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RENATA REIGNS

PAGES 8 & 9

BLOOMFIELD'S RENATA ROBERTS HAS HAD AN INSPIRING CAREER AND CAN NOW ADD THE EXCEPTIONAL WOMAN IN NSW MINING AWARD TO HER LIST OF DESERVING ACHIEVEMENTS.



EXPANSION FOR EXPRESSWAY

PAGE 19

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FANTASTIC FOLKS

THIS MONTH IT’S ALL ABOUT CELEBRATING THE OUTSTANDING PEOPLE IN OUR INDUSTRY.

Where do we start? This month we met so many inspiring people! We chatted with Renata Roberts from Bloomfield who recently took home the Exceptional Woman in NSW Mining Award. Renata’s inspiring story shows just how far one can go in our industry with dedication and hard work. And her journey is far from over.

One journey we did see end this month is that of Steve Almond. After 40 years of loyal service in the washery at Wambo Coal, Steve has moved on to a new phase in his life. We sat down with Steve as he reflected on the last four decades and what it is like to say goodbye to a job you love.

We also share the stories of Craig Clarke and the ‘Coals to Newcastle’ swim he’s taking on to raise money for Beyond Blue. Of Michael Everingham and the incredible contribution he’s making to help keep workers safe. Of Troy O’Meilly who is striving to become a World Boxing Champion. The list just goes on and on.

This month we introduce ‘Happenin’ in the Hunter’. This new ongoing feature is brought to you by The Hunter App. This month enjoy ‘Wine Time’ and make sure you download The Hunter App for all your up to date info on what’s happening around the Valley.

Stay safe and enjoy this month’s edition!

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STEPHEN GALILEE, CEO,
NSW MINERALS COUNCIL

OPINION

MINING CAN LEAD THE WAY TO RECOVERY

THE LAST FEW YEARS HAVE BEEN SOME OF THE MOST CHALLENGING IN A GENERATION. DROUGHT, BUSHFIRES AND NOW THE COVID-19 PANDEMIC HAVE PUSHED OUR COMMUNITIES TO THE LIMIT. IN SPITE OF THIS, OUR MINING WORKERS AND SUPPLY BUSINESSES IN THE HUNTER HAVE HELPED THE ECONOMY AND LOCAL COMMUNITIES BY CONTINUING OPERATIONS WITH STRICT COVID-19 WORKPLACE PRACTICES.

Our mining industry is also well placed to support the economic recovery in the Hunter and across NSW.

We’ve just released our Mining for the Recovery report that shows that there are currently 32 major mining projects at various stages in the NSW planning system. These projects have the potential to deliver almost \$13 billion in investment and over 15,500 jobs for NSW to help support and rebuild the economy and boost regional development across the state.

TEN OF THESE PROJECTS ARE IN THE HUNTER, WITH THE POTENTIAL TO DELIVER OVER \$2.7 BILLION IN INVESTMENT AND NEARLY 5,000 JOBS.

It’s a positive sign of confidence in the future of the sector, at a time when good news is very welcome. Let’s hope these projects can get their approvals so the jobs, investment and growth can flow through to the mining families and communities of the Hunter and beyond.

Stephen Galilee, CEO, NSW Minerals Council

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OPINION

MINING’S INNOVATIVE FUTURE

TANIA CONSTABLE

IT’S CLEAR FROM RECENT MAJOR ANNOUNCEMENTS BY BHP AND OTHERS ON SELF-DRIVING TRUCKS AND OTHER AUTOMATED EQUIPMENT THAT TECHNOLOGY AND INNOVATION ARE ALREADY TRANSFORMING THE AUSTRALIAN MINERALS INDUSTRY FOR THE BETTER.

Our sector has always been at the forefront of innovation and invention. If there is a problem, the industry goes the extra mile and looks for opportunities to create a new solution to the challenge at hand.

The array of on-site technology now means companies can use technology to improve performance, efficiency, safety and the environment.

AUSTRALIA’S MINERALS INDUSTRY IS PROUD TO LEAD THE WORLD IN PEOPLE, INNOVATION AND TECHNOLOGY.

The MCA has long promoted the benefits of technology and innovation for Australian mining and its highly skilled, highly paid workforce.

Innovation, people and skills combined with technological advances will deliver a more globally competitive minerals sector that delivers fulfilling careers in highly

paid, high-skilled jobs.

In February 2019, the MCA released EY’s Skills Map for the Future of Work which found that 77 per cent of jobs in Australian mining will be enhanced or redesigned due to technology within the next five years.

The study also found that productivity increases up to 23 per cent could be achieved with the rollout of new technologies.

Importantly, automation and other forms of technology take workers out of harm’s way. Sites where autohaul trucks have been introduced have reported big drops in reportable incidents.

And the MCA has previously highlighted the use of drone surveying technology, which takes operators out of the pit and behind the controls of an unmanned aerial vehicle.

A HIGH-TECH APPROACH TO MINING ALSO MEANS

MINES CAN DELIVER MORE OF AUSTRALIA’S TOP-QUALITY MINERALS TO CUSTOMERS MORE QUICKLY THROUGH MORE EFFICIENT OPERATION.

Better fleet and machinery performance – made possible through the use of advanced sensors – leads to less downtime and has the potential to reduce emissions.

Trains, trucks, drills, drones and sensors will be a big part of our future minerals sector.

That’s why the MCA recently announced the Maptek Women in Resources Technological Innovation award, a great addition to the hotly-contested annual Women in Resources National Awards presented by the MCA in partnership with state and territory mining chambers.

THE AWARDS CELEBRATE THE MANY AND VARIED ACHIEVEMENTS OF WOMEN IN RESOURCES AND DEMONSTRATE THE DIVERSE

HIGHLY-PAID, HIGHLY-SKILLED CAREERS AVAILABLE TO WOMEN IN THE SECTOR.

As a leader in technical and technological innovation in the mining industry, Maptek proposed the Women in Resources Technological Innovation award to highlight the innovative solutions that are being developed and applied to improve safety, solve problems, boost efficiency and enhance productivity across the Australian resources sector.

Entries close on 13 August, so if you want to nominate someone, run a Google search for Women in Resources National Awards 2020. Finalists will be announced on 2 September and the winner will be announced during the Women in Resources National Awards online ceremony on 16 September 2020.

TANIA CONSTABLE
CEO, MINERALS COUNCIL OF AUSTRALIA

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IN THE NEWS....

BAYSWATER WILL LIVE ANOTHER DAY

Energy giant AGL put plans for their \$52 million upgrade to the Bayswater Power Station on public exhibition.

The plan mostly includes improvements that will be made to the management of coal ash and water like the augmentation of the existing Bayswater ash dam to provide additional

storage capacity and improvements to water management systems to ensure continued collection and reuse of process water.

AGL says the upgrade work will ensure the continued operational and environmental performance of the plant until it's expected retirement in 2035.

ARE YOU CONCERNED ABOUT CAMBERWELL?

The NSW Government is looking for your thoughts on \$306,000 worth of safety improvements that are in the pipeline for between Glennies Creek and McInerny Road on the highway that will include a one-metre-wide painted centreline.

Also involved would be installing audio-tactile line marking – also known as ‘rumble strips’ – along the edge and centrelines to provide a noise and vibratory warning, also drainage upgrades and a safety barrier on the northern approach of the bridge over Glennies Creek.

Head to the RMS website to see the full plan and how to have your say.

BULGA APPROVED TO HELP CREATE JOBS

The Bulga Coal Complex Modifications for the mine near Singleton have been approved by the Department of Planning and Environment.

The modification is to extend the existing open cut mine to extract an additional 63 million tonnes of coal and extend the life of the mine for another 4 years to 2039.

Glencore told Radio Hunter Valley they're welcoming the approval decision that will enable their operations at Bulga to continue with 900 employees and support 700 mainly local businesses.

They also said “work on the project, which includes relocating tailings at the mine to access the coal beneath, will commence this year following Federal approval and involves significant investment in infrastructure and construction.”

The modification approval was one of the projects the NSW Government approved to fast track to boost the economy and jobs in the COVID-19 pandemic.

WHITTINGHAM NOW SAFER

The Golden Highway upgrade works between Whittingham and Dubbo are now complete.

The more than \$133 million worth of upgrade works from both levels of government including the new overtaking lanes at Ogilvie Hill and Winery Hill in the Upper Hunter is now open to traffic.

MORE ACCESS FOR THE NEXT FIRE SEASON

Cessnock and Singleton Councils are working together to fix Paynes Crossing Bridge which is a vital link between the two local government areas.

The \$3.1 million project will see a new bridge built adjacent to the existing structure and will have an improved alignment and will be three metres higher than the existing deck, to increase access during flooding.

Singleton Mayor Sue Moore said the bridge really needs upgrade works so it can carry a heavy load, like emergency services vehicles which was a challenge during the last fire season.

DAM DUSTY

AGL Macquarie was fined for alleged excessive dust emissions at the Liddell Power Station at Muswellbrook.

The NSW Environment Protection Authority fined the energy giant \$15,000 for the alleged emissions earlier this year - they

had received reports of excess dust being generated from the ash dam which comes in breach of their Environment Protection Licence.

AGL has flooded the ash dam to prevent further dust emissions during the hot and dry conditions being experienced at the time.

WE'RE STILL HAVING A WEIRD YEAR

It's been another big month of the COVID-19 pandemic.

From venues having to close to in Newcastle after a man from Sydney visited the area while infectious, to a family cluster at Port Stephens and the odd returned traveller or two in the Hunter New England Health District.

Singleton Council had to close the Waste Management Facility as well in July after a staff member had possibly been in contact with someone who tested positive to COVID-19.

The staff member notified staff as soon as they found out about the connection.

The site was deep cleaned and all staff were sent home.



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

SMALL MOD PROPOSAL FOR RIX'S

The Bloomfield Group has submitted a modification for its Rix's Creek North Operation at Singleton.

There are three aspects to the modification including temporarily increasing the approved height of the overburden at the Camberwell pit by 25 metres to 174 metres high - this will be reduced when the area is reshaped.

The other two aspects are a request to change the number of blasts that are allowed to be done under favourable conditions, there will still be no more than 10 per week but the number on a single day is hoped to be increased from two to three; and the third aspect is to include exploration within the already approved project area as a permitted activity.

The modification plan is on exhibition and a spokesperson for Bloomfield told Radio Hunter Valley the submission follows initial consultation with community stakeholders and other government agencies.

MINING IS WHERE THE MONEY IS

New research has revealed that there are 32 mining projects across NSW including new and extensions of mines in the Hunter Valley that could deliver almost \$13 billion worth of investment.

They could also create 15,500 jobs including more than 3,000 in the Upper Hunter and more than 1,100 in the Lower Hunter.



FUNDS TO FIGHT COVID-19

PHOTO COURTESY OF UQ

GLENCORE HAS PROVIDED A \$725,000 FUNDING INJECTION TO THE UNIVERSITY OF QUEENSLAND'S EFFORTS TO DEVELOP A VACCINE FOR COVID-19.

As researchers around the world race to develop a vaccine for COVID-19, one Australian research team is at the forefront. The University of Queensland has begun their Phase 1 clinical trial involving 120 healthy adult volunteers being given the first dose of the UQ COVID-19 vaccine.

The UQ's 'Molecular Clamp' project uses technology that ensures the vaccine induces an immune response that recognises and then neutralises the virus. The green light to move into the first phase of human trials follows extensive pre-clinical testing and wouldn't be possible without financial support.

“With the support of Glencore, government partners and a community of almost 2,600 donors, we have been able to combine clinical readiness with scale-up manufacturing, reducing the timeframe to a vaccine by up to six months.”

Glencore's funding comes from the company's Community Support Fund, set up earlier this year to assist communities affected by the COVID-19 pandemic.

“We're honoured to support the Australian medical sector's efforts to find a vaccine for COVID-19,” a Glencore spokesperson said.

“The University of Queensland's research is

“PHILANTHROPY HAS PLAYED A CRITICAL ROLE IN OUR EFFORTS TO FAST-TRACK AN EFFECTIVE VACCINE AND HELP SAVE LIVES ACROSS THE WORLD,” SAID PROFESSOR PAUL YOUNG, CO-LEAD OF UQ'S VACCINE PROJECT.



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moving at great speed and, while there is a way to go before the vaccine can be considered a success, we are seeing some encouraging results. We hope our funding can make a meaningful contribution to these efforts and will be cheering the team on in the weeks and months ahead.”



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Paving THE Way

Renata Roberts grew up in Ballarat, Victoria before her mining ‘gypsy’ life started. It was where she met her now husband Neil, who she has been with since they were just 15 years of age, and started on the wide-ranging journey that has made her the inspiring and passionate leader she is today.

Since 2012 Renata has held the position of Chief Corporate Services Officer of The Bloomfield Group, where she is responsible for safety and health, human resources and industrial relations, IT, contractor and audit management, training and competency and systems across the group. It’s a huge role, but Renata says she has an amazing team who make it an absolute joy to come to work each day.

But it’s been quite the adventure getting to where she is today. Not really knowing what she wanted to do for a profession, Renata did a double degree in Psychology and Education, and majored in Mathematics. This led her to a teaching role at a school in the suburbs of Victoria. “I was 21 years of age, teaching Year 11 and Year 12 students who were all taller than me,” Renata chuckled.

RENATA ROBERTS HAS MOVED FROM STRENGTH TO STRENGTH THROUGHOUT HER CAREER, NOW ADDING THE EXCEPTIONAL WOMAN IN NSW MINING AWARD TO HER LONG LIST OF ACHIEVEMENTS.

“After quickly realising I wasn’t that thrilled with Year 10 boys Math classes after lunch on a Friday, I got a role in recruitment.”

Not too long into that role, Renata was then given the opportunity for an entry level HR position for a mining and smelting company called Pasminco. There started, in 2002, her career in mining.

“FROM THAT MOMENT, I NEVER ANTICIPATED THE STEEP LEARNING CURVE I WOULD HAVE WITHIN THE HR PROFESSION AS I HAD EXPOSURE TO A HUGE NUMBER OF DIFFERENT PROJECTS AND RESPONSIBILITIES,” SAID RENATA.

With the drive, passion and commitment to self-development that Renata has shown from the moment she began in the industry, it’s clear to see why she has been named this year’s Exceptional Woman in NSW Mining. “After 18 years in the industry, that recognition is just sensational,” said Renata.

Renata set her sights on obtaining her first leadership role before she turned 30, and she technically achieved that the day before her 30th birthday. “I remember getting



RENATA'S SON AND LITTLE MIRACLE JACKSON ROBERTS

the phone call from my new future General Manager the day before I was 30 when I was out celebrating in the Melbourne city nightlife...so I got

it BEFORE I was 30,” Renata said. The internal transfer from the Corporate Office in Melbourne saw her move into a HR Manager’s role

at the underground zinc mine in a small community in Tasmania. “My husband and I packed up the dog and cat and we moved to Tasmania to live in the same street as all the other members of the management team just near the mine site,” Renata shared.

“I remember driving into the small town with my husband who was seeing his new “home” for the first time that rainy Sunday afternoon before I started on Monday.”

The opportunity then arose for Renata to take an expatriate role in Tennessee, USA. So, she packed up the cat and dog again and with her supportive husband by her side started as the HR and Community Manager for a business that had just purchased 6 underground zinc mines.

Unsurprisingly, Renata thrived in this role, establishing and integrating new systems and procedures and building a consistent culture across two locations with one management team. Doing it all while living in a whole new country and adapting to their ways of doing things, it wasn’t always smooth sailing, but this only saw Renata work harder. “I remember having to write a policy against deer hunting during crib time...not one I had in the toolkit of policies that I could refer to for guidance, and not one I could just check in with my networks on what they had,” she laughed.

