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# @THE COAL FACE

Vol 2 No 4: Summer 2020

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# MERRY CHRISTMAS

**THE YEAR  
THAT WAS  
2020**

INDUSTRY, GOVERNMENT  
AND COMMUNITY LEADERS  
REFLECT BACK ON THE  
YEAR THAT WAS 2020 AND  
THEIR HOPES FOR 2021.

PAGES 8 - 11



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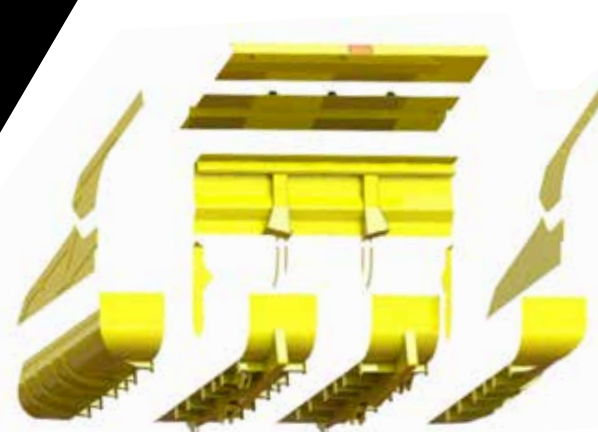
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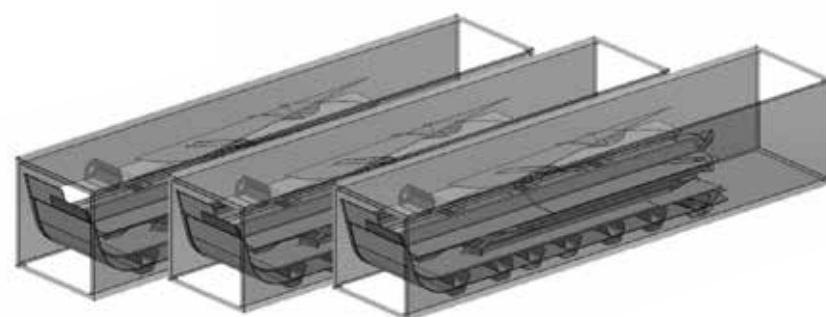
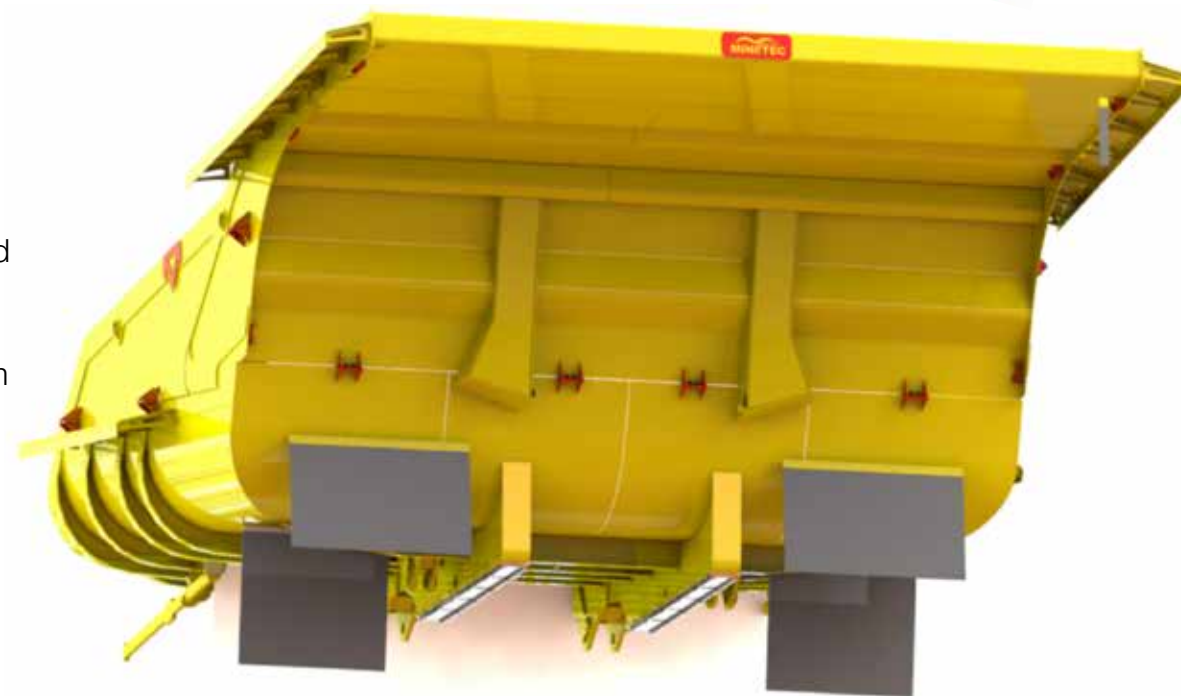


