT, THE MINERALS COUNCIL OF AUSTRALIA AND STATE RESOURCES CHAMBERS.

"Implementation of the national resource industry protocols by the NSW mining sector is critical to protect our mining employees and their families and to ensure mines can remain operational across the state," said NSW Minerals Council CEO, Stephen Galilee.

"NSW Mining operations have already implemented extensive workforce protection measures in accordance with public advice, including enhanced monitoring, increased cleaning and sanitation, work from home policies, social distancing, screening measures for visitors and many more."

"IT IS NOW VITAL THAT ALL NSW MINES UNDERSTAND AND ADHERE TO THE MEASURES OUTLINED IN THE NATIONAL

PROTOCOLS BY IMPLEMENTING ROBUST AND SUSTAINABLE COVID-19 MANAGEMENT PLANS," MR GALILEE SAID.

The new COVID-19 national protocols have been developed to keep our industry's workforce, families and communities safe and healthy and sites operating. The protocols formalise many of the measures already implemented and represent the industry's commitment to meet government's expectations of performance for essential services.

This follows the unanimous support for a coordinated approach to ensuring continued operation of the resources sector as an essential industry by the nation's resources ministers recently.

"Mining is playing an important role supporting our economy during this difficult time. And as mines implement their COVID-19 management plans, our industry will be ready to take on our share of the economic heavy-lifting as NSW starts to rebuild in the future," Mr Galilee said.

**MORE INFORMATION ON THE MINING INDUSTRIES RESPONSE TO COVID-19
CAN BE FOUND AT [MINERALS.ORG.AU/COVID-19](https://minerals.org.au/covid-19)**

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I KNOW I DON'T NEED TO TELL PEOPLE IT'S CRAZY TIMES AT THE MOMENT, CERTAINLY THE CRAZIEST I CAN THINK OF IN MY LIFE. BUT HEY, WE JUST HAVE TO DEAL WITH IT. SO HOW COULD THE MINING INDUSTRY HELP WITH A FACILITY ON MINING LAND IN TIMES OF CRISIS? THE NATIONAL EMERGENCY AND QUARANTINE CENTRE COULD BE AN IDEA.

At the moment the quarantine facilities we have been using are extremely remote or offshore in places like Christmas Island and unused mining camps in NT. While these have been reasonably effective from what I have seen, their remoteness puts them in hard to service locations. They are also facilities adapted to serve the purpose as opposed to being purpose built, state of the art and serviceably located and close to major capitals in terms of human resources and other vital supply.

THE IDEA I HAVE IS TO BUILD A FACILITY ON PRIME HUNTER MINING LAND WITH ENOUGH APPROPRIATE BUFFER, BUT WITH HIGH ACCESSIBILITY AND APPROPRIATE SECURITY.

By nature, it would kind of resemble a traditional mining camp (something we are already well experienced in developing) but with significant additional facilities to deal with any and

every possible situation. Obviously clean, very comfortable and tech connected rooms. These could be split into suburb like configurations with each being somewhat self-reliant by nature. Doing this would allow different levels and stages of quarantine to be dealt with in one broader location.

On top of this, a centralised, special purpose hospital, medical facility and research laboratory could be developed to effectively deal with any situation.

Onsite a large jet-capable runway and airport could also be accommodated so there is potential to directly deliver people and supplies to the heart of help and care in the fastest, least risky way.

ADD TO ALL OF THIS, PURPOSEFULLY DESIGNED RECREATIONAL AREAS AND NATURAL ENVIRONMENTS TO PROVIDE MORE COMFORT AND OPTIONS FOR PEOPLE'S WELLBEING.

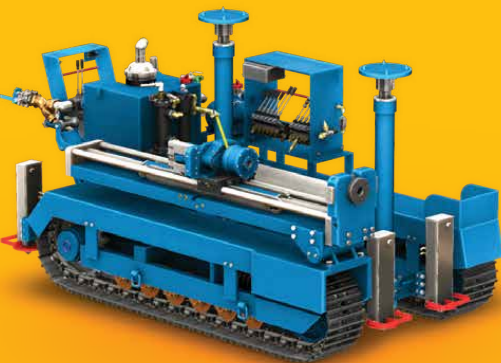
By no means should this be done in a way that makes it feel like a concentration or army camp, but a world class facility.

Adaptability for other uses at other times would provide additional public value and economically it would provide hundreds, if not thousands of jobs directly and in supporting businesses.

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BRIGHT SPARKS

SINCE CIVILISATION BEGAN, PEOPLE HAVE BEEN MINING MINERALS FROM THE EARTH. ALONG THE WAY WE HAVE SEEN COUNTLESS INNOVATIONS THAT HAVE NOT ONLY HELPED THE MINING INDUSTRY, BUT HAVE BENEFITED SOCIETY AS A WHOLE. HERE WE TAKE A LOOK AT SOME OF THOSE THAT HAD THE BIGGEST IMPACT.

THE STEAM ENGINE

In 1712, Thomas Newcomen invented the atmospheric engine (steam engine). At the time, coal and tin mines were flooding frequently in the United Kingdom and neither hand pumps nor any of the prototype machines so far created could solve the problem. To combat the problem Newcomen designs a machine capable of raising water and heavy loads in coal mines: the steam engine.

The engine was operated by condensing steam drawn into the cylinder, thereby creating a partial vacuum which allowed the atmospheric pressure to push the piston into the cylinder. It was the first practical device to harness steam to produce mechanical work.

THE CONDENSATION CHAMBER

In 1777, Scottish instrument manufacturer James Watt perfected Newcomen's invention, creating the condensation chamber. The device considerably reduced heat losses and became the basic tool to move boats, machines in the textile

industry, as well as in smelters and coal mines. From this enterprise, the so-called Industrial Revolution started and the first locomotives appear. The condensation chamber is still used in the engines of most transport vehicles.

THE SAFETY LAMP

One of the main challenges in mining was the inadequate lighting and the safety risk involved with lighting using flames. From this need, the safety lamp was created. The device has its heat thoroughly distributed and the flame is protected, preventing temperature rise that ignites the gas and the material particles, such as coal. Today the invention is used in many other environments other than mining. The first safety lamps appeared in the early 1800s and three men are recognised as it's inventors despite much controversy in the day. William Clanny, George Stephenson and Humphry Davy.

DYNAMITE

Dynamite was invented by Swedish chemist Alfred Nobel in the 1860s and was the first safely

manageable explosive stronger than black powder, which had been invented in China in the 9th century. Dynamite was a great advance to safety in mining, since, before its invention, an explosive nitroglycerine was used, a liquid that would detonate too easily because it was highly sensitive to any movement.

Nobel worked hard to improve nitroglycerine as an explosive that could be used in blasting rock and in mining. He made one of his most important discoveries when he found that by mixing nitroglycerine, an oily fluid, with kieselguhr, the mixture could be turned into a paste. This material could be kneaded and shaped into rods suitable for insertion into drilling holes. He called his paste dynamite and went on to develop a blasting cap which could be used to detonate dynamite under controlled conditions.

