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# @THE COAL FACE

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VALLEY  
MAINTENANCE  
SOLUTIONS



PAGES 8-9

## SARAH'S STORY



BHP'S SARAH WITHELL HAS SHARED HER LIFE WITH US, FROM THE UPS, THE DOWNS, TO THE ABSOLUTELY INCREDIBLE MOMENTS OF HER COMPELLING LIFE.

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# LIGHT AT THE END OF THE TUNNEL

2020 HAS BEEN A HELL OF A YEAR WITH ONE TRIAL AFTER ANOTHER. YET OUR COMMUNITY FEELS STRONGER AND MORE UNITED THAN EVER BEFORE.

As we come out of lockdown it’s time to reconnect and rebuild. One way to help do that is to get out and lend a helping hand. Charities and volunteer groups are doing it tough due to cancelled fundraising and increased demand for their services, so they need help more than ever. As always, our industry continues to give back to the community. From scholarships to hampers to cash donations. No matter how small or how little it has the power to change lives. We hope you enjoy this month’s edition in the company of friends and family!



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## LIGHT AT THE END OF THE DRIFT

WATCHING THE KNIGHTS TAKE TO THE FIELD AGAINST THE PANTHERS IN THEIR FIRST POST-COVID GAME OF THE SEASON WAS FANTASTIC.

It was great to see the footy back and an incredibly gutsy team effort from the Knights who refused to quit even after they lost some key players to injury in the early stages of the game. It may have ended in a draw, but the undefeated Knights could hold their heads high after such a determined performance.

It was not just a great game to watch. It also represented another step towards normality for our region. After weeks of changed work practices, staying home at weekends, schools closed and many shops shut, seeing the mighty Knights take to the field was the lift so many fans needed.

THERE’S NO DOUBT THE FIRST HALF OF 2020 HAS BEEN TOUGH FOR SO MANY.

We’ve endured horrible bushfires off the back of a severe drought, followed by a global health crisis. At times these challenges have tested our patience and our sense of community. But like Knights defending their line against the Panthers for set after set in that epic draw, our mining families have shown toughness and resilience that helps underpin the strength of our mining towns and communities.

By implementing strict COVID-19 safety measures, Hunter mines have generally been able to keep operating, protecting jobs, supporting local communities and holding up the NSW economy. This has only been possible because the men and women who work in our mines have shown their commitment and determination to working safely during the pandemic.

IT’S BEEN AN AMAZING EFFORT AND AS A PUBLIC REPRESENTATIVE OF THIS GREAT INDUSTRY IT MAKES ME INCREDIBLY

PROUD OF THE WAY EVERYONE IN MINING HAS STEPPED UP TO GET THE JOB DONE.

These efforts have also been recognised at the highest levels. The NSW Deputy Premier, John Barilaro and the NSW Treasurer Dominic Perrottet have both sent messages of support to our industry over social media. In his message, the Deputy Premier said, “As we get out of this crisis, it’s going to be the mining sector that is going to drive job creation. We want to make sure we do the right thing by you as you’ve done the right thing by NSW.”

Echoing this, the Treasurer delivered a similar message. “It’s going to take an enormous effort to get our state and national economy back on track. But I’m optimistic that we will bounce back strong and I know that the mining sector will be crucial for our recovery. So, thank you again. Keep up the great work. We’ve got your back.”

There will be more challenges ahead. Coal demand and prices have fallen due to COVID-19, with some local impacts in the Hunter and Illawarra regions being felt.

The good news is that as global economies start to improve, prices and demand for our high quality coal will recover, driving jobs growth and further economic activity here in the Hunter.

Our industry would not be able to take advantage of opportunities going forward if it were not for the performance and resilience mining workforce. Once again you’ve shown why NSW miners are the best in the world.

STEPHEN GALILEE, CEO,  
NSW MINERALS COUNCIL

OPINION

## REFORMS TO FAST TRACK RECOVERY

AS AUSTRALIA RECOVERS FROM COVID-19, THE GOVERNMENT SHOULD SEIZE THE OPPORTUNITY FOR REFORMS WHICH GIVE MINING A CHANCE TO DO ITS BEST FOR ALL AUSTRALIANS.



Our competitors will be nipping at our heels to take market share as fierce competition re-emerges in global resources markets. The potential mining investment pipeline of up to \$100 billion of coal, iron ore, base metal, critical mineral and gold projects as well as tens of billions of spending to sustain the Australian mining industry – including many new projects and existing sites in the Hunter – can’t be taken for granted.

Fast-tracking Australia’s recovery and creating more jobs, more quickly means modern skills, lower taxes, faster project approvals and flexible workplaces.

POLITICIANS AND THE INDUSTRY NEED TO FOCUS FIRMLY ON MAKING SURE THAT THESE REFORMS PUT MORE PEOPLE INTO HIGHLY PAID, HIGHLY SKILLED MINING JOBS ON THE GROUND WHERE IT COUNTS IN REGIONAL COMMUNITIES.

In particular, the skills and training needs of both the industry and the future minerals workforce needs will require plenty of attention, including retraining and reskilling

entrants from other industries affected by COVID-19.

Australian mining requires a highly skilled workforce as our global technology leadership in new technology and techniques continues in the post-pandemic era.

Mining’s large export income (\$289 billion in 2019) was achieved by an operational workforce of 240,000, about 2 per cent of Australia’s total workforce, with two-thirds of these jobs located in regional and remote Australia.

WHILE THE MIX OF LOCATIONS WHERE EMPLOYEES LIVE, WORK AND STUDY WILL SHIFT, THE SIGNIFICANT REGIONAL CONTRIBUTION IN THRIVING AREAS LIKE THE HUNTER VALLEY WILL CONTINUE.

This will include mining’s ongoing role in driving broader opportunities through skills development.

In the past, workers might embark on a specific career, acquiring their expertise either from higher education or vocational education and training.

In the future, workers will have a mix of skills acquired at different types of educational institutions throughout their life.

Plenty of workplaces will see workers operating in dynamic teams which often come together for tasks and use different mixes of skills – technical and social – and experience to get the best out of the operation.

This means industry-led education and training is essential to maintain our competitive advantage and keep mining strong as a contributor to our national prosperity.

THROUGH THE MINING SKILLS ORGANISATION PILOT, THE MCA IS READY TO WORK WITH THE BROADER INDUSTRY IN PREPARING THE CURRENT AND FUTURE WORKFORCE IN INNOVATIVE AND RESPONSE WAYS – INCLUDING RETRAINING AND RESKILLING AUSTRALIANS WHOSE EMPLOYMENT HAS BEEN AFFECTED BY COVID-19.

This includes a more responsive and flexible vocational education and training (VET) system, building on the recently established Mining Skills Organisation Pilot which the MCA is leading.

With the Morrison Government showing strong support for mining and its workforce, this approach will help the minerals industry play an even bigger role in supporting all Australians by funding vital services and infrastructure.

In addition, it’s clear that our world-leading minerals companies are hampered by regulatory duplication and overlap, while projects take too long to be approved – denying regional communities jobs and investment.

Quicker environmental assessments and approvals, reforming greenfields agreements and expanding incentives for exploration will help realise and refresh the potential pipeline of new and expanding mining projects.

The minerals sector has underpinned jobs in the Hunter and Australia’s economic prosperity for decades, and if these reforms are adopted they will make for a faster, stronger and more sustainable recovery.

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CEO, MINERALS  
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# IN THE NEWS...

### DARTBROOK STORY KEEPS ON GIVING

It's certainly not the end of the Dartbrook mine story with the IPC and mine owners Australia Pacific Coal meeting on site in July. The IPC handed down a decision last year that the site could operate for a short amount of time after being in care and maintenance since 2006. The determination was that the mine can recommence operations using bord-and-pillar methods and extract six million tonnes of coal until December 2022. Australia Pacific Coal were unhappy with the determination and will now meet with the IPC for a court ordered conciliation conference on site in July. There will still be a full hearing in the Land and Environment Court.

### GLENCORE SITES EMBRACING COVID GUIDELINES

Ravensthorpe Open Cut mine's Operations Manager Tony Israel says the first few weeks of COVID-19 were a struggle to get used to the precautions, but then a penny dropped. Across the Glencore sites temperatures are checked on each employee as they arrive on site and those who have an elevated temperature are checked further, there's plenty of signage and marked out social distancing across site, additional hand washing bays and hand sanitiser are available and only two people are allowed in vehicles to get around the site. Tony Israel says when they kicked off the temperature checking everyone saw how serious the company was about looking after everyone's health and everyone is abiding by the rules.

### HVO COULD'VE PREVENTED UNDERTAKING

Hunter Valley Operations has entered into an enforceable undertaking with the NSW Environment Protection Authority after a water pollution incident. The Singleton mine will cough up \$400,000 after the alleged pollution which the EPA say could've been prevented when rainfall runoff from a rehabilitation slope at the Lemington Road mine was discharged into an adjacent waterway which flows into the Hunter River.

### WHERE THERE'S A WILL, WE'VE ALL GOT A WAY

All of the Upper Hunter is being encouraged to get involved in the 'Power of You' challenge. It's an initiative of Where There's A Will who post a challenge on their social media each morning and they're urging everyone to get involved for the betterment of our mental health. We are living through a pandemic no one saw coming, and it's a challenge Pauline Carrigan from Where There's A Will says we need good mental wellbeing skills to live through.

### BHP'S VITAL RESOURCE FUND VITAL FOR LOCALS

Upper Hunter Community Services has partnered with BHP's Vital Resource Fund to help out locals who have been financially impacted by the COVID-19 pandemic. Manager Mel Atkinson says

they're very flexible with what the money can be used for whether you need help with paying an electricity bill or car registration or even school fees. The service is also trying to support local business by using some of the money to buy gift cards.

### THREE RAIL BRIDGES IN FOR AN OVERHAUL

The Australian Rail Track Corporation will spend \$58 million replacing three rail bridges in Muswellbrook. Due to their age and condition the Hunter River, Muscle Creek and Bridge Street rail bridges will all be replaced with work starting to complete the project in June.

The enforceable undertaking is an alternative to prosecution. The undertaking includes paying \$100,000 to a project on travelling stock reserves in the Singleton, they're required to develop and implement a remediation plan for an area within the mine site with an estimated cost of \$250,000 and conduct an annual inspection of all rehabilitation areas across the mine site, at a cost of around \$50,000 and the company will be paying the EPA's legal, investigation and monitoring costs.

### COVID PANDEMIC HITS LOCAL MINE

Peabody's Wambo Underground mine will be temporarily suspending production in a part of the mine site due to the COVID-19 pandemic for three months. A spokesperson says "like many other Australian mining operators the company has been affected by the incredibly challenging global economic conditions caused by the COVID-19 pandemic" and so they are aligning their production at the mine near SINGLETON with the current coal demand. Peabody added they "very much regret the impact this process will have on affected employees" and are working hard to mitigate the impact on the workforce. The spokesperson said it is unclear how many jobs will be affected as yet, they are continuing to work with employees and the union to best mitigate the impacts.

### MINES BREEZE THROUGH INSPECTIONS

The NSW Resources Regulator has published the results from its proactive inspection program which focused on how mine operators were responding to the COVID-19 risks. The inspection program, which has seen 178 inspections carried out across 87 different mine sites, generally found that mine operators had responded quickly and appropriately to risks posed by the virus and overall standards were high. Chief Inspector Garvin Burns said that most operators had implemented appropriate controls, with only a small number of issues being identified which were largely minor in nature.



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



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# LEADING Lady

NOW ONE OF THE MOST INFLUENTIAL LEADERS IN THE RESOURCES INDUSTRY, SARAH WITHELL CAME FROM HUMBLE BEGINNINGS, GROWING UP ON THE BANKS OF THE HAWKESBURY RIVER IN NSW.



Sarah Withell is currently Head of HSE Business Partnership - BMC & NSWEC at BHP. Her journey to this top position will not only inspire you but may surprise you.

Sarah grew up on the Hawkesbury River in a tiny community with only around 100 houses. The community was close knit and kids would spend all day outside not coming home until the streetlights came on.

Interestingly enough, in the small town is a mental hospital. Because of this the local community and schools

were exposed to a large variety of different people from all different backgrounds. "It was a really accepting community and I think that's one of the things that helped shape me. Plus, I went to an all-girls school and that really shaped me a lot as well," said Sarah.

**"WE USED TO HAVE A LOT OF REALLY FABULOUS TEACHERS AND ALL OF WHAT THEY DID WAS TO INSPIRE YOU - THERE WERE NO LIMITATIONS ON GIRLS, GIRLS CAN DO WHATEVER THEY WANT TO DO."**

"I think what actually comes out of that as well is that a number of my friends from school have gone on to lead really exciting careers, and really different careers all over the world. They've also managed to achieve this success while raising families."

As a youngster Sarah did a gap year where she worked for one of the big accounting firms at the time called Archer Andersons. "It was a real eye opener for me being able to work in that organisation. You really got to see the benefits of having a

professional degree," said Sarah. With many females in the organisation in senior levels to look up to for guidance, when they encouraged Sarah to go onto university she followed their advice.

During university, Sarah did all sorts of different roles like working in laundry mats, waitressing and bartending. She even did a ski season down at the snow.

"I did my degree and I then I did some work for an environmental consulting company. While I was

working there, I had a colleague who left the organisation to do work in the Northern Territory in roads construction," said Sarah. "They seemed to have a really good time and so I became interested in trying to get a job in a remote part of Australia, specifically in the Northern part of Australia."

Thinking about what kind of work she wanted to do, Sarah was drawn to the number of mines in the Northern part of Australia and ended up interviewing for a job at the Century Zinc Mine in the Gulf of Carpentaria. Going through the interview process, including an interview in Brisbane, Sarah remembers feeling excited from the moment she walked in. "I just really wanted that job and so I was fortunate I managed to do a really good interview," she said.

"I really didn't know what I was getting into and I was lucky enough that my boss came with me on my first trip up there or I might have changed my mind. We got into the smallest plane I have ever seen, and the landing pad was just a dirt strip," Sarah chuckled.

Going up North, Sarah had the mindset that she would leave after 6 months if she didn't like it. By the end of her first week she thought she would be lucky to last 6 weeks.

But before long Sarah found that the job was everything she had hoped it would be and more. Before she knew it three years had gone by. She loved all the challenges of working remotely and the unbelievable work situations it brought about, plus it allowed her to see some of the most amazing and beautiful parts of Australia. But the best part was working with the indigenous communities and the property owners up there which made it not only interesting for Sarah, but extremely rewarding.