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OPINION

# LOOKING TO A BETTER 2021

LAST NEW YEAR'S EVE I DON'T THINK ANYONE WOULD HAVE PREDICTED THE CHALLENGES WE WOULD FACE AS A COMMUNITY, A STATE AND AS A NATION IN 2020.

Like everyone else, the Northwest mining sector was affected by the pandemic, with slowing global economic growth continuing to put downward pressure on coal prices.

The resilience of our miners and our mining communities during 2020 has been absolutely amazing.

As an industry, we knew the first priority was to keep our miners, their families and our communities safe. Thanks to the commitment of our local mining workforce and our supplier business partners, we've been able to keep operating in our local communities while keeping our people COVID-safe.

This magnificent effort has been recognised by our political leaders on both sides of politics in NSW, who have regularly expressed their respect and support for our industry and those who work in it.

**THE RECENT STATE BUDGET ALSO DELIVERED A WIN FOR MINING COMMUNITIES, WITH A FURTHER \$75 MILLION IN FUNDING THROUGH THE RESOURCES FOR REGIONS PROGRAM FOR 24 ELIGIBLE MINING-RELATED LOCAL COUNCILS TO INVEST IN LOCAL PROJECTS TO IMPROVE THEIR COMMUNITIES.**

Now we look toward the recovery that we all hope 2021 will bring. Coal prices are slowly increasing again as the COVID-19

economic recovery continues, and solid demand is expected across our main export markets in the Asia-Pacific region. In relation to our other major mining, commodities, gold, copper, and other metals have had a strong 2020 with indications that may continue through 2021.

While there have been some jobs lost in our sector, the NSW Government's Coal Strategy released earlier this year, along with the Minerals Strategy released in 2019, provide a welcome roadmap that will hopefully see more investment in mining projects and more mining jobs.

While there have been some jobs lost in our sector, the NSW Government's Coal Strategy released earlier this year, along with the Minerals Strategy released in 2019, provide a welcome roadmap that will hopefully see more investment in mining projects and more mining jobs.

The NSW Minerals Council will continue our strong advocacy on behalf of the Northwest mining industry and the mining families and communities that rely on it.

I wish all our members, miners, suppliers and their families a Happy Christmas and a safe and prosperous New Year.

**Stephen Galilee, CEO, NSW Minerals Council**

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# THANK YOU

AS 2020 COMES TO A CLOSE WE WANT TO WISH YOU ALL A VERY MERRY CHRISTMAS AND THANK YOU FOR YOUR SUPPORT.

2020 has been a hell of a year. The pandemic has impacted all of us in varying degrees and it's clear that our lives will never be quite the same again. But although we've all experienced so many hardships, the pandemic has brought people together like never seen before (well not physically together obviously...)

There have been so many stories this year that have inspired us. Community groups supporting those less fortunate, businesses striving to keep their workers safe, innovations brought to fruition to combat Covid, and so many acts of kindness and generosity.

This edition we heard from our leaders about what inspired them this year and how they overcame its challenges. The positivity they all have about what's in store for 2021 was great to hear.

To get you in the Christmas spirit we asked our Coalface kids some hard hitting questions about Santa and his reindeer and as usual they had some cracker answers for us.

**FROM OUR LOYAL READERS TO OUR VALUED SUPPORTERS, WE THANK YOU FOR STANDING BY US IN THIS DIFFICULT YEAR. WE CAN'T WAIT TO SEE WHAT 2021 WILL BRING.**

# @THE COALFACE

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# COVID AND THE YEAR THAT WAS

AS 2020 WINDS TO AN OVERDUE CLOSE, IT'S TIME TO REFLECT ON THE CHALLENGES AND OPPORTUNITIES THE YEAR HAS THROWN AT US – OFTEN WITH CONSIDERABLE FORCE!

