

# HUNTER INDUSTRY, COMMUNITY, SPORTS & ENTERTAINMENT

# @THE COAL FACE

Vol 4 No 12: November - December 2020

Available online @ [thecoalface.net.au](http://thecoalface.net.au)

## KEEPING IT SAFE

PAGE 6-7

**national safe  
work month**

WE TAKE A LOOK AT HOW  
OUR INDUSTRY SUPPORTED  
AND CELEBRATED  
SAFE WORK MONTH 2020.

**FREE**

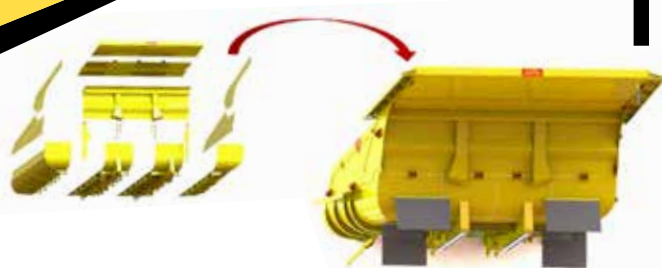


# DIGGING DEEP

BULGA COAL SHOWS  
COLOURFUL SUPPORT FOR  
SINGLETON NEIGHBOURHOOD  
CENTRE'S OPEN DOOR.

PAGE 26

**Brauntell**  
MINING PARTS



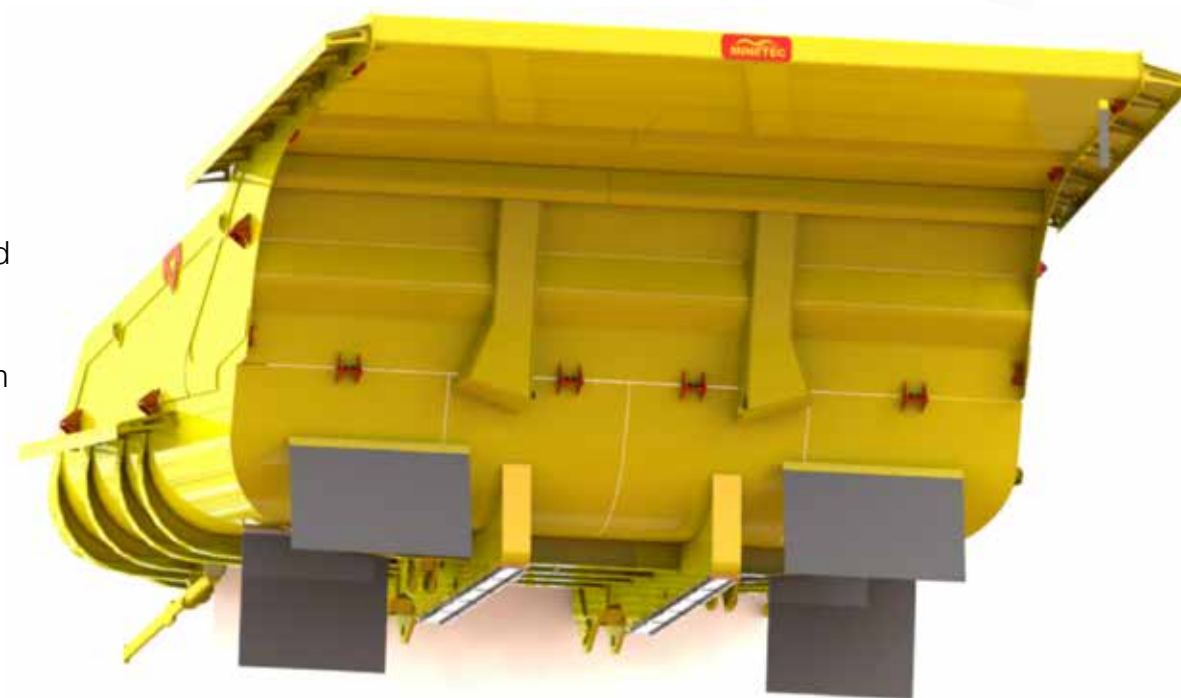
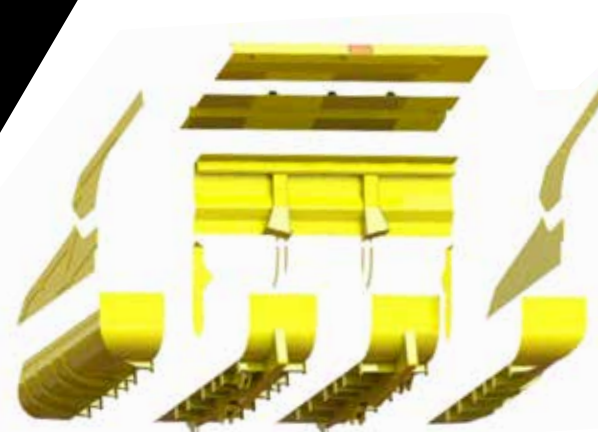
## The Future of Haul Truck Trays has Arrived

MINETEC G4 EASY TRAY

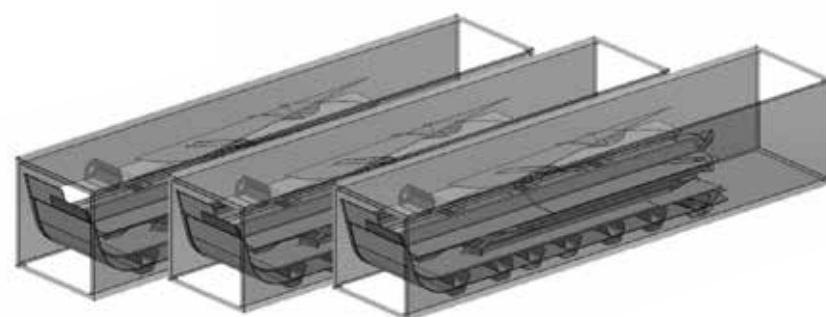


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## SAFE & SOUND

OUR NSW MINING INDUSTRY IS A WORLD LEADER IN SAFETY AND ENVIRONMENTAL STANDARDS AND THIS MONTH WE HAVE PLENTY TO SHOWCASE WHY.



OPINION

## PREPARING A FUTURE GENERATION OF HUNTER MINERS

THERE'S NO DOUBT IT'S BEEN ONE OF THE MOST CHALLENGING YEARS IN DECADES FOR OUR INDUSTRY. HOWEVER, THANKS TO THE COMMITMENT OF OUR WORKFORCE AND LOCAL SUPPLY BUSINESSES, WE'VE BEEN ABLE TO MAINTAIN OPERATIONS WHILE KEEPING OUR WORKPLACES AND COMMUNITY SAFE.

Now we're starting to see hope on the horizon with a slight recovery in the coal price and indications of solid demand from our global export markets over the next decade. This gives us an opportunity to look to the future, including for the next generation of mine workers in our region.

This year we joined with Regional Development Australia (RDA Hunter) to deliver the Pathways to Resource Industry and Mining Employment program (PRIME).

**THIS PROGRAM FOR STUDENTS IN YEAR 10 IS DESIGNED TO TEACH ABOUT HOW MINING WORKS, THE SKILLS NEEDED BY THE SECTOR AND HOW THE INDUSTRY CONTRIBUTES TO OUR COMMUNITY AND OUR ECONOMY.**

The course uses new technology to teach students about what it's like to work on a mine site, including the use of Oculus Virtual Reality Headsets so they can experience mining conditions up close.

In 2020, 18 schools from the greater Hunter region participated in the program. Although COVID-19 interrupted the delivery of the program, lessons were uploaded to an online system so participating schools could continue to teach students.

This is a great program designed to support our future mining workforce and it's hoped that between 10 and 15 new schools will join the program in 2021.

Stephen Galilee, CEO, NSW Minerals Council

October was National Work Safety Month and so this month we feature what businesses in our industry have done to support this initiative and to celebrate the high standards that they operate under, even with all the challenges of Covid-19 this year.

But it's not just the safety of its workers that our industry cares about. We share the great story of how Mayfield Group have been assisting the RFS in keeping our communities safe.

This month the NSW Resources Regulator released a new guideline on autonomous mining equipment. As technology advances and autonomous mining equipment becomes more prevalent, it's great to see that safety will be forefront as we embrace this new technology. Rehabilitation is one of the most

important issues of our industry today and in that we are also world leaders. Malabar's two year grazing project at the old Drayton mine site demonstrates how former mine land can be repurposed for viable and productive ventures.

If your kids have been spending too much time on their iPad during the pandemic there has never been a better time to encourage them to get out of the house and involved in local sport. Thanks to The Bloomfield Group, Singleton Council and Singleton Family Support, one hundred Kids in Sport scholarships are available to vulnerable local families. And don't forget the NSW Government's Active Kids vouchers are available to all families.

We hope you enjoy this month's edition!

## @THE COALFACE

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OPINION

DEMAND FOR THERMAL COAL

AUSTRALIA’S WORLD-CLASS THERMAL COAL – INCLUDING THAT PRODUCED IN THE HUNTER – IS IN GREAT DEMAND ACROSS THE REGION FOR ITS HIGH QUALITY.



TANIA CONSTABLE

With ongoing interest within Australia, our region and the world about the future of coal, it’s important to get an accurate picture of demand, especially from our customers in the Asia-Pacific.

The MCA was pleased to release recently analysis from expert forecasters Commodity Insights which projected that Asian thermal coal imports will grow by over 270Mt to more than a billion tonnes per annum over the next decade.

**THIS SUGGESTS THAT THE HUNTER REGION’S WORLD-LEADING THERMAL COAL PRODUCERS CAN BENEFIT FROM STRONG FUTURE DEMAND GROWTH, ESPECIALLY IN THE ASIA-PACIFIC REGION.**

Australian thermal coal is amongst the highest quality in the world, enabling more energy to be produced with less CO2 emitted per kWh of electricity produced than most alternative sources.

Commodity Insights found that global seaborne thermal coal volumes doubled between 2006 and 2019, from 500Mt (million tonnes) to 1,000Mt, growing in volume every year of that period except 2015. Average growth over that 13-year period was almost 40Mt per annum, or around eight times the average annual output of an Australian thermal coal mine.

The report updates 2018 analysis of seaborne thermal coal demand in the Asia Pacific region to 2030 and projects that Asian thermal coal imports are expected to grow by more than 270 Mt to 1.1 billion tonnes per annum.

**TO GIVE COALFACE READERS SOME CONTEXT, 270MT IS MORE THAN AUSTRALIA’S ENTIRE 2019 THERMAL COAL EXPORTS (212MT).**

This demand growth is being driven by high electricity demand and population growth; coal-fired generation capacity that’s been commissioned in many countries, and in some regions, an inability of domestic coal production to keep pace with demand growth.

Developing Asian countries, especially Thailand, Vietnam, Indonesia, the Philippines, Pakistan and Bangladesh all have low levels of per capita electricity consumption.

Even China only has a power consumption level which is half of Japan’s and a third of the USA’s. India’s per capita consumption level is only one-tenth of Japan’s, and Bangladesh’s is less than one-twentieth of Japan’s.

These relatively low consumption levels indicate there is significant future electricity demand growth across Asia, and for all Asian nations to reach a Japanese level of consumption, massive investment in power generation capacity will be required.

Of course, over the long term, government policy in relation to both energy sources and emissions reduction are important drivers of coal’s share of power generation and therefore import demand.

That means these forecasts will continue to be subject to changes in government policy, including emissions reduction measures to meet Paris Agreement targets.

The challenge for all governments is to work harder to reduce emissions, including through the use of technology such as carbon capture, utilisation and storage (CCUS).

**IT’S CRITICALLY IMPORTANT TO ACHIEVE GLOBAL NET ZERO EMISSIONS, AND THERE ARE CLEARLY CHALLENGES AHEAD IN THE ASIA-PACIFIC REGION IN RELATION TO EMISSIONS REDUCTION, REQUIRING CONSIDERATION OF LOW-EMISSIONS TECHNOLOGIES SUCH AS CCUS, RENEWABLES, GAS AND NUCLEAR POWER.**

Australia’s minerals industry has commenced implementation of the MCA Climate Action Plan, focused on driving low-emissions technology within operations and across mine sites, transparency and reporting and knowledge sharing.

As the world recovers from COVID-19 and works towards a zero net emissions future, Australian minerals companies will play a central role in providing the resources needed to grow sustainably in coming decades.

**Tania Constable**  
**CEO, Minerals Council of Australia**

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IN THE NEWS...

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



THUNDER RUMBLED ACROSS THE UPPER HUNTER

Thunder rumbled across the region when Marvel star Chris Hemsworth paid the Upper Hunter a visit. The Aussie actor is a WildArk ambassador so his visit was for the very special release of 11 Tasmanian Devils into a 400-hectare wildlife sanctuary in the Barrington Tops with Aussie Ark.

It’s the first time in 3,000 years that the endangered species has been released onto the mainland.

GREEN LIGHT FOR MALABAR COAL PROJECT TO GET TO THE IPC

Malabar Resources has welcomed the release of the NSW Government’s Assessment Report for the Maxwell Underground Project and its recommendation that the project is in the public’s interest.

The Maxwell Project is an underground coal mining development planned for Jerrys Plains on the former Drayton mine site - the project is strongly opposed by neighbouring thoroughbred studs Coolmore and Godolphin.

The aim of the project is to extract 148 million tonnes of coal over 26 years, generating 250 jobs during construction and 350 afterwards while injecting \$509 million into the economy.

The Government’s report will now be considered by the Independent Planning Commission who will hold a public hearing in due course.

The project was put on public exhibition last year and saw the Government receive 231 submissions, 77 per cent of which expressed support for the project going ahead.

BIG THINGS HAPPENING AT MOUNT PLEASANT

The Modification 4 of the Mach Energy Mount Pleasant Operation at Muswellbrook will be getting underway in the next month or so.

The modification was approved in 2018 for the Rail 2 Project to construct the approved rail spur, loop, conveyor and rail load-out facility and associated services; relocate the Hunter River water supply pump station, water pipeline and associated electricity supply that follows the current rail spur alignment; and the demolition and removal of redundant, temporary infrastructure once the new infrastructure has been commissioned and is fully operational.

The work on the new rail loop adjacent to Overton and Wybong Roads will start before the year is out.

Mount Pleasant has commenced a community engagement program which will seek to identify any concerns and keep locals in the loop with construction works.