**"BUT THE WHOLE REASON I WENT UP THERE WAS THE WHOLE REASON I LEFT - JUST HOW REMOTE IT ACTUALLY IS. EVENTUALLY I DECIDED IT WAS TIME TO TRY AND GET A LITTLE BIT CLOSER TO HOME," SHE SAID.**

When asked what she currently loves about her job, it became apparent that the community, her team and her connections were important. "Compared to when I first started in



the industry, the way we now work in with the community is really important and we're talking a lot more now about social value. I think particularly in the Hunter Valley we are unique because we've operated in that space for quite some time."

These days the community often come forward to the mining industry when they think they aren't doing the right thing or expectations aren't being met which Sarah said is a good thing. "We need to continue to get better and if the community don't tell us how they're feeling or what they are thinking then we find ourselves not being at the forefront of where we want to be."

**FROM AN ENVIRONMENTAL PERSPECTIVE, SARAH SAID, "IT'S ALL ABOUT MAKING SURE WE LEAVE A REALLY GOOD LEGACY."**

Aside from her flat-out working career, Sarah has taken up a love for running starting around 3 years ago at local park runs. From there, picking up distances as well, Sarah competes in a half marathon every year.

"The kids also keep us pretty busy with sport, but we have been really enjoying some of this time during the COVID-19 with the ability to work from home," said Sarah.

"We can go for a walk in the afternoon and because I am in Singleton, just around the corner from us is a paddock that's got lovely horses in it, so we take the kids down to pat them."

Back into the swing of things with COVID restrictions lightening and work around Australia getting back on track, Sarah's time management

and planning ideals have become more important than ever as she takes on more and more roles in our industry.

One of those is as a mentor with the 'Women in Mining' mentoring group. Another is Chair of the Upper Hunter Mining Dialogue. All this on top of working fulltime and raising a family. She really is a powerhouse. Need more proof? Sarah also won the award for Exceptional Woman in NSW Mining in 2019. For Sarah it was humbling to receive the recognition for a job that she loves to do.

**"I WAS PROUD TO RECEIVE THE AWARD, BUT WHAT MAKES ME REALLY PROUD IS WHEN A MEMBER OF MY TEAM DOES REALLY WELL," SAID SARAH, EXPRESSING THE IMPORTANCE OF EMPOWERMENT. "THEY ALL SUPPORT EACH OTHER AND THEY ALL GIVE EACH OTHER RECOGNITION AS WELL," SAID SARAH PROUDLY.**

What advice does this born leader have to share? "One of my best pieces of advice is be prepared to take a risk. Don't be scared to jump in sight unseen and take the gamble. Take those opportunities when they are offered because they often don't get offered twice. It's also really important to have people around you who believe in you."

Sarah also has a lot of advice for those looking to enter our industry. "It's an incredibly rewarding industry and there is a huge amount of variety. It's only once you get into the industry that you realise how many opportunities that there actually are as it's requires people with so many different skill sets. I'd encourage people to actually think about what they like to do and then find a role that allows you to apply that skill set, whether directly or indirectly."

Sarah's not leaving our industry anytime soon, recently accepting an Executive General Manager role with Whitehaven Coal after 12 years with BHP. "I am still staying in the industry and I am really excited about this next step for me at a higher level role," Sarah concluded.

All in all, Sarah Withell really is an exceptional woman both in the mining industry and as a Hunter Valley community member. We can't wait to see what she achieves in the years to come.



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In October 2019, the Minister for Energy and Emissions Reduction Angus Taylor asked an Expert Panel, chaired by former Business Council of Australia president Grant King, to find new ways to cut emissions while supporting the economy, businesses and households.

The findings of the King Review have now been released with recommendations for taxpayer-supported funds like the \$2 billion Climate Solutions Fund, the Australian Renewable Energy Agency (ARENA) and the Clean Energy Finance Corporation (CEFC) to be opened up to provide funding for low emissions technology.

The King Review recommends pushing broader voluntary emissions reduction through incentives to boost private co-investment, driving down the costs of transformative technology while speeding up the adoption of new technologies.

This approach puts the Government's 'technology not taxes' policy into action, along with the Technology Investment Roadmap released shortly after the Review.

The Roadmap paper aims at reducing emissions in Australia through a sensible and systematic approach based on current and future low emissions technologies which offer the best prospects for Australia.

Minister Taylor said the Government will look to deploy the \$2 billion Climate Solutions Fund to support Australian farmers, businesses and communities to adopt new technologies that reduce emissions and increase efficiency and productivity.

**“THE GOVERNMENT WILL TARGET DOLLAR FOR DOLLAR CO-INVESTMENT FROM THE PRIVATE SECTOR AND OTHER LEVELS OF GOVERNMENT**

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**TO DRIVE AT LEAST \$4 BILLION OF INVESTMENT THAT WILL REDUCE EMISSIONS ACROSS AUSTRALIA," MINISTER TAYLOR SAID.**

The Minerals Council of Australia is among those welcoming the King Review and the new Roadmap, outlining their ability to provide a clear path for reducing emissions while ensuring Australia's core industries such as mining and minerals processing remain internationally competitive.

“The King Review and the government’s response provides a strong platform to fast-track the development and deployment of low cost abatement technologies including carbon capture, utilisation and storage (CCUS), greater use of electric vehicles and advances in minerals processing which could significantly lower Australia’s emissions and help meet Paris Agreement goals more quickly at lower cost,” said MCA CEO Tania Constable.

NSW Minerals Council CEO Stephen Galilee said they see it as a step in the right direction. "It's good that the Commonwealth Government is taking a technology-neutral approach to emissions reduction and is broadening its emissions reduction funding programs to include carbon capture and storage. As the International Energy Agency, the International Panel on Climate Change, and governments such as Norway, Germany and the UK recognise, this is going to

be a vital piece of the puzzle in achieving cuts to greenhouse gas emissions and it needs to be part of the solution," he said.

Australia's coal industry's low emission technology fund COAL21 is also supporting the technology neutral direction the government is taking.

**COAL21 CEO MARK MCCALLUM SAID THE REVIEW AND THE GOVERNMENT'S RESPONSE PROVIDED WELCOME CLARITY FOR INDUSTRY TO MAKE INVESTMENT DECISIONS AND WOULD SEE A STEP-CHANGE IN AUSTRALIA'S EFFORTS TO INSTALL LOW EMISSION TECHNOLOGIES CRITICAL TO ACHIEVING THE GOALS OF THE PARIS AGREEMENT.**

"The Government has spoken previously about a technology-neutral approach and I'm happy to see that position reflected in its response to the King Review," said Mr McCallum.

“Unfortunately, the discussion in Australia has too often dismissed technologies like Carbon Capture and Storage (CCS), because the focus – incorrectly – is on energy source rather than emission reduction outcomes.

**"All available and proven technologies must be at the forefront of measures to reduce and remove carbon dioxide from large-scale emissions processes such as power generation, mining, processing and manufacturing."**

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PUBLISHERS OPINION

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Covid 19 is only putting more pressure on the situation. The coal price is also at worryingly low levels.

It all sounds a bit gloomy, but remember, the world is still turning and the great majority of people and nations on the planet still need to play the game of life, economics and progress toward a prosperous future. Well not just the great majority, the whole damn planet.

**THE REALITY IS THAT COAL WILL BE A CORNERSTONE TO THAT FUTURE. SO WILL THE WORLD'S BEST NSW COAL.**

Personally, I wish that all this petty infighting would stop. I also wish that China would stop using its influence and position to bully the very people who have embraced and supported them through fair minded trade and what is arguably the most cultural support and embrace of any Western nation.

**REMEMBER THOUGH, IT IS NOT JUST CHINA THAT OUR COAL INDUSTRY DOES BUSINESS WITH.**

Japan, Taiwan, Korea, India and all the others who our industry have harmoniously developed a coal trade with. While I am sure the trading negotiations around coal between Australian producers and those countries mentioned are serious and very tough, they seem to me to be done with the highest of mutual respect and benefit. Without the bulling rhetoric and threats as well. Have you ever heard about 'Big Brother' tactics and threats from any of those nations? No? Neither have I.

**MY PERSONAL VIEW IS THAT IF CHINA WANTS TO PLAY GAMES, GO PLAY THEM SOMEWHERE ELSE.**

If we as an industry and country need to readjust who we trade our commodities with, then let's just bite the bullet and work hard to develop other markets.

Of course, the door should always remain open, but now is the time to say enough is enough. Our national values are not negotiable. The ramifications would of course be serious for our industry, surrounding communities, the state and Nation.

Our long-term stability and security however, will always be in jeopardy if we don't take a stand against this nonsense and our prosperity and national confidence will always be at risk if we allow a foreign nation to control our fortunes and decision making.

Pandemics, trade wars and low coal prices are all creating the perfect environment for what I would reasonable expect to be at best a mini downturn, at worst, one of gut and industry wrenching proportions.

Hang in there though people, keep your eyes and ears wide open and just keep doing what our coal industry does so very bloody well. A windy road ahead, but a journey we will travel safely through over time.



# PLANNING GETS A PUSH

THE INDEPENDENT PLANNING COMMISSION (IPC) HAS BEEN SET NEW ACCOUNTABILITY BENCHMARKS TO ENSURE GREATER TIMELINESS AND TRANSPARENCY IN DECISION-MAKING AS PART OF THE ROLL-OUT OF REFORMS RECOMMENDED BY THE NSW PRODUCTIVITY COMMISSION.

Planning and Public Spaces Minister Rob Stokes has issued his Statement of Expectations to the IPC that outlines the timeframes and process for planning decisions and advice to be issued.

"The recommendations from the Productivity Commission's review reinforced the importance of independent decision-making in upholding the integrity of the NSW planning system," Mr Stokes said.

**"EVERYONE BENEFITS WHEN WE HAVE CLEAR AND TRANSPARENT BENCHMARKS: THE IPC KNOWS WHAT IS EXPECTED OF THEM IN MAKING A DECISION ON A PROJECT; THE COMMUNITY KNOWS WHAT ROLE THEY HAVE TO PLAY; AND PROPONENTS KNOW HOW AND WHEN THEIR PROJECT WILL BE DETERMINED."**

Once a planning assessment is completed by the Department of Planning, Industry and Environment and referred to the IPC, the Commission will be expected to provide:

- a determination within five weeks for projects that do not require a public meeting or public hearing;
- a determination within eight weeks for projects subject to a public meeting;
- a determination within 12 weeks for projects subject to a public hearing; and
- advice to the Planning Secretary within five weeks for gateway and rezoning reviews.

A Memorandum of Understanding (MoU) has also been signed between the Department and the IPC to eliminate duplication of roles in the assessment process, and align with the Minister's Statement of Expectations. The MoU includes probity commitments to maintain independence, guidelines for the

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

Two Aussies are adrift in a lifeboat. While rummaging through the boat's provisions one of them finds an old lamp. He rubs the lamp and a genie suddenly appears. This genie tells them that he only grants one wish.

Without giving much thought to the matter, the lamp finder blurts out, "Turn the entire ocean into VB!"

The genie claps his hands with a deafening crash, and immediately the entire sea turns into beer.

The genie disappears and only the gentle lapping of beer on the hull breaks the stillness as the two men considered their circumstances.

The second Aussie turns to the first and says, "Nice going mate! Now we're going to have to pee in the boat."

provision of additional information required in determinations and clarity on the implementation of policy guidelines.

"We want the Department and IPC to work cooperatively and effectively to ensure the State's most contentious projects are determined as quickly as possible, providing certainty for both the community and proponents," Mr Stokes said.



## Aboriginal Community Development Fund

MACHenergy Mount Pleasant Operation

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

## MACH Energy Australia oversees commitments relating to the Aboriginal Community Development Fund (ACDF).

The Fund seeks to support partnerships that target issues, needs and opportunities which are priorities for local Aboriginal communities in areas such as health; economic development; cultural and community development and education in the Upper Hunter Valley, NSW.

**For Applications or further information about the ACDF please visit: [www.machenergy.com.au/acdf](http://www.machenergy.com.au/acdf)**



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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 ABOUT YOUR RIGHTS TO CLAIM MEDICAL AND RELATED EXPENSES FOLLOWING AN INJURY AT WORK IN THE COAL MINING INDUSTRY.

Often after suffering an injury in or about a coal mine medical treatment will be required, sometime for a short period and on other occasions for many years or for life. The Workers Compensation Act enables the injured worker to claim reasonable treatment expenses that are related to the workplace injury.

Examples of treatment and related medical expenses that you would expect to be able to claim and indeed can be claimed include the cost of an ambulance, treatment in a hospital, treatment by a General practitioner or Specialist, Dental work and the cost of medications.

In addition to the above examples injured workers may also avail themselves of related treatments or therapies such as treatment by registered physiotherapists, registered chiropractors, a masseur, a remedial medical gymnast or a speech therapist and some other therapies under the direction of a medical practitioner. It is important to note that the provider must be suitably qualified and registered where appropriate and always ask your doctor to recommend or support the treatment by endorsing the treatment on your SIRA certificate.

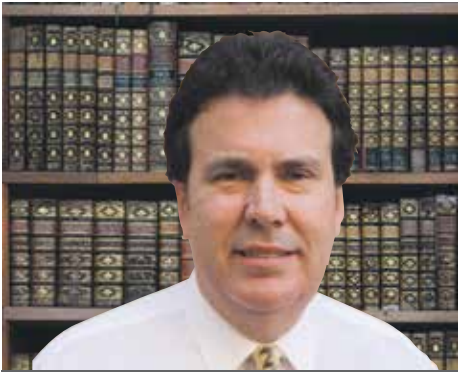
**PERHAPS LESS THOUGHT ABOUT BUT JUST AS IMPORTANT THE LEGISLATION ALSO ALLOWS YOU TO CLAIM THE COST OF ITEMS LIKE OCCUPATIONAL REHABILITATION, CRUTCHES, PROTHESIS AND SOMETIMES INCLUDE CARE IN YOUR OWN HOME AND EVEN MODIFICATIONS TO YOUR HOME. STRONG MEDICAL SUPPORT IS ALWAYS REQUIRED FOR THINGS LIKE HOME CARE AND MODIFICATIONS TO THE HOME.**

The injured worker is not expected to be out of pocket in attending for treatment. You are entitled to claim the reasonable cost of travel to and from the place where the treatment takes place. This might

include a per kilometer rate if you choose to drive or train or bus fare. If circumstances warrant this may also include taxi fare. In the event that you are not reasonably able to travel unaccompanied then the cost of a person to escort you to and from treatment can also be claimed.

It is always best, and in most cases, it is necessary to have your treatment endorsed recommended by a medical practitioner. It is often the case that injured workers seek the pre-approval from the Insurer for major treatments such as operations, whilst this is often the smoothest way to proceed, in the case of Coal Miners, it is possible have the treatment and claim the cost from the Insurer later, this is often done in cases where there is a dispute about whether the treatment is necessary.