WHEN IT WAS TIME FOR RENATA TO COME BACK HOME TO AUSTRALIA, THIS TIME THE FAMILY RELOCATED TO NEWCASTLE, NSW. NOW AFTER



RENATA ROBERTS AND HER HUSBAND NEIL THROUGHOUT THE YEARS

8 YEARS IN THE HUNTER WITH THE BLOOMFIELD GROUP, RENATA IS PROUD TO CALL IT HOME, WITH HER HUSBAND AND HER LITTLE 4-YEAR-OLD MIRACLE MAN, JACKSON.

“He is our miracle because after having had first stages of ovarian cancer at 24 years of age they said it would be unlikely that I would be able to have children, but through perseverance with

IVF here in Newcastle...we had success on what we said was our last attempt,” said Renata.

“For Neil and I, having a child was something we talked about often and if we were able, we wanted to grow our family. But I struggled with the thought that if I slowed down to have a family, I would fall off the challenging path I was taking in my ambition to

advance my career; I thought that one little person or more would interfere with those plans.

“This mindset created new challenges that we were lucky to overcome when little Jackson grew our family and our hearts.”

FOR THIS REASON, RENATA WISHES THERE WERE MORE ROLE MODELS TO LOOK TO WHEN SHE WAS YOUNGER. SHE NOW SPEAKS OPENLY ABOUT HER EXPERIENCE OF BALANCING FAMILY AND CAREER SO THAT PROFESSIONALS KNOW THAT YOU CAN HAVE A FAMILY WHILE ADVANCING IN YOUR CAREER – YOU DON’T HAVE TO CHOOSE.

Whilst Renata has had many influences and lots of support during her career journey, she says her husband Neil has been her biggest support from the very beginning. The pride Neil shows for his wife and her career is beyond admirable. “Renata is proof and inspiration that you can maintain and continue to grow a career, continue learning, developing and contributing to industry, all while overcoming life’s challenges and sustaining a young family,” said Neil.

With the support of the Bloomfield Chairman and CEO, Renata has recently started actively looking for an external Board position, so that she can contribute more broadly to the areas she loves and is passionate about including mining, education or something associated with mental health. We can’t wait to see what’s next for this exceptional leader.

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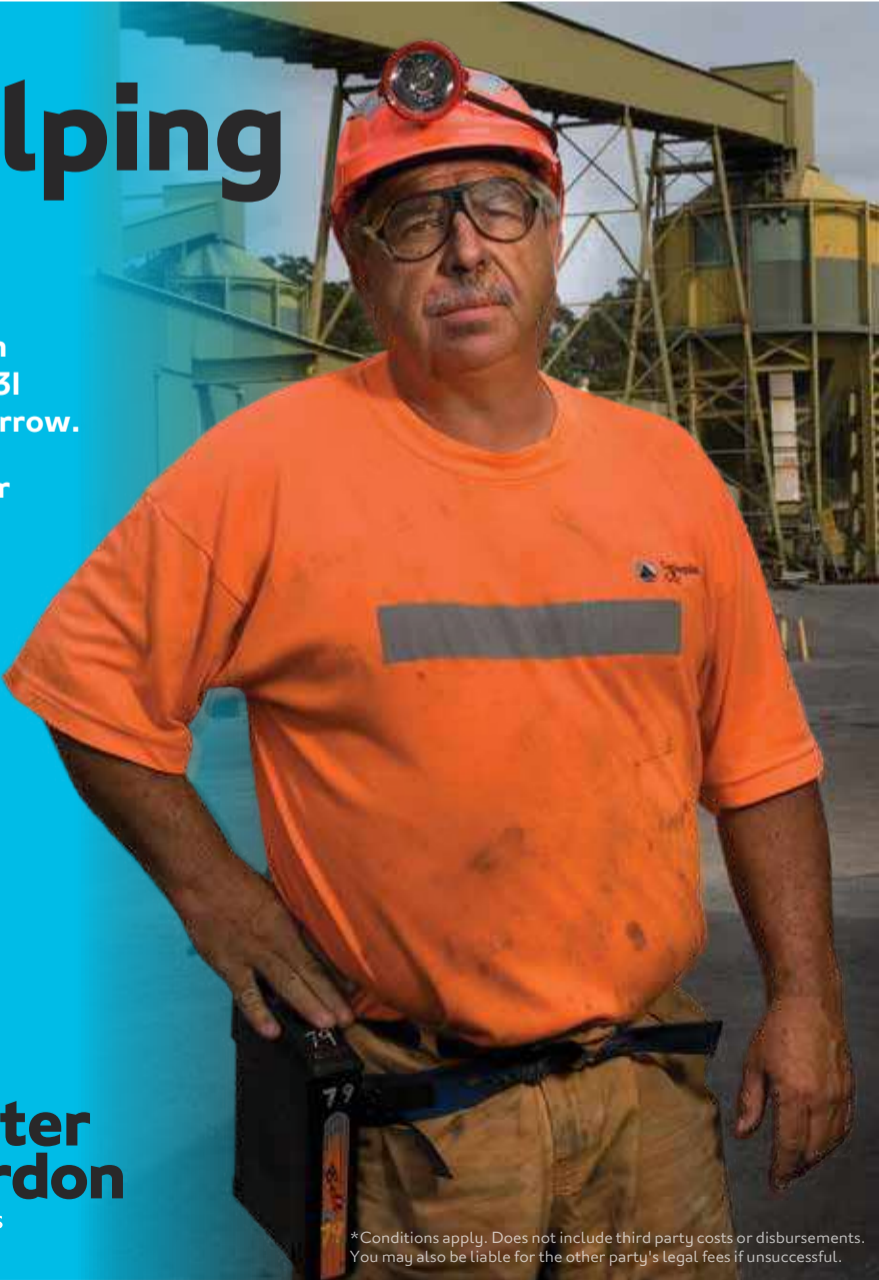
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THE ESSENTIALS

WE CAN ALL AGREE THAT THIS COVID CRAP IS WEARING A BIT THIN. IT'S A VERY SERIOUS SITUATION THOUGH SO WE MUST DO WHAT NEEDS TO BE DONE WHATEVER THE COST.

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The economy, jobs, and some freedoms we all took for granted have gone to hell in a hand basket to say the least. So it got me thinking about all the essential things. Such as essential workers. The idea of essential workers and who is one is pretty broad and sometimes a bit funny. Of course, the police, healthcare workers and others like them are performing roles with an even higher sense of purpose than ever before. But there are others that perhaps don't get the recognition they deserve or even understand how critical what they are doing is to everyone out there in Australian society.

WHO ARE THEY? IT'S YOU!
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Locally, our region is in much better shape than others and the single biggest reason is the hard-earned wages of miners just like you, keeping not just our towns alive and well, but the State and Nation too.

Through all of this our coal and our coalminers hard work has been generating 10's of millions if not billions in royalties to help prop us up during

the biggest crisis since the second world war. Those royalties will also contribute greatly to us coming out the other side successfully as well. The coal you are mining every day is going even further. It is also helping a good chunk of the world to keep their lights on and industries working. This is no over exaggeration.

What you, our hard-working coalminers are achieving is nothing short of incredible.

SO, PAUSE FOR A MOMENT AND THINK ABOUT THAT. THINK ABOUT WHAT YOU MAY THINK IS JUST A JOB. IT ABSOLUTELY ISN'T.

You should stand proud of what you do and the industry that you are a part of.

Every company and every worker are doing their bit. I for one am very grateful for your efforts.

I'd also like to call out Glencore here as well. They are going even further and trying to help find a vaccine. Recently they helped University of Queensland with a whopping \$725,000 donation for UQ's 'Molecular Clamp' project.

To all of you, keep doing what you do, it is so much more than you can imagine.



Home Sweet Home

FIFTY-TWO HECTARES OF FORMERLY MINED LAND AT GLENCORE'S ULAN COAL OPERATION NOW PROVIDES HABITAT FOR A DIVERSE RANGE OF NATIVE ANIMALS AND PLANTS.

More than 730 native wildlife species have been recorded since rehabilitation was completed, including the endangered Painted Honeyeater and several other threatened species.

The rehabilitation, equivalent to almost 90 football fields, has achieved sign-off from the NSW Resources Regulator after meeting the agreed completion criteria. The certification for Ulan follows the sign-off of areas at Glencore's Westside site and Rolleston and Newlands operations in Queensland's Bowen Basin and demonstrates Glencore's strong commitment to rehabilitation and looking after the environment.

ULAN ENVIRONMENT & COMMUNITY MANAGER, ROBYN STONEY, SAID THANKS TO PROGRESSIVE REHABILITATION, THE FORMER OPEN CUT MINING AREA IS NOW A THRIVING HABITAT.

"Our detailed monitoring programs have recorded eight species of endangered birds including the Painted Honeyeater and three species of endangered bats," Robyn said.

"The rehabilitation process began with 70 native plant species in the original seed mix and our monitoring has now recorded more than 45 more plant species in the area. Trees have grown to around 70 metres tall and an understorey has developed, including groundcovers and moss that are indicative of successive regeneration and healthy soils."

Progressive rehabilitation at Ulan began in the early 1980s. Government sign-off is a positive example of reaching post-mining completion criteria with appropriate rehabilitation, continued monitoring and maintenance where needed to produce a self-sustaining ecosystem.



PAINTED HONEYEATER - PHOTO COURTESY OF TOMAS KELLY, ECO LOGICAL AUSTRALIA

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A trucker came into a truck stop cafe and placed his order. "I want three flat tires, a pair of headlights and a pair of running boards."

The new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think this place is, an auto parts store?"

"No," the cook said, "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up, and running boards are two slices of crisp bacon."

"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!

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FAMILY COMES FIRST

@ THE COALFACE CAUGHT UP WITH MORGAN ENGINEERING TO FIND OUT WHAT IT TAKES FOR A FAMILY OWNED BUSINESS TO SUCCEED IN OUR INDUSTRY.

Morgan Engineering have come a long way since their humble beginnings. In the mid-1970s, Ross and Carole Morgan bought 159 Maison Dieu Road for just \$375. (which works out to 6 cents a square metre!) When they started the small family business they had no idea of where it would eventually take them.

Chelsea, Martin and Matthew grew up working in the business after school, on weekends and during school holidays. Over the years they each found their own niche in its operation and today Morgan Engineering is run by sibling directors, Chelsea, Martin and Matthew, assisted by their recently appointed General Manager, Jeremy Brett.

BUT IT'S NOT ALWAYS BEEN AN EASY ROAD. NOT LONG AFTER THE SIBLINGS TOOK OVER THE BUSINESS IN 2005 THE MINING DOWNTURN HIT AND THE FUTURE LOOKED ROCKY. BUT INSTEAD OF CUTTING BACK THEY DECIDED TO CONTINUE TO INVEST IN THE BUSINESS AND FORGE THEIR WAY THROUGH.

Matthew and Martin began building their first line boring truck, ME01, which was commissioned in 2010. They are especially proud of the fact that ME01 and all their subsequent line boring trucks demonstrate industry best practice.

Their investment in state of the art CNC machines has also paid dividends. They managed to pick up their 3rd CNC machine during the last mining downturn. Everything they do is part of their commitment to invest in building capabilities to benefit their customers even when times are tough.

These investments have seen the company go from strength to strength and the future looks bright for Morgan Engineering. They've outgrown their current work areas and are in the middle of building a fantastic new facility that will increase their welding and fabrication capacity including a custom designed sandblast and paint area. The new space is 6 times

larger than the existing facility and the sheer size of the new facility along with the 63-tonne overhead crane will allow the company to work on much larger components from start to finish.

BUT IT'S NOT JUST EQUIPMENT THAT THEY INVEST IN.

"We openly admit that without our loyal workers the company is nothing," says Chelsea. "It's taken a long time and a lot of energy to craft the work culture that we have today. Family comes first and we treat them all like they're family."

"At the end of the day our employees are our biggest asset," declares Martin. "We try to put them in roles where they can be used to their highest and best purpose, where they will be challenged, and then let them know that they are valued."

And it's working. They constantly have people approaching them for work and have staff who have relocated huge distances, as far as Queensland, Perth, England, and even Glasgow for the opportunity. Today they have grown to employ 51 staff and they are especially proud of the fact that even in the tough times there have been zero involuntary job losses at Morgan Engineering.

"WE ALSO HAVE 7 APPRENTICES BECAUSE WE BELIEVE THAT

FOSTERING FUTURE GENERATIONS' SKILLS IS SOMETHING VERY VALUABLE," SAYS CHELSEA. "WE EVEN HAVE PLANS DOWN THE TRACK TO BECOME AN RTO SO WE ARE ABLE TO PROVIDE EVEN MORE TRAINING PATHWAYS."

After growing the business to the best of their ability, the next step for Chelsea, Martin and Matthew was to appoint Jeremy Brett as GM and draw on his experience to take it to the next level. It's obvious that the Morgan's mean business when it comes to growth and it isn't something they expect to fall into their laps or happen by accident, but through hard work, planning and teamwork.

They recently completed a vision project, which they say was well worth it to ensure they are all on the same page and working toward the same goals. A family owned business with a corporate structure; they strive to be, "Big enough to matter, yet small enough to care". Their whole vision is underpinned by high values and a positive empowering culture.

One way they do that is by being active in the community. Whether it's sponsoring sporting teams or events like the Black Dog Ride, or just getting out there and handing

out food during the bushfires, it's about showing you care about the community you live and work in.

Although you will see them spending in the community and putting a lot of money back into the business there's no splashing of cash around in a lavish way and the siblings attribute that money management to their father's influence. They all agree that "Dad taught them everything about Morgan Engineering and Mum taught them everything else".

Ross and Carole imparted more than financial management to their kids though.

"There was never any special treatment for being family," says Martin. "It was sink or swim with Dad. We were all expected to do what needed to be done and it's worked."

MATTHEW BELIEVES THAT THE BIGGEST THING THEIR FATHER IMPARTED TO THEM WAS THE IMPORTANCE OF QUALITY. "HE WAS A STICKLER FOR QUALITY, QUALITY PRODUCTS, QUALITY WORKMANSHIP AND QUALITY PEOPLE."

When asked what inspires them to come to work every day each of the siblings has their own perspective. Chelsea immediately says it's the people. While working from home during COVID she admits to missing the interaction with her work family on a daily basis. For Matthew, it's about the legacy of the family business and his plan to leave something even bigger and better for the next generation. For Martin it's the love of building things and seeing projects come together.

As for working with your siblings every day, Matthew says you just have to put your emotions in your pocket sometimes. "We get together outside of work with all the cousins playing together. We all make it work as a family and as a business."

It was hard not to get caught up in the enthusiasm this family owned business has for the future and we can't wait to see what's next for Morgan Engineering.



KEEPING MINES MOVING



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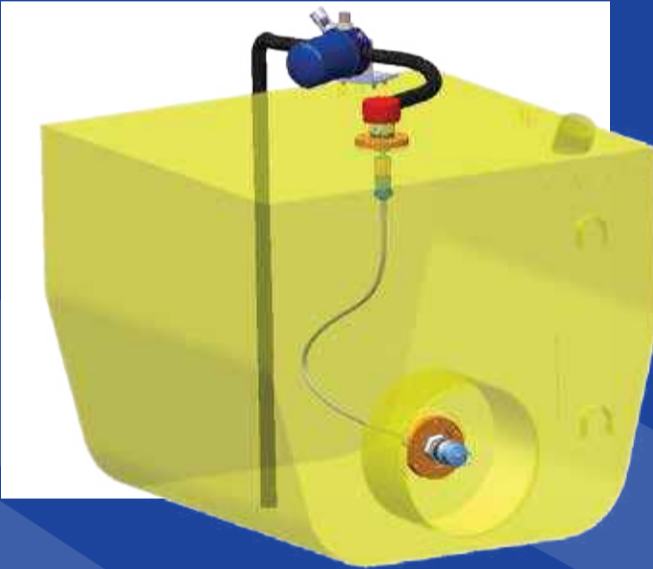
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LEARN FROM THE LAWMAN

STUART BARNETT IS OUR MINING INDUSTRY'S LEADING PERSONAL INJURY LAWYER. THIS MONTH HE HAS SOME IMPORTANT ADVICE ABOUT INCAPACITY AND GIVING NOTICE OF INCAPACITY FOLLOWING AN INJURY IN THE MINING INDUSTRY.