AGL IS GETTING READY FOR SUMMER

Energy giant AGL has begun a \$35 million maintenance works program at the Liddell Power Station at Muswellbrook, which they say will provide jobs and help support the recovery of the region’s local economy.

AGL is continuing its closure and transition plans for Liddell, and this will be the last major outage at the site before it is retired in April 2023.

Work on Unit 2 at the site will be finished in early December, and throughout the outage, around 400 contractors will be employed.

AGL Chief Operating Officer Markus Brokhof says with the summer months fast approaching, the works are critical to ensure customers have a reliable power supply.

EDDERTON ROAD DONE AND DUSTED.

Edderton Road is now officially open after months of roadworks and construction.

Mining giant BHP started the Edderton Road Realignment Project in April 2019 which involved relocating a 4.4-kilometre section of the road including the intersection of Denman and Edderton Road.

Mount Arthur provided funds for the entirety of the project and will be responsible for maintaining the road for the next 30 years.

Mine General Manager Adam Lancey said the “project is critical to the continuation of the Mt Arthur Coal mine as it progressively moves to the west, away from the township of Muswellbrook”.



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# SPRING INTO SAFETY

THE HUNTER VALLEY MINING INDUSTRY HAS SPRUNG INTO ACTION THIS OCTOBER IN CELEBRATION OF NATIONAL SAFE WORK MONTH. THE FOCUS THIS YEAR - WORK HEALTH AND SAFETY (WHS) THROUGH COVID-19.

## PROGRAMMED

Each year in October Programmed celebrates National Safe Work Month and uses the time to further focus on their commitment to improving health and safety in the workplaces. This year the Safety Month theme was 'Every Job, Every Time' - ensuring that teams and contractors stay safe every job, every time through awareness and job planning and preparation. Under this theme, Programmed addressed three key areas: Staying safe every job, every time, Maintaining good mental health and Personal Safety Leadership training.

"This year, for the first time, we will also be inviting all our contractors to participate in Safety Month with the launch of our Contractor Essentials page," said Group General Manager HSE, Shah Abdul-Rahman. "This page will contain their own Safety Month activities and all the resources they require when working as a contractor for Programmed."



## ALFABS GROUP

To start off National Safe Work Month in Focus 2020, the Alfabs team got together in front of Alfabs Engineering at Kurri Kurri. Workshop and field service teams attended to support administrative staff rocking the Alfabs Zero Harm "12-month LTI-free" polo shirts. The team received their polos to kick off Safety Month in Focus the right way celebrating their achievement of 12 months LTI Free. Across 180 employees, Alfabs Group have focused on their commitment to constantly improve safety and make sure

everyone gets home safe and well. Over the month, Alfabs Teams participated in toolbox talks weekly focusing on mental health, zero harm, improving safety within the workplace and keeping WHS a priority. Jason Torrance, Group General Manager said, "It is fantastic to work with a team so committed and dedicated to ensuring we are all safe - we all spend so much time throughout the week within the workplace and seeing everyone action all safety measures and speak up when a safety hazard or risk is identified is great."

## BRUNEL

Brunel have been working together for health and safety this October. The team engaged in several challenges of exercise, meditation and colouring competitions, toolbox talks around fatigue, journey management, medical care, mental health and wellbeing. "Without stating the obvious about

how 2020 has differed from any other year, this year has made all of us at Brunel globally realise the importance of mental health and looking after ourselves," said Client Services Manager - NSW, Luke Thomsen. "By looking after ourselves, we are looking after our friends and families to bring the best versions of ourselves to the workplace."



## MAYFIELD GROUP

Mayfield have had a multi layered approach to National Safe Work Month. Internally within the business, Mayfield have used Safe Work Month as a prompt to audit and update many of their policies and procedures to ensure they remain relevant and up to date with the ever-changing landscape. Kate Gore, Safety and Training Officer, took the opportunity to run through toolbox talk process with supervisors and re-establish the standards and expectations when delivering those talks. Out in the field, the supervisors and management team delivered field based toolbox talks on issues such as hazard and risk identification, fatigue and relevant alerts from the regulators as well as carried out an increased number of safety interactions with the team out on the job to ensure that they have a safe work environment.

"We have a very tight knit workplace here at Mayfield and our team are always looking out for themselves and their workmates," said John Hamson, General Manager.

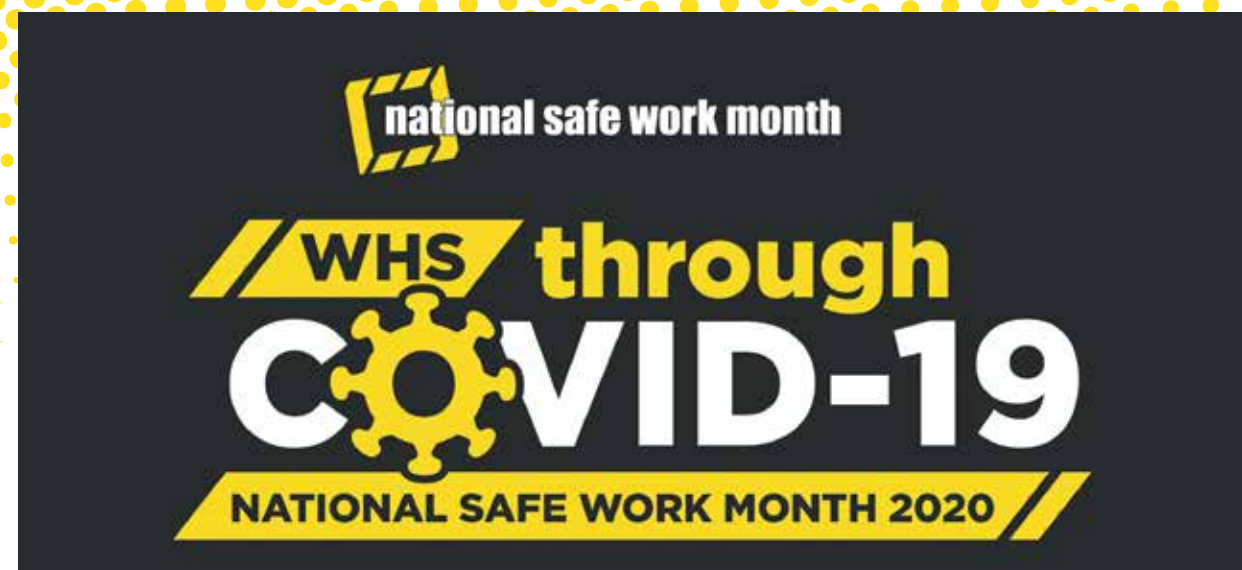
"Our exemplary safety record really is a credit to the men and women out on the front line on a daily basis."



## TITAN GROUP

To spread awareness throughout National Safe Work Month the Titan Team utilised the online safe work resources. These have been displayed in their email communications and toolbox talks in conjunction with Titan Technician management who have used the resources to educate staff on site. All site supervisors were sent the National Safe Work Month check list to assess best practice WHS implementation.

"A primary focus throughout this period for Titan Technicians is the affect the pandemic has on the mental health and wellbeing of our workers, we are proud to say this is something we are passionate about in spreading awareness and we promote healthy and strong visible leadership daily on site to ensure our workers always have a safe space when things are tough," said Operations Manager, Matt Thrift.



## MICKALA GROUP

National Safe Work Month for 2020 gave Mickala Group the opportunity to reflect on the important health and safety practices they implement day to day on site. Further to that the team got together to discuss opportunities for improvements in those practices to ensure their services are always provided in a safe, ethical and highly professional manner. Keeping their staff and clients safe by maintaining equipment to the highest standards is something they value every day of the year.

"Mickala has achieved its success through the ability, determination and passion of its people and keeping our people safe is our number one priority," said General Manager, Debbie Pedersen.

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## TRAIL BLAZER

MAYFIELD GROUP ARE WELL KNOWN FOR THEIR EXTENSIVE FLEET OF EARTHMOVING AND HEAVY MINING EQUIPMENT. WHAT YOU MIGHT NOT KNOW IS HOW ONE OF THEIR SMALLER PIECES OF EQUIPMENT IS MAKING A VERY BIG IMPACT.

For the last couple of years, Mayfield Group has been working with the RFS, helping to prevent and minimise bushfires in our region. When bushfires start, an important goal is to predict the path of the fire and then send in equipment to create firebreaks and to clear tracks to allow access.

That's where Mayfield Group's CAT D6K dozer comes in. This little machine has a very big job. It's been sent into areas such as Myall Lakes National Park and Watagan State Forest, handling the tough terrain to create easier access for the fire fighting vehicles and to create firebreaks to keep fires from spreading.

**"IT'S A BEAUTIFUL PIECE OF EQUIPMENT," SAID OPERATOR MATTHEW JONES. "IT HAS A 6-WAY BLADE WHICH MAKES IT DIFFERENT FROM A TYPICAL DOZER AND WORKS INSTEAD MORE LIKE A GRADER. IT'S SMALL AND CAPABLE, REALLY A PERFECT FIT FOR THIS TYPE OF WORK. I HAVE TO SAY IN 20 YEARS OF OPERATING MACHINERY THIS HAS TO BE ONE OF THE HANDIEST MACHINES I'VE OPERATED."**

When Mayfield Group began assisting the RFS, Matthew was quick to put his hand up for the job, having worked with the RFS previously when he lived in the Blue Mountains.

"Most days I'm working on rehab projects on mine sites which is great, but assisting the RFS and knowing



I'm helping keep our community safer is something I love being a part of. The whole team here at Mayfield Group are all behind it."

Mayfield Group General Manager, John Hamson said that though the company normally focuses on mine rehabilitation and general works they jumped at the chance to provide their services to the RFS.

"We are on standby ready to go whenever we are needed," said John. "The dozer is housed at Ravensworth and Glencore have been simply fantastic in allowing us to pull the dozer off any work it might be doing and get it to where it's needed, even if it means delaying work. We are also lucky that Bower Heavy Haulage are on call anytime to get it transported to where it's needed. It's a real team effort that we are very proud to be involved in."

## CASH FOR COMMUNITY

ALMOST \$4 MILLION IN FUNDING WILL BENEFIT THE COMMUNITY UNDER THREE SEPARATE PROPOSED VOLUNTARY PLANNING AGREEMENTS (VPAS) BETWEEN SINGLETON COUNCIL AND LOCAL MINING OPERATIONS.

The United Wambo Project Planning Agreement proposal will see Jerry Plains receive a significant boost with \$755,000 for the Jerry Plains Village Centre, recreation grounds and main street upgrade as well as \$570,000 for local projects in Warkworth and Jerry Plains. The remaining \$1.325 million would be invested into Council's Community and Economic Development Fund.



The Mount Owen Mine Amendment to Existing Planning Agreement will see \$924,000 deposited to the fund with an additional \$226,000 in benefits to the local community. The draft Rix's Creek Planning Agreement proposes another \$432,000 deposited into the fund.

MAYOR OF SINGLETON, CR SUE MOORE SAID THE FUND WAS ESTABLISHED LAST YEAR IN A NEW APPROACH TO THE WAY COUNCIL USES VPAS TO WORK WITH MINING COMPANIES TO ADDRESS CHALLENGES AND HELP BUILD DIVERSITY IN THE LOCAL ECONOMY.

"The three draft Agreements include immediate injections for the local community, particularly much longed-for improvements to Jerry Plains that I'm very excited to see come to fruition."

"But through the fund, the draft agreements also provide a sensible and sustainable injection for the future with money in the bank to be spent on programs, infrastructure and projects needed to support positive growth."

More information on the Voluntary Planning Agreements is available on Council's website.

## ARE YOU THE HUNTER VALLEY'S BEST WELDER?

## ACCEPT THE CHALLENGE!

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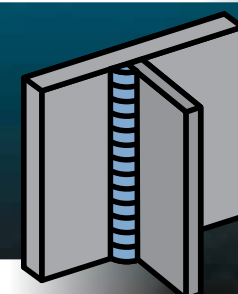
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PUBLISHERS OPINION

# WHAT DAY IS IT ?

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AWARENESS EVENTS ARE A FANTASTIC WAY TO RAISE AWARENESS FOR IMPORTANT CAUSES. FROM RUOK? DAY, TO SAFE WORK MONTH TO RED CROSS WEEK, THE LIST IS ENDLESS.

And I mean endless. As I write this it is Pituitary Awareness Month, Unblocktober, National Bullying Prevention Month, Children's Week, National Unity Week and World Online Networking Day just to name a few. And I mustn't forget National Cat Day! Without it what would happen to all those itty-bitty kitty's?

Okay so not all awareness events are of equal importance. In fact, it feels like it's fast spinning out of hand with every single day of the year dedicated to a bunch of different things.

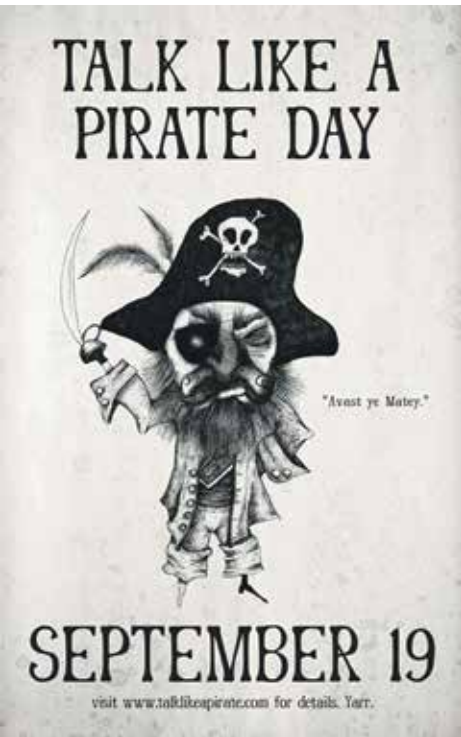
Awareness days all began as a way to shine light on important issues and the most notable ones are sanctioned by governing bodies. Like the United Nations World Humanitarian Day or International Women's Day.

**BUT SOMEWHERE ALONG THE WAY WE'VE LOST OUR WAY.**

Now we have days like Ball Point Pen Day, Umbrella Day, If Pet's Had Thumbs Day, Draw a Picture of a Bird Day, Blah Blah Blah Day, Lost Sock Day, Eat What You Want Day and Don't Step on a Bee Day.

Whilst these days might be good for a laugh, they are drawing attention away from the awareness days that actually matter. Where they were originally intended to support and bring attention

to important humanitarian, cultural, social and political issues, they have now been overtaken as a marketing tool for companies trying to increase their brand or by people trying to promote some very strange hobbies and interests.