FROTH FLOTATION

The development of flotation as a major industrial process was occurring around the world including in Australia at our Broken Hill mines. Metal prices were slumping and mountains of waste were piling up so Guillaume Delprat realised that if the waste was crushed and put into a chemical bath and a stream of bubbles was made at the bottom, bubbles coated with zinc ore particles would float to the top and form a froth that could be skimmed off.

His patent application on behalf of BHP was disputed by Charles Potter, a Melbourne brewer who had patented a similar method for purifying liquids. Potter was unsuccessful in court, but the method is now known as the Potter-Delprat process.

This froth flotation process for separating mineral ores was so much more efficient than previous methods so it was soon adopted at metal mines worldwide. It greatly extended the life of the Broken Hill mines, making it, in economic terms, the most important Australian innovation of the early 20th century.



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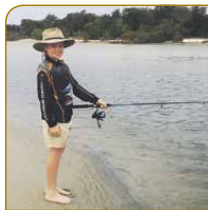
OLIVER BURKE • AGE 7

What is Coronavirus?
A deadly virus.
What's the best thing that's happened because of Coronavirus?
Being home from my noisy friends.
What's the worst thing that's happened because of Coronavirus?
I can't go to school.



ISABELLA ALLISON • AGE 7

What is Coronavirus?
Not sure but I know it's not good.
What's the best thing that's happened because of Coronavirus?
That none of us have had Coronavirus in our entire lives
What's the worst thing that's happened because of Coronavirus?
That people get sick and vomit and I can't go to school and see my friends.



WILLIAM BURKE • AGE 11

What is Coronavirus?
A fast spreading disease.
What's the best thing that's happened because of Coronavirus?
Less pollution in the air.
What's the worst thing that's happened because of Coronavirus?
People are dying.



MACALLAN TORBANE DE BEUZEVILLE • AGE 8

What is Coronavirus?
People are sick, they have a hurt nose. They have to wait in the waiting room.
What's the best thing that's happened because of Coronavirus?
I can watch my iPad all day and play trains.
What's the worst thing that's happened because of Coronavirus?
There is no toilet paper.



INDI RICHARDSON • AGE 8

What is Coronavirus?
A virus that is spreading through the world from people eating bats.
What's the best thing that's happened because of Coronavirus?
I haven't had to go to school.
What's the worst thing that's happened because of Coronavirus?
Not being able to go out anywhere.



AVA CONNOLLY • AGE 5

What is Coronavirus?
It makes people sick.
What's the best thing that's happened because of Coronavirus?
Mummy staying home from work.
What's the worst thing that's happened because of Coronavirus?
Can't go out to restaurants and eat chips.

Kids @ THE COALFACE

THIS MONTH WE ASKED THE KIDS OF THE HUNTER ALL ABOUT CORONAVIRUS AND DISCOVERED THAT SOME OF THESE KIDS ARE MORE KNOWLEDGEABLE THAN US!



LUKA RICHARDSON • AGE 4

What is Coronavirus?
Eating animals in China.
What's the best thing that's happened because of Coronavirus?
I have to stay home with my parents.
What's the worst thing that's happened because of Coronavirus?
I can't see my friends.



TASCOTT WALSCHAERT DE BEUZEVILLE • AGE 9

What is Coronavirus?
It's a deadly disease. It could possibly put your lungs down.
What's the best thing that's happened because of Coronavirus?
I get to play outside lots.
What's the worst thing that's happened because of Coronavirus?
We are losing some population in Australia. People are being harmed.

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SUPPLIER INSIDER

STENMAR GROUP

Who are you and what do you do?

I'm Mark Stenhouse, Senior Design Engineer at Hydraulic Support Services (Stenmar Group). We're a hydraulic engineering company who specialise in overhaul of components - especially large pumps and motors for mining equipment. My role mostly involves overseeing the design and build of new systems for all types of hydraulic applications but a lot of what we do is service, repair and maintenance of hydraulics.

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

I started in hydraulics very early on for various companies and in 2001 I established Stenmar/ Hydraulic Support Services with Sue Camilleri.

We started the business to give specialised service to the large hydraulic systems of the cotton industry. Our input helped increase production output and international competitiveness. After some years of growth, we diversified into hydraulic support for other industries including steel mills, timber mills, plastic injection moulding, mining, and aluminium production.

By maintaining technical capabilities and personalised service, we've expanded to a busy operation of 20 staff with our own service vehicles, in-house machining capabilities and full diagnostic and testing equipment.

Describe a typical day at 'The office'.

Can be hectic. Especially in the Service Department. Whilst it generally runs like a clock, one phone call can change everything. Being a service-orientated company, our customers come first, so when there's a breakdown we react accordingly, which can mean technicians have to stop what they're working on and head to site. Many of our customers run busy manufacturing operations (often 24/7) and it's important we can adapt to the challenges of ensuring their hydraulics are running smoothly at all times.

We have a "whatever it takes" attitude and our motto is "make it happen" so the office is always in a state of organised chaos.

What's the best thing about your business?

Our staff. Whilst everyone's qualified, experienced and professional, we all get along well. There's often a bit of office banter and it's not unusual to hear the workshop erupt with laughter. So yes, I think our staff. After all - without good staff, you don't have a business.

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

We are currently in discussions with a prominent Lower Hunter Valley business working towards forming an alliance that will greatly enhance both businesses.



What is the biggest opportunity for your business right now?

We recently acquired the sole rights to a hydraulic isolation system (previously owned by MRSS Group). It's a hydraulic safety device that provides peace of mind to both workers and equipment owners.

We've made some improvements to the design which can now fully integrate with a machine's onboard fire deluge system to give added protection against fire damage.

The isolator has already been installed on machines in the Hunter Valley and in QLD with great success, so we'll be launching it throughout Australia in the near future.

What are the biggest challenges facing your business?

Finding qualified and experienced staff as we grow is becoming increasingly difficult. We

are always on the lookout for quality staff - especially service technicians, fitters and machinists. We receive lots of applicants but it's rare to receive one that fulfils our standards and can slot straight into our team.

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

Beginning in Western Sydney in 2001, we always did a lot of work in country locations (mostly with the cotton industry). We quickly grew into a very capable organisation with solid engineering underpinnings and in 2012 started working with Valley Longwall International (before they moved to Beresfield), then with Mt Arthur Coal, overhauling Liebherr 996 Excavator pumps and motors, then SubZero and MRSS Group. We are now in discussions with a local business in the lower Hunter which we hope will mean further expansion.

Community or other causes close to its heart and values?

We like to support good health (both mental and physical) by backing participation and interest in sport. We sponsor golf days and footy teams and staff are into everything from cricket to motorsport to dancing and netball. Charity beneficiaries include Canteen and Ronald Mc Donald House and Father Chris Riley's Youth Off The Streets.