In the previous article we discussed the requirements to give notice of an injury in the coal mining industry. Not every injury results in an incapacity, that is, an inability to attend work or an inability to perform all of the requirements of your role.

Broadly speaking there are three types of incapacity. The first is known as total incapacity. This means that as a result of an injury the worker is unable to perform any duties. The second is referred to as partial incapacity. This means that the injured worker is able to perform some of their duties but not all of them as a result of an injury. This is often referred to as being fit for suitable or restricted duties. Examples of partial incapacity in the coal mining industry might include where a worker can perform pit top duties only in an underground mine or can drive a light vehicle but cannot drive trucks in an open cut mine.

The third type of incapacity is what I might call deemed total incapacity. This is a situation where the injured worker is certified as being partially incapacitated for work, that is they can perform some duties, but the employer is unable to provide any suitable or restricted duties. In these circumstances the employer will tell the injured worker that there are no suitable duties available and the worker will be sent home. The law provides that in this situation because the employer is unable to provide suitable duties the worker is treated as if they are totally unfit for work and compensated accordingly.

AN INJURY SHOULD BE REPORTED AS DISCUSSED IN THE PREVIOUS ARTICLE.

Sometimes a period of incapacity follows immediately after the injury but not always. It is not unusual for a worker to continue with their normal duties for a period and subsequently become unable to perform all of their duties. Indeed in some circumstances it might be months or even years before the injury prevents the worker from carrying out their duties. An example might be a person who carries a knee injury and eventually requires an operation which requires time off work.

Whenever an incapacity arises it is important that it be supported

and certified by a doctor and this is usually in the form of SIRA Certificate (formally called a Workcover Certificate). Generally speaking it is not sufficient for the incapacity to be certified by a non-medical practitioner such as a physiotherapist or a Chiropractor although opinions and records from such persons are often useful. The important take out is, see your doctor.

NOTICE OF INCAPACITY MUST BE GIVEN TO YOUR EMPLOYER AND THIS CAN BE DONE IN WRITING OR ORALLY AND IS USUALLY ACCOMPANIED WITH A SIRA CERTIFICATE.

Notice is given to the designated person at the workplace or your Supervisor or someone in authority. The notice must contain sufficient information including your name and address, the cause of the incapacity and the date and details of when it arose or was caused. Usually a combination of the injury report and medical certificate will provide the relevant information.

An Incapacity should be reported to your employer as soon as practicably possible. Failure to strictly comply with the legislative requirement to report an incapacity is not necessarily fatal to a claim. So, if you have not done so, even if you have left the employ of the employer where you were injured, take advice as a claim for the period of incapacity may still be possible.



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

**STUART BARNETT,
SLATER & GORDON LAWYERS**

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Yesterday a clown held
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PROGRAMS

THE UPPER HUNTER MINING DIALOGUE HAS POSTPONED ITS ANNUAL FORUM UNTIL NEXT YEAR AND "PARKED UP" ITS 2020 SCHOOL MINE TOURS PROGRAM DUE TO COVID 19 RESTRICTIONS.

The forum, which brings together a collaboration of community, industry and government representatives, was due to be held in November and was expected to attract about 200 people from across the Upper Hunter and beyond.

The school mine tours faced multiple Covid challenges including current restrictions on school excursions, potential for increased social distancing regulations, restrictions on non-essential visitors to mine sites and the risk of introducing Covid 19 into mine sites.

THE DIALOGUE CAREFULLY ASSESSED THE RISKS POSED BY COVID 19 AND CONCLUDED THE MOST RESPONSIBLE COURSE OF ACTION AT THIS TIME WAS TO CANCEL THE FORUM AND MINE TOURS.

After being put on hold in May and June due to the onset of Covid 19, the School Mine Tours Program had been scheduled to resume in August and run through September.

Across the year, the tours schedule included a record 22 schools and more than 1000 students visiting 12

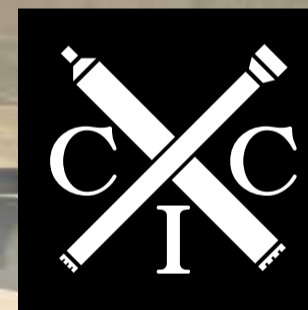
PARKED UP



Upper Hunter mine sites.

The Dialogue will continue to monitor the situation, but fully intends to host the Annual Forum and roll out the School Mine Tours Program in 2021.

Meanwhile, the Dialogue's working groups continue to develop the Dialogue's ongoing projects and are working on the release of a number of reports. The working groups are currently meeting via web conferencing due to Covid 19.



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HYDRAULINK GROWS IN HUNTER VALLEY

LOCAL HYDRAULINK BRANCH EXPERIENCES 'BUSIEST MONTHS EVER' AFTER MOVING TO A NEW PREMISES IN FEBRUARY THIS YEAR.

Hydraulink has been operating in the Hunter Valley for the past 15 years, growing with a slow and steady approach under the Management of Shane Goodwin and his wife and business partner Kellie.

BORN AND BRED IN SINGLETON SHANE STARTED FROM HUMBLE BEGINNINGS WITH JUST HIMSELF IN A VAN WORKING OUT OF HIS HOME SHED. TODAY HUNTER VALLEY HYDRAULINK (HVH) NOW HAS 8 EMPLOYEES WITHIN THE COMPANY ALSO WORKING WITH MANY LOCAL SUPPLIERS AND CONTRACTORS.

After outgrowing their last premises, the team moved to their current building in Maison Dieu Industrial Estate. Manager Shane Goodwin said their consistent growth can be summed up in one word – determination. "There are plenty of other attributes that accompany this, but determination is the driving force behind it," said Shane.

Not long after moving into the new building COVID hit, but Shane said he is pleasantly surprised that business has been great with some of their busiest months ever. They put some provisions in place, took a deep breath and soldiered on. "Putting that aside, the response from our customers has been fantastic; they love the new set-up and are keen for a guided tour of the premises," he said.



THE HUNTER VALLEY HYDRAULINK TEAM

THE LOCAL BRANCH NOW HAS AMPLE ROOM TO HOUSE ALL EQUIPMENT AND STOCK, AS WELL AS A SHOWROOM AND OFFICES SET UP PROFESSIONALLY. "OUR GOAL IS TO CONTINUALLY STRIVE FOR IMPROVEMENT IN ALL FACETS OF OUR BUSINESS," SHANE SAID.

In 2018 the branch won a Sales growth award throughout the Hydraulink network of 100 branches nationally and sales continues to trend upwards.

"We would not be where we are today without the dedication and commitment of our loyal staff and customers," said Shane proudly. "Through the high's and low's they are the building blocks to our success and their support is invaluable."

HVH pride themselves on their level of service and looking after everybody from the farmer down the road to the larger mining companies equally.

"For all our existing customers thank you so much for your ongoing support it is greatly appreciated. For everyone else feel free to call in and meet our friendly staff and have a look around," said Shane.

Further Expansion FOR EXPRESSWAY SPARES

EXPRESSWAY SPARES SEES CONTINUED GROWTH IN THE UPPER HUNTER WITH THE ADDITION OF A NEW 1,000SQM WORKSHOP AT THEIR MT THORLEY FACILITY.

The facilities at Mt Thorley have grown considerably over the past decade, with their latest expansion and improvement enabling Expressway Spares to better service customers in the Hunter Valley.

The new workshop, including 25tonne gantry cranes, adds an additional 2 Boilermaking and Fabrication bays on top of the existing 5 machine rebuild bays, as well as 10 dedicated component rebuild bays.

Local builder Brown Commercial Building completed the workshop, now occupied since April, and is the fifth building project Brown's have undertaken for Expressway Spares. Mt Thorley's Branch Manager Grant Munro expressed the importance of supporting and working with the local community. "We are a regional business and as much as possible we try to utilise local or at least regional suppliers," said Grant.

THE MT THORLEY BRANCH AND NEW FACILITY SUPPORTS AROUND 100 JOBS IN THE HUNTER VALLEY AND ALSO SUPPORTS OTHER REGIONAL JOBS AT THEIR WAUCHOPE AND GUNNEDAH BRANCHES. "A LOT OF OUR STAFF HAVE BEEN VERY LOYAL, AND SOME HAVE BEEN WITH THE COMPANY FOR 20 PLUS YEARS," GRANT SAID.

"We currently have an excellent, skilled and dedicated team here in the Hunter Valley and we look forward to building on it in the future."

Born and bred in Port Macquarie, Grant started his apprenticeship with Expressway Spares



SOME OF THE EXPRESSWAY SPARES MT THORLEY TEAM

in 1994. Moving to Singleton in 2002 to help start up the branch, Grant now celebrates 26 years with the company.

As you walk through the facility and new workshop, there's something about the spirited morale of each and every employee and productive atmosphere that Expressway Spares should be proud of.

Grant said business has been tough with COVID putting a lot of uncertainty into the industry and the people who work for the industry, but the company continues to have a long-term outlook on their future. "As you know in business as in life generally, relationships matter and whilst we might not always be the most high-profile supplier out there, we certainly try to build on our relationships and provide consistency," said Grant.



THE NEW WORKSHOP AT THE MT THORLEY FACILITY

"WE LOOK TO CONTINUE TO IMPROVE THE QUALITY OF THE PARTS AND MACHINERY WE REPAIR; WE CONTINUE TO GROW AND OFFER FUTURE EMPLOYMENT TO APPRENTICES EITHER IN MECHANICAL OR FABRICATION; AND WE LOOK FORWARD TO PLAYING OUR PART, HOWEVER SMALL OR LARGE THAT MIGHT BE, IN THE CONTINUITY OF MINING IN OUR REGION."

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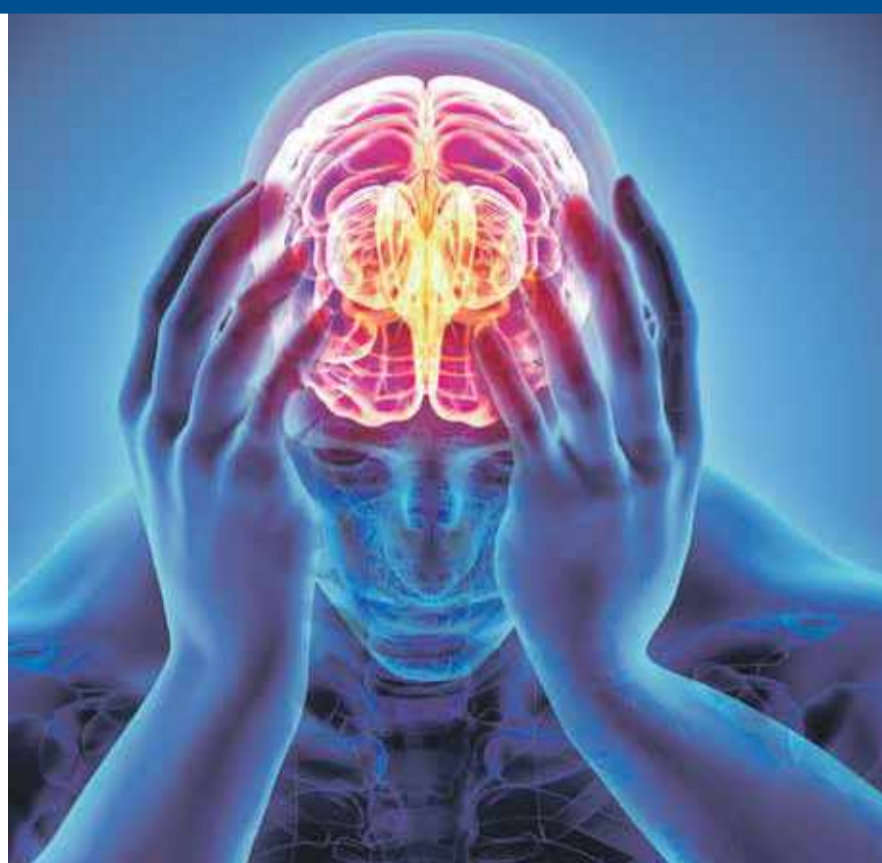
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For Applications or further information about the ACDF please visit: www.machenergy.com.au/acdf



PARALLEL ECONOMICS

RE-OPEN THE HUNTER STEEL INDUSTRY

THE HUNTER STEEL INDUSTRY HAD A PROUD HISTORY FROM AROUND 1915 – 1999 AND SIGNIFICANTLY HELPED NSW AND AUSTRALIA ITSELF TO BECOME THE POWERHOUSE THAT IT IS TODAY. IN A RAPIDLY CHANGING WORLD, LET'S RESTART THE HUNTER STEEL INDUSTRY THAT MADE US GREAT AND BEGIN A NEW CHAPTER AS A HUB FOR AUSTRALIAN MANUFACTURING ON MINING LAND.

I am sure a concept like this would meet with howls of protest from the short sighted and narrow minded. But as Peter Allen once sang, "Everything old is new again".

The world has changed or more accurately, the world is constantly changing. In the short time since the Newcastle steel industry ran its course and closed for what we believed to be forever the world is already a wildly different place.

It has taken a global pandemic to show us all where we are vulnerable economically, industrially and socially. The destabilisation of world politics and economics has shown us that perhaps we need to be able to rely on ourselves to provide for at least the basics of the amazing society we have built here in our part of the world called OZ.

BRINGING BACK AND EXPANDING SOME OF OUR KEY LOCAL MANUFACTURING CAPABILITIES IS A CONCEPT MOST AUSTRALIANS HAVE COME AROUND TO VERY QUICKLY THANKS TO THE YEAR 2020.

This allows a 'once in one hundred year' opportunity for The Hunter.

By building a new base for steel manufacture on a remote, low impact piece of Hunter mine land we could set our region up for a new era of prosperity. No, we are not talking about a high pollution, old style steel works belching toxic emissions and noise all over our beloved towns and valley. What

we are talking about is being part of the future using world's best technology to build an ultra-low emission, high output next gen steel industry. Our local coal industry is the obvious partner to fuel it all through low emission technologies as well.

Pumping out 'economy driving', high value steel products for local consumption and export markets, this new Hunter steel industry could be designed and located so as to have zero industrial, environmental and social impacts. It would be close enough to provide thousands of jobs and huge economic benefit to towns like Muswellbrook and Singleton.

LOCATED IN AND AROUND THE SAME FUTURISTIC INDUSTRIAL STEEL PRECINCT COULD THEN BE THE KINDS OF VALUE ADDING MANUFACTURING BUSINESSES THAT COULD THEN TURN THE STEEL OUTPUT INTO THE KINDS OF PRODUCTS THAT COULD DRIVE AUSTRALIAN PROSPERITY, RESILIENCE AND SELF-SUFFICIENCY.

The Port of Newcastle is already basically set up to handle incoming local Australian iron ore and our existing rail network could get the raw materials to the new precinct with ease along with carting and manufactured products back to port for the export components of the plan.

The Hunter is already one of the industrial capitals of Australia, let's make it the undisputed King.