**LET'S GO BACK TO SUPPORTING THE ONES THAT MATTER.**

Next time you go to hashtag Let's Talk Like a Pirate Day on September 19, consider instead hash tagging Mitochondrial Disease Awareness Week which ends on the same day. Sure, it might not be as funny on your twitter feed, but for people with Mitochondrial Disease it's no laughing matter.

Also it's important to remember that raising awareness on social media is only a small part. Donating money, volunteering, holding events; there are so many ways to get involved. Spend a little time to learn about what the day actually represents. Raising awareness doesn't just mean sharing with as many people possible, it means educating people to what the

issue or cause actually is and ways that they can make a difference. Sometimes the true purpose has been warped or commercialised so make sure you are supporting something you truly believe in before writing that hash tag.

And most importantly, don't forget about the issues once the day is over.

# GOOD GRAZE

A TWO YEAR CATTLE GRAZING PROJECT ON MALABAR RESOURCES' REHABILITATION OF THE NOW CLOSED DRAYTON OPEN-CUT MINE HAS REARED EXCEPTIONAL RESULTS FOR LOCAL FARMERS, KELL AND ROB PARISH.

Kell and Rob have partnered with Malabar since November 2018, originally introducing 50 steers onto pasture rehabilitation. The trial continued in 2019 and 2020 and was expanded to include heifers being strategically rotated between four paddocks located on the site.

"Grazing cattle on Malabar's rehab over the last two years has been a productive and viable venture," Kell and Rob said.

"Our cattle have thrived on the rehab and produced high yielding results, putting on roughly 1kg per day during their time on site.

"The rehab has also benefited from the grazing and held up well in all conditions – in both dry and wet times – aided by our ability to rotate stock and adjust numbers from pasture to pasture."

In September, the farmers' Angus x Charolais heifers that grazed on the rehabilitation topped the market at the Singleton sale yards selling for

\$1998 a head. A month earlier, the Angus steers that originally came to the mine site in 2018 were sold to a local abattoir and met all primary marketing criteria.

**MALABAR CHAIRMAN WAYNE SEABROOK SAID: "IT HAS BEEN A JOY TO PARTNER WITH LOCAL FARMERS, KELL AND ROB, ON A PROJECT THAT HAS PROVIDED IMPORTANT ECOLOGICAL BENEFITS, SUCH AS IMPROVING THE DIVERSITY OF NATIVE GRASS SPECIES, AND OUTSTANDING RESULTS IN THE QUALITY OF THE CATTLE.**

"As we continue to restore the former open-cut mine – now known as Maxwell Infrastructure – to pastures and native woodland, we look forward to more conversations with local farmers about how we make the land productive and sustainable for future generations."

Open cut mining operations were undertaken at the site between 1982 and 2016. Since Malabar took

over the site, it has progressively rehabilitated the land, with the primary objective being a landform that is compatible with surrounding land use practices such as cattle grazing.

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Somebody punctuated me in the face. I ended up in a comma.

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# SOLID SUPPORT

SOLID ENGINEERING HAVE BEEN SUPPORTING LOCAL MINES FOR THE PAST 8 YEARS, RECENTLY COMPLETING A HUGE PROJECT IN OCTOBER FOR A HUNTER VALLEY MINE.

Something we are extremely proud of here in the Hunter Valley is the support our local mines give local businesses and vice versa. These relationships are at the heart of our region, helping to create a sustainable and positive future for our businesses and community. Solid Engineering is a locally owned and operated engineering business based in Kurri Kurri providing services to mining, rail, civil, infrastructure and construction industries. With a team of around 30 employees, they provide a wide range of services to a newly diversified customer base. Most recently, Solid Engineering in Kurri Kurri completed an 8-10 week major overhaul project for a Yancoal mine in the Hunter Valley. The contract included design and drafting of upgraded floor plates; then manufacture, protective coatings and delivery of floor plates and gantry beams; and finally, the



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LEFT TO RIGHT: JORDAN WHITING, TODD ATCHISON, ANTHONY WHITE & MATHEW ATCHISON

removal of the old/existing floor plates and beams followed by the install of the new components. **THE RESULT? "ON TIME, ON BUDGET AND NO INJURIES OR INCIDENTS," SAID SOLID ENGINEERING'S GENERAL MANAGER & DIRECTOR, BRAD KEBBLEWHITE.** This was an important undertaking for Yancoal, which ensures the safety

of its workers through prioritising ongoing essential maintenance and upgrades across its various sites. Solid Engineering worked hand in hand with the client right from the very beginning of the project to ensure the works were successfully carried out in the safest possible way, with no injuries or incidents. "From developing job specific safe work method statements to participating in risk assessment to working with our suppliers to use the safest products, materials and tools on the job – we found many things we could do to help keep everyone safe and meet the project safety goals," said Brad. The team effort was headed up by Solid Engineering Project Manager, Todd Atchison; and supported by Workshop Manager and Director, Trevor Reynolds; Production Manager, Danny Brady; Business Admin, Brooke Peters and General Manager & Director, Brad Keblewhite. "From tendering, to preworks and mobilisation, right throughout execution and into close-out, every single person within our team touched this project at some point and we say thank you," Brad said. "Some of our key suppliers on this job that helped us with

new and innovative ways to carry out these works include companies like Allweld, Southern Steel and Rigby Jones." **THE HUNTER VALLEY HAS QUITE A LARGE POPULATION AND AS SUCH WE NEED JOBS FOR EVERYBODY. IT'S IMPORTANT THE LARGE MINING COMPANIES ENGAGE LOCAL COMPANIES TO CARRY OUT THESE KINDS OF PROJECTS TO KEEP THE LOCAL ECONOMY STIMULATED.** Solid Engineering has been growing and diversifying its business since their start up in 2013 now with a focus on growing their site team and work on projects in the Hunter Valley. "We are experienced in working to the highest levels of safety and quality and can demonstrate that by the mining clients we have been working for over the years," said Brad. "We are also very agile and can be very reactive due to the size and structure of our business." And the works are not over for Solid Engineering at this local site. The project was completed last week, but due to the success of the last stage completed, there is another stage of works they have been asked to carry out. It's great to see local business growth in the Hunter – a solid effort!



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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 THE INTRODUCTION OF AN INTEGRATED BIRTH CERTIFICATE FOR ADOPTED PEOPLE.**

When an adoption order was made, the practice in New South Wales was for the Registrar of Births, Deaths and Marriages (BDM) to issue a birth certificate which contained only the child's adoptive parents' details. This was called a Post-Adoptive Birth Certificate. It made no reference to child's parents at birth.

**NEW LEGISLATION HAS BEEN INTRODUCED AND WILL TAKE EFFECT FROM THE 16 NOVEMBER 2020 AND IS KNOWN AS THE ADOPTION LEGISLATION AMENDMENT (INTEGRATED BIRTH CERTIFICATES) ACT 2020. THE EFFECT OF THE AMENDMENT IS THAT THE REGISTRAR OF BDM WILL, FOLLOWING AN ADOPTION ORDER, ISSUE BOTH A POST-ADOPTIVE BIRTH CERTIFICATE AND AN INTEGRATED BIRTH CERTIFICATE.**

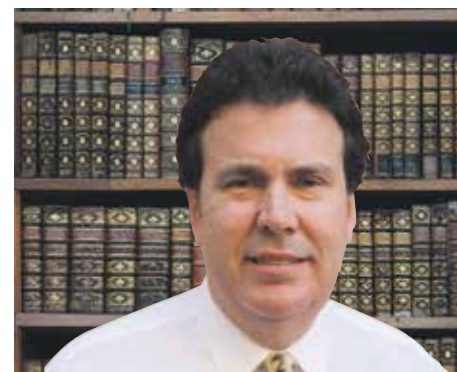
An Integrated Birth Certificate will contain information about an adopted persons parents and siblings at birth as well as their parents and siblings after adoption.

Both types of certificate will be valid birth certificates. So, the adopted person will have the choice as to which certificate they wish to use when establishing their identity.

From the commencement of the amendment on the 16 November 2020 the issue of both certificates by the Registrar of BDM will be automatic for adopted persons. No special application will be required.

For those persons who were adopted on or after 1 January 2010 and before

16 November 2020 the Registrar will issue an Integrated Birth Certificate on application by the adopted person and where the adopted person is under the age of 18 years the consent of the adoptive parents will be required. Where the adopted person was born before the 1 January 2010 the adopted person will first have to obtain a Adoption Information Certificate from the Department of Communities and Justice before applying to the registrar of BDM for an Integrated Birth Certificate. In those circumstances and if the adopted person is under the age of 18 then the consent of both the adoptive parents and birth parents is required.



*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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**BEST UNDER PRESSURE**

Three men, a philosopher, a mathematician and an idiot died and found themselves standing before St Peter and the pearly gates. St Peter told them that as Heaven was overcrowded the only way he would let them in was if they could ask him a question he did not know the answer to. Otherwise they would go to Hell. The philosopher asked him a comprehensive question about Socrates' teachings which St Peter answered easily. The mathematician asked him to

solve the most complicated formula ever theorised which he also answered easily. The idiot then stepped forward and asked for a chair with 7 holes drilled on the seat. He sat on the chair and let out a very loud fart. Standing up, he asked St Peter, "Which hole did my fart come out from?" St Peter inspected the seat and said, "The third hole from the right." "Wrong," said the idiot, "It's from my asshole." And the idiot went to heaven.

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# DIALOGUE DATA

THE UPPER HUNTER MINING DIALOGUE HAS RELEASED ITS ANNUAL DATA TRACKING HOW MUCH MINED LAND WAS REHABILITATED IN THE UPPER HUNTER AND HOW MUCH WATER WAS EXTRACTED FROM THE LOCAL HUNTER RIVER SYSTEM BY MINING COMPANIES AND OTHER USERS IN 2019.

The Rehabilitation Principles and Commitments Project data is collated annually by the Dialogue and measures rehabilitation of mined land compared to how much land was disturbed by mining in a given year. The project commenced in 2012 and now includes eight years of rehabilitation data.

The Water Accounting Framework was started in 2014 and now provides six years of data primarily tracking water extraction from the Upper Hunter region of the Hunter River including usage by the mining industry, agriculture, other industries and residential use.

Due to the drought conditions and lack of other sources, water users extracted more water from the Hunter River than in 2018,

however, the additional usage was more than offset by increased "environmental flows" into the river through the release of more water from storage dams.

Key findings of the projects are:

### REHABILITATION PRINCIPLES AND COMMITMENTS:

- A 41 per cent decrease in newly disturbed land during 2019 compared to 2018; the 2019 data shows the lowest amount of newly disturbed land in a calendar year since records started in 2012.
- While the amount of land newly rehabilitated during the year decreased from the 2018 total, the ratio of rehabilitation to disturbance increased to 89 per cent which is the highest on record. Simply put, this means for

every hectare of land disturbed by mining in 2019, 0.89 of a hectare was rehabilitated.

- Total land under rehabilitation at Upper Hunter mining companies rose to 13,470 hectares; an increase of 53 per cent since 2012.
- Land held as biodiversity offsets totals 41,803 hectares or almost twice the amount of disturbed land (22,518 hectares) while land managed by mining companies for agricultural use is 59,209 hectares or more than 2.6 hectares for every hectare of disturbed land.

### WATER ACCOUNTING FRAMEWORK

- In a drier than average year, 214 billion litres of water entered the river system in the Upper Hunter which was 26 billion litres more than in 2018.

• 33 per cent of that water stayed in the river system, up from 28 per cent in 2018.

- Mining used less than eight per cent of the water in the system which was the same percentage as the previous year, however, the actual usage was up by 4.0 gigalitres from 2018.
- The amount of water extracted and used by agriculture, residents and businesses was 58 per cent; a reduction on the 65 per cent in 2018 but an increase of 3.0 gigalitres in actual water extracted.
- The mining industry reused 55 per cent of its water onsite; up from 46 per cent in 2018.
- No mine water was discharged into the Hunter River in 2019; a repeat of 2018's result.

FOR FULL RESULTS OF THE 2019 REHABILITATION AND WATER USAGE PROJECTS, GO TO [HTTP://MININGDIALOGUE.COM.AU/DIALOGUE/LATEST-PROJECTS](http://miningdialogue.com.au/dialogue/latest-projects)



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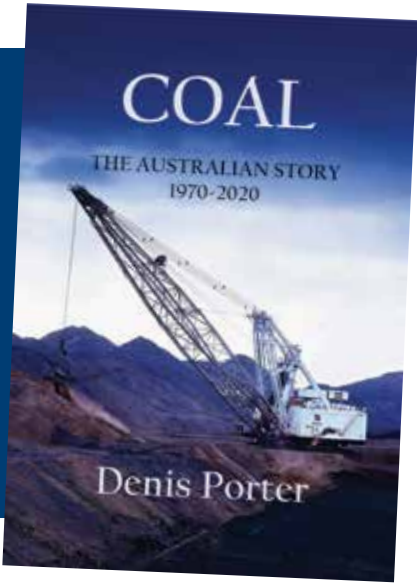
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# AUSSIE COAL IN CURRENT TIMES

TAKING US THROUGH THE JOURNEY OF AUSTRALIAN COAL UP UNTIL THE 1960'S WITH HIS FIRST BOOK IN 2019, DENIS PORTER NOW TELLS THE STORY OF COAL DEVELOPMENT FROM 1970 TO 2020 WITH VOLUME 2 OF COAL: THE AUSTRALIAN STORY.



industry and its regulatory structure, major changes in ownership, tragic safety lapses and controversies involving coal prices and contracts, foreign investment, taxation, royalties and rail freight rates."

Delving into these topics in the first five chapters, Denis looks briefly at the future prospects for the industry in chapter

six. With Covid currently affecting industry and markets worldwide, Denis is confident there is still a strong future for the Australian coal industry.

**"THE AUSTRALIAN MINING INDUSTRY, INCLUDING COAL MINING, HAS DONE A GREAT JOB IN CONTINUING TO OPERATE DURING THE PANDEMIC, AND THIS IS A MAJOR REASON WHY OUR ECONOMY HAS NOT SUFFERED AS MUCH AS IN SOME OTHER COUNTRIES," SAID DENIS.**

"We can be pretty confident that the industry will continue to deliver for everyone over the next couple of years, although further easing of State border restrictions will make that job a lot easier."

It would be impossible to include the entire past 50 year history of coal in Australia in one book, and Denis noted that there are many issues he didn't cover, but hopes that the book does cover many major aspects of the industry which have been fundamental to its development and evolution into the modern industry of today.