The above comments apply to persons injured in or about a Coal Mines, whilst there are many similarities between Coal Miners and Non-Coal Miners entitlements there are also differences so if in doubt seek advice.



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

STUART BARNETT,  
SLATER & GORDON LAWYERS

**'AVE A LAUGH WITH**



**PH 6545 3033**

What's the best thing about elevator jokes?

They work on so many levels.

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## FANTASTIC FIRST YEAR

FENNER DUNLOP'S HUNTER BRANCH CELEBRATES ONE YEAR WITHOUT A RECORDABLE INJURY.

The last 365 days have been filled with passion and hard work for the team at Fenner Dunlop's Hunter branch. As they celebrate a successful first year, it's also a time to reflect on the milestones along the way.

It began in July 2019, with the opening of the new branch in Beresfield and it's been full steam ahead since then. The team has gone from 3 to 44

enabling them to increase their service capacity twofold. They also have extended the branch network to include Muswellbrook and further strengthen their ties to the Hunter region.

Branch Manager Ross Vandyke says the success all comes down to investing in the local staff and by being adaptable to shifting market demands.

**"THIS MILESTONE IS ONLY POSSIBLE BECAUSE OF THE COMMITMENT OF OUR HARDWORKING AND DEDICATED EMPLOYEES, AND OF COURSE, THE SUPPORT OF THE FENNER DUNLOP MANAGEMENT TEAM," SAYS ROSS.**

"The plan was to build a customer focused team who brought local experience and industry expertise. Our employee's dedication is something to be admired, with the right people we were able to take our vision into action very quickly."

In addition to building a service centre fully capable of end-to-end services and supported by an arsenal of mine compliant equipment capable of maintaining any size conveyor belt, the Hunter branch sustains its commitment to the strategic plan focused on continuous innovation and above all, their customers.

"What is most important to us is the relationships we are forging with our local customers," explains Ross. "We are honoured by all of the positive feedback we have received and proud to boast that 8 of the major mine sites in the region are now among our loyal customers."

**FOR FENNER DUNLOP, IT'S ABOUT PUTTING PEOPLE AND THEIR SAFETY FIRST WHICH IS EVIDENCED BY REACHING 12 MONTHS WITHOUT A RECORDABLE INJURY.**

This was achieved through their ongoing commitment for a safer workplace. They pride themselves in leading the way in training and assessment, ensuring employees are experts in all high-risk activities through the Verification of Competency (VOC) process. The service team is evaluated by a Nationally Accredited assessor and subject matter experts ensuring the quality of their work is above the expected standards and that all equipment is operated safely.

"We are extremely proud of this safety milestone and the many other achievements we've had in our first year," says Ross. "We are very excited to see what the next year has in store."

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\*Conditions apply. Does not include third party costs or disbursements. You may also be liable for the other party's legal fees if unsuccessful.



# Speak Out

THE UPPER HUNTER MINING DIALOGUE IS LOOKING FOR COMMUNITY REPRESENTATIVES WHO ARE INTERESTED IN HELPING THE DIALOGUE ADDRESS THE CUMULATIVE IMPACTS OF MINING THROUGH INDUSTRY AND COMMUNITY WORKING TOGETHER.

Community representative positions are available on the Dialogue’s Joint Working Groups.

The working groups meet quarterly and play an important role by helping the Dialogue choose and implement its strategies and activities including projects aimed at addressing mining impacts in areas such as air and water quality, land management and rehabilitation and planning the Hunter of the future.

Current community representatives, Di Sneddon and Ken Bray, encourage Upper Hunter residents to get involved in the Dialogue.

“PEOPLE SHOULD PARTICIPATE, CONTRIBUTE AND BETTER UNDERSTAND THE MINING OPERATIONS IN THE HUNTER VALLEY,” SAYS KEN, WHO JOINED THE DIALOGUE’S JOINT ENVIRONMENT WORKING GROUP IN 2013.

“At times, we do not necessarily agree, however, it is a forum, around the table to participate in discussions and guidance on the way forward and co-existing.”

Di, who has been involved with the Dialogue since its inception

in 2011 and is a member of its senior body, the Joint Advisory Steering Committee, sums up why people should participate.

“Because you can; no other mining area has such a dialogue,” she says.

**“THIS IS A GREAT OPPORTUNITY TO ENSURE THE COMMUNITY’S VOICE IS HEARD AND RESPONDED TO. WE ALL LIVE HERE AND TOGETHER WE CAN GAIN THE BEST OUTCOME FOR EVERYONE IF WE WORK HARD ENOUGH. BETTER OUTCOMES FOR THE ENVIRONMENT, OUR LOCAL BUSINESSES AND THOSE WHO WORK AT THE COAL FACE.”**

COMMUNITY REPRESENTATIVES INTERESTED IN JOINING THE DIALOGUE CAN REGISTER THEIR INTEREST VIA EMAIL AT [INFO@NSWMining.com.au](mailto:info@NSWMining.com.au) FOR MORE INFORMATION ON THE UPPER HUNTER MINING DIALOGUE VISIT THE WEBSITE AT [WWW.MININGDIALOGUE.COM.AU](http://WWW.MININGDIALOGUE.COM.AU)



‘AVE A LAUGH WITH

PH 6543 1066

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

Morris asks his son, now aged 13, if he knows about the birds and the bees.

“I don’t want to know!” the child said, bursting into tears. Confused, the father asked his son what was wrong. “Oh dad,” he sobbed, “at age six I

got the ‘there’s no Santa’ speech. At age seven I got the ‘there’s no Easter bunny’ speech. Then at age 8 you hit me with the ‘there’s no Tooth Fairy’ speech! If you’re going to tell me now that grown-ups don’t really have sex, I’ve got nothing left to live for!”

# CASUALS BACK IN COURT

THE RECENT RULING FROM THE FEDERAL COURT HAS ONCE AGAIN PUT ‘CASUAL’ WORKERS IN THE SPOTLIGHT.

Over recent years there’s been plenty of controversy around ‘casual’ workers, especially in the mining industry. On one side accusations of exploitation, casual workers working side by side with permanent workers and deprived of due entitlements. On the other side charges of ‘double dipping’, that casuals already being paid loadings to compensate for lack of benefits then claiming for those entitlements on top.

More than 2.6 million people in Australia are employed as casuals (after COVID-19 this number is considerably less). Casuals get no annual or personal leave, no redundancy pay, and can be terminated without notice. Instead they are usually entitled to a 25% pay loading.

When we think about casual work we normally think of temporary work. Work with changing rosters and inconsistent working hours. Work by its very nature being unreliable. However, the problem is there is no solid definition for casual work in Australian labour laws.

For the mining industry there have been two cases that have brought the casual worker issue before the Federal Court. The most recent was the matter of WorkPac v Rossato in which the Court’s decision upheld the same key principles of the 2018 WorkPac v Skene decision.

**IN BOTH CASES THE COURT DECIDED THAT THAT WORK WHICH IS REGULAR, ON-GOING AND PERMANENT IN NATURE IS NOT GENUINELY ‘CASUAL’ AND THEREFORE ATTRACTS**

**ENTITLEMENTS SUCH AS PAID ANNUAL LEAVE. THE FULL BENCH ALSO RULED THAT MONEY ALREADY PAID AS CASUAL LOADING COULD NOT BE OFFSET AGAINST LEAVE ENTITLEMENTS OWED.**

With the Rossato judgement reinforcing the earlier Skene judgement, it cements the view that long term casual employees who work regular and systematic hours should be considered permanent employees and it paves the way for long-term casuals to claim unpaid leave entitlements.

The CFMEU represented the workers in both cases and see the Court’s decision as a win for the casual workers in the mining industry. For the second time, the Federal Court has called out the ‘permanent casual’ labour hire model as unlawful.

In coal mining where the outsourced labour hire business model is prevalent, these cases will undoubtedly have big implications. Some employer groups are already calling for the Government to introduce a new definition of casual to the Fair Work Act as an employee who is ‘engaged and paid as such’. The CFMEU are urging the Government to adopt a definition of casual as ‘intermittent and irregular’ in line with the Skene and Rossato Federal Court judgements.

Industrial Relations Minister Christian Porter has said he will review the decision and consult with employers and unions about its implications. It’s a difficult issue and highlights how desperately a clear definition of ‘casual’ is needed for the sake of both employers and employees.

**WORKPAC V SKENE**

Paul Skene was a casual labour hire coal miner employed by WorkPac. Paul worked a typical 7/7 roster set 12 months in advance and in his case argued that his work arrangement did not fit the legal definition of a ‘casual’ and was therefore owed annual leave entitlements under the National Employment Standards. In August 2018, a full bench of the Federal Court agreed that Paul was owed leave entitlements.

**WORKPAC V ROSSATO**

Robert Rossato was another casual labour hire employee of Workpac. He also worked regular and systematic hours for Workpac. WorkPac commenced proceedings in the Federal Court seeking a ruling that Robert was a casual employee, not a permanent employee; and in the event that Robert was considered a permanent employee WorkPac could seek restitution for the 25% casual loading that was mistakenly paid to him. The full bench rejected their arguments and found that like Paul Skene, Robert Rossato was also not a casual and was also eligible for paid leave entitlements. The Court also ruled that Workpac were not entitled to restitution for the casual loading payments.

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# STUDENTS SCORE SCHOLARSHIP WINS

CONGRATULATIONS TO THE 2020 MINEWORKERS TRUST SCHOLARSHIP RECIPIENTS WHO HAVE STEPPED UP TO THE PLATE DURING THE CORONAVIRUS CHALLENGE.



ALEX EVERETT

Mineworkers Trust scholarships are awarded each year to CFMEU Mining and Energy members, family members and dependents who are undertaking study diploma level or higher at TAFE or university.

Twenty students across the country have been awarded the \$6250 scholarship to support their studies, including four Northern NSW District winners Elliott Earnshaw, Alexandria Everett, Chloe Frost and Isabella Mossin.

With the COVID-19 pandemic interrupted their studies just as the academic year got underway, studies were moved to online learning with face to face learning suspended until further notice. The commitment and ability to adapt to these challenges is an accomplishment in itself.

Our Upper Hunter's own, winner Elliott Earnshaw from Mitchell's Flat was one of those scholarship recipients. Graduating his year 12 HSC in 2019, he currently studies a Bachelor of Economics and Bachelor of Laws degree full time at the University of Sydney.

Following in his father Darren Earnshaw's footsteps who currently works for BHP's Mount Arthur Coal with 34 years in the industry, Elliott has a strong passion for CFMEU values. "Over 10 of my close relatives are members of the CFMEU in the mining and energy resources sectors in the Hunter Valley."

"I FEEL INDEBTED FOR WHAT THE CFMEU HAS DONE FOR ME AND MY FAMILY AND AM HIGHLY MOTIVATED TO HELP FURTHER THE CAUSE OF THE UNION IN IMPROVING WORKERS' RIGHTS AND CONDITIONS."



ELLIOTT EARNSHAW

Another recipient from the Upper Hunter Valley, Chloe Frost from Scone, has gone onto university after graduating her year 12 HSC. Chloe chose to study a little closer to home completing a Bachelor of Occupational Therapy full time at the University of Newcastle. Chloe said, "As an aspiring occupational therapist, my skills would have many uses for the staff of mining companies, assisting in the rehabilitation of workers if they are left with life-altering to minor injuries that may prevent them from participating in work and daily activities."

Chloe's dad Adam Frost has worked in the industry for 17 years, currently employed by Mount Arthur Coal and there is no doubt that the opportunity to help workers like her father that inspired her career choice.

**"THE AID THAT MY FUTURE CAREER WOULD PROVIDE TO THE MENTAL AND OVERALL WELLBEING OF ENERGY AND MINING WORKERS TO IMPROVE QUALITY OF LIFE, WILL THEREFORE CREATE A POSITIVE WORKING ENVIRONMENT," SAID CHLOE.**

West Ryde Sydney's Isabella Mossin was another scholarship recipient



CHLOE FROST

who graduated her year 12 HSC in 2019 to go onto a Bachelor of Education (Primary) full time at The University of Sydney. Her father Claus Mossin has also worked in the mining industry for 8 years, currently employed by Hunter Valley Operations.

**"I APPLIED FOR THE MINEWORKER'S TRUST SCHOLARSHIP DUE TO MY PASSION FOR GIVING BACK TO THE COMMUNITY AND HAVING AN IMPACT ON THE LIVES OF YOUNG PEOPLE," SAID ISABELLA.**

After completing her HSC in 2015 Alexandria Everett from Camperdown, Sydney went on to study a Bachelor of International and Global Studies at The University of Sydney with the aid of her Scholarship win.

Currently in her final year of her degree, Alexandria said, "My degree is the perfect combination of looking at international processes that serve businesses and serve communities and the overlap of how International Business and International Relations relate and interact with one another."

"I hope to take my lessons and experiences and support rural



ISABELLA MOSSIN

communities, specifically in mining and energy communities, which are often central supports to several Australian rural towns."

Her father Dion Everett has worked in the industry for a lengthy 28 years, employed currently by Peabody Energy - Wambo Open Cut. "Growing up in Singleton NSW, I have been surrounded by the mining community and am a product of the opportunities it has provided my family."

**"MY GRANDFATHER WAS THE FIRST FAMILY MEMBER IN THE CFMEU, AND HE WAS SUPPORTED BY THE UNION WHEN HE WAS FORCED TO LEAVE THE MINE DUE TO AN INJURY. I AM PRIVILEGED THAT MY FAMILY HAS BEEN SUPPORTED BY THE UNION IN THE PAST AND I HOPE THAT IN MY CAREER I CAN SUPPORT OTHERS WITHIN THIS COMMUNITY."**

To this year's winners, congratulations and we look forward to seeing your bright contributions to the mining and energy industry in years to come.



CFMEU MINING AND ENERGY REPRESENTS OVER 20,000 WORKERS AND THE MINEWORKERS TRUST WAS SET UP TO BENEFIT THEIR FAMILIES AND THE COMMUNITIES THEY WORK IN. FOR DECADES THEY HAVE FUNDED COUNTLESS PROJECTS IN LOCAL COMMUNITIES, HOSPITALS, SPORTING GROUPS AND SCHOOLS AS WELL AS AN ANNUAL SCHOLARSHIP PROGRAM. SO FAR, THE TRUST HAS RETURNED MORE THAN \$10 MILLION DOLLARS TO AUSTRALIAN MINING COMMUNITIES.