How big is the crew in the Hunter Valley?

At this stage we send service technicians to site as required, but we envisage an increased presence with the launch of our Isolator system. Currently a lot of gear is sent to our workshop from the Valley so we can utilise our state-of-the-art facilities in overhauling equipment to original specification.

What's the best thing about your job?

After nearly 40 years in this industry I still find it amazing that you continue to learn new things. As technology advances, there's always improvement - it's never boring.

The worst thing?

The rare occasion where Murphy's Law results in a situation where we can't solve someone's problem quickly enough. We pride ourselves on excellent supply channels and innovative and adaptive solutions but sometimes you can't wave a magic wand and it's always upsetting if you have to disappoint someone.

Anything else you want to say?

Hydraulic Support Services is what we're all about. We can help in many ways but our Hydraulic Healthcheck service offers access to advanced diagnostic and condition monitoring facilities to assist with improvements to efficiency and reliability. So, anyone who wants to ensure their hydraulic gear will remain at its best, talk to us.

MY MINING LIFE

JOSH SHEARD

Who are you and what do you do?

Hey, my name is Josh Sheard I'm 24 and I'm a High Voltage Electrician with Liebherr Mining Australia.

Any nicknames good or bad?

Most my mates just call me Sheardy, occasionally I get called shitty because some days I get the shits.

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

I was born in the outer suburbs of Newcastle and lived there for around 4 years before we moved up around Maitland where I have lived ever since.

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

I completed my HSC in 2013 and started my apprenticeship in January 2014 with Coal and Allied and was signed off late 2017. I'm really enjoying the trade, the work I do and the people I work with.

What's a usual day at work entail?

No day is ever the same. One shift could be a routine service on a dump truck and



the following day you're out in the pit trying to solve an issue with another truck. It keeps you on your toes and you're constantly learning. Now after 2 years of being fully qualified I've been given the opportunity by Liebherr to transfer to the WA branch for 4 months to do site support for some of the dump trucks in the gold fields.

How big is the crew?

A normal crew is around 25-30 guys. Majority of them

fitters, a few boilermakers, a couple electricians and then you have your storeman and supervisors.

What's the best thing about your job?

Apart from the people I work with and the non-stop banter and laughing, it definitely would have to be the equipment I get to work on.

The worst thing?

Would have to be the early mornings, who likes getting up at 4am haha.

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

Definitely too many to tell and some just shouldn't be shared. It's more just the practical jokes nearly every day and seeing people get frustrated with a job they are doing and all you can do is laugh because they thought it would be an easy job.

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

Some people laugh when I say this, but I grew up

wanting to be a fighter pilot in the Air Force. I was just always fascinated by the jets flying over Newcastle and was like 'yep that's going to be me one day'. But I didn't get the grades I needed at school, so I ended up getting a trade.

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

My mum would say I would give anything a go and I always wanted to be the best at everything no matter what it was.

Family?

I have a younger sister Sophie who is studying to be a nurse and eventually wants to be a paramedic. My Dad is a fuel tanker driver around the Hunter Valley and my mum is a production planner with Boeing at Williamtown.

What do you do in your downtime?

I love doing CrossFit so most afternoons after work I will go get a workout in with the usual evening crew. On the weekends after a well-earned sleep in I'll either be hanging out with the family, at the beach with some mates or we will be at the track riding our dirt bikes.

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'THE BLUE HEELER'

ALFABS MINING HAVE RELEASED ANOTHER 10T TORQUE TITAN FOR A FANTASTIC CAUSE, THIS TIME IN SUPPORT OF PROSTATE CANCER!

Alfabs Mining have backed up their recent support of the National Breast Cancer Foundation (NBCF), now raising awareness around Prostate Cancer encouraging men to speak with health professionals about being tested.

"The 'Titan' Underground Utility Vehicle is leading the market, introduction of new technology and logic," said Alfabs Sales and Marketing Coordinator Jessica Reeve.

"Did you know there are dozens of different coloured ribbons representing each type of cancer? When we think of cancer ribbons, the most common one we think of is the pink Breast Cancer ribbon. You may remember our previous Titan RIZZO painted pink."

Alfabs have therefore painted the new Titan blue in line with the blue coloured ribbon representing Prostate Cancer. The team have decided on the name "The Blue Heeler" to represent the "Blue" from the Prostate Cancer ribbon and "Heeler" (Healing) to represent the process of healing for those who have been, are going through or are emotionally tied to the healing process one must go through on the journey of Prostate Cancer. Also integrating "The Blue Heeler" as an Australian Breed of Cattle Dog with the 10t Titan LHD being an Australia Made piece of Underground Mining Equipment.

"IN SUPPORT, ACKNOWLEDGMENT, ALIGNMENT AND AWARENESS FOR EVERYONE WITHIN OUR WORKPLACE, OUR FAMILIES, FRIENDS, COMMUNITY, CLIENTELE AND CLIENTELE WORKPLACES, WE WOULD LIKE TO BRING EVERYONE'S ATTENTION TO WHAT PROSTATE CANCER IS AND WHAT IT CAN MEAN FOR THOSE AFFECTED BY PROSTATE CANCER," SAID JESSICA.

Prostate Cancer is the most commonly diagnosed cancer in Australian men, with around 20,000 diagnoses and close to 3,300 deaths each year. Alfabs Mining want to encourage all men over 50 years, or 40 years if they have a family history of prostate cancer, to talk to their GP about testing for prostate cancer as part of the regular health check-up.



FACTS ABOUT PROSTATE CANCER

- One in 6 men will be diagnosed with prostate cancer by the age of 85.
- It is more common in older men, with 63% of cases diagnosed in men over 65 years of age.
- In 2019, there were an estimated 19,508 new cases of prostate cancer diagnoses.
- In 2019, there were an estimated 3,306 deaths caused by prostate cancer.
- The five-year survival rate for prostate cancer is 95%.
- If your father or brother has had prostate cancer your risk will be twice that of other men

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YOUNG ACHIEVER SCORES SCHOLARSHIP



Bengalla Mining Company has been supporting local students wishing to pursue a career in Engineering since 2006, this year awarding their Engineering Scholarship to Alex Young.

Alex grew up in Scone, playing rugby league and attending Scone High School where he discovered his strength in Maths and Science and an interest in problem solving, leading him to pursue a career Mechanical Engineering. With Alex's passion for learning and the support of the scholarship, his future is certainly looking bright. "Upon the announcement of the Scholarship, I was overwhelmed with great joy and excitement," said Alex.

"I am grateful for the generosity of Bengalla Mining Company. The scholarship has provided me an invaluable opportunity to gain real-world experience, while additionally allowing me the confidence to pursue my Mechanical engineering degree without financial worry."

Bengalla Mining Company hosted an on-site orientation for Alex, giving him the opportunity to meet some of the Bengalla team and said he is eager to return for end of year work. The family orientated mine also welcomed his parents Marianne and Stephen on site.