The book is available direct from the publisher, Connor Court Publishing and can be ordered now for delivery in November.

Former CEO of the NSW Minerals Council, Denis Porter has had an expansive career in the coal mining industry and with that has come a wealth of knowledge and appreciation for one Australia's biggest resources.

His passion for the growth of the Australian coal industry led to his first book published last year, Coal: The Australian Story – a story of the development of the coal industry in NSW and Queensland up to the 1960's. Following its success, his new volume covers the period from the 1970's to the present.

Denis only received positive feedback from the first volume, however, believes most readers will be able to relate more to the second volume largely because of the time period it covers. "For someone born say in the 1990's, the 1960's or earlier are almost ancient history," said Denis.

**"THE YEARS SINCE THE 1970'S HAS SEEN THE AUSTRALIAN COAL INDUSTRY GROW TO BECOME THE DOMINANT SUPPLIER OF METALLURGICAL COAL TO MAJOR WORLD MARKETS AND THE NUMBER TWO EXPORTER OF THERMAL COAL, SUPPLYING QUALITY COAL TO THE POWER STATIONS OF ASIA.**

"This period has also been one which has seen major industrial turmoil, restructuring of the

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OPINION

# 'GREENS LOSE HIGH MORAL GROUND'

FORMER GREENS LEADER DR BOB BROWN RECENTLY BOASTED HE WAS PROUD OF THE ANTI-ADANI CONVOY WHICH TRAVELLED THROUGH CENTRAL QUEENSLAND DURING LAST YEAR'S FEDERAL ELECTION CAMPAIGN. THE CONVOY, HE TOLD THE MEDIA, HAD SECURED THE RE-ELECTION OF QUEENSLAND GREENS SENATOR, LARISSA WATERS.



Of course, we will never know whether that is true. Senators are elected by the whole state and who knows, maybe the convoy tickled the fancy of enough voters in inner-city Brisbane to get her across the electoral line? But we can be pretty sure the convoy had a much different impact in regional Queensland communities like Rockhampton, Gladstone and Townsville.

One thing is certain, the convoy damaged the Labor Party because it highlighted Bill Shorten's ill-considered equivocation over the Adani Mine proposal. That's political death in regional Queensland where support for the coal mining industry is strong and people place a high value on every job opportunity.

Why would Dr Bob Brown run his convoy through regional Queensland where he knew it would be met with a hostile response? The convoy had been through Brisbane and a couple of towns in northern NSW where there is a level of anti-fossil fuels sentiment. These towns were fertile ground for a few extra Green votes. But why press into enemy territory?

**THE ANSWER IS SIMPLE. BROWN DOESN'T WANT TO WIN THE**

**CLIMATE CHANGE WAR. NOR DO THE GREENS COLLECTIVELY. ASK YOURSELF THE QUESTION; WHERE WOULD THE GREENS BE IF THE DECADES-LONG CARBON CONFLICT CAME TO AN END? WHAT WOULD THEY CAMPAIGN ON? HOW WOULD THEY FUNDRAISE IF GOVERNMENTS RAMPED-UP THEIR CLIMATE CHANGE RESPONSES AND THE ISSUE WAS NEUTRALISED?**

Bob Brown and his followers aren't looking for policy solutions, they are looking for votes. It's crystal clear and it's nothing new. In 2009 the Greens voted against the Rudd Government's Carbon Pollution Reduction Scheme (CPRS) in the Senate. Rudd had promised an emissions trading scheme during the 2007 election campaign. John Howard had promised one too.

But the Greens declared the CPRS was not good enough and the scheme fell over. It would be naïve to believe the Greens took a principled stand. They had been arguing for a carbon constraint policy for years and the passage of the CPRS through the Parliament would have delivered one. They should have happily voted for it.

Like the GST, if the CPRS was in place today no would even know it was there. Carbon emissions would be lower and coal and gas industries would still be

strong. But the Greens would be without their favourite protest tool. So much for policy purity.

**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 SOME OF OUR @ THE COALFACE MATES.

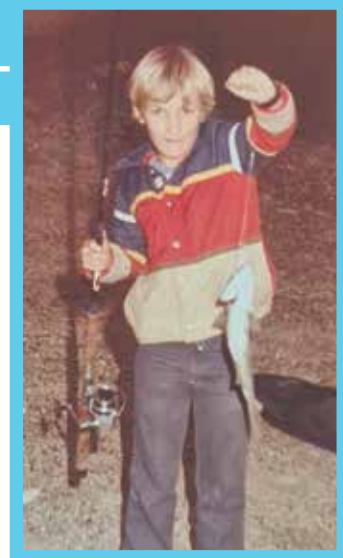


## NEIL ALSTON

BUSINESS DEVELOPMENT MANAGER, QUARRY MINING

I grew up in Newcastle and enjoyed maths and science at school so a career in engineering was a no-brainer. After my HSC, I scored a Mining Engineering traineeship with Newcom and spent the first 2 years working part-time underground at Myuna Colliery. This gave me great hands-on experience and an appreciation for the teamwork and comradeship in the underground coal industry that I still enjoy today. After uni, I ventured west to Angus Place Colliery to tackle some of most extreme roof strata around. Whilst there I did my Masters degree and obtained my Mine Manager's ticket. I

returned to Newcastle in the mid-90's to work as Tech Services and Mine Manager at bord and pillar and longwall mines around Lake Macquarie. Back to uni I went for one last time to obtain an MBA which then set me up for a career path in Business Development. I now work with a great team of super fit people here at Quarry Mining. I am immensely proud of the coal industry, the opportunities I have been given, to then be able give back to others via Graduate and Trainee programs and to now be involved in shaping the future growth of Quarry Mining.

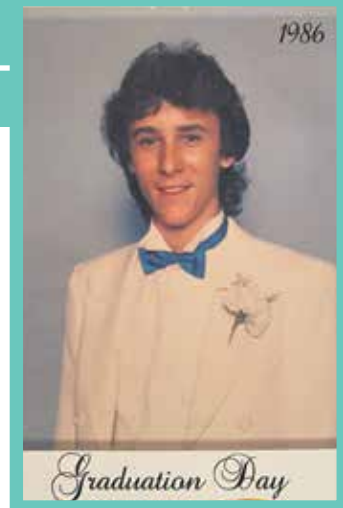


## STUART WOOLNOUGH

MANAGING DIRECTOR, UNDERGROUND TRADE SERVICES

As a young Newcastle raised boy, I attended Coal Point Primary School and a lot of my schoolmates had parents who were employed by some connection with the coal industry. I remember going to the Toronto trade fair that was an annual event at Rathmines, and I was fascinated by the Rock Bolting competitions hosted by COLROK. I was given an opportunity to work for COLROK in the early days where I worked at a lot of sites such as Moonee Colliery, Chain Valley, Ellalong and a lot of the Valley mines. I used those same machines that I saw as a child. They were heavy and noisy, and the men worked hard to do their job. I then spent a number of years in progressive roles including site supervising

and mechanical coordinator. In 2012 I had spent many years in the industry building a strong reputation for hard, honest work and was motivated by a mechanical engineer from Centennial to start Underground Trades Services (UTS). I had a passion to reduce the manual handling and improve efficiencies of the days when I first started, so I started to focus on solutions for that with UTS. We are now the go-to company in the industry for innovative solutions. I absolutely love coming to work every day knowing that I have a team of loyal, energetic employees that are also excited to be part of something that I can't ever have imagined being involved in all those years ago.

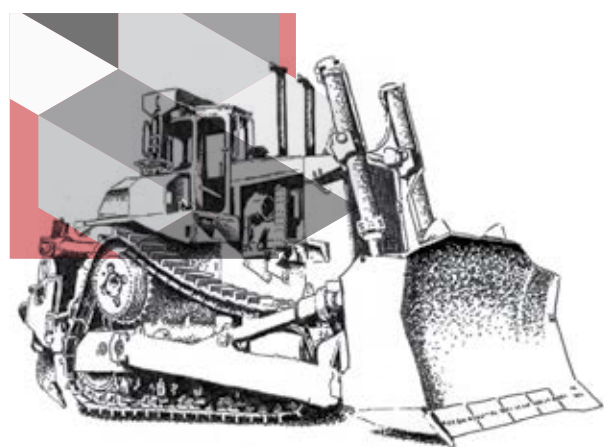


## PAT COOPER

CHIEF EXECUTIVE OFFICER, HUNTER VALLEY COAL CHAIN COORDINATOR (HVCCC)

I was raised in Townsville, before growing up during 30 years in the Air Force as an Air Traffic Controller. Along the way I met my gorgeous wife Jodi and we have an extraordinary daughter Grace. The Air Force gave us the opportunity to live, work and travel all around Australia and overseas. Our final Air Force posting was to Williamtown where we fell in love with this region while my wife worked at Newcastle airport and our daughter studied at the University of Newcastle. Although I knew nothing about the coal industry before being lucky enough to land this job, I am struck by the many

similarities between HVCCC and RAAF Air Traffic Control (ATC). HVCCC employs a diverse and skilled workforce to balance vast and conflicting demands to deliver the best overall outcomes for all, with most of our contribution going undetected; that's a lot like ATC. I am grateful to our industry for thinking beyond the obvious and giving someone with my background the opportunity to be part of this amazing workplace at HVCCC. My advice to the younger me? Savour that hair; it will prove to be no match for a life in Defence ATC and executive roles.



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MY MINING LIFE

# PETER SANTAROSSA

Who are you and what do you do?

My name is Peter Santarossa, I am the tyre supervisor here at Bengalla Mine.

Any nicknames good or bad? Ha, tons of nicknames, some of them worse than others. Santa is a common one for obvious reasons.

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

I live in Bolwarra and have lived in the Valley since 1997. I was born and raised in Sydney; however, the Valley will forever be known as home now.

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

I have been here at Bengalla for nearly 3 years now and would have to say this is one of my most favourite workplaces in my time. I spent 14 years living and working overseas mainly in Indonesia but did some time in Mongolia and Malaysia. I have a production



background as well as my technical tyre management role that I am currently in. It's been a great journey getting to here. I was offered this same role not long after I left to first go overseas but had to decline. Interestingly all these years later I am back. It was meant to be I guess.

What's a usual day at work entail?

My day normally is mostly about planning and scheduling work and analysing tyre performance. I spend a portion of my

day directly supervising work as well. I need to liaise with a number of 3rd party suppliers and service providers with a whole range of different subjects from performance, budgeting, people performance and processes. Never a dull moment.

How big is the crew?

I have 8 people in my team who are specialised and very experienced.

What's the best thing about your job?

The people. I have a good team of guys fortunately

and great support from above me.

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

I have dealings and discussions with everyone from managers all the way to operators. I look after the 3rd largest operating budget on site.

The worst thing?

When things go wrong and wet weather.

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

I had a boss once that is 'pretty good on the tooth' (he likes his food). One day we were having a team meeting that he was conducting, but he had bought hamburgers for everyone for this meeting (they were delicious btw). Anyway, while he was delivering the meeting, we had all started eating which meant he was watching us eat. I could swear when he got to start eating his burger we were worried he was going to bite his own fingers off at the pace he was eating at. There were quite a few quick witted people in the room that day so the banter was flying thick and fast.

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

It's a little different. When I was a teenager in Sydney,

I had always said I wanted to be a miner. I believe it is better as I have more involvement in keeping the place running in some small way.

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

She would probably say that "I was never able to sit still!" I had a sister-in-law that used to call me "the red cordial kid!" as well.

Family?

I have my darling wife Angi of 11 years, my 9 year old boy Gabriel and my 6 year old daughter Rachelle. I spent a lot of time away from home while I was overseas and Rachelle still runs up and gives me a hug even though I am home every day these days.

What do you do in your downtime?

Downtime.... What's that?? No, we are about to build a house, but normally I like to BBQ, or play in my garage at home with some woodwork projects.

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

I can speak 2 other languages other than English. I also previously worked in a team that managed tyres for the largest single producing coal mine in the world.



SUPPLIER INSIDER

# CPR PLANT REPAIRS AND MAINTENANCE

Who are you and what do you do?

Alexander Cooper, I am the MD at CPR Plant Repairs and Maintenance. My job is to provide value and solutions for our valued clients, we achieve this through high quality systems, people and culture.

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

CPR started with an idea sparked by a passion for maintenance and customer service. CPR started with a toolbox in the back of my Hilux and has since developed into the well-rounded maintenance company it is today. We have ended up where we are today through teamwork, dedication, a clear vision to continually improve.... along with a few headaches.

Describe a typical day at 'The office'.

Busy, busy, busy. A typical

day at the office for me is probably not so typical. I could be on site speaking to customers, looking at business development opportunities, developing management systems, rostering, managing projects or anything else that needs attention at the time as my position is all encompassing.

What's the best thing about your business?

That is a hard question as I love all parts of the business. The people and the quality of service we provide to our customers I believe is our greatest asset, whether you are a large multi-national mining company or a sole trader with a posi-track, CPR value each and every customer the same and provide the same level of service. I believe this is just one of the many things that set us apart from our competitors.

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

The challenges associated with a low coal price. CPR is so lucky to have the right people and an optimistic outlook and culture that we are viewing the low coal price as an opportunity rather than a threat. We are building the business to withstand current and future market trends through diversification and the development of our employees and service to really establish our roots in the Hunter Valley mining and business community.

What is the biggest opportunity for your business right now?

Diversification, and being able to grow and develop our mining maintenance business. We have recently launched CPR Automotive Services to complement our heavy maintenance

business. We offer servicing and repair of fleet vehicles to our loyal customers and are open to the general public. CPR Automotive services operates out of our facility in Rutherford which is fully fitted out with the latest tooling and equipment and offers a range of services including servicing, repairs, air conditioning fitment and repair, LV and HV Rego inspections, tyre balancing, wheel alignments, auto electrical and mine spec fit outs and we have become suppliers and dealers for a wide variety of aftermarket accessories and components.

What are the biggest challenges facing your business?

Covid 19 and economic uncertainty is the major challenge facing not only CPR but all Australian businesses. Australians are a handy bunch and we will adapt and overcome.

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

By the time this hits print CPR will have been in business for four great years. Myself and everyone involved in CPR have learnt and grown considerably in the last four years and we cannot wait to see what the future holds.

Community or other causes close to its heart and values?

CPR is a big believer in supporting the local community that supports us. We give back every chance we can by sponsoring local sporting clubs, charity events, donations and appreciation BBQ's just to name a few.