BHP'S NEWCASTLE STEELWORKS
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OPINION

'Let Business Succeed'

"I GUARANTEE IF YOU WALK INTO ANY PET SHOP IN AUSTRALIA, WHAT THE RESIDENT GALAH WILL BE TALKING ABOUT IS MICROECONOMIC POLICY." IT IS JUST ONE OF PAUL KEATING'S MANY COLOURFUL SPRAYS. FAST-FORWARD TO 2020 AND KEATING COULD WELL HAVE BEEN REFERRING TO THE NUMEROUS PEOPLE TALKING ABOUT RE-SHAPING THE AUSTRALIAN ECONOMY, WITHOUT OFFERING MUCH DETAIL.



Re-modelling an economy is like turning a cruise-liner around: it takes time. In the middle of a health and economic crisis and soon after, we need to concentrate on the things that can be done relatively quickly. In the first instance we could look to the industries which are already strong but have scope for further growth.

The sector which has been most reliable in providing support for our economy during the COVID-19 crisis has been our mining industry. Many manufacturers have been strong too, but they continue to face difficult global competition and could do with some innovative government support and lower energy prices. In the meat processing sector - our largest food manufacturer - Government could lower quarantine and inspection charges which are among the highest in the world.

When I speak with businesses their first ask is not usually a taxpayer-funded hand-out but rather, they just want governments to get out of their way. Red and green tape they say, is holding them back. Too often international investors read or hear reports of resources projects waiting more than a decade for regulatory approval and they take their money elsewhere. When they take their money elsewhere, the jobs go with it.

BUT IT'S NOT JUST FOREIGN INVESTORS FINDING THE PROJECT APPROVAL PROCESS DIFFICULT. TWO AUSTRALIAN COMPANIES, SANTOS AND NEW HOPE, HAVE BEEN WAITING MUCH LONGER THAN A DECADE FOR A GREEN LIGHT AND ARE STILL WAITING.

SANTOS's Narrabri gas project is still running the gauntlet of the NSW Independent Planning Commission (IPC), a body which is notoriously slow and prone to mission creep. The Narrabri gas project will provide desperately needed gas to the Eastern market, put downward pressure on energy prices and create plenty of jobs. It has the support of the local Council and community. A gas-pipeline proposal will bring a number of benefits to the Hunter and will enhance our chances of securing more than one gas-fired electricity generator.

New Hope's problem is quite different. Despite jumping through all the necessary environmental approval hoops, the extension of its New Acland Mine in Queensland is held up in the High Court due to on-going and persistent action by an environmental group. An unacceptable situation which has already cost jobs and will cost many more if not resolved soon. New Hope began the approval process 13 years ago. The High Court action

has nothing to do with the merits of the application. Rather, it's about legal technicalities.

HERE IN NSW, DEPUTY PREMIER JOHN BARILARO HAS MADE NOISES ABOUT FIXING THE PROBLEMS WITH THE STATE'S INDEPENDENT PLANNING COMMISSION. I HOPE HE FOLLOWS THROUGH.

At the Commonwealth level, former Australian Competition and Consumer Commission (ACCC) Chair Professor Graeme Samuel has just released his interim review of the Environmental Planning & Biodiversity Conservation Act (EPBC). Introduced by John Howard twenty years ago, the EPBC is an additional layer of regulation beyond the State-based approval processes. It comes in to play if the project application raises significant flora, fauna or water issues. It's outdated, cumbersome, creates duplication in the approval processes and to quote Graeme Samuel, "is ineffective and inefficient". By ineffective, he means it's not adequately protecting our natural environment. By inefficient he means it's not a good experience for businesses looking to create jobs.

Let's hope we secure some reform at both levels of government.

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



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THEN AND NOW

WE'RE BACK WITH ANOTHER MONTH OF GETTING TO KNOW OUR INDUSTRY LEADERS AND WHAT LED THEM TO THE MINING INDUSTRY. HERE'S THE STORIES OF OUR @ THE COALFACE MATES THAT CALL THE HUNTER VALLEY THEIR HOME.



JUSTIN TREDINNICK

MANAGING DIRECTOR, CH4 DRILLING

A local to the Newcastle region, I grew up on the western side of Lake Macquarie – home to generations of Tredinnicks. I attended Booragul High School and played representative soccer, a tribute to my grandfather's legacy, at Tredinnick Oval at Speers Point. Aside from interstate work commitments, I've remained close to Newcastle and the Lower Hunter, now raising a young family and taking an active role in local sports and activities with my wife and children. My eldest brother, Brett, gave me an opportunity in the mining industry in the late 90s with AJ Lucas, operating gas drainage drill rigs throughout

NSW and Queensland. As experience and time progressed, I took on more senior roles with AJ Lucas and VLI Drilling, culminating to a leading role with VLI as Australian Operations Manager in 2013. In 2016 I, along with several work colleagues, seized an opportunity to start Cougar Drilling (now CH4). The first contract was gained in November 2016 with one rig and one crew. Mid 2020 and CH4 Drilling are now a leading competitor in Australia's UIS drilling industry. CH4 operate 8 rigs throughout Queensland and NSW, have manufactured and sold 3 customer rigs and employ a workforce of 150.



NATALIA TREWIN

HSE MANAGER, WESTRAC CAT

When I was younger, I had a passion for science and figuring out how things worked so when I left school, I went on to study a Bachelor of Science at a university in Sydney. I spent my days in labs, calculating chemical formulas, studying human anatomy and I especially loved neuroscience. As I got through my degree however I realised more and more that I enjoyed the practical application of science rather than spending my days doing research in a lab. I met my husband when I was 20 and by 24, we were married and decided to move to Newcastle. I started my professional career in the Personal Injury Management sector, able to apply my medical knowledge to support injured workers recover

and return to work. Seeing the impact of how a safety incident at work could have such a significant impact on an individual's life and their families, I developed a passion for Health and Safety which is why I applied and was successful in an Injury Management role at WesTrac a couple of years ago. The organisation has given me every opportunity to learn, challenge myself and be mentored and I was provided with the opportunity to step into the HSE Manager role which supports a team of HSE Advisors looking after our branches across NSW and ACT. I am proud to be a part of the mining community, doing what I love and working for an organisation that invests in its people.



STEVE DUNSTAN

BUSINESS DEVELOPMENT MANAGER, COLTERLEC

Growing up in and around New Zealand was an absolute treat. School in the sixties and seventies delivered many highlights for me including Rugby and Rugby league. To begin with Mum and Dad had no vehicle so it was shanks' pony to all venues, which kept us very fit and hungry for success. I arrived in Australia in the very early 80s and after a stint with Cronulla's 23s I ended up in the Hunter Valley linking up with a very good school mate of mine Ron Sadler who unfortunately died in a vehicle accident in 1982. I've lived and worked in the Valley for many years and was lucky

enough to assist coach Malcolm Reilly in winning the 97 Grand final with the Newcastle Knights and coach in the UK. My family are my pride and joy both here and back home in NZ. Life has provided me with many important lessons and this no doubt contributes in my role with Colterlec who deliver Electrical Product Innovation. My daily activities allow me to travel through the Hunter mining community along with Gunnedah, Narrabri and Mudgee mines communicating with professional well-versed people in a wonderful environment.



MATTHEW O'BRIEN

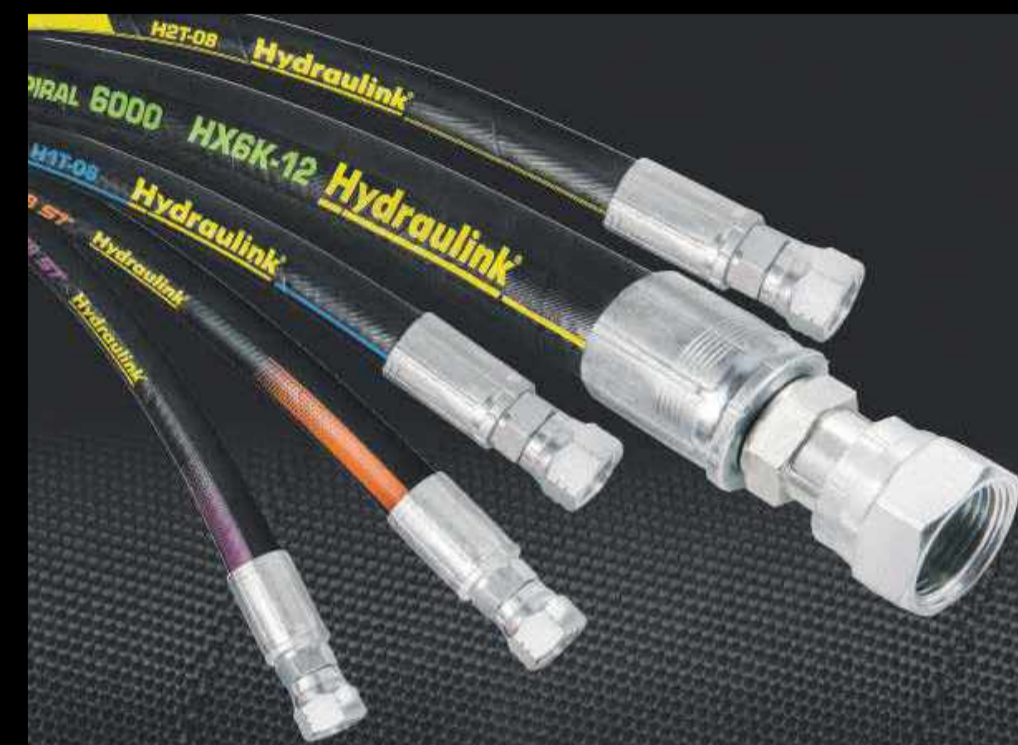
SUPERINTENDENT PRODUCTION, THIESS

When I was in primary school my best friends' parents owned an earthmoving business and as kids we used to play on the parked-up machines. I was fascinated at the size of the equipment and there is no doubt this is where my passion for mining started. At the age of 18 I moved to Kalgoorlie in WA accepting a role as a trainee truck driver. I was fortunate to progress fairly quickly due to hard work and a very supportive network around me

and was training on an excavator before my 19th birthday. I spent the next 5 years in WA operating excavators, shovels and then becoming a leading hand before moving back to NSW in 2012 to work in the Hunter Valley. Some fourteen years later I am now the Production Superintendent at Mt Arthur South. It has been an amazing journey over the last two and half years and watching this site grow has been a very rewarding process.



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STEVE'S SEND OFF

FOR 40 YEARS STEVE ALMOND WORKED AT WAMBO COAL HANDLING AND PREPARATION PLANT AND NOW IT'S TIME TO SAY FAREWELL.



they did so much good for morale and creating stronger connections. And they were always a lot of fun." But on the whole Steve says he looks back at his 40 decades as an amazing journey. "I'm incredibly thankful for the time I spent at Wambo and to all the people who made my career so enjoyable. I also have to give a special thanks to the Union. Through all the years they've stood by us workers helping us whenever we needed it."

Steve will definitely be missed by his coworkers. General Manager of Wambo Mine, Albert Scheepers sums it up best.

"STEVE HAS BEEN AN INTEGRAL PART OF OUR COAL HANDLING AND PREPARATION PLANT TEAM AT WAMBO FOR 40 YEARS AND BOUGHT SUCH PASSION AND DEDICATION TO HIS ROLE EVERY DAY. HIS ENTHUSIASM AND CAN-DO ATTITUDE WILL BE REALLY MISSED. THE ENTIRE WAMBO TEAM SENDS STEVE OUR WARMEST WISHES ON HIS WELL-DESERVED RETIREMENT."

What's next for Steve? Well he's got a new boat just waiting to hit the water, he's all set to head off travelling with his wife Fiona once restrictions are lifted, and he's got plenty of bikes, cars and toys to tinker with in the shed to keep him busy. But whatever he ends up doing, I reckon he'll be doing it with the same dedication and commitment that he's always shown.

"It's hard to believe it's been 40 years," says Steve as he fondly reflects back on his career. "It feels like just yesterday that I walked in the door for an interview. I remember that very afternoon they called me to go in for a medical the next day and what do you know the following week I was showing up for my first shift. The next thing I know here I am, retiring after four decades."

40 years in any career is quite a commitment. 40 years in the one job at the one workplace is an incredible commitment and shows a dedication to the job that is extremely rare these days. For Steve, it was commitment that was easily made.

"Back in the early days the normal process was you would move on to underground or open cut after a stint in the washery. But the washery was it for me, that's where I wanted to be and so that's where I stayed."

Steve saw a lot of changes over the years. He explains how it was a lot more hands on in the early days. You could be welding one minute, overhauling pumps the next, driving the fuel truck,

boilermaking, maintenance, you name it. It was expected of you to be a jack of all trades and Steve always loved that variety.

"IT WAS A GOOD JOB. I HAD THE PRIVILEGE OF WORKING WITH SO MANY GOOD PEOPLE. YOU STEPPED UP WHEN YOU HAD TO, ALWAYS MADE SURE YOU GOT THE JOB DONE, AND YOU WERE PROUD OF WHAT YOU ACHIEVED."

But when it comes down to it what Steve remembers the best is the people. "Teamwork has always been the most important thing in keeping everything running smoothly and everyone happy. I saw many different people come and go over the years and I can say that all of them were great people. Well maybe not quite all of them," Steve says with a cheeky grin. "But I always tried to live by the motto, it's easier to make love than war," he adds with a laugh.

One thing Steve was sorry to see change over the years was socialising outside of work. "It just seemed to dwindle away over the years. I think it's a real shame that we don't have the social functions we used to as

CRAIG TAKES THE COALS TO NEWCASTLE PLUNGE

UNDERGROUND COAL MINING VETERAN CRAIG CLARKE IS SET TO SWIM 36KMS FROM CATHERINE HILL BAY TO NOBBY'S LIGHTHOUSE IN AN EFFORT TO RAISE MONEY FOR BEYOND BLUE.

An avid swimmer from 8 years of age, Craig has long held a dream of one day swimming the English Channel. This aspiration came about in the 1970's during his early swimming years, looking up to the likes of Australian marathon swimmer Des Renford.

In 2015 Craig started intentionally planning swims over 3kms, and 2017 saw him begin preparations for an attempt at a solo swim across the English Channel in 2020. Unfortunately, Covid has put his dream swim on hold, but Craig

said he was determined not to put his five years of hard work and committed training to waste.

THIS LED TO THE PLANNING OF THE 'COALS TO NEWCASTLE' OCEAN SWIM IN HIS HOMETOWN OF NEWCASTLE WITH A GOAL OF TAKING IN AS MANY OF THE CHALLENGES OF THE ENGLISH CHANNEL AS POSSIBLE, INCLUDING THE 36KM DISTANCE AND TEMPERATURES DURING THE LAST WEEK OF AUGUST 2020.

NEPEAN Longwall generously put their hand up to support Craig during his huge swim. After working with and having close associations with the company throughout his long career, Craig said it was great when they came on board.

The swim holds a special significance to Craig after 38 years of working in the coal mining industry and as a long serving member and competitor of Swansea Belmont SLSC. "The term 'Coals to Newcastle' to coal miners is like saying ice to Eskimos," said Craig.

The course itself dates back over 100 years with coal ships loading from the Catherine Hill Bay jetty - at the time the only ocean jetty port on the northern coalfields - then making their way to Newcastle Harbour just past Nobby's lighthouse.

CRAIGS FURTHEST SWIM TO DATE WAS A 25KM PLANNED SWIM IN JARVIS BAY TAKING 6.5 HOURS; CONSIDERABLY LESS THAN THE 11 HOUR, 35KM VENTURE FAST APPROACHING. WHEN ASKED IF HE WAS NERVOUS FOR THE SWIM, CRAIG SAID THE WEATHER WAS HIS BIGGEST CONCERN.

"With the rough weather we have been experiencing lately, I am just hoping to get a day and enough consistency to get the swim done," he said.