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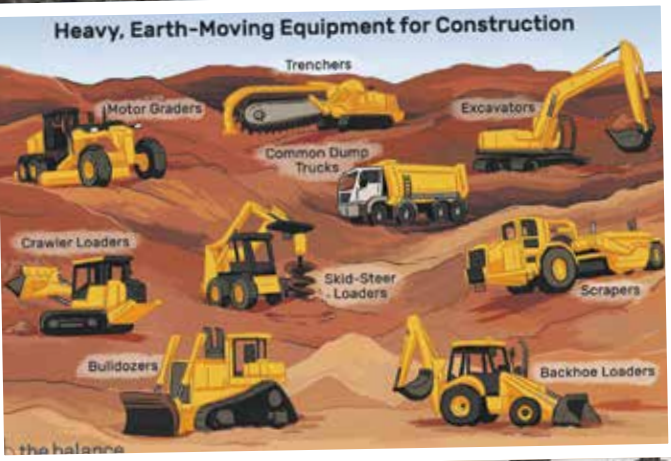
ROSTER CHANGES

# Keeping mine workers, families and communities safe.

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PARALLEL ECONOMICS

# THE NATIONAL ACADEMY OF DIRT

THIS MONTH'S PARALLEL ECONOMICS IDEA IS TO SET UP A UNIVERSITY OF SORTS FOR CIVIL WORKS ON MINE BUFFER LAND FOR SCHOOL LEAVERS AND THOSE SEEKING A CAREER OPERATING THE FULL RANGE OF EARTHMOVING EQUIPMENT, TRUCKS AND THE LIKE.

A kind of place where people can learn and study in large scale, real world environments. A place where people could upskill as well. It's not just for training people to work on mine sites, but for civil companies large and small, contractors, local, state and federal government, school leavers and so much more.

Okay so it's not really a new idea. In fact, we already have a small version operating on an old mine site in Cessnock. Most of you will know HPots and the great job they do. What I'm suggesting though is a much larger industrial scale that draws prospective students and investment from all over Australia and maybe even overseas.

Set over a very large area on mine buffer land, there could be zones for all kinds of disciplines needed to build civil infrastructure, residential and commercial construction and of course, mining.

**WANT TO LEARN TO BUILD ROADS? HAVE WE GOT THE PLACE FOR YOU!**

Need to become an expert in the art of building dams and water storage and infrastructure? Civil drainage? Highrise foundation excavation?

Residential? Highways? Defense force? Difficult and dangerous excavation? Working at night? Any and every discipline would be able to be taught and learnt to the highest standard.

Diggers, trucks, drilling and piling, demolition, the learning list is endless. Supporting infrastructure such as a campus for the class-based components of study would complement it all. Government could even play a role testing and developing new standards and safety.

Large equipment companies such as the big OEM's like CAT, Liebherr and Komatsu could also have a permanent home for testing and development much like the car industry has in the form of test tracks.

You could even have an area that is dedicated to showcase in an annual trade fair kind of environment. What about the Civil Olympics once every few years as well while we are at it?

Other businesses could operate in and around it like new and used equipment dealers.

Would you like to take that for a test drive sir? Of course you can. Come this way.



OPINION

## 'The National Interest Includes our Exports.'

FEW PEOPLE IN THE HUNTER HAVE HEARD OF BAOCAL ZHANG. BUT OUR LOCAL COALMINERS MIGHT KNOW WHO HE IS. ZHANG IS THE CHAIRMAN OF YANCOAL, THE COMPANY WHICH NOW COMPETES WITH THE SWISS GIANT GLENORE, FOR THE TITLE OF BIGGEST COAL PRODUCER IN THE HUNTER VALLEY. YANCOAL THEREFORE, IS ALSO ONE OF THE BIGGEST EMPLOYERS OF MINEWORKERS IN OUR REGION.

While some of the big multinationals are responding to environmental activism by moving away from coal, Yancoal is further building its coal portfolio. It now holds a mainly majority interest in eleven coal mining operations across three states. It's no secret that more acquisitions are likely.

Like all companies, I'm sure Yancoal is primarily interested in profits, but it pursues profitability while maintaining a good working relationship with the CFMEU. Yancoal is no doubt also interested in securing reliable sources of coal, thermal coal in particular. That's fine by us.

Security of supply in coal, iron ore and high-quality food products is important to China, a country of more than 1.3 billion people which is quickly growing out of developing-nation status. Its rapidly growing population wants not just or coal and iron ore, but also our high-quality, green and clean wine, infant formula, beef, and grains. Most important, they've demonstrated a willingness to pay good money for our superior products.

**INDEED, CHINA IS THE CUSTOMER FOR 36 PERCENT OF AUSTRALIA'S EXPORTS - \$130 BILLION WORTH EACH YEAR. THEIR DEMAND FOR OUR FOOD AND MINING PRODUCTS CREATES HUNDREDS OF THOUSANDS OF AUSTRALIAN JOBS. SO TOO DOES THE MONEY INVESTED HERE BY COMPANIES SUCH AS YANCOAL.**

China and Australia are very different countries: one big, one small. We differ in both ethnicity and culture. We must therefore always be mindful of our different systems of government and be robust and strong always in matters

involving our national security.

But that doesn't have to involve unnecessarily offending our biggest trading partner. For example, the global community was always going to have an inquiry into the source and spread of COVID-19; it is plain silly to suggest otherwise. It wasn't necessary to further damage the China relationship, a relationship which has been in decline since 2017.

Sure, as China's economic growth continues at pace, the world becomes a more complex place and balancing our various interests grows more challenging. But we have to take the wins while tackling the challenges.

We are a proud middle power. We've always punched above our weight in defence of the values and principles we share with countries like the United States of America, Canada, New Zealand and the United Kingdom. But when our Government starts chasing votes at home at the expense of our important international relationships and export markets, we all lose. That's exactly what Malcolm Turnbull began to do three years ago and it's a practice that Scott Morrison has unfortunately followed.

If we are smart, we can keep the many jobs that Chinese investment and product-demand creates in our mining, agriculture, tourism and education sectors, without in any way putting at risk other Australian interests. Let's hope Scott Morrison sees the error in his ways.

**HON JOEL FITZGIBBON MP  
SHADOW MINISTER FOR AGRICULTURE AND RESOURCES AND  
FEDERAL MEMBER FOR HUNTER.**



## WASH AND DINE

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# THEN AND NOW

EVER WONDERED WHERE OUR INDUSTRY CHAMPIONS STARTED? HERE'S THE STORIES OF HOW SOME OF OUR @ THE COALFACE MATES ENDED UP WHERE THEY ARE TODAY.

## RICHARD JONES

CEO, WESTPAC RESCUE HELICOPTER SERVICE NORTHERN NSW



When I left school in 79 my old man said to me what was I going to do, and I thought playing footy and surfing seemed like a pretty good life! He wasn't that fond of my answer and so I started the following day as a fettler at the BHP. He had an old rugby mate who was a boss there, so that's where I landed. It was a remarkable time in my life, working with older guys gave me a real read on what it was like to work in a team and relying on each other. It was fun, gave me a great grounding in respect and life, and how to work hard.

Now, I have what I think is the best job in the world, dealing with such supportive communities right throughout Northern NSW, and amazing and professional staff at every level. I'm really proud of the culture that we have created. It's been tough of late with people being in ISO and we haven't been able to get out and do the fundraising that we need, and the face to face relationship building that we are so good at. We are thankful that the mining community continue to be our biggest supporters.



## LUKE THOMSEN

CLIENT SERVICES MANAGER NSW, BRUNEL



When I was a boy I always wanted to be like my Grandfather, driving trucks and training racehorses. As I grew up, I started out in the fabrication trade before moving into mining working my way up to being Mining Equipment Assembly Manager across QLD and PNG for Hastings Deering. With the downturn in mining I returned to the Hunter Valley with a role back on the tools in maintenance at MTW. From here I connected with an old contact

and was asked to setup a Hunter Valley branch for a recruitment company. After this was established, I moved on to join Nathan Sharpe as Operations Manager NSW and create SES Labour Solutions NSW. 2.5 years on and an acquisition to become part of Brunel Australasia as Client Service Manager NSW now covering from the Hunter Valley to Mid North Coast, Gunnedah, Mudgee, Sydney and Southern NSW.



## SAM PTICEK

BRANCH MANAGER, HYUNDAI FORKLIFTS NEWCASTLE



When I was younger, I always loved cars, anything with an engine that made a lot of noise really. I was able to get an apprenticeship with Kloster Ford as a light vehicle mechanic, working across multiple brands like Honda, Holden, Nissan and Hyundai. Once I felt there wasn't much more to learn in the automotive industry, I moved onto plant equipment, starting a role as a field technician with Crown equipment and

after a couple of years there I decided to run my own mobile mechanic business. Once my first child came along, I decided to go back to a permanent role, starting with AE Alfabs as a workshop supervisor in the Forklift and Access division, working my way up, I am now the Branch Manager for Alfabs Hyundai forklifts one Newcastle, Hunter Valley, Central Coast and Wollongong. And I couldn't be happier!



## KAREN EDWARDS

SALES & MARKETING COORDINATOR, WILSON MINING SERVICES



Being a coal miner's daughter, I always grew up counting the coal ships off the coast of Newcastle. This is something I still do today with my own boys. My career in mining is just beginning, coming from a background in education. I started working for Wilson Mining, in Gateshead NSW in Accounts and Administration. Since being acquired by

one of Australian mining's most trusted contractors, ASX listed Mastermyne last year, I have moved into the role of Sales and Marketing Coordinator. I am involved with the development and implementation of sales and marketing campaigns, across both companies and assist with the preparation and development of quotes and proposal.



# Protecting miners, families & communities

## Taking action on COVID-19

Mining is a key local industry. And health and safety remains our industry's number one priority.

We're all adapting to new ways of working safely in response to coronavirus, to protect each other, our families and the community.

Our mines are following strict advice from health authorities and implementing new measures including increased health testing and cleaning, more protective clothing, physical distancing, travel limits, shift changes and alternative work arrangements, and more.

All while also doing our bit to help the economy.

So thank you to everyone working hard in our mines and in the businesses supplying our mines for everything you're doing.

Let's keep going and stay healthy and safe.

To find out more go to [nswmining.com.au/covid-19](https://nswmining.com.au/covid-19)







**Who are you and what do you do?**  
My name is Patricia Lambert, I am the branch manager at Muswellbrook Titan.

**Where did you start and how did you end up where you are now?**  
I started in the mining industry as a trainee in the store at Mt Arthur Coal and eventually becoming supervisor on shift, was projects administrator with Komatsu, then started in administration with Titan and have been given this great opportunity as branch manager to further my career.

**Describe a typical day at 'The office'.**  
Working with workshop employees to prioritise jobs, answering customer enquiries.

**What's the best thing about your business?**  
All of our branches are happy to work together, if you have a query you cannot answer you can always find someone to help.

**What is the big news in your part of the mining industry right now?**  
Titan has separated from ITM, with the two businesses having separate identities. Titan Australia and ITM.

**What are the biggest challenges facing your business?**  
Covid-19 has been challenging for everyone, but is something we are all adapting and working through.

**How long have you been doing business and business in the Valley?**  
Titan has been doing business in the Hunter Valley for more than 20 years.

**Community or other causes close to its heart and values?**  
We have recently supported our local bushfire brigades by holding a family fundraiser in conjunction with Muswellbrook golf club.

**How big is the crew in the Hunter Valley?**  
Our branch has 6 employees

but Titan Australia has a national network of over 130 fantastic people.

**What's the best thing about your job?**  
Being able to continuously grow skills and knowledge with support of fellow employees.

**The worst thing?**  
Organising interstate freight on a short time frame.

**What's a funny story about work that you can tell?**  
When I first started as a trainee in the store, I would get the requests for welding sparks, holey buckets, etc. Their sense of humour made the shifts go faster and was a really enjoyable place to work.

**Anything else you want to say?**  
Titan Australia has recently invested in the Muswellbrook branch and has increased capacity with extra shot blasters and a larger paint booth. All this means much quicker turnaround times for our customers.



MY MINING LIFE

FRANK ROBERTS

MINETEK'S FRANK ROBERTS LOVES HIS RUGBY, LOVES HIS FAMILY AND LOVES HIS JOB.

**Who are you and what do you do?**  
My name is Frank Roberts and I am the new NSW Sound Attenuation Key Account Manager for Minetek.

**Any nicknames good or bad?**  
When you have a terrible name like Frank you don't need a nickname, although Frank the Tank gets thrown about because of Will Ferrell.

**Where do you live and how long have you been in the Valley?**  
I live in Newcastle, but I grew up near Sandy Hollow.

**When did you start and what's the ride been like?**  
In the Valley I had a good 8 years at Tefol where I was supervisor for about 5 years and just recently started my new role with Minetek.

**What's a usual day at work entail?**  
Honestly depends on the day, I'm usually on sites throughout the Valley, or in the office completing quotes for projects/ components needed.

**How big is the crew?**  
We have several offices through Australia and globally. In the Singleton office there is probably around 30-40.

**What's the best thing about your job?**  
Honestly, the autonomy given to everyone to just get in and complete their jobs. We're all given a framework but there's not much in terms of micromanagement. It just gives me the freedom to come and go from the office to make sure each of our customers are looked after.

**What's something about your job that would surprise people to know?**  
Probably the global reach of Minetek. Frequently throughout the day you will hear our mine ventilation guys dealing with people throughout Africa and the water evaporator teams sorting out issues in the US and Canada. I think Minetek currently has products in over 50 countries worldwide.

**The worst thing?**  
The 50 minutes to 1-hour drive from Newcastle each way.

**What's a funny story about work that you can tell?**  
Don't know if it's funny or just a sign of the times but the fact that on day 1 of the new job Minetek had closed all the offices that same Monday because of COVID-19. So, without meeting more than 2-3 people I worked from home for the first month on the job.

**How different is your job to what you wanted to be when you were a kid?**  
Well I wanted to be a fighter pilot so ...

**What would your mum say about you when you were a kid?**  
That I was a terrible kid when I was young, always making

a mess. I don't remember it, but I didn't get many toys growing up because my first set of brand-new Tonka trucks ended up in the oven. The steel frames were okay but the plastic tyres were stuck to the bottom of the oven for weeks.

**Family?**  
My wife Tracey, and our 3-year-old son Hartley with baby number 2 due in November.

**What do you do in your downtime?**  
Well not so much at the moment but I've played senior rugby in Newcastle over the last 10 years. Hopefully we'll get some sort of season underway from July this year although 2 preseasons in one year has been pretty rough.

**How is your job currently being affected by the current pandemic?**  
Well as I said the first month on the job, we were all working from home and site visits were restricted but now everything seems to be opening back up.

**What is one thing about that you that would surprise people to know?**  
Probably that I'm of Tongan heritage, a lot of people look at me and don't know how to pick it. The name Frank doesn't help haha.