How big is the crew in the Hunter Valley?

CPR currently employs 30 Hunter Valley locals

What's the best thing about your job?

Having to learn and adapt every day. I am very fortunate to be surrounded by a knowledgeable and supportive team where no obstacle is too large. I am so proud of how far CPR has come in the past four years through a collective and unwavering team effort.

The worst thing?

I do not believe there is a 'worst' thing about my job. I believe with a positive outlook and attitude you can overcome any challenge or situation.

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

Whilst I was on site completing rebuilds as an apprentice, I rang a local radio station and did a love song dedication shout out to the maintenance team I was working with. I requested "It's raining men". Very funny thing to see at 1am on a nightshift!



## Aboriginal Community Development Fund

MACHEnergy Mount Pleasant Operation

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

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

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

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



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NOTHING  
VENTURED  
NOTHING  
GAINED

ZAC JOYCE'S NEW BUSINESS VENTURE IS MILES APART FROM HIS ROLE AS AN ELECTRICIAN IN AN UNDERGROUND COAL MINE, BUT HIS DESIRE TO MAKE THE FITNESS INDUSTRY MORE ACCESSIBLE TO SHIFT WORKERS AND THE POSITIVE IMPACT THIS ENDEAVOUR COULD HAVE ON THE MINING COMMUNITY MADE THE LEAP WORTHWHILE.

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**BEST UNDER PRESSURE**

Mr Peterson, a lawyer, went to a job interview where he was asked about his integrity. "Mr Peterson, are you an honest lawyer?" "Honest?" he replied. "Let me tell you something about honest. Why, I'm so honest that my father lent me \$15,000 for my education, and I paid back every cent the minute I tried my very first case." "Impressive. And what sort of case was that?" The lawyer squirmed in his seat and admitted, "He sued me for the money."

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L-R: DAN MALLOY, TAYLAH TURNER, ZAC JOYCE, CHARLOTTE ALEXANDER, TYSON GEERING.

It's been a whirlwind of a year for Zac. A few weeks ago, he opened the doors of his third F45 studio. First opening a studio in Cessnock, soon followed by one in Singleton, to the latest studio located in Edgeworth. All this whilst still working as an Electrician underground. But if you told him this is what he'd be doing 12 months ago, he would have laughed at you. "I started my apprenticeship as an Electrician at Austar in 2009 before completing further study in Electrical Engineering. I really enjoy learning and being continually challenged, and mining provided that," says Zac. "But the last couple of years at Austar we all knew it was only matter of time before the mine would close. There was a lot of uncertainty and so I started thinking about trying something new. I've always been passionate about business and investing so I began to explore opportunities to take up after mining."

**"A COUPLE OF THE BOYS AT WORK HAD DONE F45 AND LOVED IT BUT I WAS A BIT HESITANT UNTIL I ATTENDED MY FIRST CLASS AND ABSOLUTELY LOVED IT TOO."**

Zac walked out of that class and knew he couldn't wait to go

back again. He says it's hard to describe exactly what it was about F45 that drew him in but if he had to sum it up in one word it would be 'community'. "There's something about the F45 model that builds a sense of belonging. There's a reason it's become such a huge global fitness brand in such a short time. F45 delivers incredible results to our members, but I think it's the being part of the community that really is what brings people back."

**ZAC RECOGNISED RIGHT AWAY THAT F45 COULD BE A GREAT POTENTIAL BUSINESS AND OUR REGION IN PARTICULAR COULD BENEFIT HEAVILY FROM WHAT THE BRAND HAS TO OFFER.**

As a miner, the concept of an in 'n' out 45-minute session incorporating your introduction, demonstration, warm up and workout, all with specialised trainers that is already mapped out for you was extremely appealing. "I figured if I could get hooked on F45 so easily than why not help others achieve the same. After that, I just went ahead and threw everything I had at it and I haven't looked back since. Even with Covid and all the difficulties that this year has brought, I don't have a single

regret. We've had such a great response so far and I'm especially pleased that so many people in the mining industry are coming along to see what we are about."

Zac has surrounded himself with an incredible team of Personal Trainers, they have made it their mission to make classes accessible to the whole community including coal miners before they start their shift or when they are coming off shift. The Singleton studio has classes kicking off from 4.30am, and Zac says they will continue to figure out ways to cater to shift workers. "It's hard enough to work rotating rosters or night shifts without having to also find the motivation to get to a gym and push yourself. That's what I love about F45, you simply have to walk in the door as the trainers are there to instruct and motivate you. I've also watched people come in and build good friendships which keeps them coming back again and again."

**BUT ZAC SAY'S DON'T JUST TAKE HIS WORD FOR IT. "IF YOU DON'T BELIEVE ME, I CHALLENGE ANYONE READING THIS TO COME TRY A WEEK FREE AT ONE OF OUR STUDIOS! FAIR WARNING, YOU MIGHT GET ADDICTED."**



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## COMMUNITY GIFT

## MUSWELLBROOK Legacy Group

The role of Legacy is to support the families of Australian Defence Force veterans who have given active service and who are deceased or incapacitated.

Newcastle Legacy Muswellbrook Division looks after the welfare of 48 elderly widows

THIS MONTH THE COMPLETE PARTS AND @ THE COALFACE \$500 COMMUNITY GIFT GOES TO THE MUSWELLBROOK LEGACY GROUP.

of WW2 veterans, a young widow with school aged children and three disabled children of deceased veterans who are now adults. All of these beneficiaries of Legacy live in the towns of Muswellbrook, Denman, Aberdeen and Merriwa. Legacy supports those beneficiaries through financial assistance from funds raised locally, advice and administrative support by Legatees and physical assistance with maintenance tasks by Legatees and volunteers when needed.

Legacy has raised funds through badge and merchandise sales during 'Badge Week' conducted at the beginning of each September. With usual public sales venues not available, and most Legatees and volunteer assistants vulnerable to COVID 19 due to age or pre-existing medical conditions, the 2020 Badge Week was disrupted by COVID 19 and Legacy therefore face a significant funding shortfall.

**WE ASK IN THIS DIFFICULT YEAR THAT YOU CONSIDER NEWCASTLE LEGACY MUSWELLBROOK DIVISION IN ANY COMMUNITY DONATIONS THAT YOU WILL BE GIVING. A DONATION WOULD BE GREATLY APPRECIATED, AND ALL DONATIONS WILL BE ACKNOWLEDGED BY LEGACY WITH A RECEIPT AND ARE TAX DEDUCTIBLE.**

The group is also calling on locals to boost Legatee ranks for Muswellbrook and Scone. Volunteer members are "Legatees" because they accept

the 'legacy of care' for their comrades' families. A Legatee is a volunteer who makes a personal commitment to assist the families of those who served their country and are the primary contact for any issues, challenges or support needs.

The Legatees provide a shoulder to cry on, a listening ear or someone to have a cup of tea with. Whatever it may be, the Legatee will endeavour to help in any way they can and will ensure all of your queries or concerns are answered. Legatees meet once a month for 1 to 2 hours, having checked on the status of Legacy widows and children, to report they are being cared for and to meet any needs they may require.

TO MAKE A DONATION OR FIND OUT MORE ABOUT VOLUNTEERING GO TO [WWW.LEGACY.COM.AU/NEWCASTLE/NEWCASTLELEGACYMUSWELLBROOKGROUP](http://WWW.LEGACY.COM.AU/NEWCASTLE/NEWCASTLELEGACYMUSWELLBROOKGROUP)



### 'AVE A LAUGH WITH HUNTER VALLEY Hydraulink Hose and Fittings BEST UNDER PRESSURE

A politician walks out of his office because he heard children being loud. He sees the kids all grouped up around a puppy.

"It's a beautiful dog, who will take it home?" The politician asks.

The children look at each other until one of them speaks up. "I know! Whoever tells the biggest lie can take it home! Would you like to play?"

The politician shrugs his shoulders and says, "I don't know, it will be hard because I've never told a lie."

The child picks the dog up and hands it to the politician, "Here you go. You win."

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## BLOOMFIELD BACKS LOCAL SPORT

PARENTS WHOSE INCOMES HAVE BEEN IMPACTED BY THE COVID-19 PANDEMIC ARE BEING ENCOURAGED TO APPLY FOR A KIDS IN SPORT SCHOLARSHIP TO HELP GET THEIR CHILDREN BACK INTO SPORT THIS SUMMER.

Singleton Council has partnered with Singleton Family Support and the Bloomfield Group to deliver one hundred \$100 vouchers for vulnerable local families, available in addition to the NSW Government's Active Kids vouchers. Council's Director Organisation and Community Capacity Vicki Brereton said the Kids in Sport Scholarship was another component of Council \$2million Community Support Package, with many local families struggling to re-enrol kids into much loved weekend activities.

"With local households cutting back where they can afford to, we want to make sure that sport continues to be an essential part of every child's life by making it a bit more affordable for parents who need some help with membership or the associated costs of participating in sport," she said.

**BRENDON CLEMENTS, OPERATIONS MANAGER AT THE BLOOMFIELD GROUP OWNED RIX'S CREEK MINE, SAID IT WAS WONDERFUL TO BE PART OF AN INITIATIVE THAT SUPPORTS HUNTER FAMILIES.**

"Sport is a big part of Singleton and we're proud to provide assistance for programs that support the health and wellbeing of kids in our community," he said.

Vicki also expressed how important organised sport is to the kids of our local community, especially during the Covid-19 pandemic.

"Giving kids the opportunity to get back out onto the sporting field, court, track, or in the pool, with their friends, is extremely important," she said.

"Best of all, the Kids in Sport Scholarship will not only help struggling families but also provide a mini-stimulus to our local economy."

With Council and the Bloomfield Group partnering to sponsor the scholarship, Ms Brereton said the team at Singleton Family Support would administer the program, including reviewing applications against the scholarship guidelines.

**"SINGLETON FAMILY SUPPORT ARE A VERY IMPORTANT ORGANISATION DELIVERING**



ALEX RICHARDS (EXECUTIVE OFFICER, BLOOMFIELD GROUP FOUNDATION), CLIVE ANDREWS (MINE PRODUCTION MANAGER, RIX'S CREEK), DIANA DEAVES (PROJECT OFFICER, SINGLETON FAMILY SUPPORT), LINDSAY ROSS (MANAGER, SINGLETON FAMILY SUPPORT) AND VICKI BRERETON (DIRECTOR ORGANISATION AND COMMUNITY CAPACITY, SINGLETON COUNCIL)

**ESSENTIAL SUPPORT SERVICES AND PROGRAMS FOR LOCAL FAMILIES — WE ARE VERY GRATEFUL TO BE ABLE TO UTILISE THEIR EXPERTISE AND, WITH THE BACKING OF THE BLOOMFIELD GROUP, OFFER \$10,000 WORTH OF SCHOLARSHIPS TO OUR COMMUNITY," SHE SAID.**

"The Kids in Sport Scholarship is another fantastic initiative of Council's Community Support

Package, designed to help our local economy recover and get life back to normal as much as possible."

"I whole-heartedly encourage any family doing it tough to take a look at the guidelines and consider this opportunity if it suits their needs."

The Kids in Sport Scholarship can be used towards a sporting club registration, equipment and uniforms.

FOR MORE INFORMATION AND TO DOWNLOAD THE APPLICATION FORM, VISIT [HTTPS://WWW.SINGLETON.NSW.GOV.AU/KIDSINSPORTSCHOLARSHIP](https://www.singleton.nsw.gov.au/kidsinsportscholarship)

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# DIGGING DEEP

BULGA COAL HAS BEEN MAKING SOME BIG CHANGES TO ONE OF THEIR EXCAVATORS, AND HELPING TO CHANGE SOME LIVES WHILE THEY'RE AT IT.

Bulga has been working on converting their largest hydraulic excavator on site, a Hitachi EX8000 Model Excavator, from a face shovel to a backhoe configuration.

The conversion will have numerous benefits for production, maintenance and reliability, but it's not just the mine that's set to benefit. Dave Foster, Bulga Coal Operations Manager explains how they used the project to help Singleton Neighbourhood Centre's Open Door.

"We partnered with Hitachi to convert our excavator from a face shovel to a backhoe configuration which will increase the productivity of the machine by at least 10 per cent. Jaws and Bradken supplied us with the new excavator bucket. Together with all our partners, we decided to paint the excavator bucket in the Open Door colours to raise awareness and funding for the local charity," said Dave.

"The team at Open Door do great things for people in need in our community and have continued to be a vital service throughout this pandemic. Everyone at Bulga Coal is incredibly proud to showcase and support Open Door through this excavator conversion and we hope to see their services continue well into the future."

In addition to raising the awareness with the colourful paint job, Bulga Coal, Hitachi, Bradken and Jaws have all generously donated \$1,000 each to the Open Door and will also be holding crew BBQ's and asking for donations during October.

"WE'RE INCREDIBLY THANKFUL FOR THE SUPPORT THAT HELPS US TO KEEP OUR DOORS OPEN."



OPEN DOOR IS AN IMPORTANT RESOURCE FOR OUR COMMUNITY, PROVIDING A SAFE PLACE FOR PEOPLE TO STOP BY, HAVE A SHOWER, ENJOY A MEAL AND PARTICIPATE IN LIFE SKILLS PROGRAMS. DURING THE PANDEMIC, THEY MOVED QUICKLY TO ADAPT TO COVID RULES SO THEY COULD CONTINUE TO PROVIDE HOT LUNCHES FOUR DAYS A WEEK.

Singleton Neighbourhood Centre President, Sue George said they were delighted with the support which would allow them to help even more people.

"To see the bucket painted in the Open Door colours, it was just amazing. We really appreciate the donations and generosity of all involved," said Sue.

"In 2012, there was a large number of people in Singleton experiencing homelessness. The team at Singleton Neighbourhood Centre saw the opportunity to expand and renovate the centre's shed to provide additional assistance to those in need. Through the community, and partners like Glencore, we were able to raise enough funds to convert the shed into our Open Door facility."

## GENEROUS GRANTS

NOT-FOR-PROFIT ORGANISATIONS ACROSS REGIONAL NSW AND QUEENSLAND ARE SET TO BENEFIT FROM ALMOST \$150,000 IN FUNDING THANKS TO GLENCORE'S JUNIOR SPORTS DEVELOPMENT PROGRAM (JSDP) AND GENERAL GRANTS.

Twenty-four junior sporting clubs have received JSDP grants of up to \$7,500 each, while 12 not-for-profit community groups have received general grants of up to \$2,500.