In raising money for Beyond Blue Craig hopes to make a difference by helping those struggling with mental health issues, especially given the current unsure times we are facing with Covid. "I've been through mental demons myself at different times and have been thinking about how it personally impacted on me," said Craig.



"I have also had close relatives who have been through long periods of mental illness with their children - it's a cause extremely close to my heart.

"My twin sister, Michelle Brewer, will be in the support boat on the day and also works in the mental health sector."

His supportive family and the NEPEAN Longwall team will be there to cheer Craig home on the day. Be sure to head over to watch Craig conquer the spectacular swim or head to Craigs page on the Beyond Blue website to donate.



TO DONATE VISIT [HTTPS://BEYONDBLUE-INDIVIDUAL.EVERYDAYHERO.COM/AU/COALS-TO-NEWCASTLE-CRAIG-S-ENGLISH-CHANNEL-CROSSING-IN-NEWCA](https://beyondblue-individual.everydayhero.com/au/coals-to-newcastle-craig-s-english-channel-crossing-in-newca)

TO GET ALL THE INFORMATION ABOUT BOTH THE DAY OF THE SWIM AND REGULAR LOCATION UPDATES AND PHOTOS ON THE DAY VISIT [HTTPS://WWW.FACEBOOK.COM/COALSTO.NEWCASTLE.9](https://www.facebook.com/coalsto.newcastle.9)

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BANLAW

SUPPLIER INSIDER

Who are you and what do you do?

My name is Bill Clifton and I'm the managing director and one of the owners of Banlaw.

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

My background is in the fuel industry; prior to Banlaw I was the Shell Distributor in the Hunter, Upper Hunter, Manning, Central Coast and South Western Sydney. After selling Clifton Bros Pipeline, I discovered Banlaw where I turned my knowledge of handling and managing high value liquid assets (Fuel, Oil, Gas, Chemicals and Water), into manufactured products and systems that help large users like Mines and Heavy Haul Rail.

Describe a typical day at 'The Office'

I generally start by writing my to do List, some of which gets done, but things change pretty quickly! A typical day could start at 6 or 7am so that I can connect with our people in Salt Lake City and can go right through to the evening when our African distributors are

starting their days. I spend a lot of time talking to our distributors and customers right around the world.

What is the best thing about your business?

Our people. Back in 1999 when there were only 16 of us, we set a goal to become the global leader in fuel management, and although that was a huge ask for a small company from Newcastle and a bit of a dream really, 20 years later we are well on the way and that's thanks our committed passionate staff whom share our vision and also our great clients. Most of our innovative designs have come out of partnering with our clients to solve their problems.

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

There's a lot going on with autonomous vehicles and trains. They all need oil, fuel, electricity - and that's where we operate. There's a lot of innovation happening, and what's really exciting is our ResTrack data feeds some powerful data analytics that drives savings and puts our

clients in control potentially saving them a fortune..... watching that evolve is quite exciting.

What is the biggest opportunity for your business right now?

The biggest opportunity for our business right now is to introduce wireless technology to the refuelling process and taking our technology to the on-road fleet market.

What are the biggest challenges facing your business?

Playing on the world stage, and growing new international markets. We get great support here in Australia being an Aussie manufacturer and selling Australian technology but getting the same level of support overseas is more of a challenge.

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

1987 was when I began selling fuel for Shell in the Hunter Valley, then in 1999 I bought Banlaw. Banlaw itself is almost 40 years old though.

Community and other causes close to your heart and values.

I'm the president of Newcastle/Hunter Rugby Union and am passionate about supporting young men and women playing team sports. I believe that they foster teamwork, resilience, and encourage people to rise to a challenge, all of which builds character and in turn great men and women capable of working in complex teams and able to get things done. I believe all of those are values that transfer from sport to the rest of life.

We also support several charities, one of them being COMM strength which is a wonderful organisation working in a side of life that most of us may not even know exists.

How big is the crew in the Hunter Valley?

60 odd in the Hunter, with 87 employees around the world.

What is the best thing about your job?

It's challenging, diverse, and the satisfaction that I get from seeing our R&D team complete projects

and commercialise them is fantastic. It's also wonderful seeing some of our people develop.

What is the worst thing about your job?

I certainly don't have any problems getting out of bed every day to come here! I guess if I had to choose something though it would be the mining downturn cycles. We're diversifying a little, but mining will always be a big part of our business so commodity prices will always affect us.

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

When I first bought the business, I split the ball of my shoulder socket and had to wear a sling in summer... I had to negotiate the whole purchase process in pain (and with the worst B.O.)

Anything else you want to say?

Although the Banlaw journey has had its ups and downs, it's now a truly global technology company and we're proud to be getting interest from large global organisations so that's another step closer to our goal of being global industry leaders.

MY MINING LIFE

HUGH SEARLES

HUGH'S A MECHANICAL ENGINEER FOR J&S ENGINEERING WHERE HE GETS TO WORK ON SOME OF THE BEST GEAR IN OUR INDUSTRY.



Who are you and what do you do?

My name is Hugh Searles and I'm a Mechanical Engineer. I work in the Heavy Engineering Facility at J&S Engineering and Maintenance as a Technical Advisor. We refurbish large earth moving equipment such as dragline buckets, dipper buckets, excavator buckets and dozer blades. I also work on custom designs and improvements for various mining equipment accessories and jigs.

Any nicknames good or bad?

No bad nicknames (that I know of).

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

I live in Newcastle, but I grew up on a property in Branxton since I was a small child. I have worked in restaurants and wineries since I was 17 and still do the occasional shift in a local winery.

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

I began my engineering career at J&S Engineering whilst at University and have stayed on since graduating 2 years ago. Engineering is not always an easy job, but the reward can be great, such as solving a complex issue and building the solution.

What's a usual day at work entail?

Start the day with a strong coffee, check my emails, either working on a design concept for a client or work packs and documentation.

How big is the crew?

About 100 people onsite at J&S. We have everyone from machinists, fitters, boilermakers and technical advisors.

What's the best thing about your job?

Seeing something you designed go into production. It's rewarding to work in a situation where you can see the full engineering process from the discovery of the

issue, the problem solving, design, and then production of the solution.

What's something about your job that would surprise people to know?

How versatile it is working in a small company, I do everything from procedures, material requisitions, drawings, planning and inspections.

The worst thing?

When you can see an even better solution after you have started production and it's too late to change and all you can wonder is "why didn't I think of that earlier?"

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

At least once a week I leave the keys in the door of my car and wander around looking for them for 20 minutes.

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

I had no career plan when I was a child, I just picked engineering in High School because it made sense to me.

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

Her best mate, inquisitive and rode dirt bikes like the wind.

What do you do in your downtime?

I love to cook for friends and drink good beer and wine. The first thing I did when I moved into my new house was start my vegetable garden. There's nothing better than grabbing fresh produce from the garden to cook with.

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

I can be a bit more hands on than most engineers, I really enjoy building or welding things in my shed. I fully restored my first car which was from 1971 and used it as a daily driver for 5 years.



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HELPING HEADS

ONE DAY MICHAEL EVERINGHAM HAD AN IDEA. AN IDEA THAT WOULD NOT ONLY HELP KEEP HEADS SAFE WHILE AT WORK, BUT ALSO DO SOMETHING WONDERFUL FOR THE BRAINS INSIDE THEM.

Michael is a chemical engineer and a few years back was attending a typical site safety induction. During the induction all the workers were instructed that they were not allowed to wear anything under their hard hats due to safety regulations. Afterwards, heading outside into the biting Winter wind, he watched most of the workers pulled on beanie's and balaclavas ignoring the safety protocols. Questioning the site safety representative, Michael was

told it was a safety protocol often ignored as the reality was it was just too damn cold. The rep shrugged it off, "They know it's a breach but what can you do?"

WITH THOSE WORDS TROFMOC WAS BORN.

Whereas most of us would just continue on with our day, Michael decided then and there to do something. He began researching Australian Standards regarding Occupational safety helmets and was soon designing products that would not interfere with the safety features of the helmet. The next step was contacting SAI Global who certify products to Australia's safety standards. Their response, brilliant design – the market has been waiting too long for these products.

With the approval of SAI Global, Michael began the long journey to get production started, have the products tested, and most importantly, have them certified to comply with Australian standards. His hard work paid off and now anyone can purchase his 'Chill Buster' Beanie or 'Freeze Eliminator' Balaclava. And when the warmer months roll back around, Michael has you covered.

His 'Coolaclava' uses HYPERKEWL technology to reduce helmet temperatures for up to 8 hours by 10 to 15 degrees Celsius.

"It's a great feeling knowing that I've made a product that will help keep workers comfortable at work, and more importantly safe," said Michael. "They are the only beanies and balaclavas in the entire world that are certified compliant to Australian Safety Standards so workers can wear them knowing they are not breaching any regulations. An added bonus that was unintentional was that I also created an adjustable face cover for the balaclava which is proving very useful in current times."

HELPING TO ENSURE THAT WORKERS ARE NOT ONLY SAFE BUT COMFORTABLE IS WORTH GIVING MICHAEL THANKS FOR. BUT THE THANKS DON'T STOP THERE. MICHAEL IS DONATING THE PROFITS FROM THE BEANIES TO THE MARK HUGHES FOUNDATION WHICH RAISES MONEY FOR BRAIN CANCER RESEARCH AND SUPPORTS BRAIN CANCER PATIENTS AND THEIR FAMILIES. \$9 FROM EVERY BEANIE GOES TO THIS FANTASTIC ORGANISATION.

When I voiced my admiration for him for doing something so selfless, Michael was quick to shrug it off. "I know about the wonderful work that the Mark Hughes Foundation does and so I wanted to help them any way I could," he said. Then he was quick to turn the subject to other people who have supported him.

"I've had a lot of people help me to get where we are. Kari Armitage from Quarry Mining, Scott Newman from Elite Mining Services and Tim Maddison from Maddison Safety. These wonderful people have an amazing passion for helping others and are truly inspirational."

But Michael knows a lot about helping others too. He's spent time teaching English in Thailand and plans to get back there in the future to teach less fortunate kids maths and science. Meanwhile, there's still a lot of potential in the days ahead for Trofmoc.

"I'll continue to refine our products, try to build more awareness and just keep pushing forward," he said. With an attitude like Michael's I'm betting that there will be a lot more to come!

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A KNOCKOUT EFFORT

BRAD MAHER HAS BEEN AWARDED LIFE GOVERNORSHIP OF SINGLETON PCYC FOR OVER TWO DECADES OF SELFLESS SERVICE.

At a recent award ceremony longtime Singleton PCYC Club Volunteer Brad Maher was handed the Life Governor plaque by The Hon. Bronnie Taylor MLC, Minister for Mental Health, Regional Youth and Women, and Upper Hunter State Member Mr Michael Johnsen in recognition of his dedication to the Club. When he's not busy fundraising or volunteering for the PCYC, Brad is a Shotfirer working for Glencore. PCYC Singleton Club Manager David Andrews said David is one of many locals who dedicate their spare time at the Club, helping out in any way they can. "Brad has been actively



DAVID GOES ON TO EXPLAIN THAT ONE AREA THAT BRAD HAS CONTRIBUTED MOST TO THE CLUB OVER THE YEARS IS AS A VOLUNTEER BOXING COACH. FULLY ACCREDITED, BRAD WAS THE BOXING PROGRAMS' HEAD COACH FOR MANY YEARS, AND OVERSAW THE DEVELOPMENT OF MANY YOUNG MEN AND WOMEN IN THIS SPORT. HE IS STILL ACTIVELY COACHING TODAY, ALBEIT AS PART OF A LARGER BOXING COACHING TEAM.

"Brad is a very worthy recipient of Life Governorship. He's a very humble guy and does not want the recognition but I believe it's very important to recognise his efforts and also all the other volunteers who tirelessly contribute

to the Club. I cannot thank them all enough. Brad and others like him have helped make a positive difference to the lives of all the kids that come through our doors and it's a privilege to work alongside them," said David.

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Our friends and family in local Hunter Valley communities like Singleton, Muswellbrook, Maitland, Newcastle and Cessnock can get away from it all right next door in Pokolbin. With everything so crazy in the world right now, home is the perfect place to visit.

Pokolbin is your home away from home and we would love to see you again or for the first time.

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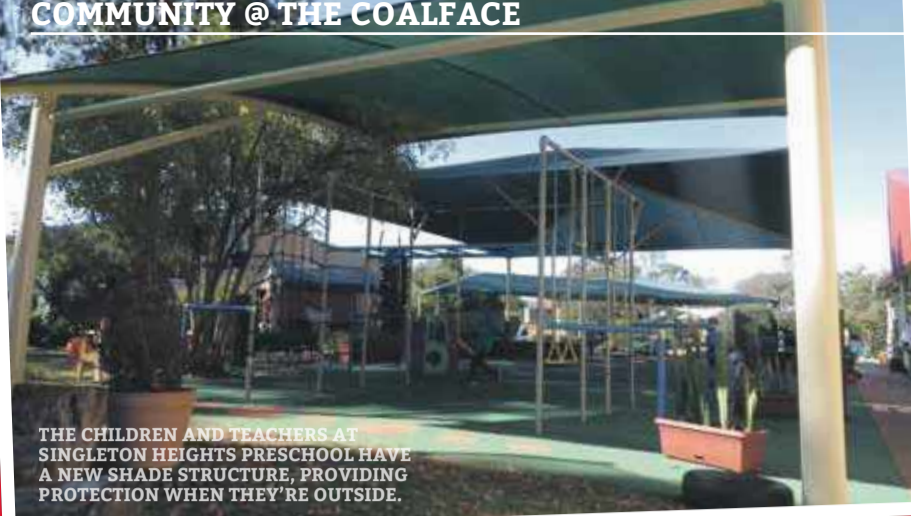
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See you soon





THE CHILDREN AND TEACHERS AT SINGLETON HEIGHTS PRESCHOOL HAVE A NEW SHADE STRUCTURE, PROVIDING PROTECTION WHEN THEY'RE OUTSIDE.

COMMUNITY GROUPS RECEIVE FUNDING BOOST

ASHTON COAL HAS GRANTED OVER \$80,000 IN FUNDING TO LOCAL COMMUNITY ORGANISATIONS, AIMING TO MAKE A POSITIVE DIFFERENCE TO THE UPPER HUNTER VALLEY REGION.

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An old guy in his Volvo is driving home from work when his wife rings him on his mobile.

"Honey," she says in a worried voice. "Please be careful. There was a bit on the news just now, some lunatic is driving the wrong way down the expressway."

"Oh it's worse than that," he replies. "They're all going the wrong way!"

The latest round of Ashton's Community Support Program is funding new equipment, education resources and events for the Singleton Heights Preschool and Public School; the Singleton Strikers Football Club; Maitland City Boxing; and the Westpac Rescue Helicopter Service.

The Yancoal Community Support Program invests in community groups working in the areas of health, social and community, environment, and education and training.

More than \$1 million was invested into local initiatives across Australia in 2018 through the program, from environmental projects, training, and education, to the purchase of new technology and equipment used by local hospitals and regional rescue services, and support to disadvantaged groups within the community.

ASHTON COAL OPERATIONS MANAGER AARON MCGUIGAN WAS DELIGHTED TO BE FUNDING LOCAL INITIATIVES. "WE ARE PROUD TO BE PART OF THE UPPER HUNTER VALLEY REGION AND RECOGNISE THAT LOCAL COMMUNITY GROUPS ARE THE BACKBONE OF OUR COMMUNITY. THEY MAKE AN IMPORTANT CONTRIBUTION TO MAINTAINING AND CREATING A STRONG AND SUSTAINABLE COMMUNITY."

"This funding will enable Singleton Heights Public School to purchase smartboards to assist with student learning, the Singleton Heights Preschool can install a shade structure for greater sun safety for the children and our local sporting clubs can buy much needed equipment.