What started with a nation and NSW in particular struck by severe drought and bushfires is wrapping up with COVID-19 restrictions easing in part after eight months of a nationwide pandemic.

Our industry – including every mine and worker across the North West – can take pride in how it has handled and continues to handle the pandemic.

We moved swiftly and decisively across geographies. We were disciplined. We were inclusive and cooperative. We left nothing to chance.

**WE DON'T TAKE THAT ABILITY TO CONTINUE OPERATING FOR GRANTED.**

We are fortunate to be able to keep people in work and mines running, based on our responsible action to protect workers, families and communities.

Because of the intense community interest in what the industry was doing, the MCA and state and territory mining chambers launched

a national media campaign including through @ The Coalface, showing Australians how the resources sector is protecting workers, families and communities from COVID-19.

Communities wanted reassurance that we are taking strict and comprehensive measures to protect workers, families and mining communities from the virus.

It demonstrated a range of COVID-19 protection measures including physical distancing during travel and at site, increased hygiene and cleaning, temperature testing, changes to shift start times and working arrangements.

**WE WANTED TO DEMONSTRATE TO THE NATION AND THE WORLD THAT THE MINERALS SECTOR HAD A STRONG PLAN IN PLACE, THE SECTOR WAS SERIOUS ABOUT PROTECTING REGIONAL COMMUNITIES AND IT WAS AN INDUSTRY THAT WAS GOING TO CONTINUE CONTRIBUTING STRONGLY TO THE AUSTRALIAN ECONOMY.**

The industry continues to share best practice in relation to protective measures, workforce health and other areas in line with official advice.

But we must not rest on our laurels.

Our industry, workforce, regions, indigenous communities and Australia's economy need us to continue to be vigilant.

What this pandemic has taught us is we can't be complacent.

The United States and some countries in Europe are experiencing a second wave with devastating results.

Until a vaccine is made available, we must continue to implement protocols and procedures to avoid a shutdown of our industry – a scenario we must prevent.

The MCA is proud to have led Australia's minerals industry from the onset of the COVID-19 pandemic in helping to keep workers, families and local communities safe.

The industry was able to use its existing strong safety culture and

safety systems to rapidly respond and put strict protocols in place.

This has ensured that the Australian minerals industry – including exploration – has continued to operate throughout the global COVID-19 pandemic to support jobs, communities and economic recovery while contributing company tax and royalties to help fund doctors, nurses, police and hospitals.

It's a great privilege to have led the MCA through our response to COVID-19 and to represent mining companies, workers and communities through this trying time.

I wish all Coalface readers and their families a safe, joyous and relaxing Christmas and a wonderful New Year!

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



**HUNDREDS OF LOCAL INDIGENOUS PEOPLE WILL BENEFIT FROM A MUCH-NEEDED UPGRADE TO THE NARRABRI LOCAL ABORIGINAL LAND COUNCIL (LALC) COMMUNITY KITCHEN.**

Two \$10,000 donations from Whitehaven Coal and Viva Energy, who are partnering with the Narrabri LALC, made the upgrade possible in an aim to refurbish and retool the community space.

The Narrabri LALC promotes Aboriginal culture and heritage in the Narrabri region, manages lands on behalf of its members, and provides a range of targeted community services and benefits.

Narrabri LALC CEO, Lynn Trindall, said the improvement of the kitchen will allow the LALC to continue to support its local Aboriginal community, but on a much larger scale and with a more practical kitchen space.

"The Narrabri Aboriginal community will benefit from this upgrade as it provides many valuable services to local Aboriginal people," said Lynn.

**"THESE SERVICES INCLUDE A COMMUNITY FOOD BANK, A MEAL SERVICE FOR ELDERLY**

**RESIDENTS AND SCHOOL CHILDREN, AND A CATERING HUB FOR COMMUNITY EVENTS, INCLUDING NATIONAL RECONCILIATION WEEK, NAIDOC WEEK, AND COMMUNITY MEETINGS."**

Whitehaven has partnered with the land council for more than a decade on projects including annual NAIDOC week celebrations and the reunion of Australia's second all-Indigenous cricket team, which toured the Maules Creek mine in February 2020.