The grants fund projects that aim to enhance the sustainability and strength of organisations in the areas around Glencore's coal operations and include recipients in

Singleton, Muswellbrook, Denman, Mulbring, Cessnock, Millfield, Greta, Gulgong and Sandy Hollow.

Glencore's Community Relations Manager, Craig Strudwick, said that in a challenging year, our community groups and sporting clubs continue to bring people together and lift our spirits.

"LOCALLY BASED AND LOCALLY MANAGED ORGANISATIONS, WHETHER IT BE A NEIGHBOURHOOD CENTRE OR A JUNIOR FOOTBALL CLUB, ARE THE HEART AND SOUL OF OUR REGIONAL COMMUNITIES," CRAIG SAID.

"Our JSDP and General Grants are a way for us to support a range of dynamic grassroots organisations with funding for projects that will strengthen them and increase

their capacity to support our communities long-term."

Muswellbrook Netball Association is just one of the local organisations to benefit from Glencore's second round of grants. The sporting club, which is closest to Glencore's Mangoola Open Cut operation, received a JSDP grant worth \$3,500.

Sponsorship Coordinator, Kelly Constable, said Glencore's funding would allow the club to host a junior representative netball carnival at their local courts.

"THIS GLENCORE GRANT WILL GIVE OUR PLAYERS THE OPPORTUNITY TO REPRESENT MUSWELLBROOK AT THEIR HOME GROUNDS, GIVING THEM A SENSE OF PRIDE AND ENCOURAGING THEM TO CONTINUE WITH THEIR NETBALL DEVELOPMENT."

THE NEXT ROUND OF JSDP AND GENERAL GRANTS WILL OPEN IN 2021.

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## TEE TIME

GOLFERS ACROSS THE HUNTER ARE ENCOURAGED TO SIGN UP FOR CANCER COUNCIL NSW'S THE LONGEST DAY, THE ULTIMATE GOLF CHALLENGE FOR A GOOD CAUSE.

The Longest Day will officially take place on December 14, but participants can hold their event at their local golf club anytime during December.

Gemma Pedri, Community Relations Co-ordinator at Cancer Council Newcastle and Hunter, said while The Longest Day is an endurance challenge that tests skill and stamina, it is easy to get involved – and a whole lot of fun.

"THE LONGEST DAY CHALLENGES PARTICIPANTS TO SUCCESSFULLY COMPLETE ALL FOUR ROUNDS OF

GOLF DURING DAYLIGHT HOURS – A CHALLENGE THAT MANY KEEN GOLFERS ARE EAGER TO CONQUER!

"Participants will be making a difference by raising funds to support Cancer Council's life-saving cancer research, prevention programs, and information and support services, such as Transport to Treatment, Financial Assistance and Home Help."

"In the Lake Macquarie, Newcastle and Hunter regions alone, it is estimated that approximately 5,000 people will be diagnosed with

cancer in a single year, with around 1,000 deaths expected, so funding for cancer research, prevention, support and advocacy is vitally important," Gemma said.

"Playing golf is a good way to keep active, but as recreational golfers spend extended periods of time out in the sun, we want to remind all participants to use sun protection to reduce their skin cancer risk."

REGISTER FOR THE LONGEST DAY AT WWW.LONGESTDAY.ORG. AU AND TEE OFF TO SUPPORT A CANCER FREE FUTURE.

"I've been a fitter for fourteen years, did my trade in the Valley and the got the opportunity to come up here and extend my skills. I'm currently building a house and have the best future ahead of me at the moment. I can't see myself looking back!"

JOSHUA HARE, FIELD SERVICE FITTER, GUNNEDAH

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## AUTO PILOT

THE NSW RESOURCES REGULATOR HAS PUBLISHED A NEW GUIDELINE ON AUTONOMOUS MINING EQUIPMENT ABOUT THE RISKS THAT MUST BE IDENTIFIED AND CONTROLLED IN ADOPTING AUTONOMOUS MINING EQUIPMENT.

Mining is a high hazard industry and the risks posed by mechanisation have continued to evolve as larger and more complex machines have been introduced. The introduction of autonomous mining equipment, while reducing risks to some workers, will expose other workers to additional and different risks.

Resources Regulator Chief Inspector of Mines Garvin Burns said, "Since the introduction of mechanisation to NSW coal mines in the mid-20th century, workers have been exposed to the hazards arising from operating or working in close proximity to mining machinery."

"A number of coal mine operators in NSW are trialling autonomous equipment, or are evaluating how it may be applied at their operations. The introduction of this type of equipment may offer productivity gains and reduce risks to some workers, however it will expose other workers to additional and different risks. We have released guidance to assist mine operators to identify and control these risks to protect the safety of workers."

**AUTONOMOUS OPERATION, BY DEFINITION, MEANS THERE WILL NOT BE PEOPLE ONBOARD MACHINES, HOWEVER IT DOES NOT MEAN THERE WILL BE NO PEOPLE IN THE AUTONOMOUS OPERATING ZONE (AOZ).**

The introduction of remote controls enabled people to be removed from the risks arising from a machine such as load haul dump vehicles (LHDs) being buried in a stope, or a continuous miner being buried during pillar extraction. But new and different risks emerged. Operators have been crushed by the machine they controlled when they placed themselves too close to the machine.

While automation associated with longwall mining equipment has enabled workers to be removed from

places of high risk, it has created new risks, such as being crushed by an automatically advancing roof support.

The introduction of tele-remote operation eliminated some risks for machine operators, however introduced new risks for maintenance workers who must approach a machine to undertake faultfinding and repairs.

Removing machinery operators from the mining environment has also resulted in a loss of sensory awareness (sight, hearing, touch and smell). This loss of sensory awareness impairs the ability to quickly identify developing problems on a machine and may lead to a more significant incident.

**THE REGULATOR HAS A LEGISLATIVE REQUIREMENT FOR OPERATORS TO PROVIDE A REVIEW OF HAZARD MANAGEMENT AND CONTROL PLANS WHEN INTRODUCING AUTONOMOUS EQUIPMENT. IT ALSO HAS OUTLINED THE NEED TO CONDUCT RISK ASSESSMENTS THAT IDENTIFY CRITICAL CONTROLS THAT PREVENT THE DANGERS OF AUTONOMOUS EQUIPMENT.**

This necessitates a thorough and rigorous risk assessment process to be completed to understand the limitations of existing controls, the identification of new controls and the implementation of these controls to ensure that risks are managed to an acceptable level.

Risk assessments for the introduction and operation of autonomous machines must consider all foreseeable scenarios where it is possible for people to interact with the machines, or where the machines may interact with other equipment or infrastructure.

The guideline is applicable to haul trucks, loaders, dozers, grader, water carts, blast hole drill rigs, excavators and load haul dumps/boggers.

## TAKE A STAND

FOR MANY OF US SITTING IS A BIG PART OF THE JOB. WHETHER IT'S PUTTING IN LONG HOURS IN THE OPERATOR'S SEAT OR IN A DESK CHAIR, IT CAN BE A PAIN IN THE BUTT.



A significant factor impacting work health and safety is prolonged sitting and SafeWork Australia has now recognised too much sitting as a workplace health and safety issue.

Studies show that long periods of sitting can increase the risk of physical and mental health issues in both the short and long term. Desk-based workers spend on average three quarters of their workday sitting, and the same goes for operators and drivers who spend the main bulk of their working day parked on their rump.

When you sit, your large postural muscles are not working very hard. This means you're expending very little energy and your blood circulation is reduced. The cumulative impacts on the body and mind of too much sitting can have serious health consequences, including increased risk of early death, cardiovascular disease, diabetes, cancer, poor cognitive function, deep vein thrombosis, depression and poor quality of life.

We all know that sedentary lifestyles can have many adverse effects on our health so the less sitting or

lying down we do during the day the better our chances for living a healthy life. What you may not know though is that even if you exercise regularly but are still sitting for long periods throughout the day, you are still at risk. The latest research suggests you need 60-75 minutes per day of moderate-intensity activity to combat the dangers of excessive sitting.

**HUMANS ARE BUILT TO STAND UPRIGHT. OUR HEARTS AND CARDIOVASCULAR SYSTEMS WORK MORE EFFECTIVELY THAT WAY. MOVING OUR MUSCLES MORE FREQUENTLY ALSO HELPS OUR DIGESTIVE SYSTEM BE MORE EFFICIENT AND THUS OUR BOWELS WILL ALSO FUNCTION MORE EFFICIENTLY TOO.**

Sitting for long periods can also cause problems with our backs, especially if we consistently sit with poor posture or don't use ergonomically designed chairs or workstations. Sitting can also cause our hip flexor muscles to shorten, which can lead to problems with hip joints.

While we don't understand the links

between sitting and mental health as well as we do the links between sitting and physical health, we do know that the risk of both anxiety and depression is higher in people that sit more. This might be because people who spend a lot of time sitting are missing the positive effects of physical activity and fitness.

Physical inactivity contributes to over three million preventable deaths worldwide each year. More than half of Australian adults do less than the recommended 30 minutes of moderate intensity physical activity each day and only one third of Australian children do the recommended 60 minutes of physical activity every day.

**SO WHAT CAN YOU DO TO MITIGATE THE RISKS OF PROLONGED SITTING? WHILE YOU CAN'T BEAT THE BENEFITS OF REGULAR EXERCISE, THERE'S ALSO PLENTY OF SMALL SIMPLE THINGS YOU CAN DO TO BUILD MORE ACTIVITY INTO YOUR WORKING DAY.**

- Take the stairs instead of the lift.
- Walk over and talk to your colleagues instead of emailing them.
- Take a short walk on your lunchbreak.
- Stand at your desk for short periods.
- Walk around when you're on the phone.
- Do some simple body weight exercises such as squats and lunges.
- Each hour do some stand up stretching for a couple of minutes.

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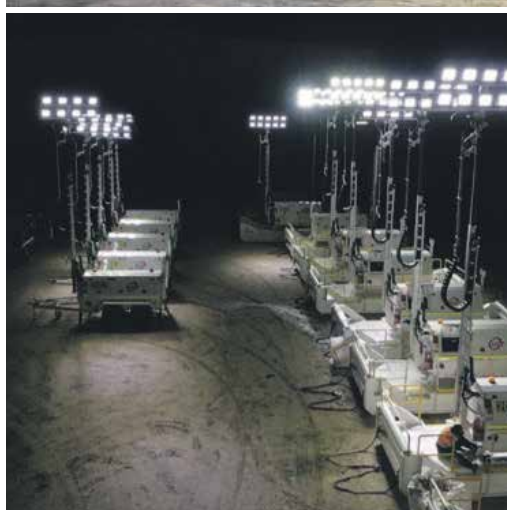
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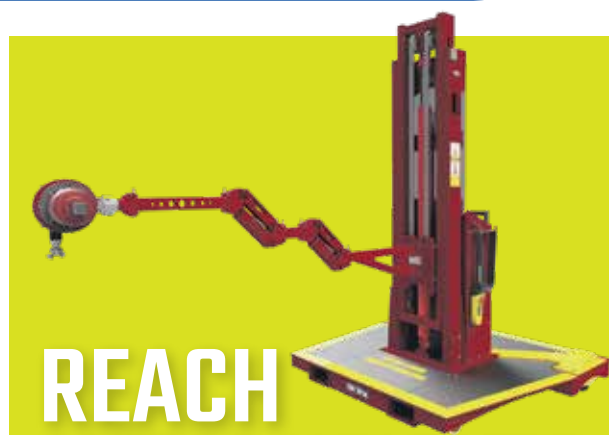


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[WWW.NIVEKINDUSTRIES.COM.AU](http://WWW.NIVEKINDUSTRIES.COM.AU)

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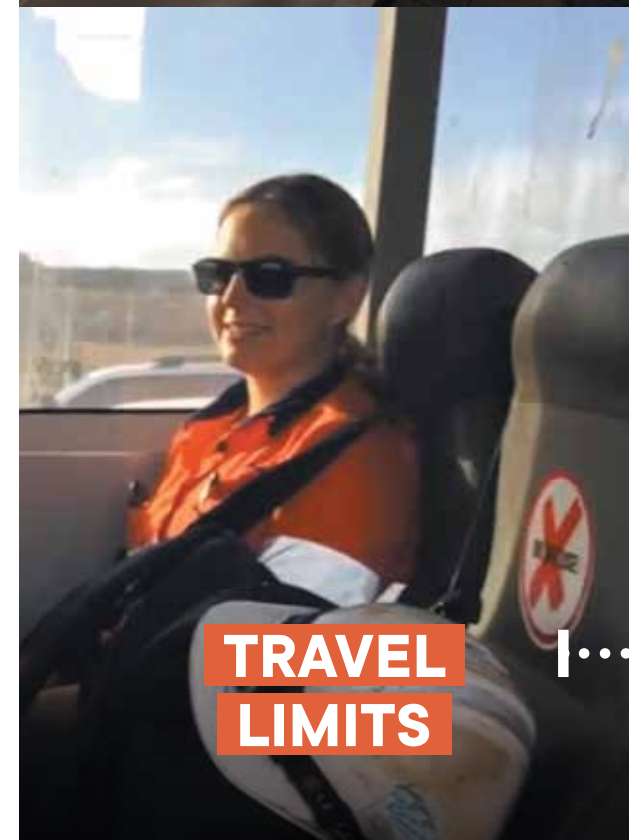
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While many would argue that Cummins and MTU create a far superior product as engine specialists, Caterpillar are the masters of their domain. Managing all elements of their machine builds, Caterpillar has, despite their said shortcomings, developed an enviable brand across the full suite of mining equipment utilised by miners today. Unlike Cat, the success of Cummins and MTU in mining ultimately relates to the accomplishments of the mining partners they power, that in Australia include Hitachi, Komatsu and Liebherr. **AS THE HEART OF ANY MINING MACHINE, THE MEASURE OF AN ENGINE’S WORTH RELATES TO ITS AVAILABILITY, LIFECYCLE COSTS, FUEL EFFICIENCY AND SERVICE LIFE.**



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## DOWN AND DIRTY ON DIRT BIKES

WE’VE ALL TAKEN SOME INSPIRATION TO HIT THE TRAILS ON A DIRT BIKE AT SOME POINT, BY EITHER SEEING THAT ONE INSANE TRICK ON CRUSTY DEMONS OF DIRT, OR WATCHING OUR FAVOURITE RACER TAKE A WIN OR JUST BY SEEING THAT AWESOME LOOKING DIRT BIKE SITTING ON THE SHOWROOM FLOOR AT THE LOCAL BIKE SHOP. WHATEVER HAS STEERED YOU TOWARDS THE LOVE OF DIRT BIKES, YOU SOON REALISE THAT IT CAN BECOME QUITE ADDICTIVE.