THE SCHOLARSHIP WILL SEE ALEX RECEIVE \$34,000 OVER FOUR YEARS TO HELP WITH TERTIARY COSTS AND HAVE THE OPPORTUNITY TO PARTICIPATE IN 10 WEEKS' VACATION WORK AT BENGALLA EACH YEAR DURING HIS DEGREE.

"We are delighted to support students and so are our whole team. Having them come to site and deliver results on projects and seeing them develop and flourish in their career is fantastic. Some of these students have then gone on to obtain Graduate Engineering roles with Bengalla and they are job ready and very capable," said Cam Halfpenny, General Manager Bengalla Mining Company.

Alex's goal after completing a Bachelor of Mechanical Engineering is to integrate into the mining industry and continue learning. Well on his way, Alex started his degree in February this year at the University of Newcastle.

SINCE 2006, BENGALLA MINING COMPANY HAS SUPPORTED 16 YOUNG LOCAL STUDENTS THROUGHOUT THEIR TERTIARY EDUCATION AS WELL AS THROUGH VACATION WORK ONSITE.

"The aim of the Scholarship program is to enhance the educational experience by combining it with practical experience," said Bengalla Mining Company's Fiona Hartin, Community Relations Specialist.

"They are working alongside very experienced engineers and by the time they graduate they have almost a year of work they have undertaken."

"Bengalla is committed to working with education providers and the students to secure a future for our youth."

Congratulations Alex!

A.I.R CARES

Mum of two and Director of A.I.R Recruitment, Suzie Ninevski, has fielded many heart-breaking calls from individuals in dire circumstances.

"Over recent weeks, I've taken so many calls where both parents have lost their jobs, that's both jobs in ONE household. It's heartbreaking," said Suzie.

"It's vitally important during these difficult and unprecedented times that we all support each other and lend a hand where possible. For weeks I have been seeing the huge impact on families and their budgets both locally and national from this COVID-19 crisis. I want to give back and support communities in any way possible," she said.

SPURNED ON TO DO WHATEVER SHE COULD TO HELP, MS NINEVSKI CONTACTED HER STATE MEMBER, SONIA HORNERY MP FOR ADVICE AND ASSISTANCE.

"My office has been working closely with the community, local groups and service providers to identify who in the community may be struggling and in need of assistance," said Ms Hornery.

"The Wallsend electorate is a very close-knit

AS THE WORLD AROUND US CHANGES, SUPPORTING YOUR COMMUNITY IS MORE IMPORTANT THAN EVER. SUZIE NINEVSKI IS A LADY AT THE FRONT LINE OF THIS CHANGE OFFERING HER HELP, FINANCIAL AND CAREER - ALL FREE OF CHARGE.

community and when times are tough, we stick together. Suzie and AIR Recruitment have been part of that community for many years. Despite the tough times for many local businesses, Suzie has generously given \$1000 worth of vouchers to be distributed to those in genuine need in the coming week and months."

BUT OF COURSE, WITH SUZIE, THERE IS EVEN MORE SHE WANTS TO DO TO ASSIST HER COMMUNITY. A.I.R RECRUITMENT WILL PROVIDE FREE REVIEWS, ADVICE AND GUIDANCE ON RESUMES TO GET PEOPLE BACK IN THE WORK FORCE.

"I've had many job seekers call me just for a chat, and I encourage this because not everyone has someone to turn to. If I can lend an ear and offer support or guidance, I'm more than happy to do so. For many people being without a job and back out in such a depressed job market is so foreign. We're here to help with updating your résumé, creating an online job seeker profile, and just holding your hand. I encourage employers who may be looking to stand people down or let them go completely, send us their resume and we will be there to help."





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At The Bloomfield Group, we are taking action to minimise the risk posed by COVID-19 to help keep our workforce and community safe.

Our board, management, employees and contractors are local people. We have been working tirelessly to ensure the health and safety of our people and the broader community, while maintaining our economic contribution to the Hunter Valley and to New South Wales.

We have also made changes to support the resilience of the local businesses that we work with, including even quicker payment terms during this period.

This time of constant change and uncertainty is challenging for all of us. We will continue to do what we can to support our workforce and our community.

To learn more about our response to COVID-19 visit bloomcoll.com.au



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WINTER IS COMING, AND FOR THOSE OF YOU WHO HAVE EARLY MORNING COMMUTES, THIS IS A TOOL YOU TOTALLY NEED.

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MASTERS OF THEIR DOMAIN

THE WORLD OF LARGE WHEEL LOADERS IS DOMINATED BY CATERPILLAR AND KOMATSU.

Despite their market dominance, when it comes to size, Caterpillar is far from being the king of this category. Following the acquisition of Joy Global in 2017, this title rests firmly with Komatsu Mining Corp. that now incorporates the world's largest loaders originally designed by LeTourneau Technologies. Unlike most ultra-class trucks found today, the most popular loaders remain mechanically driven. Here are the four largest machines that you'll likely see on Australian mine sites.

P6H L-2350 WHEEL LOADER

The mother of all loaders, the Komatsu P6H (nee LeTourneau) L-2350 has a 40.52m³ bucket capacity. With a 272t operating weight, it is the ultimate of ultra-class loaders, capable of loading haul trucks 363t and above. Designed by LeTourneau Technologies, it was introduced in 2000 and fostered a loyal following. Electrically driven, this machine has a 2,300hp engine and dwarfs the WA1200-6 by a whopping 67t in operating weight.

P6H L-1850 WHEEL LOADER

Sitting between the WA1200-6 and P6H L-2350, the L-1850 has an operating weight of 246t. Second in line to the L-2350, this machine provides up to 24.3ft of dump clearance and is ideal for loading haul trucks with rated payloads of between 236t to 327t. Known to the Valley, this machine by rights is a category killer in itself, is electrically driven and available in standard and high-lift configurations.

KOMATSU WA1200-6 WHEEL LOADER

Once Komatsu's largest loader until they acquired Joy Global in 2017, the popular WA1200-6 is fitted with a standard bucket size of 20m³. Offering a higher capacity fuel-efficient engine and increased dump clearance than its -3 predecessor, this loader is a popular machine and ideally matched with haul trucks up to 320t capacity. Once a significantly larger machine to Cat's 994H, this mechanically driven machine is now relative in stature to Cat's supersized 994K.



CATERPILLAR 994K WHEEL LOADER

Cat's 994K is their largest wheel loader to date. Released in 2016, this loader unashamedly had Komatsu's WA1200-6 in their sights undergoing a significant transformation in size from its 994H predecessor. The perfect fit for Cat's 785, 789, 793 and 794 trucks it has an operating weight of 242t and experienced a capacity increase of approximately 18 – 20%. In its high-lift format, this machine is a perfect six pass match with the popular Cat 793F sporting a 38.1t payload and 857mm increase in maximum lifting height.

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Assholes.

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DON'T PANIC!