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# 2019

## SUMMARY OF SPEND (% OF SPEND)

OVERSEAS	AUSTRALIA	NSW
1%	10%	8%

# 81%

## HUNTER & CENTRAL COAST

See how else we're contributing to a smart, sustainable and vibrant Newcastle at [sustainability.pwcs.com.au](https://sustainability.pwcs.com.au)

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24 JUNE-JULY 2020 | @ THE COALFACE @ THE COALFACE | JUNE-JULY 2020 25



# YOU'LL BE MISSED POPPY

YOU COULD HAVE KNOCKED US OVER WITH A FEATHER WHEN WE HEARD THE NEWS THAT GOOD MATE OF @ THE COALFACE, GLEN 'POPPY' RAE, UNEXPECTEDLY CALLED LAST DRINKS ON A LIFE WE WERE ALL PROUD TO BE A PART OF.

Despite looking very old for his years due to a tough paper round as a kid, losing his hair at a young age, and the more than occasional bit of biff on the footy field and in the pub, he was only 47 years young. He squeezed a lot out of his time though and we are left with a mountain of great memories dwarfed only by the size of his heart and strength of his character.

As owner and Managing Director of Valley Maintenance Solutions, success came to him the hard way, through bloody hard work, tenacity and an unwavering desire to give the best life he could to his family who he loved more than words can say.

Poppy started in the mining industry as a Boilermaker over 20 years ago and had various roles with different contracting companies as a Supervisor, Safety Advisor and a Maintenance Manager.

He was also passionate about community, sponsoring local sporting clubs and getting on board with any cause that helped the community and its people.

**FOR A LOUD, OPINIONATED AND HARD MAN, HE REALLY WAS A GREAT BIG SOFTY.**

Much of the following words were said by those who cherished him and alternated through tears of love and loss and uncontrollable laughter at his goodbye.

Poppy was too young to leave this world. Full of potential, he still had so much to give. His service should have been attended by a thousand, if not double or triple that, but the old 'Rona' buggered him and his plans for mass adulation and mourning...that and a huge bloody wake!

Poppy's childhood sweetheart, partner and the love of his life for 31 years was Allison. It was a big, big love. Their boys Charlie and Max and of course Lachlan, z were and are his and Alison's pride, joy and purpose in life.



Charlie and Max found a card he wrote not so long ago, 'To my beautiful wife I knew we would be together for ever. You're a great mother and an even better wife. Together forever x.' It turns out he was a bit of a romantic as well.

Poppy always aimed up when the going was at its toughest. A typical Aussie bloke, he was a bit rough around the edges, but truly a diamond in the rough. He was no pushover and could handle himself equally as well as he could charm the pants off someone.

**HE ALWAYS TRIED TO BETTER HIMSELF AND BUILT A VERY SUCCESSFUL BUSINESS IN MINING WITH VALLEY MAINTENANCE SOLUTIONS.**

If you ever needed anything he was always there. If you were an asshole you would never have got to know him. He had no patience and that trait led to many funny stories.

He never thought he was better than anyone else and he always said it straight, good or bad. "If you don't like it you can all go and get f#@\*ed." Was a common theme if he thought it needed to be said. No airs and graces doesn't begin to describe Poppy. And there were some colourful stories;

His Mum used to send him to the shops as a kid to buy a pack of Viscounts. Poppy would return home with one missing and say that they came that way when he bought them.

Then there was the bus full of Rae family and friends going to the Newy races in February. A

few young punks thought it a good idea to harass some of his clan back at the bus to go home. Predictably, he applied 'Poppy style diplomacy' and got into a brawl and taught the brave young-un's that it's never a good idea to try to hijack a bus in the name of Rae.

Andrew Hughes who proudly called him his best mate said, "Some called him a smart ass and he always said, 'You have to be smart or you're always an ass.' The door was always open with Poppy. He had a heart of gold. Loved a bloody golf day. We once played with Mark Waugh and at the end he said 'I'll never look at golf again the same.'"

Football was a religion to him. And everyone at a game understood this very bloody well. He loved his mates; the sessions were brutal and the weak never stood a chance.

Poppy loved telling a story. He also loved a vodka and passionfruit and brown Gatorade.

**HARDER THAN FOUR-UNIT MATHS. TOUGHER THAN A BRICK SHIT HOUSE.**

The Maitland Red Dogs was his footy team and like life he gave it everything up till the full-time siren. Giving the round ball game a go, violence ended his soccer career prematurely.

A rat bag, a pearler, as loyal as the day is long, a beer, a yarn, a smoke and a blu meant you made the most of the day.

## WE LUV YA MATE!

**FROM YOUR GOOD MATES, YOUR WORK MATES AND MOST OF ALL ALLISON, CHARLIE AND MAX, THANKS FOR EVERYTHING. ENJOY A COLD ONE WITH LACHLAN...THIS IS NO GOODBYE, IT'S A SEE YA LATER MATE. YOU WILL NEVER BE FORGOTTEN.**



# HELP THE HELI

WITH ALL FACE TO FACE FUNDRAISING AND MAJOR EVENT ACTIVITY ON HOLD AS A RESULT OF THE CORONAVIRUS PANDEMIC, THE WESTPAC RESCUE HELICOPTER SERVICE HAS LAUNCHED ITS ANNUAL APPEAL WITH A GOAL TO RAISE OVER \$300,000.



The financial appeal will directly assist the helicopter service to save local lives across Northern NSW.

"Annually, the people of Northern NSW are so generous in supporting this appeal. Year in year out we see that a little from many goes a long way and we are ever grateful for that," Westpac Rescue Helicopter Service CEO Richard Jones OAM said.

**"WE KNOW THAT THIS YEAR IS DIFFERENT AND DONATION SUPPORT MAY BE DIFFICULT FOR MANY IN OUR COMMUNITY AT THIS TIME. WE ARE ALL IN THIS TOGETHER AND WE HOPE OUR APPEAL REACHES OUT TO EVERYONE, WITH THOSE WHO**

**ARE ABLE, TAKING THE STEPS TO MAKE THEIR SUPPORT COUNT AT THIS CRUCIAL TIME."**

"Through the current Coronavirus health crisis, our pilots, aircrew and engineers along with the NSW Health doctors and NSW Ambulance critical care paramedics who fly with us, are working hard to deliver medical care for those in need across Northern NSW."

"Every year on average we fly over 1500 missions, including responding to emergency Triple 0 calls, inter hospital transfers and search and rescue. We've also recently seen a milestone achieved by our Lismore base, who performed its 10,000th

mission since operations started in that area in 1982."

**THE APPEAL COMES AS THE COMMUNITY SERVICE ALSO RECOGNISES 45 YEARS OF OPERATION IN NEWCASTLE AND 20 YEARS OF OPERATION IN TAMWORTH.**

"With the onset of the Coronavirus we have taken additional steps, over and above our existing protection, to address the challenges associated with the virus. This has been achieved through an increase in levels of personal protective equipment and modifying procedures to ensure the safety of patients and crew," Jones said.

"This invitation however is made mindful that many communities are yet to recover from the bushfire crisis and continued drought conditions and are now faced with these further challenges. We are very conscious that not everyone in our community is in a position to donate but we will be very grateful to those that are able."

"This truly is a community run service. In the end we are one Community and as our thoughts are with those who are suffering in these trying times, our focus remains on the provision of the best aeromedical support for those in need 24-7," Jones concluded.

YOU CAN MAKE DONATIONS TO THE SERVICE'S APPEAL AT [WWW.RESCUEHELICOPTER.COM.AU/APPEAL](http://WWW.RESCUEHELICOPTER.COM.AU/APPEAL) OR BY FREECALL 1800 155 155.

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# CARING FOR THE COMMUNITY

BENGALLA MINING COMPANY HAS GENEROUSLY DONATED MUCH NEEDED FUNDS AND EQUIPMENT TO THE UPPER HUNTER COMMUNITY SERVICES (UHCS) TO HELP SUPPORT OUR LOCAL COMMUNITY.

The UHCS do fantastic work in our community supporting individuals and families who need assistance. During this time of COVID-19 with some people losing jobs or hours at work, their support has been more vital than ever.

**BENGALLA HAS GENEROUSLY PROVIDED A \$10,000 SPONSORSHIP TO UHCS WHICH WILL ALLOW THEM TO HELP EVEN MORE FAMILIES IN THIS TIME OF NEED.**

In addition to the funds, Bengalla also donated a number of computers which the UHCS was then able to give to families to assist them during the time of home schooling. For families without access to a computer, the already difficult task of home schooling was made almost impossible, so the computers were very welcomed. Bengalla have been long time supporters of the UHCS as they've seen firsthand how important the services they provide to the local community are.

"We are simply thrilled to be able to provide this assistance to UHCS," said Fiona Hartin, Bengalla Community Relations Specialist. "They make a real difference in the lives of so many people in our community. The support that they offer is year round, but now more than ever, more people are needing assistance. A huge thank you to Mel, Sue and the whole team at UHCS, they really are an inspiration."



SUE MILTON (UHCS) WITH FIONA HARTIN (BENGALLA)

**FOR OVER 20 YEARS THE UHCS HAVE BEEN PROVIDING COMMUNITY AND SOCIAL SERVICES TO THE UPPER HUNTER COMMUNITY. UHCS MANAGER MEL ATKINSON SAID THEY COULDN'T DO IT WITHOUT SUPPORT FROM COMPANIES LIKE BENGALLA.**

"We are so appreciative to Bengalla for their support. With this much needed funds we will be able to assist people in the community who have experienced a loss of income due to COVID-19," said Mel. "Assistance is being provided in a holistic and practical way as well as linking community with UHCS services."

"Plus to have the donation of the computers which allowed us to assist families to access online learning from home was terrific. A big thank you to everyone at Bengalla."



UPPER HUNTER  
COMMUNITY SERVICES INC.

**UHCS BRING TOGETHER THE CAPABILITY AND RESOURCES OF 12 SERVICES ACROSS THE UPPER HUNTER;** Aboriginal Family Worker, Emergency Relief Program, Group Worker (parenting groups), Muswellbrook Neighbourhood Service, Family Support Service, Youth Development Officer, Justice of the Peace, Community Capacity Building, Hunter Park Family Centre, MOOSH (providing out of school hours childcare) and Toybox (a mobile rural playgroup for rural and remote families).

In addition to these services UHCS offer a huge range of groups with trained UHCS staff such as SMART Recovery (Addiction), Anger Management, Adult Literacy, Parenting workshops, Love Bites (Domestic Violence and Sexual Assault education aimed at Year 10 school students, Life Skill programs, Cooking Classes, Playgroups, Music Playgroup for Young Parents, coordination of the Mental Health Professionals Network Meeting.

YOU CAN FIND OUT MORE ABOUT THE AMAZING SERVICES PROVIDED BY UHCS AT:  
[WWW.UHCS.ORG.AU](http://WWW.UHCS.ORG.AU) | 02 6542 3555



THANKS TO SUPPORT FROM LOCAL BUSINESSES, MUSWELLBROOK PCYC HAS BEEN HELPING LOCAL FAMILIES IMPACTED BY COVID-19.

MACH Energy Mount Pleasant Operation, along with Bengalla, Mangoola, Newcastle Permanent and Muswellbrook Motors have all made generous donations to Muswellbrook PCYC to purchase valuable and much needed supplies for care hampers to be distributed to local families.

Muswellbrook PCYC Manager, De-anne Douglas said the idea came about when Mangoola approached her concerned about families who were struggling after suffering a loss of income and wanted a way to help.

"I immediately thought that care hampers would be perfect," said De-anne. "It has a dual advantage of allowing us to buy local and support businesses and also help families in need."

De-anne said that as soon as other businesses heard they about what they were doing, they too wanted to get involved and before long they had enough donations to put together 125 hampers.

"WE ALL KNOW BUSINESSES ARE DOING IT TOUGH YET BY CONTINUING TO SUPPORT THEIR COMMUNITY DEMONSTRATES HOW MUCH WE ARE IN THIS TOGETHER. I HAVE TO THANK MACH ENERGY MOUNT PLEASANT OPERATION, MANGOOLA, BENGALLA, NEWCASTLE PERMANENT AND MUSWELLBROOK MOTORS. I AM OVERWHELMED BY THE SUPPORT IN SUCH TIMES OF UNCERTAINTY AND IT JUST SHOWS HOW COMMUNITY COMES TOGETHER WHEN THE CHIPS ARE DOWN."

MACH Energy External Relations Manager Ngaire Baker and her team helped hand pack the hampers made up of groceries and wish cards to help out local families doing it tough.

"This was such a fantastic initiative and we were so glad to be able to help out," said Ngaire. "We would like to thank De-anne for her tireless work in organising these much-needed relief hampers and support for those families, especially the children, directly impacted by COVID-19."



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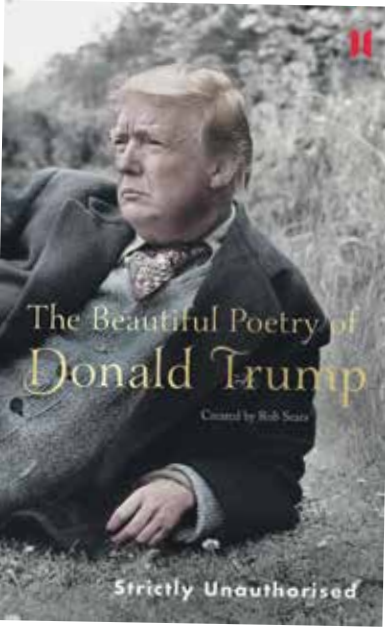
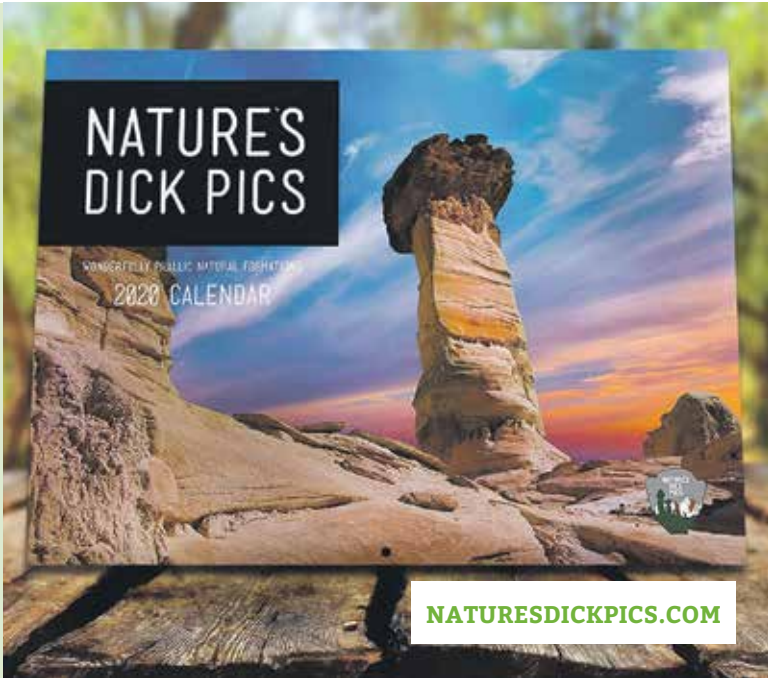
MY HOUSE MATE HAS MADE IT CLEAR THAT IF I DON'T PURCHASE THE TILE MATE TRACKER RIGHT NOW, I WILL BE ON CLEANING DUTIES FOR THE REST OF THE YEAR.