Bob Sutherland, Whitehaven Aboriginal Relations Manager, said the partnership was a fantastic opportunity to continue working with the Narrabri LALC, which plays such an important role preserving the region's Aboriginal heritage.

"With more than 1,500 Aboriginal and/or Torres Strait Islander people living in Narrabri, representing roughly 12 per cent of the total population, the upgrade will allow the Narrabri LALC to cook more meals for more people," said Bob.

"The community kitchen is a vital resource in the region and renovations will enhance its utility at a time when more people are doing it tough due to COVID.

**"A MEAL SHARED CAN GO A LONG WAY TO RELIEVING SOME OF THAT PRESSURE."**

## SUPPORT FOR COMMUNITY Kitchen

WHITEHAVEN ABORIGINAL COMMUNITY RELATIONS OFFICER HOLLIE SAMPSON WITH NARRABRI LALC CEO LYNN TRINDALL AND VIVA ENERGY TECHNICAL MANAGER DARREN BARWICK.

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A family had twin boys whose only resemblance to each other were their looks. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist. Just to see what would happen, on Christmas day their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure. That night he found the pessimist crying bitterly and asked him why. "Because my friends will be jealous, I'll have to read all these instructions, I'll constantly need batteries, and my toys will eventually get broken," answered the pessimist twin. Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked. To which his optimist twin replied, "There's got to be a pony in here somewhere!"

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"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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# SUPPORTING STEM

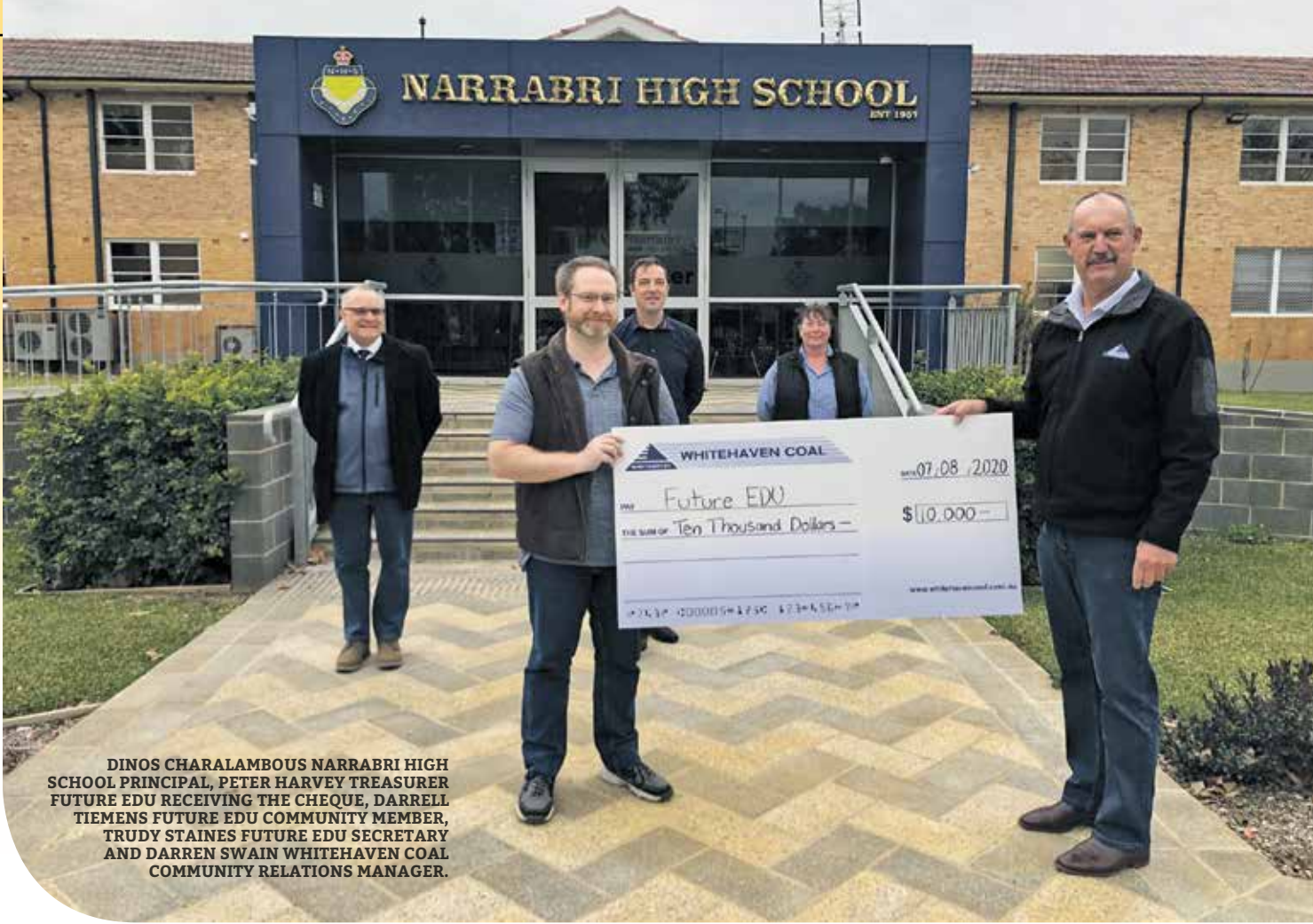
FUTURE EDU HELD THE STEM FRIENDLY BUSINESSES IN NARRABRI SHIRE EVENT ON NOVEMBER 26, ENCOURAGING SCHOOLS TO UTILISE STEM-BASED OPPORTUNITIES FOR STUDENTS AND EDUCATORS.