IN A BOOK CALLED 'A STUDY IN SCARLET' (BY SIR ARTHUR CONAN DOYLE), DETECTIVE SHERLOCK HOLMES SAYS, "IT IS A CAPITAL MISTAKE TO THEORISE BEFORE YOU HAVE ALL THE EVIDENCE. IT BIASES THE JUDGMENT." IN OTHER WORDS, DON'T JUMP TO CONCLUSIONS.

BY MARTHA VESSEY

Like stockpiling toilet paper before you know anything about a new virus, for example. Yes, obviously I'm talking about the Coronavirus. It's everywhere, we've all been impacted by it and it's understandably concerning for everyone.

But it's the extreme reactions of some people that I find worrying – (I'm looking at you, panic buyers!) – and I want to suggest one, small way you can avoid becoming a member of that mindless, toilet-paper-hoarding mob. That is, checking your facts and your sources.

I'M SUGGESTING WE MAKE LIKE SHERLOCK HOLMES AND APPLY A LITTLE LOGIC TO THE SITUATION.

Although we're being bombarded with information, it's important to question where that information is coming from before buying into it. If it's a random "fact" you've found on Facebook, it's going to be less reliable than a paper published by the CSIRO, for example.

(Actually, it's those scientists I feel for right now. Can you imagine how infuriating it must be to educate yourself, get qualified in your field, and then have your logical, science-based advice discarded in favour of some random crap someone read on Facebook?)

Before you hit that 'share' button, check the

original post and see where it came from. Or check websites like snopes.com and hoax-slayer.com. They're dedicated to debunking the myths that spread all-too-frequently on social media.

BEING A LITTLE BIT SCEPTICAL AND QUESTIONING WHAT YOU'RE HEARING - RATHER THAN BELIEVING EVERYTHING WHOLESALY - WILL HELP KEEP ANY PANIC AT BAY.

Anyway, questioning the status-quo is good – just ask Rage Against the Machine; they're all for it! We can – and should – apply this sort of approach to any area of our lives ... including our jobs. Ah, mining, what a rumour-mill you are!

Anyone who's worked in mining for any length of time knows how often rumours get started.

I get it – there's always an element of uncertainty in our industry, and it's natural to want to know what's happening.

Here's Sherlock Holmes again: "I never guess. It is a shocking habit, – destructive to the logical faculty." (from 'The Sign of Four').

OR, TO PUT IT SIMPLY, DON'T MAKE ASSUMPTIONS.

Just because Dave-o out at the prep plant says the entire site is shutting down, that don't make it so. Before you start packing up your locker, why not check and see what the coal price is doing? Look

at your site's statistics. Are you making target? What's your site's Life of Mine?

There's also 'The Independent Planning Commission of NSW' (<https://www.ipcn.nsw.gov.au>). As their website says, the Commission was established as a 'standalone agency' in 2018, and it "operates independently of other government departments, including the NSW Department of Planning, Industry and Environment".

Its aim is to make the planning process more transparent to the community ... and as such, it's probably a better source of information than old mate Dave-o.

Panic is a physical and mental response to fear. It's essentially our innate 'flight' response. But if you think about it, fear itself is often just a lack of understanding. Panic is natural, but it's not especially helpful.

If we can educate ourselves enough about a situation and unravel the fact from the fiction, we can help keep panic and fear at bay. And if we can do that, we might be able to start acting in a way that will actually be of some use.

(Seriously, we need to fix this. I'm not sure I can handle any more 'Home and Away' cast members telling me how we can get through this together – or God help us all – singing together. Cringe!)



IT'S NOT JUST COVID-19 THAT IS AFFECTING OUR WELLBEING. SELF-ISOLATION, HOME SCHOOLING, UNEMPLOYMENT, SOCIAL DISTANCING, PANIC BUYING. IT'S ONE THING ON TOP OF ANOTHER. THAT'S WHY THIS MONTH WE TAKE A LOOK AT MEDITATION AND HOW IT CAN BENEFIT YOU IN THESE TRYING TIMES.

Meditation is on the rise as more and more people discover its benefits. Benefits such as reducing stress, controlling anxiety, increasing attention span and reducing memory loss, controlling pain and some studies even suggesting it can decrease blood pressure and reduce inflammation. It's also thought to promote a positive outlook and increase your likelihood of being kind to others, which is exactly what we need more of these days. What is meditation? Simply put it's a habitual process of training your mind to focus and redirect your thoughts. There are many types of meditation, but most have the following elements in common.

- A quiet location with as few distractions as possible
- A specific, comfortable posture (sitting, lying down, walking, or in other positions)
- A focus of attention (a specially chosen word

or set of words, an object, or the sensations of the breath)

- An open attitude (letting distractions come and go naturally without judging them)

Meditation works best when done regularly. As it can be done anywhere and anytime it's super easy to fit into any schedule.

Be prepared to have to persevere to start with as it can be quite difficult to master. Try different techniques until you find one that suits you. Start with one to two minutes each day, gradually increasing the time over weeks or months. Remember, it takes time, patience and practice to meditate effectively.

If you need some help to get you started there's a ton of videos on YouTube. There's also a government mental health app called the Smiling Mind which is free and a great place to start.



PLAY BALL!

SIENNA BURGESS HAS HIT A HOME RUN, BEING SELECTED IN THE 2020 NSW ALL SCHOOL GIRLS' SOFTBALL TEAM SET FOR MAY 16 IN PERTH.

In year 10 at Hunter Valley Grammar School, 15-year-old Sienna Burgess has secured her spot on the 2020 NSW All School Girls' Softball Team. Sienna plays for her local club, Maitland City Softball and rep for Newcastle District Softball.

In her short career since taking up softball in year 4 whilst living in Canada, Sienna has made the U/16 NSW team, the U/16 Aussie

team and the U/17 NSW All School team.

WITH A NUMBER OF SOFTBALL ACHIEVEMENTS ALREADY UNDER HER BELT, THE RISING STAR WAS THRILLED TO MAKE THE TEAM. "I WAS SO SHOCKED AND EXCITED TO MAKE THAT TEAM AS 11 OF THE GIRLS ARE IN THE U/18 STATE TEAM BUT I WAS REALLY PROUD OF MY PERFORMANCE," SAID SIENNA.

Training at the gym twice a week, softball skills twice a week and playing on Saturdays, the softball player is working hard to be at top form. Unfortunately, it looks as though the NSW All School Girls' tournament will be postponed as we ride out the current pandemic.

On top of training and playing softball, Sienna still finds time to play basketball, enjoy art and hang out with her friends. It's a very busy schedule for a 15-year-old but she wouldn't have it any other way.

Whilst Sienna has goals to one day play for Australia in the Olympics, she says her favourite thing about the sport is making lifelong friends and working with her teammates out there on the field to outplay her opponents. "I would also like to pursue a career in sports studies or primary school teaching," she said.