I am absolutely hopeless with losing my keys, wallet and especially my phone. Almost every morning before work I will be screaming around the house asking if anyone has seen them but thank the lord I have finally found a solution. The 'Mate' pairs seamlessly with an app downloaded to your phone where you can use your smartphone to make your tile ring when you misplace your things within 200 feet Bluetooth range, or you can view it on a map to track it down yourself. I don't know about you, but I've already made my purchase.

# LETTING IT HANG OUT

NATURES DICK PICS 2020 CALENDAR IS QUITE POSSIBLY THE BEST GIFT TO BUY SOMEONE THIS YEAR. NATURE HAS NEVER BEEN SHY ABOUT SHOWING OFF ALL THEIR SHAPES AND SIZES.

The sleek modern design with high resolution images and UV protected coating on the covers gives you a geez at some of nature's finest shafts. It's a brilliant gift idea for birthdays, secret Santa, bachelor and bachelorette's, and look grab one for yourself too - maybe don't display it at your desk in the office though.



# "I KNOW WORDS, I KNOW THE BEST WORDS"

THE BEAUTIFUL POETRY OF DONALD TRUMP BY ROB SEARS IS A TREASURY OF SOME OF THE 45TH PRESIDENT OF THE UNITED STATES' BEST QUOTES AND SOCIAL MEDIA POSTS TO CREATE SOMETHING THAT IS TRULY A PIECE OF ART.

If there is one word I would use to describe President Donald Trump, controversial is the first to come to mind. From "I think Eminem is fantastic, and most people think I wouldn't like Eminem" to "And did you know my name is in more black songs than any other name in hip-hop?", the author has masterfully reordered Trump's innermost thoughts and feelings into a stunning collection of poetry.

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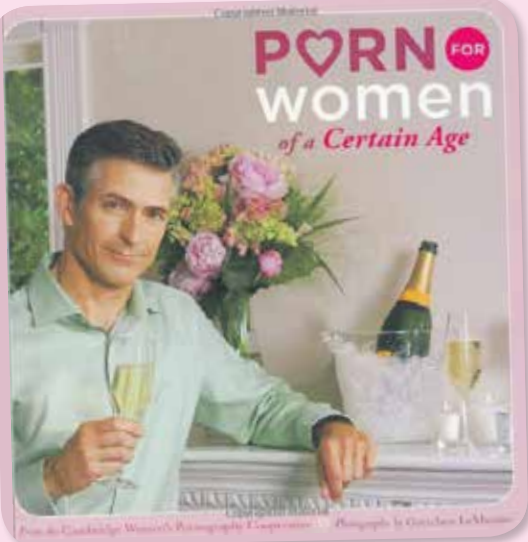
# TELL THEM WHAT YOU REALLY THINK!

THESE PASSIVE-AGGRESSIVE NIFTY NOTES BY KNOCKKNOCK STUFF IS SOMETHING I THINK MANY OF US NEED FOR THOSE 1 OR 2 PEOPLE IN THE OFFICE WHO LIKE TO SUBTLY SHARE THEIR THOUGHTS.

I know a couple of people in particular (I won't name names for my own safety) who well and truly could use a note pad like this. The memo pad lets you clearly address a range of behavioural failures in others, from poor respecting others to cleaning up after yourself. The best part - you can sign this note personally or tick anonymous, absolute genius. I for one would not like to tell my colleague face-to-face they stink. To top it off the note finishes with "KISSES AND HUGS!" to really emphasise that passive-aggressive feel.



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# EROTICA FOR THE MORE MATURE WOMAN

PRAISE THE LORD FOR PORN AND I AM RIGHT? PORN FOR WOMEN OF A CERTAIN AGE BY CAMBRIDGE WOMEN'S PORNOGRAPHY COOP HAS OUTDONE THEMSELVES WITH THIS ONE.

Aging is inevitable, but it doesn't have to be boring. This seductive read shows steamy, distinguished and not to mention provocative men doing the things that make the more mature women weak at the knees. From booking cruises, admiring silver hair, insisting on early retirement, to - YES LADIES - taking over the cooking and cleaning. It's time to reclaim your self-love and grab a copy.

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# BRINGING JURASSIC PARK TO LIFE

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The T-Rex Inflatable Costume for Adults - Universal Jurassic World from Costume Super Centre is sure you to have you win best dressed at the next fancy dinner party. This officially licenced Jurassic World product features elastic at the wrists and ankles to ensure air-tight sealing, gloves with faux claws, a zipper at the rear and a clear vinyl port in the character neck to see through. This is a straight-A costume winner.

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We understand that we have an important role to play in helping Hunter communities through these challenging times by keeping our business operating, continuing to employ people and continuing to spend money with local businesses.



We thank our employees, contractors and suppliers for their continued support of the controls we have in place across our operations.

We're all in this together.



EVERY YEAR NEW DIETS HIT THE MARKET AND THERE HAVE BEEN AT LEAST 1000 WEIGHT LOSS DIETS CREATED OVER THE LAST CENTURY. HERE'S A LOOK AT SOME OF THE CRAZIEST AND STRANGEST DIETS OF ALL TIME.

**BANTING DIET**  
The first popular diet was named after William Banting in 1863. In a pamphlet titled 'Letter on Corpulence' he outlined the details of a particular low-carbohydrate, low-calorie diet that had led to his own dramatic weight loss. Although one of the earliest diets, it's actually one of the more sensible ones.

**TAPEWORM DIET**  
The most repulsive of all diets, the tapeworm diet involves ingesting a tapeworm cyst pill and allowing a tapeworm to mature inside your intestine where it will eat all the food that winds up there. Once you hit your target weight simply swallow an anti-parasite pill and the tapeworm comes out in your excrement. Side effects include vomiting, diarrhoea, headaches and even epilepsy as your body is deprived of vital nutrients.

**COTTON BALL DIET**  
Soak a handful of cotton balls in juice or milk and then swallow them. Yes, you heard me right, the reasoning behind this outrageous diet is that the cotton balls will fill you up and suppress your appetite. Side effects include life threatening blockages in your intestines. And I bet pooping out those puffs is not pleasant.

**SLEEPING BEAUTY**  
We don't eat while we are asleep so logic suggests the more you sleep the



# DARE TO DIET

THE WEIGHT LOSS INDUSTRY IN AUSTRALIA CHEWS UP A WHOPPING \$450 MILLION DOLLARS A YEAR FROM AUSTRALIAN WALLETS AND DIETING MAKES UP A BIG CHUNK.

more weight you will lose. Right? All you need for this diet is to take a strict regimen of chemical sleep aids and then put in some serious time hitting the pillow. Side effects are significant and include addiction, muscle deterioration and impaired memory.

**CABBAGE DIET**  
Eating a constant diet of cabbage has to be one of the most unappealing diets around. As with all diets that consist of consuming just one kind of food and forsaking all others, you're looking at some major nutrient deficiencies. Sure, you might initially lose some weight

but it's unlikely you will keep off the weight once you resume normal eating. Side effects include flatulence and cramping.

**GRAPEFRUIT DIET**  
Originating in the 1930s, this one has been around for a while and I have to say it's my kind of diet as it recommends that you enjoy all your favorite foods emphasising proteins and fat, with no limits on butter, dressings, or fried foods. Then drink 2 litres of grapefruit juice each day which is supposed to combine with all that protein to rev up your fat-burning abilities. Unfortunately, there is no evidence that it works.

**THE CIGARETTE DIET**  
We've all heard that cigarettes are supposed to suppress your appetite so why not try the cigarette diet of cigarettes and water. In the past tobacco companies actually marketed their products as weight loss aids. Side effects, cancer, heart disease, stroke, death. Hmm, makes the tapeworm look not so bad...

**PROLINN DIET**  
This diet was created by Roger Linn and consisted of eating nothing. Now that's a sure-fire way to lose weight! And die. But he did allow one thing; a 400-calorie drink called "Prolinn." The magical potion consisted of slaughterhouse byproducts, including horns, hooves, and tendons. Side effects include sudden death from heart related problems.

**THE TONGUE PATCH DIET**  
This fad diet created in 2009 involves stitching a patch to the top of the tongue which then makes eating painful and removes all the enjoyment of eating. Once the weight is lost than the patch is removed. Side effects are swollen tongue, difficulty speaking, infection.

**THE CONCLUSION**  
The best and safest diet is no diet! Most of the scientific evidence available indicates that diets simply don't work, with almost every person who goes on a diet regaining their lost weight within a year.  
It all comes down to input and output. Don't eat more calories than you burn. And if you make those calories come from nutritious foods, than you'll not only benefit your waistline but your overall health too.

# COAL DUST CRACKDOWN

THE NSW GOVERNMENT IS IMPLEMENTING NEW EXPOSURE STANDARDS FOR RESPIRABLE COAL DUST TO GREATER PROTECT MINE WORKERS.



NSW's current standard of 2.5mg/m3, in place since 2004, is already the most rigorous standard in Australia. But from February 1, 2021 the coal dust respirable standard will be changed to 1.5mg/m3. This change comes almost 2 years ahead of the nationally agreed transition date. Lowering the standard will help ensure the long-term health and wellbeing of coal miners and further reduce their risk of suffering coal workers' pneumoconiosis, otherwise known as 'black lung disease'. Deputy Premier and Minister for Resources John Barilaro said NSW is already the national leader in mine safety and introducing the new standard early was further evidence of its commitment to best-practice for the mining industry.

"COAL MINING IS VITAL TO THE ECONOMIC PROSPERITY OF NSW AND UNDERPINS THE STATE'S ENERGY NEEDS, AND THE NSW GOVERNMENT REMAINS COMMITTED TO ENSURING THE MEN AND WOMEN WHO WORK IN OUR COAL MINES GO HOME SAFELY EACH DAY," MR BARILARO SAID.  
"The decision to fast-track these more stringent standards for coal dust exposure was an easy one and is a great example of mine workers, mine operators and government working together to ensure we have robust frameworks in place to address this insidious disease." Introducing the standard early was recommended by the NSW Mine Safety Advisory Council (MSAC), which is made up of key employers, unions and government, with the change to be supported by a campaign from the Resources Regulator called Black Lung Disease: An ongoing focus in NSW.

The campaign includes a video and posters and is designed to educate mine workers and mine operators of the risks associated with respirable coal dust. The Resources Regulator is also working with MSAC on further guidance around dust which will be released over the coming months. In February 2021, NSW will also be the first mining jurisdiction in Australia to implement an exposure standard of 0.1mg/m3 for diesel particulate matter, which follows almost a decade of NSW mining industry guidance advising mine operators to comply.

**'AVE A LAUGH WITH SconeOutdoors**  
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BUY ANY TORO MOWER AND YOU COULD WIN THE PRICE OF YOUR MOWER BACK

While carpenters were working outside the old house I had just bought, I busied myself with indoor cleaning. I had just finished washing the floor when one of the workmen asked to use the bathroom. With dismay I looked from his muddy boots to my newly scrubbed floors. "Just a minute," I said, thinking of a quick solution. "I'll put down newspapers." "That's all right, lady," he responded. "I'm already trained."

# TOGETHER WE DELIVER.

Monadelphous is a leading Australian engineering group providing construction, maintenance and industrial services to the resources, energy and infrastructure sectors. We employ more than 7000 people, with major offices in Perth and Brisbane supporting our operations in projects, facilities and workshops spread across Australia and neighbouring countries including Papua New Guinea.

Monadelphous's New South Wales regional operations are part of the company's national network of local facilities, all strategically located in or near mining and energy related resource precincts. We have had a presence in the Hunter Valley for more than 13 years, with fully equipped workshops in Singleton, Muswellbrook and Gunnedah.

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- rebuids
- Project management and construction services
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IRONCLAD PERFORMANCE WEAR HAVE RELEASED THEIR NEW COMMAND SERIES TOUCHSCREEN WORK GLOVES.