"For over nine years, we have been donating funds to support projects and initiatives in our community that make a positive difference

to the lives of people who live and work here. It always pleases me to see the difference even a small amount can do for a community organisation," said Aaron.

Neisha Dean, Director at Singleton Heights Preschool was thrilled with the funding support. "Our new shade structure provides a large area of sun protection for our teachers and children when playing outside, which is critical in the hotter months."

"With this installation, we can now get more use of our outdoor space. We can take some classroom activities outside into the natural environment, providing an enriched learning experience for our preschool children. We are all very thankful for the donation," said Neisha.

The Ashton Community Support Program aims to make a positive difference in the local community, and to the lives of the people who work and live in the areas it operates.

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PORT SUPPORTS PROGRAMS



PORT OF NEWCASTLE HAS ANNOUNCED THE OUTCOME OF ITS 2020 SPONSORSHIP PROGRAM, WITH 12 LOCAL ORGANISATIONS RECEIVING MUCH NEEDED FUNDING AND IN-KIND SUPPORT.

The annual 2020 Sponsorship Program is a key component of the Port's commitment to sustainability and being an active contributor to its local community.

Funding offered through the Community Sponsorship Program is in addition to the \$1 million the Port provides annually through the Newcastle Port Community Contribution Fund, which is administered by the NSW Government.

Port of Newcastle's Communications and Community Relations Manager, Sarah Kiely, said sustainability was at the core of the Port's business strategy and culture.

"THE 'YOUR PORT, OUR COMMUNITY' COMMITMENT IS ABOUT ENSURING THE PORT AND THE COMMUNITIES SURROUNDING IT CONTINUE TO THRIVE FOR GENERATIONS TO COME," MS KIELY SAID.

"This round we were looking for projects that engaged the community with the harbour and the environmental wellbeing of its surrounds. Once again, we have uncovered a wide cross-section of causes and initiatives that are delivering exceptional value to our local community."

THE 12 ORGANISATIONS BEING SUPPORTED THROUGH THE PROGRAM ARE:

- Centre for Hope – 'Leadership Velocity' coaching program for senior high school students
- Curious Legends – online theatre and performing arts video broadcasts for children
- Hunter Hurricanes – 2021 Australian Water Polo League round to be held at Queens Wharf
- PitchX 2021 – support towards an augmented reality (AR) experience
- Newcastle Rowing Club – course survey for the annual regatta

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Newcastle University Women in Engineering – annual Cocktail Connections event

Plastic Police – production of a series of waste education videos

Stockton Surf Lifesaving Club – purpose-built trailer

University of NSW (Water Research Centre) – ongoing support for the migratory shorebird habitat project

Croatian Wickham Sports Club – solar panels in partnership with Climate Action Newcastle

Zara's House Refugee Women and Children's Centre – 'Flourish in Newcastle Program'



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The Philips Wake-Up Light is a light therapy lamp and natural sunrise alarm clock with a coloured sunrise and sunset simulation. It helps you wake up refreshed and drift to sleep peacefully. The speaker plays a choice of 5 wake up sounds or choose your favourite radio station to start off your morning after the sunrise simulation has gradually reached its end. Wake up naturally!

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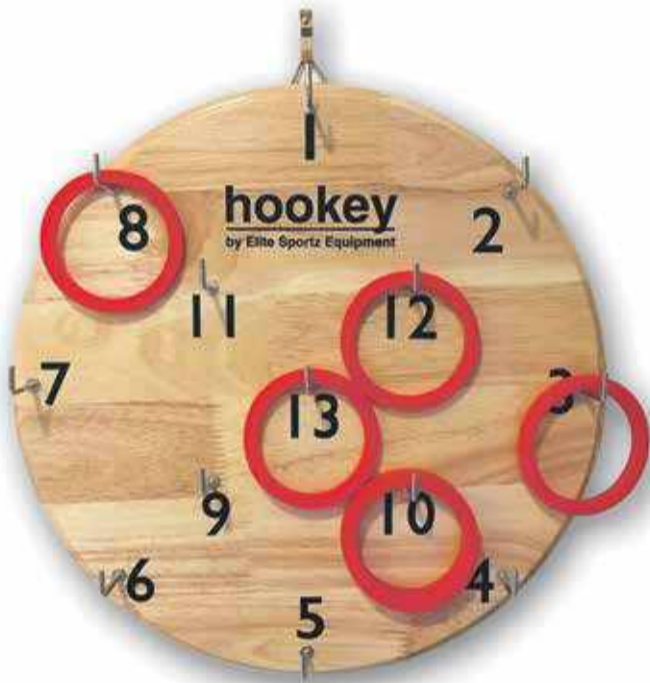


Hookey HERO

FOR SOME SIMPLE, EASY TO PLAY FUN, THE ELITE HOOKEY RING TOSS GAME IS A GREAT ADDITION TO THE MAN CAVE, HOME OR OFFICE.

If you're looking for a unique gift for birthdays or any event, the Hookey is a fantastic option. With no sharp objects, this is a game for kids, adults and even grandma and grandpa. There are a few different ways to play with instructions for each game, so you won't be bored any time soon. All you have to do is hang it up and start tossing.

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NINJA COURSE FOR KIDS

ADDICTED TO THE SHOW NINJA WARRIOR? AREN'T WE ALL? WELL NOW THERE'S A WAY FOR KIDS TO GET IN ON THE ACTION.

At 50-foot-long the Junior Ninja 50' Obstacle course is a great purchase for up-and-coming ninjas. The 2-inch-wide nylon line can be strung between two trees or posts with 7 obstacles that can hang anywhere along its 50-foot length from its sturdy steel carabiners. If only I could go back in time and be a kid again to give this baby a whirl.

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\$725,000 for a COVID-19 vaccine



We're in this together

We're honoured to help the University of Queensland's (UQ) COVID-19 vaccine acceleration project with a \$725,000 donation.

UQ's 'Molecular Clamp' project has been identified as a candidate to develop a vaccine.

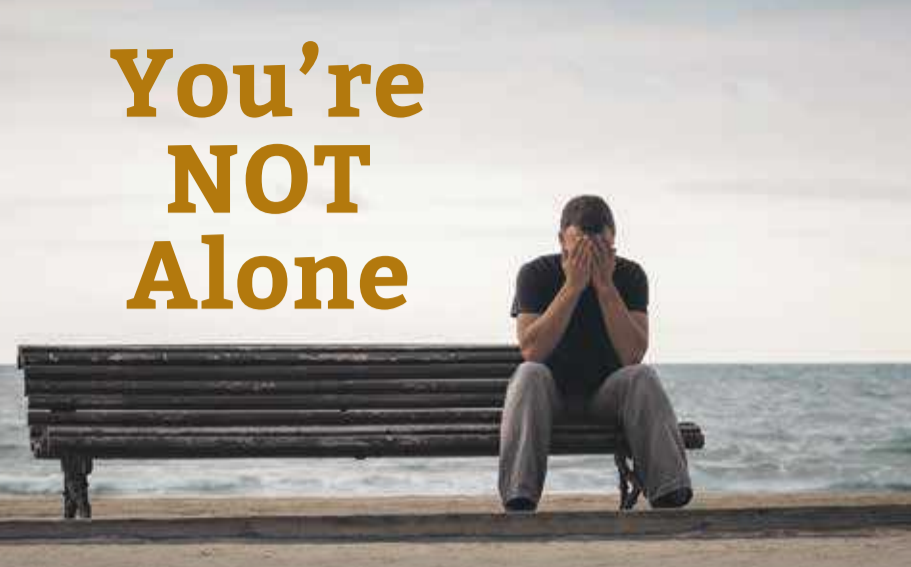
The project uses technology that ensures the vaccine induces an immune response that recognises and then

neutralises the virus. Pre-clinical testing moved to human trials this month.

The funding comes from the Glencore's Global Community Support Fund, set up earlier this year to assist communities affected by COVID-19.

It's one of the ways we're supporting communities during the pandemic.

GLENCORE



SOCIAL ISOLATION IS NOW A PART OF EVERYDAY LIFE AND LIKELY WILL CONTINUE TO BE INTO THE FUTURE. SOME OF US ARE RELISHING THE CHANCE TO SPEND MORE TIME ALONE AND TAKE A BREAK FROM THE DEMANDS OF OUR NORMAL SOCIAL LIVES. BUT FOR MANY MORE, SOCIAL ISOLATION IS HEIGHTENING ANOTHER ISSUE – LONELINESS.

You might be thinking social isolation and loneliness are the same thing, but they are not. Social isolation is considered as the state of having minimal contact with other people. It differs from loneliness, which is a subjective state of negative feelings about having a lower level of social contact than desired. They don't necessarily co-exist—you might be socially isolated but not feel lonely, or feel lonely despite being socially connected. Everyone suffers from loneliness in some shape or form. The feeling is normally brief and will pass as we go about our daily lives. But for some people loneliness can be much more debilitating. Not just mentally,

but also physically. The toll that loneliness takes on us physically is well known. Without connection to other people you are more likely to get sick, develop heart disease, experience faster cognitive decline, suffer from depression and have a shorter lifespan. With the serious physical and mental health risks that loneliness can cause, it's something that we all need to know about, talk about and help with. Here are some strategies that may help if you are dealing with loneliness. **VOLUNTEER** Doing volunteer work is a proven way to reduce loneliness. It provides

a meaningful way to connect with people and increases one's sense of worth. Help others and by doing so help yourself. **JOIN** Sign up to a sporting organisation. By associating with people with similar interests you are more likely to increase quality relationships. Physical activity will also be beneficial to combat loneliness. **FURRY FRIENDS** For over two thirds of pet owners, the main reason they have a pet is for the companionship they provide. In addition, owning a pet facilitates more social connections such as when walking and through neighbourhood interactions. **QUALITY OVER QUANTITY** It's hard to find enough time to spend with friends and loved ones in our busy society, so ensuring that time spent socially is quality time is critical to your wellbeing. All too often we are distracted, by our phones, our surroundings and we forget to be present in the moment and truly connect. **FACE TO FACE** Don't use social distancing as an excuse to not catch up in

person. Even without physical contact, time spent in another person's actual presence will always be more beneficial. **BE KIND** Whether it's giving a compliment to a workmate, helping a neighbour, or even just a kind comment on a social media post, kindness will always have a positive effect on your happiness. **CONNECT WITH COMMUNITY** The basis of connection is having something in common. Whatever your interest is, there is an online or real-life community of people who are waiting to share that passion with you. **SEEK SOLITUDE** Although it may sound counter-intuitive, solitude can help loneliness. Solitude is choosing to take a moment for yourself such as a walk or sitting in the backyard as the sun rises and simply being in the moment. **GET SUPPORT** There are many services that can help you if you are experiencing loneliness. Never be afraid or embarrassed to ask for help. The first step is always the hardest.

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GOING TO BAT

IN THE MIDST OF A GLOBAL PANDEMIC, TWO COMPANIES HAVE COME TOGETHER TO CREATE A PRODUCT TO HELP KEEP WORKERS SAFE.

We spend one third of our life at work. It's the place where we come into contact with the most people and risk the most exposure to potential diseases and spreading them to others. One of the signs of a potential illness is elevated body temperature. When body temperature is elevated the brain can't function properly which instantly puts a worker and their co-workers at risk. If it's the result of an infectious disease such as COVID-19, then the outcome can be catastrophic for both the worker and anyone they come in contact with. Not only that, but in our industry work is also where we risk being exposed to hazards such as respirable dust. It has been proven that a dusty uniform increases a worker's exposure with a study finding that once clothes become contaminated they create a 10-fold increase in risk of exposing workers to dust hazards. **WHICH IS WHERE BAT BOOTH 2.0 COMES IN.** The intelligent device has been raced into production by Melbourne manufacturer Mideco and Newcastle-based technology company Pulse Mining Systems, in a rapid response to the coronavirus pandemic threatening lives and economies around the world. The two partners ramped up their collaboration to combine technologies that were easy to use, easy to manage and offered a real boost to occupational health and safety (OHS) managers' capability. "We realised time was of the essence in fighting this pandemic; it's like going to war," Mideco Managing Director Melton White said. White, who has a background in mine-site maintenance, conceived the Bat Booth to minimise the health hazards of respirable dust particles on clothing and protective equipment while reducing heat stress among mining, quarrying and manufacturing employees. **BAT BOOTH 2.0 USES TEMPERATURE CHECKS TO HELP PROTECT WORKERS FROM VIRAL INFECTIONS AND HEAT STRESS, WHILE REDUCING THE RISK OF DUST DISEASES SUCH AS COAL WORKERS PNEUMOCONIOSIS, SILICOSIS AND FARMER'S LUNG.** Streamlined for efficiency, it takes just 15 seconds from the time an employee enters the booth and triggers an automatic recognition system and infra-red camera that logs temperature. Workers appreciate the cooling effect, with usage data showing they typically use the booth four times per shift. If a temperature check shows an anomaly, the digital unit sends an instant alert to the user and offsite managers. The data also goes to individual employees' health records and can be used to measure and compare the employer's safety performance. Pulse Managing Director Ash Bosworth said getting the Bat Booth out into production as soon as possible has been their priority. "We pivoted our development teams to work on this because it matters to people and industries all around the world. It may make the difference in some areas for mining and manufacturing to continue," Bosworth said.

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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WILSON MINING IN CONJUNCTION WITH WEBER MINING HAS DEVELOPED A BULK HANDLING SYSTEM AS A STEP-CHANGE IMPROVEMENT TO HANDLING CHEMICALS UNDERGROUND.

Traditionally the chemicals used for roof fall recovery and the stabilisation of mine strata are supplied in 20 litre drums. Several hundred drums can be used on each application which is a major logistical and manual handling exercise. Wilson Mining now supply the chemical in 1000 litre intermediate bulk containers (IBCs). Bulk handler pods have been designed to transport up to 3 x IBCs instead of 120 x 20 litre drums, resulting in no drum handling, improved ration control and improved logistics.



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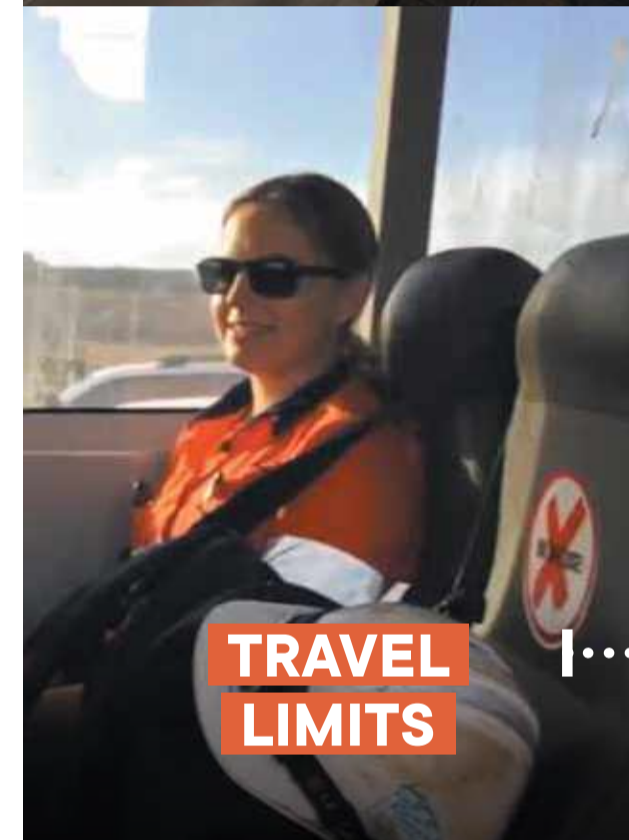
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A DYING BREED

AS A PRIMARY TOOL USED ON MINE SITES, THE 'DIGGER' IS A CRITICAL PIECE OF INFRASTRUCTURE THAT CAN SIGNIFICANTLY IMPACT A SITE'S OPERATIONAL PERFORMANCE.