THIS YEAR SHE HOPES TO WIN HER CLUB GRAND FINALS IN U/18 AND FIRST GRADE WOMEN, PLAY WELL AT THE AUSTRALIAN FRIENDSHIP SERIES IN JULY AND GET INVITED TO TRIAL FOR U/18 NSW STATE TEAM.

Her family are her biggest supporters, and no one is prouder than her mum Renee Burgess. "We are extremely proud of her dedication towards her sport," said Renee.

"She amazed us last year when she was an unknown player to all the Sydney

clubs and worked her butt off training with her coach Bree and independently and made the NSW U/16 state team - she was amazing."

Coach Bree Brooker is one of the people Sienna looks up to. Having played at a high level herself, Coach Bree has used her wealth of experience to help Sienna work towards her goals. Sienna also gets inspiration from her favourite Australian softballers Stacey Porter and Rachel Lack, hoping to one day be at their level.

Sienna wrapped up saying, "I feel very lucky that I've got great people around me who help me achieve my goals."



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ACDF - "Targeting issues, needs & opportunities of local Aboriginal communities"

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<https://machenergyaustralia.com.au/aboriginal-community-development-fund/>

NOW I'M FREE FREEFALLIN'

JOSH MORTEL IS 23 YEARS OLD, MANAGER AT MORTELS SHEEPSKIN FACTORY AND REGULARLY JUMPS OUT OF PLANES 15,000FT OFF THE GROUND FOR FUN.

When it comes to pushing your mind and body to the limit, Josh Mortel is an expert. If he's not at work making and selling high quality sheepskin and leather products, he's looking for his next action sporting adventure.

At the age of 16, Josh went skydiving for the first time whilst on a family trip to New Zealand. His sister and father signed up for a tandem skydive, and not wanting to be known as a 'wuss' as Josh puts it, he also signed up for the extreme experience. "After the tandem I didn't think about skydiving much more," said Josh.

"I thought what so many people think: 'skydiving - tandem - done'. I didn't actually know the depth that skydiving is as a whole."

JOSH HAS ALWAYS BEEN AN ACTION SPORT ENTHUSIAST, BREAKDANCING AT A HIGH LEVEL FROM A YOUNG AGE AND PARTICIPATING IN PARKOUR AND VARIOUS OTHER EXTREME SPORTS. "I WAS ALWAYS PUSHING MY PHYSICAL AND MENTAL LIMITS," HE SAID.

"One day scrolling through my news feed I found a photo of an old friend, him in the sky upside down. At that moment I discovered that skydiving was a sport. I questioned him about it until I eventually sucked up my nerves and booked the AFF course for myself."

Skydiving is the sport or activity of jumping from an aircraft and performing acrobatic manoeuvres in the air under free fall before landing by parachute. It is known as an 'extreme sport' as people jump from an aeroplane at around 10,000ft to 15,000ft in the air and fall to the ground at high speed.

The sport itself has so many levels to it, giving you the option to make it as extreme or as calm as you would like. Some forms of skydiving include solo flying to soak up the view (SOLO skydiving), flying flat on your belly with friends (FS), falling as fast as you can towards the ground (Speed-flying), wingsuit flying (a common favourite), parachute flying (Canopy Piloting), and flying vertically towards the ground in formation (Freeflying).

To begin skydiving as a sport you need formal training, commonly referred to as "AFF" (Accelerated Free Fall) training. No one is allowed to skydive without this, with the exclusion of tandem skydiving. You can start this training without ever having done a tandem and with absolutely no experience.



Once your training is complete (this can take anywhere from 1 week to 1 month depending on where you go, weather and money you are willing to spend) then you are free to train in any discipline you like the look of.

"SKYDIVING IS ONE OF THE MOST MENTALLY DIFFICULT THINGS THAT A HUMAN CAN DO... IMAGINE STANDING INSIDE A PLANE WITH THE DOOR OPEN AT 15,000FT THEN HAVING TO LOOK OUT THE DOOR AND JUMP," SAID JOSH.

"Once you step off the door, you are in a whole different planet. It's 100% complete euphoria, the fear is now gone, and you are free. You are certainly not worried about the amount of toilet paper in your bathroom or what TV show is playing later that night. 40 seconds pass and now you deploy your parachute, once it is open you are now flying at a slow speed, safely towards the ground... you've done it!"

"When your feet softly touch the ground and you are safe that's when the emotion really hits. "Wow! I've just done that", and all of a sudden everything in life sounds so much easier. I think to myself 'I jump out of planes now; I am going to nail this week at work'."

Josh emphasised the point that anyone can skydive. Skydiving gives you the opportunity to make friends for life from all kinds of backgrounds. "I've skydived with lawyers, tradies,



marketing consultants, IT Experts, artists and so much more," he said.

There's no fitness level required, you can simply turn up to your booking and start learning. There's also a large range of events that skydivers can get involved with including dedicated learning camps or 'Boogies' where skydivers get together to have fun in the sky. "The skydiving community is full of fantastic, like-minded people who just love life and everything about it," said Josh.

"NO ONE IS SHY OF SAYING G'DAY AND MAKING YOU FEEL WELCOME FROM DAY ONE. I HAVE NEVER SEEN OR HEARD OF ANY BETTER COMMUNITY IN ANY WALK OF LIFE. IF YOU GO TO A DROP ZONE, JUMPING OR NO JUMPING, YOU WILL BE WELCOMED WITH OPEN ARMS."

If you're looking for a thrill, new hobby or an opportunity to make new friends, head to your local drop zone and do a jump. It's not only lots of fun, but there's a high chance of your life being changed for the better.

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THE Show Goes On

NEWCASTLE BAND, NEW BLACK SHADES, FIND NEW WAYS TO SHARE THEIR MUSIC IN LIGHT OF CORONAVIRUS ISOLATION RULES.

Redhead locals and 90's influenced pop/rock band, New Black Shades, are finding new ways to entertain music lovers given the recent cancellation of all gigs in NSW due to the current COVID-19 pandemic.

With live music venues closed around the nation, the band have plans to perform live jams on Facebook and social media for everyone to enjoy, especially those isolated to their homes.

Brothers Ricky Campton on vocals and Lucas Campton on keys, vocals, and guitar, started writing songs in 2012 and decided to start looking for other people to jam with. Casey Bellamy then came on board on drums, Lewy Pink on bass and Brady Gibbons on lead guitar.

Quite the mix of talent, they have now released a number of singles and toured the coastline with their groovy sound and lively gigs over the space of their career. When asked about the band name Ricky said, "The name came from our love of the coastal and beach lifestyle."

"We were sitting around at the beach one day and I noticed that everyone had new black sunnies on, so we changed sunnies to shades because it sounds better and that was that," he laughed.