Held at Crossing Theatre, Narrabri the Future EDU event saw businesses and schools of the shire come together in an effort to encourage schools to utilise the offers made by business to assist in Science Technology Engineering and Mathematics (STEM) curriculum skills and subject choice. The event enabled businesses to meet and open doors to local young workforce and gave students the opportunity to immerse in the local workforce during learning. **“THIS IS AN OPPORTUNITY THAT SHOULD SEE 2021**

‘AVE A LAUGH WITH COMPONENTS ONLY

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Santa was very cross. It was Christmas Eve, and nothing was going right. Mrs. Claus had burned all the cookies. The elves were complaining about not getting paid for the overtime they had worked making toys and were threatening to go on strike. The reindeer had been drinking eggnog all afternoon. To make matters worse, a few of the other elves had taken the sleigh out for a spin earlier in the day and had crashed it into a tree. Santa was furious. “I can’t believe it! I’ve got to deliver millions of presents all over the world in just a few hours, and all my reindeer are drunk, the elves are walking out, and I don’t even have a Christmas tree! I sent that stupid little angel out hours ago to find a tree and he isn’t even back yet! What am I going to do?” Just then, the little angel opened the front door and stepped in from the snowy night, dragging a Christmas tree. The angel said, “Yo, fat man! Where do you want me to stick the tree this year?” And thus, the tradition of angels atop the Christmas trees came to pass...



**CLASSROOMS EMERGE WITH GREATER MOTIVATION AND UNDERSTANDING,” SAID FUTURE EDU CHAIR, WARWICK MOPPETT.** Future EDU is a group of Narrabri-based business, educational and community representatives, who support STEM learning in the community. Their vision is to support the creation of a region of future ready citizens, confident and competent in STEM areas, ready to work with and for local organisations. It’s events like these that bring STEM learning to the forefront and open opportunity for both schools and businesses. In NSW

the largest employment industries are health care and social assistance at 13.8 %, professional scientific and technical services at 10.3% and retail trade 10.1%. “There are statistics that we know – agriculture, forestry and fishing are at 1.9% and mining 8%, with education and training at 8% – in Narrabri the big employers are not mining and agriculture,” said Warwick. “These are large trends which should guide our efforts to assist the STEM teachers in the Narrabri schools.” **THE PURPOSE OF FUTURE EDU IS TO TO EMPOWER LOCAL LEARNERS AND EDUCATORS IN PREPARATION**

**FOR FUTURE ROLES AND INDUSTRY REQUIRING STEM COMPETENCIES.** Whitehaven saw the value in such a goal and were pleased to provide a \$10,000 donation to help fund a Project Officer who will help link students and teachers with local STEM-related businesses. “What sets us apart from other STEM community-based projects is our community preparedness to engage in the curriculum early to begin the journey of subject selection by motivation and experience”, said Warwick. “Our STEM students will understand why it is import to maintain an interest in those key STEM Subjects.”