### WHERE TO RIDE

If you’re new to the dirt bike scene, you may be left wondering where to start, and where you can ride. The easiest and safest option is to start by getting your motorbike license and a road registered dirt bike. There are other options, but outside of privately owned dirt bike parks or knowing someone with a property, you can’t legally ride anywhere on an unregistered bike. If you’ve never ridden before – fear not! The motorcycle learning course required to obtain your license is designed for people that have never thrown a leg over a bike and will teach you all the basic fundamentals you need to know. Having a license and registration will see you have access to National Parks, State Forests, some beaches, and various other sections of bushland where public vehicle access is permitted. Most of these locations will generally need some sort of permit to access and can be obtained by contacting the relevant body that governs the land.

We recommend obtaining a National Parks Annual pass from National Parks & Wildlife and always check for track closures and weather warnings before you head off on your ride. In most instances, normal road rules will apply to these locations and you should always obey any signage and stick to formed tracks and roads. If you’re hell-bent on thrashing your favourite motorcrossover or unregistered dirt bike around, then some places you’re going to want to check out are MX Central at Barleigh Ranch north of Raymond Terrace, The Island Action Sports Complex at Nerong, Louee Enduro and Motorcross Complex near Kandos or Binacrombi Bike Farm at Taralga. All these facilities are set up for unregistered dirt bikes and you’ll need to book in advance to secure a ride. **WHAT TO RIDE** Ok, so it’s time to do an honest self-appraisal of what type of riding you intend to do, and your skill level. Just as all riders are not created equally, not all dirt bikes are created equally. The best-looking dirt bike on the showroom, may not

always be the right one for you. The first thing to consider if you are on your bike ‘L’s or ‘P’s is whether the bike is LAMS (Leaner Approved Motorcycle Scheme) approved. To be learner approved the bike must have a power-to-weight ratio of no more than 150kw per tonne. If you’re already on your full bike license, then it’s open slather but some other things to consider are the style of riding you’ll be doing and the terrain you intend on tackling. Hardcore enduro bikes, which are generally light, agile and powerful, are perfect for tackling tight single trail and challenging terrain, but can be unforgiving to the novice, uncomfortable to ride over longer periods of time and sometimes geared a little too short for more open county and dirt roads. If open dirt roads, fire trails and exploring/touring are more your thing, you may be better off on a dual sports or adventure bike which typically have softer suspension, taller gearing, tyres better suited to a wider range of surfaces and power that while still can be plentiful, is usually a little more subtle than a full-on race-bred bike. If you’re still unsure, a lot of motorcycle dealerships will host ride days, so the best way of getting to know a bike is to jump on one and have a test ride. Whatever you decide to purchase, make sure you factor into your budget the best riding gear you can afford. A good quality helmet, goggles, boots, body armour, pants and gloves are definitely not worth skimping on. So, if you’re not already on the dirt bike band wagon, we think it’s about time you tried it. But be warned – it is addictive and once it’s in the blood, it will become a life-long passion.

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# CRUSHING GOALS

HISTORY WAS MADE FOR THE KEARSLEY RUGBY LEAGUE CLUB ON OCTOBER 24, WITH THE CRUSHERS CLAIMING THE WIN IN THE NEWCASTLE AND HUNTER COMMUNITY RUGBY LEAGUE D-GRADE 2020 GRAND FINAL AGAINST THE KOTARA BEARS.



Team nerves were high, but confidence reigned as the Kearsley Crushers claimed the club's first premiership, beating the Kotara Bears 18-12 at St John Oval, Charlestown.

Due to Covid the 2020 competition season was delayed several times but eventually got off the ground July 25 with the Crushers beginning the season with a home game 30-8 win against Shortland.

Their performance continued strongly for the rest of the season, setting them up for the Grand Final spot under the guidance of their new coach John Warburton.

Grand Final day arrived and saw Kotara open the scoring with an unconverted try, making the score 4/0, but then an intercepted ball seen Fabian Dunstan sprint the length of the field to score the Crushers opening try. Jared McGregor successfully converted. "This was the beginning of our victory," said members of the Kearsley Crushers Committee.

Try number two was seen by Arch Dunstan who ploughed his way over the line, again successfully converted by Jared, taking the score to 12-4.

The half time break rejuvenated Kotara, and they answered

back with two unconverted tries breaking the score even.

**IT WAS A NAIL-BITING FINISH WITH 4 MINUTES TO PLAY AND THE SCORES LOCKED AT 12/12. A PASS LANDED IN DEAN WEARINGS' HANDS SEEING HIM CROSS THE LINE FOR THE MATCH WINNING TRY. JARED RESPONDED FOR THE TEAM AND KICKED THE CONVERSION.**

The final score ended at 18-12 with 90 seconds left to play. All of the Crushers were team players, and this was proved by their winning achievement. "When you're a winner you can't go any further, so happiness was supreme," said the Committee.

On grand final day Zeb Dunstan was named Man of the Match and two Crushers players received commendation awards for their season's performance; Jared McGregor Top Point Scorer of the season with 84 points and Jai See Top Try Scorer of the season with 64 points.

**THE CRUSHERS MADE HISTORY THIS YEAR AND THE KEARSLEY CRUSHERS COMMITTEE SAID THEY'RE NOW WORKING FOR MORE PREMIERSHIPS, MORE ACHIEVEMENTS, WOMEN'S TACKLE, JUNIOR SUPPORT AND A FLOODLIT GROUND.**

The Committee also mentioned the importance of their sponsors who are an integral part of their clubs success; Solid Engineering, Swanson Engineering, Mine Linx, Elite Industrial Equipment, Kearsley Hotel, Antonio's Barbershop, Stone Real Estate, Cessnock Landscaping, Cameron Machinery Co., Dingo Sheds, Bodycote Constructions, Snap Fitness, Old Mates Bakery, Barry's Meats, Mel's Karaoke and J & L Plant Hire.

Ending the season on such a high for the Kearsley Crushers we're already excited to see what 2021 brings. Congratulations to the Kearsley Rugby League Club.



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THE OUTLOOK THIS MONTH IS WET BUT DON'T LET THAT DAMPEN YOUR SPIRITS, AS THE FISHING IS GOING TO BE SENSATIONAL.

**OFFSHORE**  
The incredible run of Yellowfin tuna is continuing to produce the goods offshore, with the fish holding wide of Newcastle and Norah Head. The latest Altimetry map suggests that we might have them around for a little while yet as well. The charts are also showing the warm water is pushing down the coast at the moment with reports of Marlin at Port Macquarie so it can't be long before we see them stack up locally.

Snapper are still holding tight around the reefs in decent numbers although as the water starts to warm up, we tend to see them move into deeper water. This time of year the bait starts to stack up around the edges of the inshore reef systems and with the Snapper feeding under the bait it really pays to either float a bait or plastic's, especially a grub style though it to find the fish. The Fads have been deployed along the coast but reports so far are they are pretty lifeless although things can change overnight with the current and warm water well on its way.

**ESTUARIES**  
The options are endless for Lake Macquarie. We have crabs and prawns on the move and hot on their tails are Flathead, Bream and

Whiting so now is the time to throw a line in along the shallows and structures around the lake. Jewies are still being found throughout the lake holding tight around the bait in the deeper areas.

Our other main systems such as inside the Bay and Newcastle Harbour are also in the same boat as the lake, with the Prawns pushing out of the Myall and the Hunter river also bringing the fish on the boil in these areas. The standout will be the fishing after the recent rain. As the fresh pushes out of the estuaries, things tend to really liven up a couple of weeks following a flush especially the Jew around Newcastle Harbour.

**DAMS, CREEKS AND RIVERS**  
The fishing's back on in the dams as the fish are virtually attacking everything presented to them. This wet weather should also help push the fish in tight to the edges primed ready for a surface bite to begin.

The creeks and rivers will be a bit of a write off early November but will definitely be worth sussing out later in the month if the weather clears a little, although this could be a bit of a stretch looking at the long-range forecast.

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# THE SHOW WILL GO ON

WHILE MANY THINGS ACROSS THE HUNTER VALLEY HAVE RETURNED TO A SENSE OF NORMALITY IN THE PAST WEEKS, SOME WOULD SAY THE BEATING HEART OF THE HUNTER HAS REMAINED QUIET.

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Popular local venues, once pumping with live music and overflowing with people, remain subdued and predominantly soulless with a lack of live musicians to entertain the masses.

Thankfully in a COVID-safe way, live music is returning to some of our favourite local venues thanks to a combination of eased restrictions and with the NSW Government stepping up to support the music industry.

**THROUGHOUT NOVEMBER A RANGE OF GIGS WILL BE ROCKING OUT ACROSS THE HUNTER VALLEY AS PART OF THE STATE GOVERNMENT'S GREAT SOUTHERN NIGHTS.**

In an Australian-first music event, over 1,000 live gigs will be held across the state with the Hunter set to benefit from live music events from Aberdeen to Newcastle.

Aussie rock legend Ian Moss, who will be performing at Lizotte's on November 27, said he is excited to return to the Hunter and to be able to perform live.

"You don't realise you miss it until it's gone," Mossy recently told Channel 7.

Meanwhile for local Muswellbrook muso, Darryl 'Carrot' Bowen from Carrot Bowen and The Collective, the news is a welcome relief for the



band who are more than ready to get back out and play.

"It's has been a very slow year," Carrot said as he reflects on his time away from the stage. "Our last gig was in March, just before all the restrictions hit so we are very keen to get out and gig again."

Other than normal work, Carrot said he has spent most of the down time recording.

"I've managed to write a few more songs and we are going to record them in December and hopefully release them early next year. "However, we are chomping at the bit to get out and play!"

**CARROT BOWEN AND THE COLLECTIVE WILL BE PLAYING AS PART OF GREAT SOUTHERN NIGHTS AT THE MUSWELLBROOK HOTEL ON NOVEMBER 28.**

"Hopefully more gigs will follow soon," Carrot said. "Bring on 2021!" Hunter Valley musicians and venues have done their best to adapt to the crippling situation.

Many musicians have turned to Facebook and Tik Tok to connect

with fans and locally, venues like Lizotte's have branched into streaming live gigs.

However none of it replaces the atmosphere of an actual event. Great Southern Nights will also see popular Australian artist Tones And I performing at the Civic Theatre in Newcastle on November 24.

Her performance adds to over a dozen scheduled for pubs, clubs and wineries across the Hunter Valley.

Lord Mayor Nuatali Nemes said the City of Newcastle was proud to be working with the NSW Government, Destination NSW and the Australian Recording Industry Association (ARIA) to host live music events under the banner of Great Southern Nights.

**"GREAT SOUTHERN NIGHTS IS A FANTASTIC INITIATIVE THAT WILL DELIVER MUCH-NEEDED FUNDS TOWARDS THOSE DEVASTATED BY THE ONGOING IMPACTS OF COVID-19, WHILE ALSO CREATING OPPORTUNITIES FOR LOCAL PERFORMERS TO GET BACK ON STAGE IN FRONT OF LIVE AUDIENCES," CR NEMES SAID.**

"We look forward to playing our part in this state-wide campaign, which will help stimulate the music and entertainment industry and have positive flow-on effects for the visitor economy by providing another incentive for people to travel to and stay in Newcastle during November."

Personally I can't wait to hear the Hunter come alive with music again! Make sure you don't miss the chance to support our musicians and venues, grab your tickets now!!

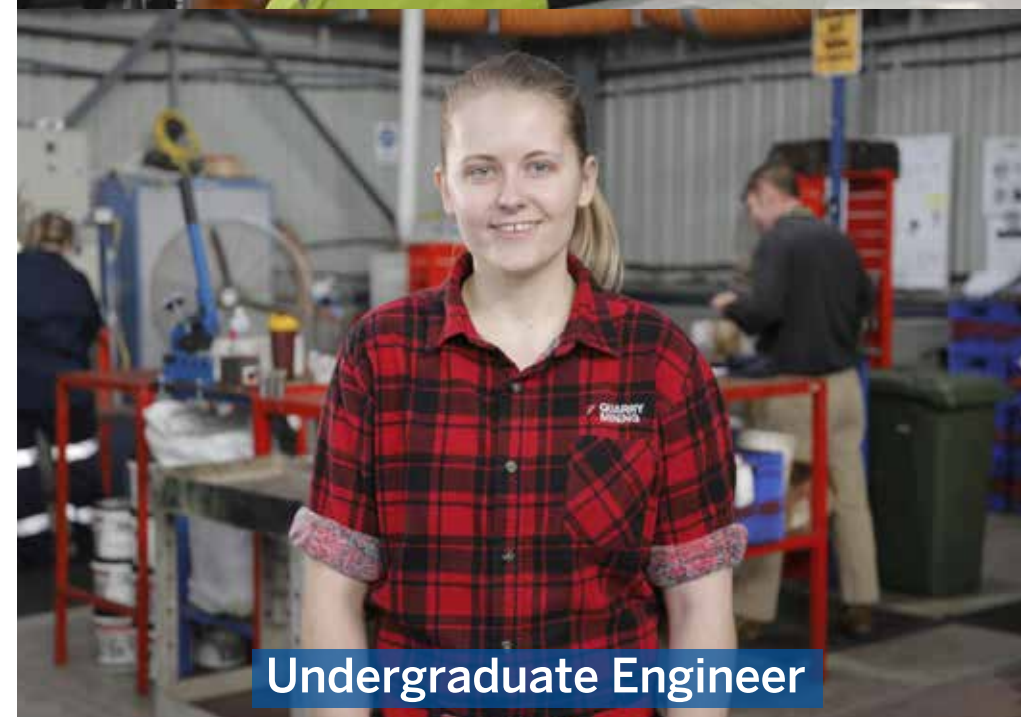
For a full list of locations and artists performing as part of Great Southern Night's visit [greatsouthernights.com.au](https://greatsouthernights.com.au).