ALTHOUGH GIGS ARE PUT ON HOLD FOR NOW, THEY ARE CURRENTLY WORKING ON AN ALBUM TO BE RELEASED TOWARDS THE END OF THE YEAR. "STUCK INSIDE IS ACTUALLY PERFECT FOR PLAYING WITH IDEAS FOR SONGS AND JAMMING MORE," RICKY SAID MAKING LIGHT OF THE SITUATION.

Positivity seemed to be a common theme when chatting with band members as they discussed the ups and downs of the music industry. "You do some shitty gigs with no one there, but that stuff makes you appreciate the good gigs a lot more," said Ricky. Their love for music was inspiring to hear with their main goal to write the best music they can so that hopefully other people can get something out of it. With their following growing after every gig, they are definitely achieving that. New Black Shades aim to travel as much as possible and play festivals and cool venues when the pandemic is over.

"We just want to say that given the current challenges that everyone is facing we would like to send out our best wishes to everyone facing hardship, financial or illness," said Ricky on behalf of the band.

"We hope everyone stays safe and we can move past this tough time as soon as possible - big love from the Shades."



@NEWBLACKSHADES

Keep an eye out on their Facebook and socials for upcoming live jams over the coming months or catch them at one of their favourite venues, Beach Hotel and Byron and Pacific Hotel Yamba when we come out the other end of all this.

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BUY ANY TORO MOWER AND YOU COULD WIN THE PRICE OF YOUR MOWER BACK

Why do they call it the novel coronavirus? It's a long story....

Crazy Times!



TODD WITH A JEWIE HE MANAGED TO SNARE DURING A NIGHT OUT ON A LOCALESTUARY. HE WAS EXTREMELY SHEEPISH WHEN IT CAME TO REVEALING THE LOCATION, TYPICAL FOR A MULLOWAY FISHERMAN!

NORMALLY AT THIS TIME OF YEAR FOR US FISHERMEN THERE WOULD BE NO LIMIT TO THE FISHING SPOTS WAITING FOR US TO DIP A ROD IN. BUT INSTEAD WE'RE FACING RESTRICTIONS SEVERELY LIMITING RECREATIONAL FISHING. SO OUR ADVICE THIS MONTH - STAY SAFE AND STAY AT HOME.

There's never been a better chance to go over the gear, the boat and trailer with a fine-toothed comb. Give the reels a bit of grease and change some line if it's looking a little rough around the edges.

Give the boat a good once over and finally fix up the speakers or lights that you have been putting off for the last couple of years while the fish have been biting. Or is it time to give the trailer a fresh set of bearings? I'm sure we all have plenty to keep us occupied for at least a month! After that there's always the shed...

While you're finding new things to keep you busy why not try your hand at this quick and easy Salt & Pepper Squid recipe.

Keep floatin' - Thrifty's



YOUNG GUN JAMES ALMOND (10) WITH HIS 9KG SNAPPER CAUGHT IN BAY OF ISLANDS, NEW ZEALAND

SEND US A PIC OF YOUR YOUNG GUN TO WIN A \$50 BCF VOUCHER IF IT GETS PUBLISHED!



FROM THE THRIFTY'S COOKBOOK - SALT & PEPPER SQUID

These crazy little creatures will really begin to show in numbers around any protected coastal area that has a bit of rock and kelp so have a crack at this recipe.

INGREDIENTS

500gms of Squid tubes
 1 cup plain flour
 1 Tbs. cracked pepper
 1 tsp. cayenne pepper
 1 tsp. garlic powder
 Salt to serve

METHOD

• Cut squid tubes into rings or strips. (If cutting the squid into strips scoring the inside side/ soft side of the tube with a

crisscross helps to infuse flavor and keep the squid tender as it cooks).

- Set the squid aside (Don't rinse and dry off squid pieces before adding them to the mixture) mix all other ingredients together in a large freezer bag then add the squid and coat all of the pieces in the bag.
- Fry the squid till golden brown dust with salt to taste and serve with Kewpie wasabi mayo or a tartar sauce.

Hint, by putting the squid in a bag with slices of kiwi fruit (no longer than an hour) naturally tenderizes the squid.

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RON APPÉTIT!

DISCOVER THE AUTHENTIC TASTES OF ITALY RIGHT HERE IN THE HUNTER VALLEY AT THE ITALIAN COTTAGE CESSNOCK.

The current coronavirus pandemic is hitting us hard, and of some of those hit hardest are the small local businesses we know and love. Restaurants, pubs and clubs have been closed for the foreseeable future, but this doesn't mean we can't continue to show our support.

The Italian Cottage Cessnock have had to also close their restaurant doors but have adapted and overcome to continue to bring their delicious Italian meals to the Hunter. The beautiful, family owned restaurant is offering takeaway and delivery within 10kms and have adapted the motto, 'we are all in this together'.

Renowned chef Rocky May is behind each delectable dish. Rocky has worked with famous chef Matt Moran in his past in Sydney and so my expectations were high.

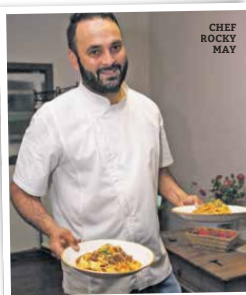
THE MENU IS FILLED WITH GOURMET PASTAS, CHEESES AND ITALIAN CUISINES. IT'S HARD TO CHOOSE JUST ONE DISH, SO I GRABBED THE LITTLE BROTHER TO SHARE A COUPLE OF MEALS.

We rang up and put our order in – the Ravioli ricotta e spinaci served with ricotta, spinach

and napolitana sauce, and the Linguine con frutti di mare served with mussels, vongole, prawns and calamari cooked in chilli garlic, white wine and napolitana sauce.

It's been a drizzly couple of days, and I couldn't think of a better way to pass time in isolation than to curl up on the couch under a blanket with some authentic Italian pasta and a wine or two... or three.

As soon as we ordered we jumped in the car, and in the short



CHEF ROCKY MAY



25-minute drive it took to get there, the food was ready to go. The ambrosial smells filled the car and made it extremely difficult to not start scooping it into my mouth with my hands on the way home.

The two takeaway dishes were generous in size and looked amazing. They had managed to capture that restaurant meal feel in my own home. We piled a share of each dish onto our plates and sat to watch a movie with dinner.

WE LOVE OUR PASTA AND GREW UP EATING LOTS OF IT, SO IT WAS EXTREMELY REFRESHING TO TASTE THAT HOMEMADE STYLE COOKING IN EACH BITE, FLAVOURSOME AND FILLING. THE PASTAS WERE COOKED PERFECTLY, THE SAUCE WAS INVITING, THE SEAFOOD TASTED FRESH AND THE CHILI KICK IN THE LINGUINE ADDED A DELICIOUS TOUCH.

We were chockers by the end of it, but I can assure you there was not even a bit of sauce left on our plate. Knowing that we can now order restaurant quality meals to eat in the comfort of our own home makes isolation seem just that little bit less isolating.

The team at The Italian Cottage Cessnock are absolutely lovely and accommodating. They've taken thorough measures to ensure they are complying with social distancing guidelines.