COMMUNITY GIFT

KARLA REVELL'S ROAD TO RECOVERY

Karla Revell is the owner of healing with Bowen Gunnedah and many in the region know her for the work she does. Karla works with Bowen therapy in conjunction with therapy oils, helping the community to overcome pain, ailments, stress, anxiety and other underlying health issues. It’s now time for us to rally together and return the support. Karla is recovering from a recent bleed on the brain, after being air lifted to John Hunter Hospital in Newcastle, NSW. Karla hasn’t been able to return to work whilst in recovery, and her friend Raeleen is doing her best to keep the shop running during her absence. Karla has 3 beautiful children; Bridee, Ryan and Dusty and has recently married her husband Jode Revell. Spending her time helping the community in any way she can, Karla is very deserving of this edition’s community gift.

KARLA REVELL AND HER HUSBAND JODE REVELL ON THEIR WEDDING DAY.

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# THE YEAR THAT WAS 2020

AS THE YEAR COMES TO A CLOSE WE ASKED INDUSTRY, GOVERNMENT AND COMMUNITY LEADERS TO REFLECT BACK ON THE YEAR THAT WAS 2020. WHAT WERE THE CHALLENGES THEY HAD TO OVERCOME? WHAT INSPIRED THEM AS THEY NAVIGATED A YEAR FULL OF TRIALS NEVER SEEN BEFORE. AND FINALLY, WHAT ARE THEY EXCITED ABOUT FOR 2021?

Just weeks after my appointment as Minister for Resources, Water and Northern Australia the coronavirus pandemic changed almost every aspect of life in this country and around the world. The most important challenge was keeping the mining and resources sector operating because of the enormous contribution it makes to our national economy and the hundreds of thousands of jobs it supports. We acted swiftly and worked cooperatively with state and territory governments to set clear parameters that provided the resources sector with the certainty and confidence needed to maintain operations.

What inspired me most this year has been the efforts of all men and women working right across the sector. They put on their hard hats and hi-vis gear each day and in many cases have gone above and beyond to keep mines operating and exports flowing. That's meant

adapting to new work practices to ensure health and safety of themselves, their colleagues and communities, and for many they've endured months away from their homes and families. As a result, there's been minimal disruption to the industry unlike many other countries. The sector still directly employs around 240 thousand Australians and in June posted a record annual export earnings total of \$290 billion. There are clearly challenges ahead in 2021 but COVID has shown how resilient our sector can be. With travel restrictions now easing, it's encouraging to see that whether it's coal, gas or critical minerals investments are being made that ensure resources remain a major employer in this country and long term contributor to our economic strength.

**The Hon Keith Pitt MP, Minister for Resources, Water and Northern Australia**



Undoubtedly the biggest challenge has been the uncertainty created by COVID-19. Everyone's continuously updating plans for a range of scenarios but it feels we are getting on top of it for now.

It was inspiring, though, to see how our workforce responded. Our people have done an exceptional job in adjusting to a very uncertain environment. They've been very disciplined in adhering to new measures at short notice, all while recording our best safety performance ever. And thanks to that effort we've been able to continue operating with limited interruptions.

On another note, while it's been good to see both state and federal governments reaffirm support for our industry, the regulatory environment is still overly complex and could be more user

friendly. Nonetheless we've been able to progress our projects: Vickery was granted NSW approval, the proposal to extend our Narrabri Mine is now on public exhibition, and we'll soon lodge an EIS for our first mine in QLD.

In 2021, I'm looking forward being able to spend more time in North West NSW. I'm hopeful for readily available vaccines to facilitate economic stimulus here and in our customer countries across Asia – in which the economic turnaround could be quite dramatic!

**Paul Flynn, Managing Director and CEO, Whitehaven Coal**



Like so many others our focus this year has been navigating the unknowns of COVID. We were very fortunate that many parts of our business were able to continue operations as normal within restrictions. It wasn't always easy to manage our customers' expectations as we often had to move quickly to align with the changing health advice to protect our people, those working in the industry and our communities (I'd like to thank our customers for their patience and understanding in that regard as we work hard to catch up).