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# NEWCASTLE & THE HUNTER'S

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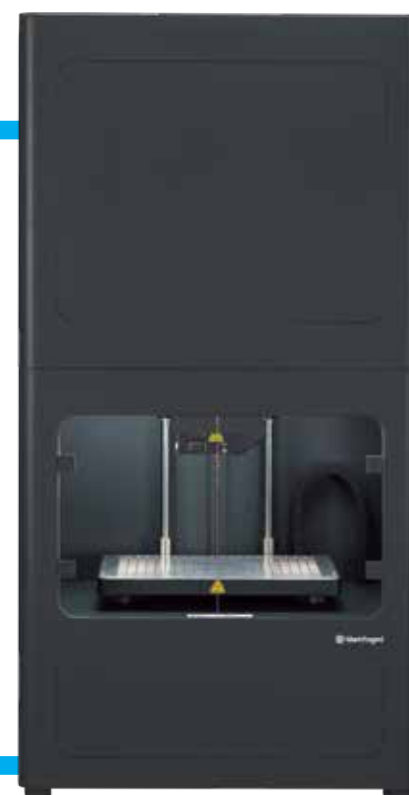


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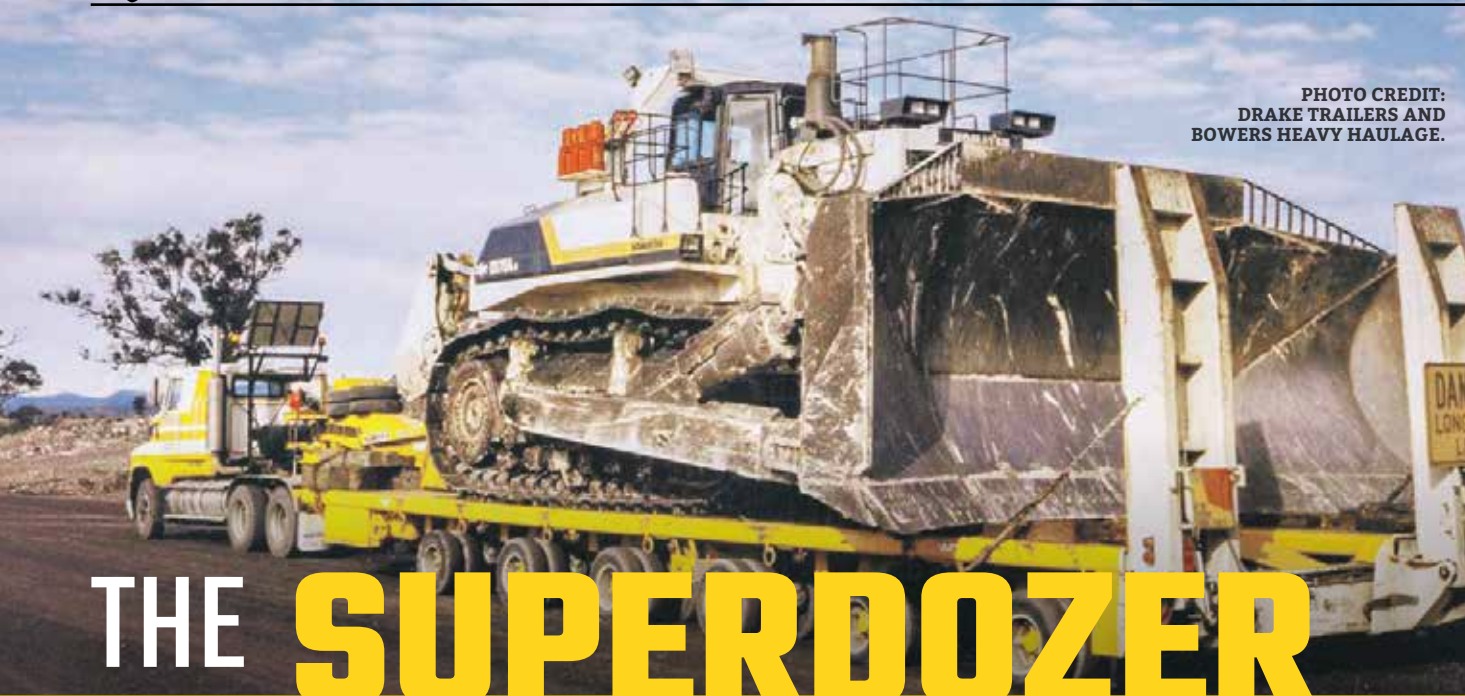


PHOTO CREDIT:  
DRAKE TRAILERS AND  
BOWERS HEAVY HAULAGE.

# THE SUPERDOZER

THE HISTORY OF EQUIPMENT IS LITTERED WITH ENGINEERING MARVELS. REVERED FOR THEIR SIZE AND TECHNOLOGY, THESE OUTLIERS OFTEN FAIL TO ACHIEVE COMMERCIAL BREAK-EVEN POINTS WHEN MANUFACTURED ON AN INDUSTRIAL SCALE. SADLY, THROUGH POOR TIMING OR A MISJUDGEMENT OF MARKET OPPORTUNITIES, THESE 'FAILURES' RELATE TO A LACK OF MARKET BREADTH RATHER THAN THE MACHINE ITSELF.

Such was the case for the Komatsu D575 introduced in 1991 out of Osaka Japan. Despite celebrating 21 years of production, in 2012 it was deemed no longer viable with its smaller 475 sibling securing order volumes circa 20:1.

Primarily used as a coal mining dozer in strip mining pits in North America, Australia and New Zealand, the

D575's primary competitor has always been the Cat's D11. As the dozer's closest and most successful rival, the D11 offers the most significant perspective to the Komatsu's overall size and blade capacity.

**WEIGHING IN AT WHOPPING 152.6T, THE D575 WAS CLOSE TO 50T HEAVIER THAN TODAY'S D11.**

Offering blade capacities of 69m<sup>3</sup> and 96 m<sup>3</sup> (compared with Cat's 27.2 m<sup>3</sup> to 75 m<sup>3</sup> range), the D575 was 11.7m long and 7.39m wide when fitted with a 'standard blade' and powered by a stonking 12 cylinder, four stroke, water cooled, direct injected, turbocharged, intercooled 1,150 horsepower engine.

Marketed in Super ripper (SR) or

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Super dozer (SD) configuration, the SR's single shank ripper provided miner's a maximum digging depth of 2.06m and was often used to rip rock in areas where blasting was not permitted and ripping the only alternative. First introduced into operation at a West Virginia coal mine, the D575A assisted the mine in doubling its average meters per operating hour.

**THE D575'S EVOLUTION INCLUDED FOUR MAIN MODELS AND IN 2001 WAS INTRODUCED AS THE D575A-3 SD AKA SUPER DOZER.**

Incorporating extensive changes to its frame, powertrain, undercarriage and blade, it sported a significantly re-designed operator cabin and powertrain electronic control system making it substantially different from its predecessor.

In 1991 working with Drake Trailers, Bowers Heavy Haulage created a semi-modular widening low loader with 80 – 300 tonne capacity shifting this machine with blade and ROPS on, an incredible feat for its time completed by a Hunter Valley local.

To find out more about this move and gain an appreciation of the sheer size of this Super dozer visit <https://thedrakegroup.com.au/drake-trailers-news/drake-trailers-builds-trailer-for-worlds-biggest-dozer/> and <https://www.youtube.com/watch?v=XvwbWZDhMNC>

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# BOREDOM BUSTERS

ALTHOUGH RESTRICTIONS ARE LIFTING, THERE'S STILL NOT MUCH ON THE CALENDAR IN THE COMING MONTHS. TO KEEP YOU ENTERTAINED WE HIT UP EVERYONE IN THE OFFICE FOR THEIR TOP RECOMMENDATIONS.

## MOVIES & TV

### THE LAST DANCE

Not just for sports fans, this 10-episode Netflix series is about the rise of the Chicago Bulls in the 1990's and offers a unique insight into the human behaviour of iconic sports figures.

### SPENSER CONFIDENTIAL

A Netflix original starring Mark Wahlberg, this movie is a bloody fun watch. Spenser (Mark) is an ex-cop who after being released from prison for assaulting a superior officer uncovers a conspiracy. A great blend of comedy and action.

### RUN

Available on Foxtel, this new TV show is a comedic thriller, so you'll be squealing one minute and laughing the next. The story follows two former university lovers who drop everything in their lives to meet up again.

### HANNAH GADSBY: DOUGLAS

After the international success of her last Netflix special, Nanette, Hannah Gadsby is back with a second special bringing more of her unique insights into the world. Funny, heartwarming and provocative,

### JOKER

This reimagined portrayal of iconic villain The Joker is a must watch. A gritty, dark and brilliant movie with an outstanding performance by Joaquin Phoenix.

## BOOKS

### BEFORE THE FALL BY NOAH HAWLEY

11 people are on a private jet when it crashes into the ocean. As the stories behind the passengers unfolds, the mystery of what really happens deepens. A suspenseful and heartwarming story.

### CALYPSO BY DAVID SEDARIS

No-one can make you laugh like David Sedaris. His latest book is another blend of hilarious humour with deeply personal stories.

### BECOMING BY MICHELLE OBAMA

Michelle Obama's memoir has been on the New York Times bestseller list for months and deservedly so. Michelle writes with refreshing candor about her roots, finding her voice and life in the White House.

### THE FIREMAN BY JOE HILL

The son of Stephen King, Joe Hill proves he has the same storytelling talent as his dad with this post-apocalyptic story of a deadly spore which has infected most of the world's population. Perfect reading for when in a pandemic.

### 488 RULES FOR LIFE BY KITTY FLANAGAN

Rule number one in Comedian Kitty Flanagan's 'not a self-help book' is if you don't agree with a rule, then forget about it and move onto the next one. But with hilarious, silly, and sometimes rousing rules, you won't want to skip a single one.

## PODCASTS

### GROUNDNED WITH LOUIS THEROUX

While stuck at home during the pandemic, Louis talks to a mix of high-profile people around the world. His insightful questions are mixed with humour and he always digs deeper than most interviewers.

### THE MOTH

Funny, moving, thought provoking, each episode brings you real stories from real people. A celebration of storytelling about the human experience.

### REVISIONIST HISTORY

Malcolm Gladwell takes you on a journey through the overlooked and misunderstood. Each episode re-examines something from the past and asks whether we got it right the first time.

### CASEFILE

Crime buffs look no further, Casefiles True Crime is the number 1 Australian podcast for solved and unsolved crimes. Well written and structured, each episode offers fascinating insights.

### QANON ANONYMOUS

Conspiracy theories make for entertaining fodder and this podcast brings you some of the strangest theories of all time. Blending historic information with insightful commentary and plenty of laughs.

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# LIFE AFTER A PROFESSIONAL ATHLETE’S CAREER

NEWCASTLE’S HOMEGROWN KURT GIDLEY IS BEST KNOWN FOR HIS BRILLIANT CAREER WITH THE NEWCASTLE KNIGHTS ENDING IN 2017, LEADING THE STAR TO TRANSITION FROM FULL TIME PROFESSIONAL SPORT INTO A BUSINESS DEVELOPMENT MANAGER’S ROLE WITH PROTECH GROUP.

Kurt Gidley grew up a Novocastrian boy, kicking off his first shot at footy in the under 7’s at Wests Rosella’s Newcastle who now own the Newcastle Knights.

His first professional opportunity came to play for the Knights was in the under 17’s S G Ball squad before making his professional debut in 2001. The now footy legend played there for the rest of his NRL career until 2015, going on to play for the Warrington Wolves in the Super League in the UK.

Gidley then retired at the end of 2017, stepping away from professional sport and footy and entering a post footy career business development role. When asked if he knew what direction he wanted to go into when he retired, he said nah not really. “When I was still playing footy, I was always probably going to go down the path of a strength and conditioning coach - I was always pretty fit, I enjoyed motivating and encouraging my teammates and driving accountability,” said Kurt.

Being in a captaincy role with the Knights and Warrington for a number of years, Kurt found he not only enjoyed leadership roles but wanted to take it further professionally in business.

“I WAS ALWAYS THINKING OF GOING INTO A STRENGTH AND CONDITIONING POSITION BACK AT THE KNIGHTS, BUT I NEEDED A CHANGE AND A NEW CHALLENGE BY THE TIME I FINISHED PLAYING MY FOOTY CAREER AND WENT INTO A BUSINESS DEVELOPMENT MANAGEMENT (BDM) ROLE WITH THE NEWCASTLE KNIGHTS BEFORE AN OPPORTUNITY AT PROTECH ARRIVED,” SAID KURT.

Protech provides workforce solutions to the civil infrastructure, construction, rail, engineering, mining resources and power generation maintenance around the country. The mining sector in the Hunter Valley is a vital part of Protech Newcastle’s business success.

With no previous experience in those industries and certainly stepping into the unknown, Kurt reflected on the things that he learnt in footy when it comes to perseverance, work ethic, a great attitude and willingness to learn.

These traits have without a doubt helped him with his transition from a business development role at the Knights to a BDM role at Protech.

WHEN ASKED ABOUT THE TRANSITION, THE FORMER STAR SAID, “IT WAS PRETTY HARD TO BE HONEST - THE TRANSITION FROM A LONG-TERM PROFESSIONAL ATHLETE INTO NORMAL WORKFORCE HOURS, I SUPPOSE WE HAVE ALWAYS BEEN USED TO TRAINING SCHEDULES AND ROUTINES LEADING INTO GAMES, REALLY UNSTRUCTURED COMPARED TO A MONDAY TO FRIDAY 40-HOUR WEEK.”

“I was so used to training and playing whenever the coaching staff told us to. 7 days a week, morning, afternoon or night, public holidays, whatever. There was no such thing a sick leave or the thought of not turning up. We were totally committed to each other, the team, the goal.”



“Transitioning from that type of routine that we are all used to in professional sport into Monday to Friday 9-5, it’s a real challenge with longer days and without that high intensity competitive sport provides - it’s just different to what I was programmed to do for the previous 17 years,” Kurt added.

THE DECISION TO MOVE INTO THAT MONDAY TO FRIDAY ROLE WAS MADE EASIER WITH HIS WIFE BROOKE AND 3 YOUNG DAUGHTERS ARABELLA, MACY AND HALLIE IN MIND, NOW ABLE TO ENJOY RELAXING ON WEEKENDS AND SPENDING TIME WITH HIS FAMILY (AND OF COURSE WATCHING THE FOOTY WHENEVER HE GETS THE CHANCE).

Also an ambassador for the Newcastle Knights, Kurt still works at home games, but has enjoyed transitioning away from just being in that sporting environment and learning a bit more around business and how it works.

It can be extremely overwhelming to try and work out what you want to do post career when you’re so focused on a professional sport. Kurt had some great advice for those currently looking at opportunities beyond their sporting career.

“It’s really about making the most of those relationships you meet through business when you’re a player, through sponsorships and through the clubs and different rep teams - they certainly help you when you retire and want to move into a career post footy.”

“I’VE RECOGNISED NOW THAT THE RELATIONSHIPS THAT I’VE BUILT THROUGH MY FOOTY CAREER AND IN NEWCASTLE AND THE HUNTER VALLEY ARE CERTAINLY HELPING OUT NOW WITH MY CAREER AT PROTECH THAT’S FOR SURE.”

“And you know, it’s not about using your name from my footy career, for me it’s about earning respect and credibility in a new industry and leveraging from those relationships I built with local businesses and people and turning them into genuine business opportunities.”

A Newcastle Knights fanatic myself, Kurt Gidley will always be a sporting legend to me. Now, I also see him as an inspiration in not only challenging himself by transitioning from sport, but using that experience to his full potential to become a brilliant business manager today.

IF YOU’D LIKE TO HEAR MORE ABOUT WHAT KURT AND THE PROTECH GROUP ARE DOING VISIT THEIR WEBSITE AT [HTTPS://WWW.PROTECH.COM.AU](https://www.protech.com.au)



KURT GIDLEY PLAYING FOR THE NEWCASTLE KNIGHTS



WITH RESTRICTIONS EASING, IT’S TIME TO PACK THE GEAR AND PUT THE CRAZINESS BEHIND YOU.

The great boat ramp lockout debacle is officially over for “non locals” of Port Stephens. The timing could not be better as the fishing in the bay is firing right up. Places like Allmark are producing plenty of Kingfish and other bottom dwellers such as Bar Cod, Snapper and even the odd Blue Eye. Texas off Norah Head would also be worth a look for Kingfish as well. Hopefully we see some Yellow Fin Tuna action out wide soon.