During this time, The Cottage is open for takeaway and home delivery only, Tuesday to Sunday, 5:30pm – 9:00pm. Let's work together as a community to continue to show our support for fantastic local businesses, especially those as mouthwatering as The Italian Cottage in Cessnock.

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FORGET THE BLOODY CORONAVIRUS, THE THING THAT'S SCARING THE SHIT OUT OF ME IS AUSTRALIA'S FIRST LADY – NO SOONER HAVE WE FINISHED MAKING LOVE, THEN SHE'S BACK WATCHING ME WITH A LOOK IN HER EYE THAT WOULD SCARE RAMBO.

My whole routine is in the crap house. In retirement after selling Pielament House – The Club House Hotel, the old girl and I have had an ongoing arrangement and schedule where her milkshake would bring this boy to the yard so to speak a respectable three times a day.

Once following breakfast to warm up for the day. Again, after lunch to work off a few of the pies I smash at that time each day. Then once again after dinner in the romantic candlelight of our boudoir. To spice

things up we have a little dress up game that changes each night with a new theme. My favourite is me as Thor with my big hammer (if you know what I mean) while she likes to whip herself up into a frenzy as Zena Warrior Princess and throw me around the room like a rag doll.

ANYWAY, NOW THAT WE ARE IN LOCKDOWN, SHE IS DEMANDING A MORNING AND AFTERNOON TEA INTERLUDE AS WELL. I HATE TO ADMIT IT BUT I AM BUGGERED!

Gone are the days of travelling

around catching up with my bakery friends and dropping into every pub along the way for a beer.

So, I am genuinely worried. She is either going to kill me with her lovemaking demands or I am going to have a heart attack because of them. It is challenging times indeed my loyal subjects.

Now I also have a problem with the kids, as I suspect they're doing the horizontal tango more often as well. Now that's all well and good, but our lot are champion breeders who only have to think about a bit of rumpy pumpy before 'Hey presto' – I'm pregnant again.

Our kids inherited our love and skill of love making and have already cracked out at least six I know of. Let me tell you they all have the Solman genes of being community terrorists. I'm not sure the world could handle that right now.

GEEZ...GOD ONLY KNOWS HOW MANY MORE GRANDKIDS WE'LL END UP WITH AFTER ALL THIS.

Ok, so this is a pie column after all, so I'll get back on track. My advice to survive this apocalypse is to head to Harvey Norman and grab a big chest freezer. Take the long way home past every bloody bakery you can find open and panic pie as many as you can. The only problem to look out for though is that if you come across a dodgy one, you might not have enough bog roll to deal with the emergency. Stay safe people...See you for a beer soon hopefully!

WIN! CRUNCH TIME

RED ROOSTER CRUNCHY FRIED CHICKEN HAS ARRIVED!

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@ THE COALFACE
PRIZE WINNERS

Volume 4 – No 5: March – April 2020

Crib Bag	Lyndal McNamara
Roberts Meats Raffle	Caell Post
Horse & Jockey Voucher	Perren King
Warr on Mining Book	Jeff Peck
Blue Flame Indian Restaurant Voucher	John Marsh
Car Wash Voucher	Clem Smith
F45 Membership	Jane Ridout
Red Rooster Voucher	Conaugh Stewart
Criterion Beer & Stubby Holders	Paul Rolls

CONGRATULATIONS TO ALL OUR WINNERS!

WINNERS!

STRANGE BUT TRUE!

Did you know...

- The medical name for a butt crack is "intergluteal cleft".
- There is a McDonald's in every continent except Antarctica.
- Mr Potato Head was the first toy to be advertised on TV.
- A duel between three people is actually called a truel.
- People can suffer from a psychological disorder called Boanthropy that makes them believe that they are a cow. They try to live their life as a cow.
- Snails have 14,000 teeth and some can even kill you!
- Sonic the Hedgehog's full name is actually Ogilvie Maurice Hedgehog.
- Even though Froot Loops are different colors, they all have exactly the same flavor.
- Most toilet paper sold for home use in France is pink.
- The human nose can remember 50,000 different scents.
- Daddy longlegs have penises, which technically makes them not a spider.

ANTARCTICA

As long as you don't mind a bit of a chill, Antarctica makes for a fantastic destination. One of the last truly wild places in the world, it's people per square kilometre ratio is 0.00008. The downside is the only way to survive is by basically staying in your tent or hut the entire time. You may as well self-isolate at home!

HOLIDAY IN ISOLATION

WE ALL NEED A HOLIDAY FROM THE CORONAVIRUS CRAZINESS SO WE'VE FOUND THE BEST SPOTS AROUND THE WORLD FOR YOU TO VISIT. ALONE. YOU'LL JUST HAVE TO FIGURE OUT HOW THE HECK TO GET THERE!

CAPE YORK PENINSULA

If the cold is not your thing, then turn up the heat and take a road trip to one of Australia's most remote landscapes. The Tip. Jump into your bugout vehicle which should already be ready to go and make sure you pack a spare tyre or two because it can be a long wait if you need to call the NRMA. Phone service and WIFI is poor at best so the good news is you can take a break from the media frenzy.

TUVALU

If you were to visit the tiny South Pacific island nation of Tuvalu, you'd be in exclusive company as Tuvalu is the least-visited country in the world. Located about halfway between Hawaii and Australia, it's a far flight, but once there you'll enjoy perks you only find in secluded destinations, like totally empty beaches perfect for nude sunbathing.

EAGLE ISLAND, GEORGIA

The only way to ensure a completely remote getaway is to rent one exclusively. Eagle Island is a private island near Darien, Georgia, that you can book just for yourself for total isolation, or invite up to twelve friends to share the island's five-bedroom house. Of course, you'll want to make sure those friends provide a negative coronavirus test before allowing them admittance.

PETIT ST. VINCENT

Still want a luxurious holiday? Petit St Vincent is in the Grenadine islands of the West Indies and offers opulent comforts, ultimate privacy and an understated yet attentive service. Guests put up a red flag when they don't want to see anyone, or use a yellow flag to indicate that they want room service or transportation. Leave the red flag up, and you might not see another person during your entire stay.

SKOKI LODGE, CANADA

You'd better pack lightly if you're staying at Skoki Lodge. This hotel is only accessible via a 11km hike (or ski in the winter) through Banff National Park. The lodge sleeps a maximum of 22 guests, so you're guaranteed solitude. If you can make it there.

Here for our community 24-7

During these challenging times, the Westpac Rescue Helicopter is here for our community and we will be ready to respond 24-7.

Please stay safe and thank you for your support.

#HereWithYou #WeAreHere #DoingOurPart

To donate or for more information visit www.rescuehelicopter.com.au



Bulgus, NSW (18 March 2020)

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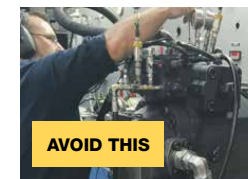


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