Depending upon the type of resource, expected life of mine and extraction method incorporated, the equipment options considered include the dragline, rope shovel and or hydraulic excavator.

With advancements in technology, reliability, mobility and market dynamics, mine sites are increasingly favouring the hydraulic excavator. Like the demise of the beloved Boeing 747, these dynamics have accelerated the expiration of the dragline and is now directly impacting the rope shovel despite the many valid arguments for their use.

Outside of the practical considerations relating to productive capabilities and site-specific requirements, there's a lot to like about rope shovels. Those au fait with the machines will tell you the many rationale reasons for their use. Notwithstanding their proven efficiency in moving dirt and practical cost savings achieved over the life of the machine, the 'short-

termism' of financial markets and spot pricing employed has led to the pursuit of grade, aka 'selective' mining' to maximise profit.

THIS OBSESSION HAS REWARDED THE MACHINE MOBILITY AND FLEXIBILITY AFFORDED BY HYDRAULIC EXCAVATORS, WITH THESE DIGGERS BEING LIGHTER AND BETTER ABLE TO OPERATE REMOTELY WITHOUT THE REQUIREMENT OF A STABLE ELECTRICITY SUPPLY.

With the general increase in reliability and expected lifecycle

of the hydraulic excavator, this trend has resulted in the hydraulic excavator quickly becoming the digger of choice here in the Valley. Rationally, an argument exists for the incorporation of all three digger types however, the pricing points (even excluding the impacts of foreign exchange rates), simply aren't adding up.

In a world, desiring immediate rewards, long-term efficiency, and cost savings are proving harder to promote, particularly when the upfront purchase

price is significantly more. Hey, I could be wrong, however with cash as cheap as it is, I can't help but feel a changing of the tide, where the hydraulic excavator now has the upper hand.

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DO YOU EVEN LIFT BRO?

YOU'VE JUST BOUGHT YOURSELF A NEW 4WD AND YOU'RE ABOUT TO KIT IT OUT WITH SOME MODS TO GET YOU OUT ON THE TRACKS AND TOURING THE COUNTRYSIDE. IF YOU'RE NEW TO THE GAME, YOU MIGHT BE STRUGGLING WITH IDEAS ON WHERE TO START AND THE MOST PRACTICAL MODS THAT WILL BE USEFUL FOR 4WDING AND TOURING.

So, do you need a suspension lift? It's a question that most newcomers debate over – "I'm only doing beach driving and a few easy tracks; do I really need a suspension lift?" Well, the simple answer is yes you do, but the long answer is much more complicated than that.

Most modern 4WDs have a whole heap of hi-tech traction aids that work wonderfully with the exception that they all lack two important factors – ground clearance and suspension down travel. These are the two things that will get you stuck!

When you start to add weight to your vehicle with other goodies like bar work, roof racks, fridges for camping and camping gear the extra weight moves vital components closer and closer to the ground, not to mention that the handling of the standard suspension will also be affected.

MOST QUALITY SUSPENSION SUPPLIERS WILL OFFER A RANGE OF DIFFERENT SPRING RATES TO SUIT THE WEIGHT YOU HAVE ON THE VEHICLE, SO THAT IT'S ALWAYS HANDLING ITS BEST AND SITTING AT ITS OPTIMUM RIDE HEIGHT.

The legal lift height in most states is 75mm (or 3 inches in the old scale) over-all, including suspension lift and lift obtained from fitting bigger tyres. The most common way of achieving this is by running 50mm of suspension lift and fitting tyres with a 50mm larger diameter than the standard tyre (which lifts the height of the vehicle 25mm bringing it to 75mm overall).



Now while this doesn't sound like much, it really makes a world of difference in dramatically improving the approach, ramp-over and departure angles of the under-body components while tackling uneven terrain. It pays to check your state's requirements as it does vary.

BUT I'M ONLY DOING BEACH DRIVING.

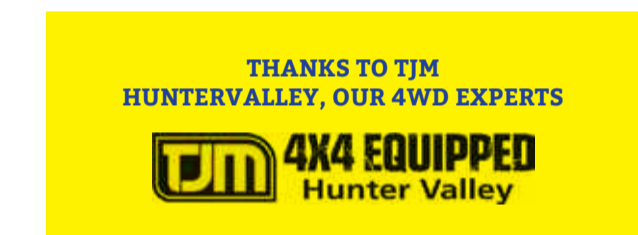
The thing about beach driving, is that you're dealing with an ever-changing environment. A hard-packed, easy-to-drive beach one day can be a soft, washed out mess the next day; so raising the chassis rails and body components up out of the soft sand with a suspension lift makes sense, to avoid these bits getting hung up.

There could be worst places to get stuck than on a nice beach somewhere (especially with a fully loaded esky) but the reality is, even though getting stuck is sometimes unavoidable, it's much easier and safer to not be stuck than to need to do a recovery. A quick YouTube search will reveal plenty of horror stories of bogged 4WDs being claimed by the surf.

The same can be said for driving bush tracks - anything from mild to wild tracks can always

change and giving your vehicle the best ground clearance and suspension down-travel will reduce the chance of damage and ensure that wheels stay on the ground and moving forward.

So, a suspension lift makes perfect sense for anyone wanting to do any form of off-road driving to avoid damage and ensure forward momentum, and we would definitely put it up there as one of our top 4WD mods. After all, who couldn't use a few more inches?



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BIG GOALS FOR LOCAL BOXER

CESSNOCK'S TROY O'MELEY ENTERED THE RING IN 2008 AND HAS NEVER LOOKED BACK, NOW STRIVING TO ONE DAY BE THE WORLD BOXING CHAMPION.

The 27-year-old took out the Australian Super Welterweight Championship earlier this year and he's not stopping there. Not even COVID can stop this ambitious young boxer from smashing goal after goal as he trains harder than ever to defend his title which has been postponed until further notice.

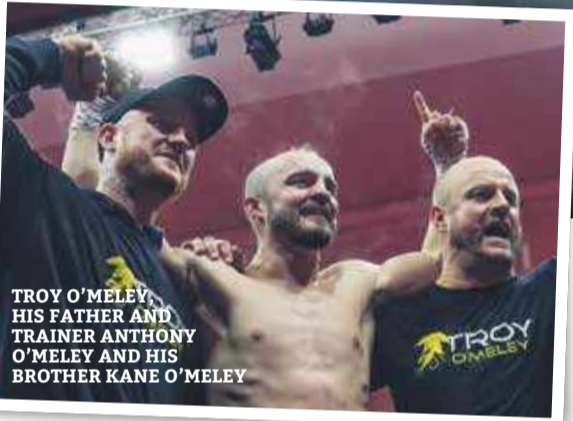
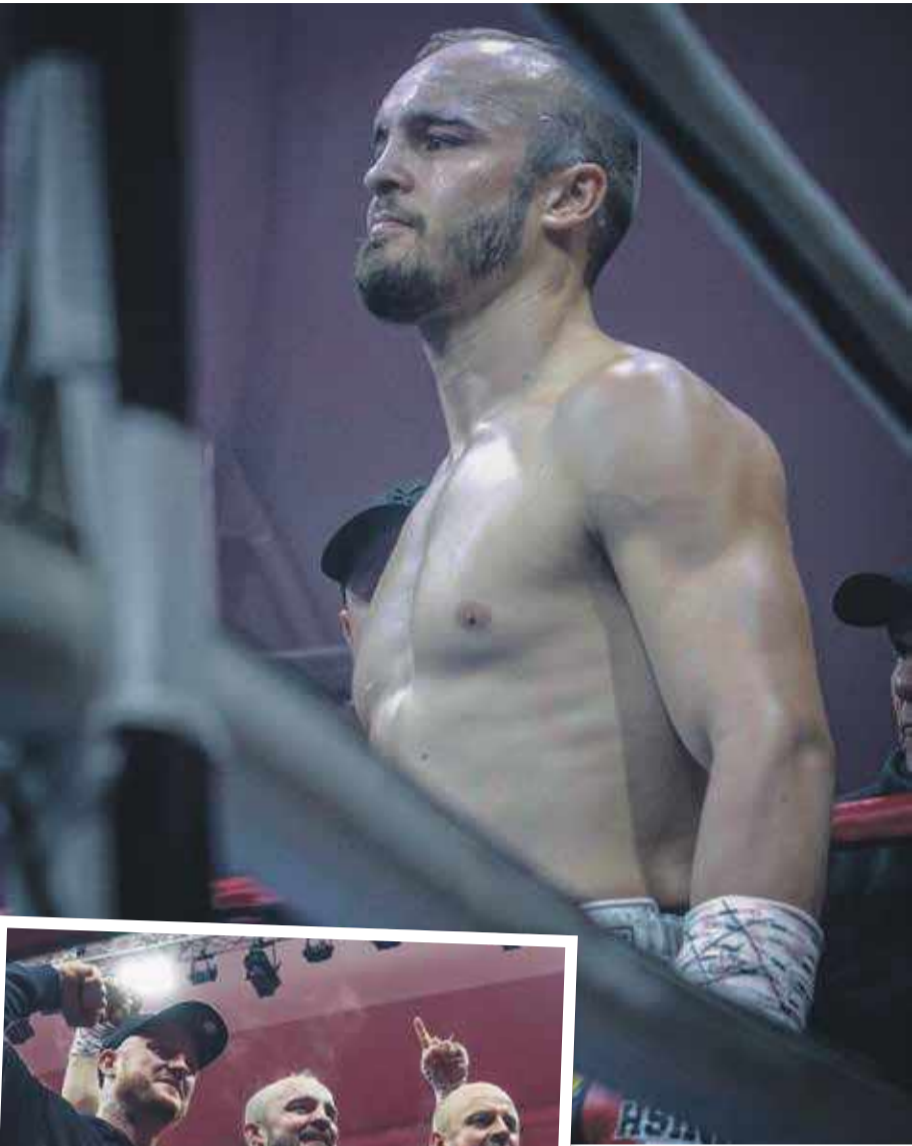
TROY BECAME THE AUSTRALIAN CHAMPION AFTER HIS VICTORY AGAINST ADRIAN RODRIGUEZ IN EARLY MARCH 2020 – THE BIGGEST TITLE OF HIS CAREER TO DATE. HIS EARLY CAREER SAW TROY THE FIRST NON-THAI TO FIGHT FOR THE THAI NATIONAL TEAM AND REPRESENT THAILAND IN THE WORLD SERIES BOXING, CARRYING THEIR FLAG TO MUMBAI.

Turning Pro in 2017 the Hunter boxer currently stands at an impressive 11 wins to no losses. With huge support from his father and trainer Anthony O'Meley and brother Kane O'Meley who is also a boxer, Troy said his family is who inspires him and it's not hard to see why.

Anthony currently hosts the 6pm to 8pm slot on 2CHR 96.5fm covering topics from mindset and motivation to discipline and training, with Troy sitting alongside him as guest speaker.

"Dad went on the radio show to promote the Title Bout and Dad loves a chat, so I sit by his side and support him on the show," said Troy.

Sharing some of his experiences, advice and support for his community on the show Troy said, "I'm passionate about helping others



TROY O'MELEY, HIS FATHER AND TRAINER ANTHONY O'MELEY AND HIS BROTHER KANE O'MELEY

I've been through a lot myself, but by getting out and doing things for yourself you can always turn everything around."

Thinking back to his Australian Championship title, Troy said, "I can tick that step off my list, although I still have a long journey ahead to achieve my goal of World Champion."

"I look back on each and every step of my journey as being a part of the story that has helped me achieve my most current achievement."

HIS ADVICE TO YOUNG ATHLETES – TO HAVE SELF-BELIEF THROUGH DISCIPLINE AND DEDICATION. AND TROY'S CAREER AND STRONG CHARACTER EMBODIES EXACTLY THAT. ONE STEP FURTHER TO HIS GOAL, WE HOPE TO SEE THE O'MELEY NAME TAKE THE WORLD TITLE IN THE YEARS TO COME.

as it's genuinely good for your soul."

Late last year Troy travelled to Narrabri together with members of the East Cessnock Bowling Club to donate a van full of toys, clothing, food and essentials to assist with drought relief in the region. Troy also generously ran a boxing and fitness clinic for kids in the area.

Most recently Troy completed the 25 push-ups for 25 days challenge to help raise awareness of PTSD, depression, anxiety and suicide. He expressed how important it is to look after each other during the current pandemic. "This challenge is really close to my heart," said Troy.

"I know it can be hard sometimes,

WIN!

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WITH SOME GLAMOUR WEATHER AND A WICKED TUNA BITE IT'S BEEN PRETTY EASY TO PUT IN THE MILES CHASING THESE AWESOME FISH.

WINTER IS FINALLY LOOSENING ITS ICY GRIP AND THERE'S NO BETTER PLACE TO ENJOY A BIT OF SUNSHINE THAN OUT ON THE WATER WITH A ROD IN YOUR HAND.

OFFSHORE

It's been all about Yellow Fin lately with a consistently good bite off the coast. We are starting to see the fish thin out and move South although things are still changing locally day to day.

The Snapper have been a bit hot and cold up around the Bay lately, though I've no doubt they will turn it on soon enough. The reefs off Newcastle and Forster are proving a lot more consistent.

OFF THE ROCKS

Whether it's from the ocean rocks or from a breakwall, Bream and Blackfish are proving to be consistent and in good numbers.

Drummer and Grouper are also fishing well especially after some of the wild weather of late. You will also find a few Tailor spinning metals around the wash.

Squid will still be available but may be

harder to find after the rough seas.

BEACHES

I must say that thanks to the super mild Winter weather we have been seeing this Winter there's plenty on offer along the beaches. A beach fishing mission would have to be the pick with target species being Bream and Salmon throughout the day and Tailor on dusk. Even a Jewie or two as the sun disappears. As we move out of Winter and into Spring we generally see a decent run of Jewies on the beaches.

IN THE DAMS

The fishing is generally tough during Winter but armed with a few plastics, suspended divers worked super slow along the edges or even bobbing a few football or the ice style jigs through schools of fish holding in the deeper water you should find something to hook on.

Keep floatin' – Thrifty's

FROM THRIFTY'S COOKBOOK

15 MINUTE SALMON WITH MISO GLAZE

MISO GLAZE

¼ cup brown sugar, packed
2 tablespoons
soy sauce, low sodium
2 tablespoons hot water

2 tablespoons
white miso, organic Miso

In a medium bowl combine brown sugar, soy sauce, hot water, and miso and stir with a whisk.

SALMON

4 x 150gm Salmon fillets

Salt and black pepper for seasoning
2 teaspoons sesame seeds, optional

METHOD

Arrange fish on a shallow baking dish coated with cooking spray. Spoon Miso mixture evenly over fish fillets. Bake for 8-10 mins or until fish flakes easily with a fork. Base again with Miso glaze halfway through cooking (2 times total). Sprinkle with sesame seeds and green onions. Best served with rice and greens.

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Wine Time

ARE YOU STRUGGLING FROM A COMBINED CASE OF THE MID-WINTER AND COVID BLUES? LOOKING AT THE CALENDAR THINKING WHAT DO WE DO? WELL, LET ME BRING YOUR ATTENTION BACK TO THE FACT THAT WE ARE SITTING ON THE DOORSTEP OF ONE OF THE WORLD'S MOST SOUGHT-AFTER DESTINATIONS.

Let me also bring your attention to the fact that... wine tasting is back baby!