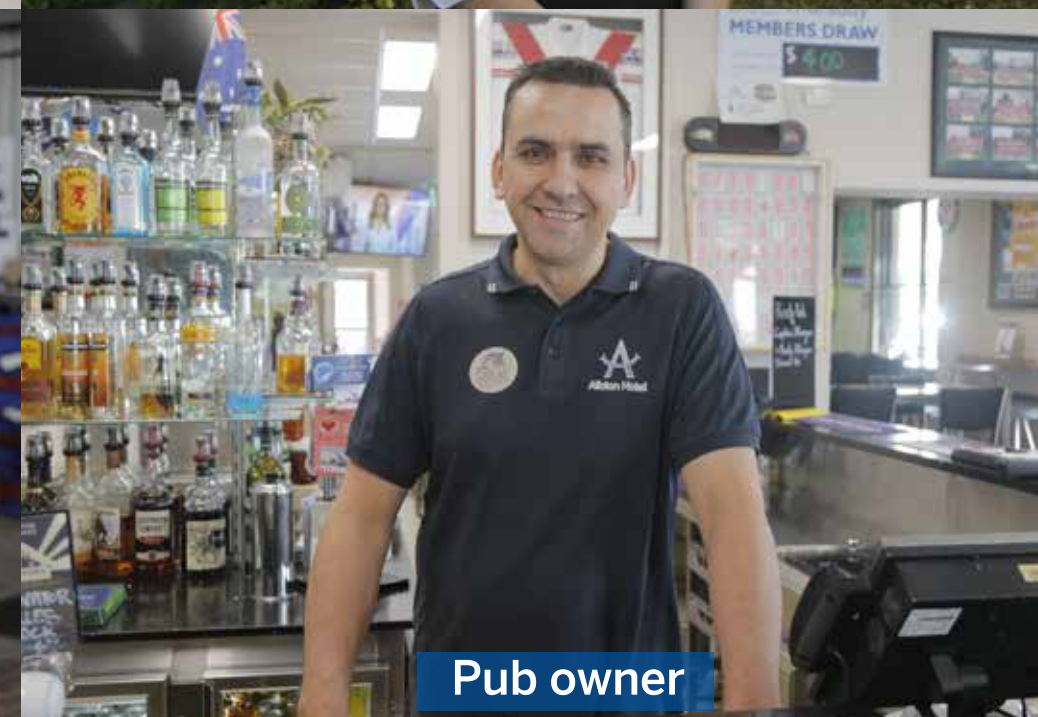
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# Helping keep the community safe and the economy moving.

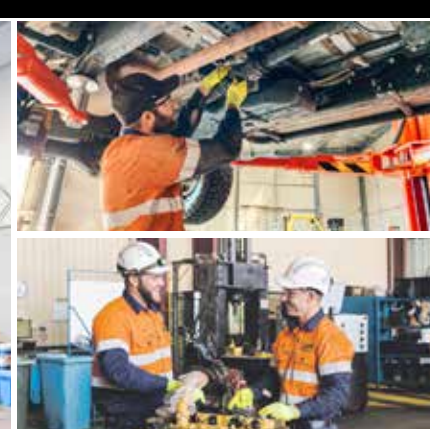
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## CLASSIC AMERICAN CUISINE

TGI FRIDAYS OFFERS THAT PERFECT BLEND OF GOOD OLD-FASHIONED AMERICAN STYLE FOOD COMBINED WITH A MODERN AND EXCITING WAY TO ORDER.

Everything from entrée to dessert and even drinks is ordered either on their website or app. The only interaction with staff that you'll experience at TGI Fridays is when you arrive and when your food and drinks are served.

A co-worker and I visited their Greenhills restaurant on a beautiful Spring day for lunch. It wasn't a Friday as the name of the restaurant suggests, but the atmosphere of the room makes you feel like every day is Friday. The soft lighting and funky music creates a relaxed vibe, yet feels classy and cool. And for the sports fans, there's a huge flatscreen to enjoy the football.

TGI Fridays is the kind of place that you can go for lunch, dinner or even just drinks with friends to relax and enjoy yourself. For our Wednesday lunch, we were seated in a booth and made our selections on the app menu.

The service was really good, although if you like someone waiting on you hand and foot TGI Fridays won't be the place for you. It is an odd experience ordering on your phone, but in this COVID era, it is reassuringly safe knowing that you will have minimal contact with the staff.

**THE MENU HAS SOMETHING FOR EVERYONE, AND ALL THE MEALS ARE GENEROUS IN SIZE. ALL OF THE PRODUCTS ON THE MENU ARE ALSO WELL PRICED AND THE PRESENTATION OF EACH DISH MADE YOU WANT TO JUMP IN FOR A BITE.**

For our entrée, we ordered the Pork Sliders which were presented nicely and arrived shortly after we ordered. They came with crispy pork belly pieces and an Asian slaw with sriracha aioli. Our drinks came out quickly which is always a good sign and although there was no option to add a slice of lemon or lime to my gin and tonic, it still went down a treat.

Our main course also came out promptly. For my main, I ordered the Chicken Caesar Wrap which came with grilled chicken breast, cos lettuce, parmesan cheese, bacon, egg and Caesar dressing. The wrap was well toasted and came with golden, crunchy fries.

My colleague ordered their Signature Glaze Chicken which was served with a Jack Daniels glaze drizzled on a char-grilled chicken breast, thick cut fries, slaw and an extra side of the glaze.

The glaze was delightful and tangy, and the meal was generous in size. So generous in fact, my colleague had to pop a few pant buttons open to make room for the last few bites.

We didn't sample any of the desserts following our huge mains, but I think next time I go I will definitely be trying the brownie obsession, which is a warm brownie that is served covered in hot chocolate fudge sauce, caramel sauce, creamy vanilla ice cream and chopped pecans.

TGI Fridays is the perfect place to visit for those looking for a great meal, a bevvy with the pals or even a romantic dinner with your next tinder date. And remember, it's Friday every day at TGI Fridays so relax and take in the experience.



THE GASTRONOMICAL GURU

## ALL PIED OUT

AFTER SO MANY YEARS OF INGESTING PIES, SOL 'THE PIEMAN' HAS SUFFERED A MIDLIFE PIE CRISIS. WHILE HE HEADS OFF TO A MONASTERY TO PONDER THE MEANING OF PIE, A NEW FOOD GURU HAS COME TO TOWN.

Whilst I too love shoving the old Pie Face Pepper Pie in my face, unlike Sol, when it comes to food I don't discriminate. Salty, sweet, savoury, sugary. No matter what food group, it goes in this gob. And probably a few things that you won't find on any food group chart have gone in this gob too.

I've spent my whole life dedicated to the art of degustation and digestion. Searching far and wide to discover culinary delights that are off the beaten track. None of these fancy shmancy restaurants for me. I'm talking real food. The kind of food that makes you gloat and bloat. And now it's time to impart that hard eaten knowledge to you lucky @ The Coalface readers.

It's hard to know which succulent secret to share first, so I'll start local. In fact, so local that it's only mere metres from our office. (I know I said far and wide, but you have to start a journey somewhere.) Besides, this dish on the menu at the Yummy Noodle Bank on William Street, Singleton must be shared with the masses. It's certainly done a lot for my mass.

**WHILE MANY MIGHT THINK NUMBER 1 IS THE ONLY NUMBER WORTH ACHIEVING, I'M HERE TO TELL YOU THAT WHEN IT COMES TO NUMBERS, NUMBER 31 IS THE BEST NUMBER OF ALL. I COULD TELL YOU WHAT A 31 IS, BUT A LITTLE MYSTERY IN LIFE MAKES IT SO MUCH MORE EXCITING. INSTEAD I URGE YOU TO HEAD DOWN TO THE**



**YUMMY NOODLE BANK, WHISPER THIS MAGIC NUMBER AND YE SHALL BE REWARDED.**

Not only will you be gastronomically gratified, but you will also become a member of the exclusive 31 Club. I've even come up with a secret hand signal so you can identify other members of club. Raise one digit on your right hand, and three digits on the left and bring them together as you tap your belly. If you see someone make this gesture you know they have achieved epicurean enlightenment.

So while Sol continues to ask the existential questions of life, (Is a life without pie truly a life at all? If a pie sits on the table and no-one eats it does it even exist? To Pie, or not to Pie?), I will be here to fulfil your bellies desires.

The Gastronomical Guru

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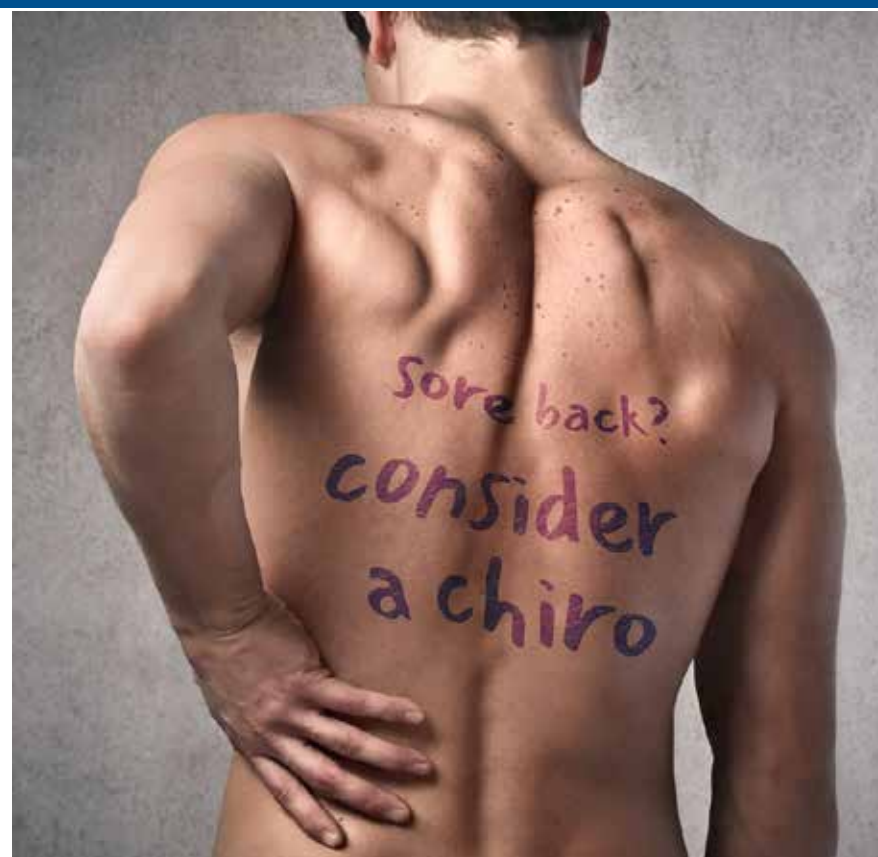
- Are you struggling to get through the shift, or relying on painkillers?
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- Is it taking 20 mins to get moving when you first wake up?

How long are you going to wait to do something about it. Give us a call and find out how Chiropractic may help YOU!

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@ THE COALFACE PRIZE WINNERS

Volume 4 – No 11: October - November 2020

Crib Bag

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Newcastle Brew Shop Kit

Hunter Pet Motel Voucher

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Donna McAtamney

Andrew Quaine

Sam Wright

Brian Conners

WINNERS!

CONGRATULATIONS TO ALL OUR WINNERS!

STRANGE BUT TRUE!

Did you know...

➤ Sloths can hold their breath for up to 40 minutes.

➤ It is impossible to hum while holding your nose.

➤ The Empire State Building has it’s own zip code – 10118

➤ The quickest war in history was in 1896. The Anglo-Zanzibar War lasted 40 minutes.

➤ In Scotland there are 421 words for snow.

➤ A flock of ravens is called an ‘unkindness.’ They have also been known as a ‘conspiracy’.

➤ Shadows are darker on the moon than on earth. So much so that Neil Armstrong said he had trouble seeing where he was going.

➤ Humans have been performing dentistry since 7000BC making it one of the oldest professions.

➤ The first ever documented feature film was made in Australia in 1906.

➤ The shortest commercial flight in the world is in Scotland between the islands of Westray and Papa Westray and is 1.7 miles.

THE MAGIC OF MUDGEE

FIRST-RATE WINERIES, RICH HISTORY AND THE PICTURESQUE CUDGEGONG RIVER ARE ONLY A FEW OF THE ALLURING FEATURES OF MUDGEE, NSW AND THERE’S SO MUCH MORE TO EXPLORE.

Mudgee is nestled in beautiful rolling hills in the Central Tablelands of New South Wales and the charm of the stunning countryside and epicurean pleasures are enough to draw in anyone looking for a relaxing escape.

The town is best known for its award-winning boutique wineries with more than 40 vineyards set amongst stunning mountain landscape, dating back to the 1850’s. The climate makes for the ideal environment for the ripening of grapes, producing some of the best wines in the country. If you’re heading to Mudgee a wine tour or two is a must, but there’s also so much more to the nostalgic region to discover.

AS YOU ENTER THE ELEGANT WINEMAKING TOWN, THE RICH HERITAGE FROM THE GOLD RUSH OF THE LATE 1800’S AND PASTORAL BACKGROUND IS REFLECTED IN THE HISTORIC COLONIAL BUILDINGS AND FERTILE FARMLAND STILL THRIVING.

My family and I were lucky enough to have friends staying on property where we spent the week camping, and the activities were endless. From four-wheel driving, riding quad bikes and hunting to campfires, bushwalks and simply exploring our surroundings; it was a week jam-packed full of adventure. And the endless opportunity for adventure is exactly what is so captivating about Mudgee.

If you’re staying in the vineyards, a visit into town is a must. The history of the town is marked by the beautiful old 18th and 19th century buildings and architecture – it’s like taking a step back in time. The elegant facades of buildings like the Mudgee Town Hall, Post Office and Hannaford Cox Connellan McFarland are a picture of their time. Still used by the community today, it’s a charming outlook on colonial life.

Towards the end of our stay, we made a day trip to

Windamere Dam on the Cudgong River, about 35kms south-east of Mudgee. The short drive from scenic farmland to the picturesque waters of Windamere Dam is alluring to say the least as you step out of your hiking boots and into your boardies within the hour.

CABINS, CARAVAN SITES AND CAMPING SPOTS LINE THE DAM AND LAKE, AND SKIING, SAILING, CANOEING AND SWIMMING ARE A POPULAR ACTIVITY IN THE AREA. FISHING IS ALSO POPULAR WITH GOLDEN PERCH, CATFISH AND MURRAY COD IN ABUNDANCE. IT’S THE PERFECT DAY OUT OR PLACE TO STAY FOR THE WEEKEND.

The thing that surprised me most about Mudgee was how absolutely unique and diverse the country town is. One minute you’ll be out exploring old gold mines, the next scooting around the land on a quad, and the next canoeing in the sun. There truly is something for everyone in Mudgee.

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