The inshore fishing is also starting to produce some great Snapper along the coast with some cracking fish moving in on the reefs as the water continues to cool. The standout at the

moment would have to be the close reefs off Newcastle.

Inside the bay there’s everything from Squid in Shoal Bay to Jewies in the deeper holes up around Soldiers Point. Bream, Blackfish and even some decent Snapper and Kingfish have been encountered along the D’Albora Marinas breakwall so there’s plenty to choose from.

### LAKE MAC

The Salmon have started to pile up in around Salts Bay for the winter months. These fish offer great sport fishing before turning them into some tasty Salmon patties.

### FROM THE ROCKS

This time of year is definitely the time to be fishing some washes from the rocks. With winter setting in the usual hard pulling species Drummer and Grouper come out to play. Bream and the odd Snapper will also be keen to chase a floating bait or two.

Keep floatin’ – Thrifty’s

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### FROM THRIFTY’S COOKBOOK

## SALMON PATTIES

### INGREDIENTS

- 2 skinned boned Australian salmon fillets (500g)
- 4 chopped spring onions
- 500g mashed potato
- 1 egg
- 1 tbs lemon juice
- 1 tsp dill
- 1 cup panko breadcrumbs

### METHOD

Boil salmon fillets until cooked then combine with spring onions and dill and mash together. Mix egg, lemon juice, salt and pepper. Add mashed potato and mix until well combined. Using wet hands, shape into 10 patties. Coat patties in breadcrumbs. Over medium heat shallow fry patties until golden brown and crispy and serve.

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LUCAS CATTELL AND EMMA BANISTER WITH SOME OF THEIR RANGE.

**PRODUCTS MADE WITH PASSION**

THE PASSIONATE TEAM AT NEWCASTLE DISTILLING CO. TRULY EMBODY THE SPIRIT OF THE HUNTER, WITH QUALITY AT THE HEART OF EVERYTHING THEY DO.

Beginning 6 years ago down on the South Coast, after moving for a tree change, Novocastrian Lucas Cattell started his own little brewery and distillery before moving home to Newcastle to be closer to family about 18 months ago. Rebranded as Newcastle Distilling Co. Lucas Cattell, his wife Mackenzie Cattell, Emma Banister and Lachlan Barden now make up the company and to be frank, have worked their butts off to keep pushing forward their beloved brand.

Moving from the South Coast, then to a space in Beresfield and finally to their current space in Shortland around 12 months ago where they were sharing this space with 5 other businesses, it has been quite the journey. “It was pretty intense with the 5 running businesses in the one space – at some stages there would be 10-20 people in here,” Lucas chuckled.

“We were limited to a small corner, which was the entire space we had, the stills, all of the equipment, everything in that little space until they all moved out late 2019.”

Christmas came along and as always, was a hectic time for Newcastle Distilling Co as with any other business. Unfortunately, the bushfires that followed, the bad weather and rain and then COVID-19 hitting resulted in around an 80% loss of business.

**BUT WITH TEAM DETERMINATION AND ADAPTABILITY OF THIS DISTILLERY, THE ONLY WAY FORWARD WAS UP. STARTING WITH 1 STILL LAST YEAR AND 3,000 LITRES OF STORAGE, THEY NOW HAVE 3 STILLS AND 25,000 LITRES OF STORAGE - SO IN 6 MONTHS HAVE INCREASED CAPACITY NEARLY 10 TIMES. “IT’S SURVIVE OR DIE TO REACH OUR GOALS, THAT’S ALL IT IS,” SAID LUCAS.**

“We either go thinking outside the box and try and make it happen or walk away and I have invested every single cent I have for the last 6 years into this, so walking away wasn’t an option.”

Lucas has been distilling for 18 years and commercially for 6. “I started at home in my garage like most distillers do, making vodka and moonshine, every batch from scratch, the old school way,” he said.

From the labels, design and even hand drawn images, to the spirits and flavours - every aspect of each product is made by the team. “Every product we make is made from scratch which is significantly more work, less cost but more work, but we love it,” Lucas said.

**“ONE OF THE BIGGEST BENEFITS OF MAKING OUR OWN PRODUCTS FROM SCRATCH IS WE HAVE 100% CONTROL OVER THE QUALITY OF THE SPIRIT AND PROCESS - WE CAN TAKE IT TO THE NEXT LEVEL.”**

The Distillery have 10 spirits in their range, 16 cocktail cans and 12 liquors so in the next 3 months will have across the counter around 40 odd products.

The Whiskey named after Lucas’s late Grandfather and the rum named after his boat, Newcastle Distillery Co are currently the first and only producer currently with releases of whiskey and rum in the Hunter.

Starting from humble beginnings, the small team have got pretty big plans currently running an investment drive to raise capital to build a brewery, with hopes to brew beer on site as well. They also have their Whisky Founders Club. “We imported 10 barrels from Laphroaig Distillery in Scotland and we’re making whisky and ageing it in them,” Lucas said.

“People buy a membership and every year they get a bottle, and at the end of the 10 years they have a collection.”

Lucas’s ability to adapt became quite apparent in March when COVID hit, and the team faced losing pretty much every way of making money. “Lucas said we need to keep swimming, or we

**AWARDS**

**AUSTRALIAN SMALL BATCH CRAFT DISTILLERY OF THE YEAR**  
Lux Food and Wine Magazine 2019

**VICTOR HINGSTON SINGLE MALT WHISKEY**  
Silver Medal in the Royal Australian Spirit Awards 2019

**SPARROW JACK SPICED RUM**  
Double Gold at the China world spirit awards 2020

are just going to drown, and the hand sanitiser was born,” said team member Emma.

“We were quite fortunate to be in a position to help quite a few nursing homes, Hunter Tafe, a lot of the local schools, the university, emergency services - they all ordered sanitiser from us so to be in that position to know that we were in some way helping some of those from the front lines, it gives you those warm fuzzies.”

**NEWCASTLE DISTILLERY CO HAVE ONE BIG MANTRA AND HAVE MADE IT CLEAR IT’S THE MOST IMPORTANT THING – QUALITY OVER QUANTITY – AND THAT’S WHAT THEY HAVE 100% FOCUSED ON. “IF IT’S NOT GOOD ENOUGH WE DON’T SELL IT AND IF WE MAKE A MISTAKE, WE FIX IT,” SAID LUCAS.**

“This is my future, I didn’t build this to run really quickly and sell to the highest bidder, this is what I want to do for the rest of my life and hopefully one day pass this on to my kids.”

“It will come back, it is happening, for us we need to just keep building those relationships with local bottle shops, connecting with investors and moving forward.”

**‘AVE A LAUGH WITH**

**PH 6571 1589**



Singleton Outdoors

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

It was autumn and the Indians on the remote reservation asked their new Chief if the winter was going to be cold. Since he was an Indian Chief in a modern society he had never been taught the old secrets to tell the weather by looking at the sky. To be on the safe side he told his tribe that the winter was going to be cold and they should collect wood to prepare.

But being a practical leader, after several days he called the National Weather Service and asked, “Is the coming winter going to be cold?” “It looks like this winter is going to be quite cold indeed,” the Meteorologist at the weather service responded.

So the Chief went back to his people and told them to collect even more wood in order to be prepared.

One week later he called the National Weather Service again, “Is it going to be a very cold winter?” he asked. “Yes,” the man at National Weather Service again replied, “it’s going to be a very cold winter.”

The Chief again went back to his people and ordered them to collect every scrap of wood they could find.

Two weeks later he called the National Weather Service again. “Are you absolutely sure that the winter is going to be very cold?” “Absolutely,” the man replied. “It looks like it’s going to be one of the coldest winters ever.” “How can you be so sure?” the Chief asked. The weatherman replied, “The Indians are collecting firewood like crazy”.



## I’M HITTIN’ THE ROAD

**LOCKDOWN SCHMOCKDOWN. I’M SO SICK TO DEATH OF SITTING AROUND THE HOUSE MAKING LOVE TO THE MISSUS FIVE OR SIX TIMES A DAY AND RE WATCHING EVERY EPISODE OF SEX IN THE CITY. I’VE HAD ENOUGH! I’M GOIN’ WALKABOUT FOR A WHILE.**

I’ve mowed the lawn to within an inch of its life and washed the Kingswood twice a day for the last few months. We all love a good rub down, but even the car is giving me sketchy looks and thinking about taking out a restraining order out on me.

Anyway, me and the first lady have decided that for the next few months home will not be where the heart is. It will be the open road for us,

a few Johnny Cash cassettes plus a few of Dolly’s best thrown in our soundtrack for good measure, and it’s see ya later alligator.

**WE INTEND HEADING FIRST TO BROKEN HILL WITH THE MIGHTY MILLARD IN TOW.**

With no plans from there we intend getting so pissed at each destination that our cue to leave town will be getting thrown out by the local copper for repeated drunk and

**HANDYMAN’S HEAVEN**

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disorderly charges. I know you might think this is civil disobedience but to be honest it’s more about civic duty. You see all these poor bloody small-town publicans have been taking it up the clacker with this shutdown shit. So what I’m going to do is drink them back to life with what I call ‘stimulus sessions’. It’s an idea I came up with the help of my political advisors to get this country back on its feet.

**WHO KNOWS? IT MAY TAKE A DAY IN EACH TOWN TO DO THE JOB, IT MAY TAKE A WEEK. IT WILL BE LIKE A RELIGIOUS ROADSHOW COMBINED WITH A DRUNK CIRCUS ON VIAGRA.**

To earn a bit of drinking silver along the way, I will be holding 8am yoga

classes in the front bar of a pub in each town and the missus will be holding secret illegal high-stake poker tournaments, pool comps and two up games. She rarely loses, so I can’t see us starving along the way.

Of course, the other massive bonus in all this plan is the ever-changing menu of good old country pies and other tasty bakery goods. Apparently, there’s a pie shop somewhere in the direction we are heading who specialise in road kill pies. If I knock anything over on the way there, I’ll chuck it in the esky as gift to mark our arrival in town.

Happy travels my little chickens! Gotta go...the missus is already out front honkin’ the horn for me to hurry up. Arrivederci! Sol.

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@ THE COALFACE  
PRIZE WINNERS

Volume 4 – No 7: May - June 2020

Crib Bag	Naomi Abbott
Roberts Meats Raffle	Janine Wiese
Blue Flame Indian Restaurant Voucher	Sarah Mapperson
Car Wash Voucher	Toni Peachey
Red Rooster Voucher	Phillip Davies

WINNERS!

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STRANGE BUT TRUE!

Did you know...

› The term ‘footage’ comes from films being measured in feet, when being edited in the early days of film making.

› There is an opposite of albino animals, which aren’t white, but black. These are known as Melanistic animals.

› Some areas in Scotland and Japan switched to blue streetlights at night, and saw a decrease in crime & suicide rates.

› The first film with a \$100 million budget was True Lies, which was made in 1994.

› ‘Digging a hole to China’ is theoretically possible if you start in Argentina.

› Strawberries can also be white or yellow, and some can even taste like pineapples!


› Elephants make friends, bury their dead, travel for ‘funerals’, speak to each other, and show extreme intelligence.

› As of 1998, over 50% of Iceland’s population believed in the existence of elves.

› The Boston Marathon didn’t allow female runners until 1972.

GO GO GALPAGOS

THOUGH TRAVEL RESTRICTIONS HAVE PUT A HOLD ON HOLIDAYING, WE CAN STILL EXPERIENCE THE BEAUTIFUL AND AMAZING PARTS OF OUR WORLD THROUGH STORIES.



I can hear my breathing get faster and faster through my snorkel as I see the menacing shapes come out of the darkness below and lazily circle closer and closer. Sharks have always been my biggest fear and now two of them are almost touching my feet. Our guide had told me they were vegetarian, but I start discreetly positioning myself behind a fellow snorkeller just in case one decides to try a new diet but thankfully they head off for a tastier meal.

The location of my narrowly avoided heart attack is Kicker Rock, a 150m high monolithic rock formation formed out of the remains of an old volcano in the middle of the Galapagos Islands. As we swim through the 50m deep channel in between the remains of an old degraded lava cone we see white-tipped reef sharks, endless sea lions, huge turtles, a giant Eagle Ray and the star of the show, a seahorse bobbing along.

We’re only about 3 days into our Galapagos Tour and already it’s very clear to see why these beautiful islands were a decisive contributor towards Darwin’s Theory of Evolution – the variety and quantity of wildlife is unbelievable.

FROM IGUANAS TO ENORMOUS TORTOISES TO THE AFOREMENTIONED SEALIFE, EVERY DAY IS A NEW DISCOVERY OF REMARKABLE CREATURES WHO DUE TO THE REMOTE NATURE OF THESE ISLANDS WERE LARGELY LEFT ALONE TO EVOLVE. THERE ARE SO MANY ANIMALS TO LOOK AT THAT AT ONE STAGE I ACTUALLY FOUND MYSELF CURSING A PLAYFUL SEA LION FOR PHOTOBOMBING SOME LOCAL PENGUINS.

The extraordinary animal population is offset by the relatively low human population, partially explained by the limited natural resources available, especially water, and the strict residency requirements. All new permanent residents must either be born or married to a local to keep the population down. Although the islands are part of Ecuador, even mainlanders aren’t allowed to live here due to the pressure on local resources and the threat to the local wildlife.


We leave Kicker Rock to hike volcanic and deserted Isabela Island which is a mixture of craters, black volcanic rock, and lush green fields caused by the rich volcanic soil. Isabela is also home to the Wall of Tears, a 25m high wall of lava rocks built as a punishment by prisoners in the 1940s and 1950s when the island was a penal colony and where

locals claim to have heard cries from the ghosts of the departed prisoners. Thankfully Isabela is also home to beautiful Puerto Villamil, a tiny beachside village where local kids walk barefoot along sandy streets to early morning school lessons (it is too hot for class in the middle of the day) and we soothe our tired bodies with cuba libres whilst looking out on the fishing boats mingled with superyachts in the bay.

OUR NEXT COUPLE OF DAYS ARE SPENT WITH MORE SNORKELLING (MORE SHARKS!), SWIMMING ALONE ON ISOLATED BEACHES WITH JUST SEA LIONS FOR COMPANY, SEEING GIANT TORTOISES, AND IN A SHOCK TO THE SYSTEM AFTER SUCH TRANQUILITY, VISITING A PUMPING NIGHTCLUB IN THE BIGGEST “CITY” OF THE GALAPAGOS.

Sadly and much too quickly we reach our final evening in paradise and watch the sunset with one last cocktail (which are amazingly cheap by island standards) and walk back to our hotel along the quiet streets, with the silence only broken by the occasional bark of a sea lion. I take in the perfection around me and can’t stop thinking to myself – I need to find myself a Galapagos wife....

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