Throughout it all, it has been heartening to see everyone working together when things were so uncertain – not just at work but in their homes and communities. Seeing the generosity of spirit to make the most of a challenging situation and the innovations that local businesses have come up with has been very inspiring and is something that I hope will continue to evolve into the future.

Next year will be another big year for us. We have some great initiatives in train aimed at making it easier to work with us, help sites meet statutory obligations and keep our industry safe. I also hope to see the return of some of the community and industry activities that we put on hold this year – it would be great to see everyone again in person.

**Lucy Flemming, CEO, Coal Services**

The biggest challenge for the Hunter mining industry was the same as it is every year - to keep our workmates, our families and our community safe. It's been great to see the resilience of so many people to the challenges of 2020, including our mining workers and their families who have done so much to look after each other and keep our industry going during tough times. I can't wait to see what's ahead for 2021.

**Stephen Galilee, CEO, NSW Minerals Council**



The biggest challenge undoubtedly this year was COVID. From a staffing perspective we had to make sure we were all safe, accommodate working from home while still making sure everyone was able to do their job. We had to stay linked so we could talk and plan as fundraising stopped overnight. We had to evaluate what the future was going to be, how we could plan for it, how we could drive income, how we could stay connected and collaborate and what new platforms we needed to make all this work. None of which we had ever done before! Operationally, putting new procedures in place to keep the crews safe was a number one priority.

I'm most proud of how the teams at every level dealt with the pandemic. The fact we have posted some really good numbers proves

a couple of things, the support of the mining industry has never wavered, and the broader community because of the strong and broad base of supporters over 40 plus years. This has meant we are in a very strong position to deliver on our aspirations to be the best we can be, and safely deliver services to the people of the region.

2021 needs to be a year where we continue to pursue excellence in service delivery with our colleagues from NSW Ambulance and Hunter New England Retrieval Network. We need to make certain we say 'thank you appropriately' to our partners, sponsors and supporters, plus our volunteers.

**Richard Jones OAM, CEO, Westpac Rescue Helicopter**

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This year I've been inspired by the ability of our world-class mining workforce to keep the industry united, operating and staying positive despite one of the greatest challenges the world has faced in the modern era. It's been an immense source of pride to be part of an industry that has worked overtime to keep staff, communities and families safe while being a reliable producer of commodities which are in great demand around the world, including our high quality Hunter Valley coal. The industry has also pulled out all stops to back the community – especially with jobs, small business support and apprenticeships along with wonderful support for remote Indigenous communities. And it's thrown its support behind the Royal Flying Doctor Service, local health services, community groups and many other worthy organisations.

It would be wrong to predict a return to normality in 2021. There is unlikely to be a vaccine to cover all Australians until later in the year, the opening of international borders may be delayed and health and hygiene will remain a top priority for governments and for the mining industry. From the MCA's perspective, we'll be redoubling our efforts to make sure our miners can continue to be reliable suppliers of high-quality commodities to the world while running our operations safely with a greater focus on sustainability. We'll also be working so that more talented people can join our future minerals workforce, which offers huge opportunities for those prepared to give it a go.

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



When the COVID-19 pandemic reached Australia, we were not sure how it would affect the mining and energy industries. I'm extremely proud of the way that members have adapted to new ways of working to keep our mines and power stations safe and operational, in stressful and uncertain times. With the nation facing so much economic stress, we are relying on mining more than ever for jobs, royalties and vital economic activity.

I'm inspired by the Union members, officials and staff who are continually fighting to improve working conditions and safety standards. For many years, our Union has been

fighting the 'permanent casual' rort in mining. In May, the Federal Court backed us for a second time, finding that casual labour hire mineworkers aren't genuine casuals and the work arrangement is unlawful. Now we are fighting to stop the Government overturning this important win. We are also pursuing rightful compensation for our members unlawfully employed as casuals.

COVID has made it difficult for mining and energy workers to come together for the events and activities that are so important to us, like charity events and our Annual Memorial Day to remember lives lost in mining, which is the most important day in our District's calendar. I'm hopeful that in 2021 we can once again gather together for the events that matter to our members and communities.