After being forced into lockdown in the early stages of the pandemic, Hunter wineries are back open with a new way of enjoying a tippie or two. Driving through wine country never ceases to put a smile on my face and a spring in my step and being welcomed back to our local cellar doors is a wonderful feeling.

In true Hunter Valley style, every winery in our region has gone above and beyond to create an amazing experience despite facing new challenges.

SO WHAT'S INVOLVED WITH WINE TASTING IN A COVID WORLD?

Well, according to Brokenwood's Operations Manager, Candice Crawford, it's about experience and safety.

"It has been a process to set up," Candice explained. "However, we have got it working well and everyone is very grateful to be back open including staff and visitors." Book ahead! Candice said that way you won't be disappointed. Tastings, which are seated only, are limited to 45 minutes which allows for a 15 minute clean between groups which Candice said people are more than happy with.

"You do have to book your spot, give your details for contact tracing, answer some simple questions and from there the staff will ensure you have a wonderful, safe experience."

And experiences is something that this and other Hunter Valley wineries have adapted to as they shift their tasting experiences to fit the current climate.

While we may not be able to prop up the bar and work through the catalogue like before, at Brokenwood you can now enjoy a range of sit down tasting sessions which give you a more relaxed and focused tasting. Their 'Matching' experience where you can enjoy 6 wines and 6 canapés for \$60 is in high demand or perhaps take it to the next level with the 2 hour 'Brokenwood Journey' which includes a tour of the sprawling facilities, a different selection of

wines and canapés and all hosted and in a private space.

"The small group size is a great benefit (max eight)," Candice said as she showed me through the private dining areas, "it creates and intimate, personalised experience and most importantly it's very safe."

NOW DON'T GO THINKING YOU HAVE TO LEAVE THE KIDS AT HOME TO HAVE A GREAT TIME OUT AT THE WINERIES.

Some playgrounds have reopened at venues and if its energy they need to burn off well you can't go past Roche Estate where the kids can run and kick a ball while you sip a glass, it's a fantastic way to dream away a cool winter's afternoon.

But if that's not enough and you're looking for something a little more adventurous, perhaps taking a tour of a vineyard with a llama is for you! Yes, you read that right, an actual llama!

Every Sunday for the month of August, the team at Ben Ean Estate are giving you the chance to stroll through the vineyards with a llama! The adventure begins at 10am when you are introduced to your llama and will spend some time getting acquainted. Staff will teach you how to lead the llama and general llama handling and safety tips.

Once you've got to know each other, participants will head off for an hour walk (approximately 3km) through the vines with the beautiful backdrop of the Broken Back Mountain range surrounding the vineyard. Don't forget the camera, there will be lots of opportunities for photos!

ON RETURN YOU CAN ENJOY A TASTE OF TWO AT THE CELLAR DOOR AND A GELATO FROM THE HUNTER BELLE DAIRY CO.



From llamas to take-home degustation's and virtual wine tastings, our Hunter wineries have adapted remarkably to the rapid changes thrown at them through the pandemic and while the school holiday period was busy, now is the perfect time for locals to get out and enjoy what our wineries have to offer.

I must admit, with so many health concerns and travel so limited around the state and country, and as I sip on a crisp local vintage looking out over the sweeping vineyards with the mountain ranges falling behind and the warmth of the winter sun soaking into my skin, I feel so lucky to have this just on our doorstep.

So, the next time you think what can we do? Pick up the phone, make a booking and take the time to enjoy our very own wineries, it will have you coming back, time and time again.

HAPPENIN' IN THE HUNTER IS BROUGHT TO YOU BY NICKY AINLEY, EDITOR OF THE HUNTER APP. DOWNLOAD THE HUNTER APP FOR ALL YOUR UP TO DATE INFO ON WHAT'S HAPPENIN' IN THE HUNTER!



We're one team UNKNIGHTED

It's a challenging time. And so many people are doing it tough.

But we've stuck together and kept going for everyone's health and safety.

And we want to say thanks.

To our healthcare professionals and emergency services.

To our supermarket workers, delivery drivers, and small business owners.

To our mine workers, rail and port operators and mining support businesses.

Thanks to everyone keeping our community safe and our economy moving.

No matter what you do or who you support, we're all on the same team in 2020.

A team that sticks together, that cares for the community and one we can all be proud of.

We're one team UNKNIGHTED.

Knights v Cowboys, 23 August 2020

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Things REALLY Heated Up AT THE Blue Flame



On top of the delectable range of entrees, mains and desserts, the relaxing ambience as you walk into the stunning Indian restaurant makes it unique and inviting. Located in the restored and repurposed basement of the heritage listed Loxton House, the building is considered to be the oldest remaining building in Muswellbrook.

A former residence built in 1838, the now restaurant features gorgeous stone walls and warm lighting giving off a historic medieval feel, while the furnishing and décor add a modern, sophisticated touch.

The restaurants alluring atmosphere is only the beginning. The friendly staff were timely and attentive from the moment we stepped foot inside and were extremely helpful throughout the night. Now, onto the food!

My partner and I started with an entrée, the Tandoori Chicken. Available in half and full servings, we of course went for the full serving between just the two of us. When will we learn?

THE HUGE, VIBRANT DISH CAME OUT PILED WITH NORTH INDIAN/PAKISTANI TANDOORI ROASTED CHICKEN PREPARED WITH A BLEND OF MASALA, YOGHURT AND HERBS MARINATED, ALSO SERVED WITH MINT CHUTNEY. THE TENDER, JUICY CHICKEN MELTED IN OUR MOUTHS AND THE MARINATED HERBS AND MASALA GAVE IT THAT EXTRA MILDLY SPICED KICK. WE FORCED OURSELVES TO SAVE SOME FOR TOMORROWS LUNCH TO ALLOW ROOM FOR THE MOUNTAIN OF FOOD TO FOLLOW.

Moving onto our mains, we shared the Classic Beef Curry with yoghurt, herbs and aromatic flavours of cumin, garam masala and fresh coriander. The

THE BLUE FLAME MODERN INDIAN RESTAURANT IS A HIDDEN GEM IN THE HEART OF MUSWELLBROOK, INTRODUCING A MYRIAD OF MODERN FLAVOURS, UNIQUE SPICES AND RICH AROMAS.

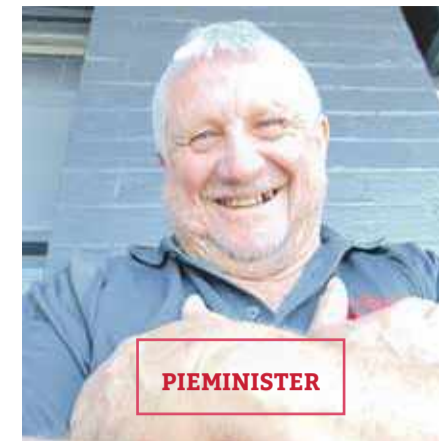
traditionally authentic flavours of this dish were fresh and delicious.

We also dug into the Lamb Korma, a rich, flavourful dish consisting boneless pieces of lamb simmered in delicately mild, spiced cashew cream sauce. My partner absolutely loved this dish and devoured the entire plate leaving me with just one piece to try, but that one creamy, tender piece was enough to see why he loved it.

The lovely staff surprised us with the Chefs Special. The Blue Flame's Special Lamb Curry was tangy, flavourful and the perfect level of spicy. It's cooked along with a blend of spices, vegetables, flavours of fresh ginger, garlic and lemon juice. This was my favourite dish of the night, with a unique, zesty flavour that I have never before encountered at any other restaurant. Hard to describe, I suggest you make a booking to try this noteworthy curry.

WE PAIRED OUR CURRIES WITH A SIDE OF RICE AS USUAL, AND A NAAN BREAD THAT I CAN ONLY DESCRIBE AS THE BEST NAAN BREAD IN THE HUNTER VALLEY. AND TRUST ME, WE'VE TRIED A LOT OF NAAN BREADS. THIS SPINACH AND CHEESE NAAN BREAD WAS COOKED TO PERFECTION WITH THE IDEAL AMOUNT OF CHEESE AND SPINACH FILLING. WE WILL HONESTLY HAVE DREAMS ABOUT THIS NAAN BREAD UNTIL OUR NEXT TRIP TO MUSWELLBROOK FOR ROUND TWO.

The restaurant uses fresh, local produce which really complimented each dish. As a passionate lover of Indian cuisine, the Blue Flame has just moved to the top of my list for favourite Hunter Valley Indian restaurant.



POSH PIES & STUFF

THIS MONTH I DECIDED TO GO ALL UPMARKET WITH THE MEAT BAGS AND TRAVEL AROUND LOOKING FOR THE PIE EQUIVALENT OF A TOP OF THE LINE HOLDEN STATESMAN OR FORD FAIRLANE.

Now don't get me wrong, true genius is being able to take all the assholes and eyelids along with other tasty parts of a cow and mince them together with an array of herbs and spices before boiling them up to produce a 'lava hot' mince and gravy pie filling.

Taking what only a starving drover's dog would consider edible and turning it into something beautiful and tasty is an artform as rare and old as the traditions and skills of a Japanese ninja or a painting master like Picasso.

Up until the seventies, a hot pie, fish and chips or perhaps a plate of sweet and sour pork from a local Chinese restaurant chef with an Aussie accent as thick as Paul Hogan's was about the long and short of dining out in our brown wide land.

Then the eighties hit and with the fairly new Qantas 747's bringing truckloads of European immigrants and their fancy shmancy food ideas to town, our taste buds started to change with things like the Italian equivalent of a pie, the ham and pineapple pizza.

TRADITIONAL HUNTER BAKERS HAVE BEEN PERFORMING THIS MAGIC FOR HUNDREDS OF YEARS IN THE LAND OF OZ.

THEN THE FRENCH AND OTHER EXOTIC CREATURES FROM FAR OFF LANDS STARTED OPENING RESTAURANTS HERE, THERE AND EVERY BLOODY WHERE.

Restaurants with weird looking tasting plates of food that were nothing like the ultra-well-done meat and overboiled three veg that were served up seven nights a week at home were changing our tastes forever. Margaret Fulton then chimed in with some exotic Women's Weekly cookbooks and we were past the point of no return.

It was only a matter of time before our young-uns' started scoring jobs as apprentice chefs and in no time at all it was Aussies creating some of that fancy shmancy tucker.

That history is why we are now starting to see posh pies everywhere. Skilled chefs all over the place started shocking us with pies filled with actual meat you could identify. Gourmet beef, lamb, chicken and even bloody seafood pies started popping out of restaurant ovens

instead of pie shops.

One such place I ventured to recently serving up a swanky pie and sausage rolls was Fawk Foods down Pokolbin way. It's a fancy shmancy restaurant bakery come café run by award winning local pan man, head chef and owner of EXP restaurant, Frank Fawkner.

Taking a big gobfull I nearly had to head straight to the Maitland Hospital burns unit the pie was so friggin' hot. A quick can of Coke cooled things down and after waiting for the pie to do the same, I discovered something very special indeed. Fawk Foods do a pie fit for a king and tastier than almost any meat bag I have demolished. It won't replace my regulars like Croft's, Cox's or Blakeney's, but for special occasions I'm putting 'em on the menu. Get down and get a gobfull. **Bon appetite. Sol.**

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Sol: "Well, I don't think they deserve a treat."

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@ THE COALFACE PRIZE WINNERS

Volume 4 – No 8: July - August 2020

Crib Bag	Leisa Mudd
Roberts Meats Raffle	Kyron Turner
Blue Flame Indian Restaurant Voucher	Dave Vickery
Car Wash Voucher	Tracey-Lee Robinson
Hunter Pet Motel Voucher	Di Foulger
Newcastle Distilling Co. Spirits	Bryan Russ
F45 Singleton Memberships	James McIntyre

WINNERS!

CONGRATULATIONS TO ALL OUR WINNERS!

STRANGE BUT TRUE!

Did you know...

Japanese square watermelons are ornamental plants and are not edible.

Tigers have striped skin not just striped fur. The stripes are like fingerprints and no two tigers have the same pattern.

Ketchup originated in China as a boiled-down brine of pickled fish and spices called 'ke-chiap'.

The brain is our fattiest organ, being composed of nearly 60% fat.

In Morse Code -- means k.

If you die in Amsterdam with

no next of kin, and no friends or family to prepare funeral or mourn over the body, a poet will write a poem for you and recite it at your funeral.

The Himalayan Honey Bee – the largest of the honey bees – makes a hallucinogenic honey that tribes collect.

If you sneeze while traveling at 60 mph your eyes are closed for an average of 50 feet.

Banks have therapists known as 'wealth psychologist' who help ultra-rich clients, who are unable to mentally cope with their immense wealth.



A TASTE OF TOKYO

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

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

It's 2am and I'm playing drums in a deserted and tiny back-street bar in the shady Yakuza-controlled, red-light district of Kabukicho and I think I may have had one whisky too many. It all started so well when the hotel receptionist told us that our free upgrade allowed us to visit the Executive Lounge which had an open bar for two hours each night. We were on a kid-free Tokyo long weekend prior to work meetings so the offer of free booze was definitely hitting the target market.

We were staying in the lively Shinjuku district in the inner-western part of the sprawling city so after cramming in as much free booze as we could we wobbled nearby to the atmospheric Piss Alley which is a 200m long stretch of tiny bars generally serving yakitori skewers, beer and whisky highballs.

After another couple of hours of generous whisky pours we followed the crowds and neon lights to Kabukicho, where you can find anything from

amusement arcades to robot cabaret shows to love hotels. After wandering around and taking in the sights we made our way to Hammond Orgasm, an 80s rock bar recommended by a friend due to the lovely hosts and excellent music. As I discovered, they also have a drum kit set up in the bar and displayed typical Japanese hospitality in allowing this drunk tourist to play. Before long my wife's pained expression told me it was time to leave and we headed back to the hotel as snow started to fall.

The next morning we decide on a morning run to clear the hangovers and head to the beautiful Yoyogi Park. The serenity was a huge change to the previous night's neon overload however the peace was quickly shattered by the arrival of thousands of decoratively dressed locals carrying shrines and giant drums set on long wooden poles across their shoulders marching through the park to the amazing Meiji Shrine within. We later discover that this was the annual National Foundation Day parade which celebrates the ascension of the first Japanese emperor in 660BC by marching to Emperor Meiji's shrine and we were very lucky to accidentally stumble across such an amazing spectacle.

OVER THE NEXT COUPLE OF DAYS WE VISITED OTHER SPECTACULAR TEMPLES AND SHRINES SUCH AS SENSO-JI AND NEIGHBOURING



ASAKUSA, EXPLORED HISTORICAL SITES SUCH AS HAMARIKYU GARDENS AND IMPERIAL PALACE, WALKED THE FASHIONABLE DISTRICTS OF SHIBUYA, HARAJUKU AND GINZA, AND ATE AS MUCH JAPANESE FOOD AS WAS HUMANLY POSSIBLE. JAPANESE RESTAURANTS TAKE A VERY SIMPLE APPROACH OF FOCUSING ON A LIMITED MENU AND MAKING EVERYTHING ON IT PERFECT AND I AM DROOLING JUST THINKING ABOUT THEM WHILST I WRITE THIS.

Having visited Tokyo several times for work and holiday, it is the extremes that I love the most. There aren't many places where you can walk 5 minutes away from bustling tourist sites down streets so deserted and immaculately clean you can hear your shoes squeaking, then go to work in an office with extraordinarily hard-working and friendly colleagues who are passed out drunk on the train 3 hours later. The weather ranges from snow to typhoon and each district has its own distinct personality. From Akihabara the colourful centre of anime, manga and gaming culture to black trouser/white shirt business districts like Shinagawa or traditional villages like Ueno.

No matter how many times I visit there is always more to see in Tokyo and it will be one of the first places I go back to once the borders re-open.

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