**Peter Jordan, District President, CFMEU**

2020 has been a defining and extraordinary year for the Gunnedah Shire. At a time when our community was weary after a prolonged drought, we have navigated an unprecedented global health and economic crisis and are coming out the other side stronger than before. The biggest challenge of 2020 has been keeping residents and businesses positive. Gunnedah is a tight-knit community where even a trip to the grocery store is a social experience, so isolation during lockdown periods has been particularly challenging.

This year I have been inspired by the resilience, ingenuity and capacity of the people here in our Shire. The community have been our sounding board and their insight and vision has placed us in the best possible position for recovery.

Gunnedah Shire Council committed \$2.4 million across two COVID-19 recovery packages and this was the direct result of community collaboration, enabling us to identify gaps in Federal and State Government support to develop a targeted stimulus. Gunnedah's steady unemployment figures and population growth illustrates the confidence of our business community in Gunnedah's strong future.

From adversity comes opportunity, and I am excited to forge ahead with accelerated transformational plans in 2021. We are keen to capitalise on the renewed tree-change movement and continue our campaign to promote Gunnedah as the first choice to live, work and invest.

**Cr Jamie Chaffey, Mayor of Gunnedah Shire**



When it comes to the biggest challenge in 2020 it's hard to imagine an answer that doesn't revolve around COVID-19. Like most businesses, responding to and managing the risks around COVID while maintaining our services and regulatory activities was a significant challenge. However, we were able to quickly adapt to maintain our core services and work closely with industry to ensure COVID was being appropriately managed - and not at the expense of other safety risks.

In 2020 I was most inspired by the strong tripartite approach shown in NSW. This genuine commitment from mine operators, unions and government to improve safety saw unanimous support through the Mine Safety Advisory Council for bringing forward reduction of the exposure standard for coal dust by nearly two years and the introduction of an exposure standard

for diesel particulates – a first in Australia. 2021 will be a busy year! The report on the Statutory Review of the WHS (Mines and Petroleum Sites) laws was recently tabled in Parliament and we will be engaging with stakeholders to develop a position on each of the report's recommendations. We will also be looking to implement our Operational Rehabilitation Reforms. But most of all, I'm excited for the return of our signature industry engagement forums, including the mining, electrical and mechanical engineering safety seminars.

**Anthony Keon, Executive Director, NSW Resources Regulator**



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# CHRISTMAS CHEER

THIS YEAR, GUNNEDAH HAS A NEW, BIG AND BEAUTIFUL COMMUNITY CHRISTMAS TREE IN BROCK'S COURT IN THE TOWN CENTRE, BRINGING CHRISTMAS CHEER IN A DIFFICULT YEAR. BUT EVERYONE CAN HELP SPREAD CHRISTMAS CHEER SIMPLY BY GIVING GIFTS BOUGHT IN GUNNEDAH SHIRE.

Gunnedah Shire Council is a supporter of the Gunnedah Spirit of Christmas Shop Local promotion aimed at encouraging local spending in a year when our businesses need it most. Gunnedah Mayor Jamie Chaffey said last year's campaign to boost local spending and keep the money local through Gunny Money gift cards had been a community success story, and Gunny Money was also a great gift idea for 2020. "The Gunnedah Spirit of Christmas Shop Local promotion is a wonderful initiative by the Gunnedah and District Chamber of Commerce and Industry supported by Gunnedah Shire Council," Cr Chaffey said. **"THE BEST THING WE CAN DO THIS YEAR TO SUPPORT OUR LOCAL PEOPLE AND BUSINESSES IS TO KEEP OUR SPENDING LOCAL, AND GUNNY MONEY IS A GREAT WAY TO DO THAT."**



"A Gunny Money gift card can be redeemed at 100 business and services from care for your pets to the movies and cafes. When you are shopping for your friends and loved ones, consider what Gunnedah has to offer first. "Keeping the spending in town makes for a Christmas to celebrate for all of us." **FOR THOSE WHO COULD DO WITH A HAND THIS CHRISTMAS, GUNNEDAH SHIRE COUNCIL IS ONCE AGAIN PARTNERING WITH THE SALVATION ARMY FOR THE ANNUAL MAYOR'S CHRISTMAS TREE TOY APPEAL.** Now in its sixth year, the Christmas Tree Toy Appeal aims to connect the community through compassion by calling on residents to donate toys for distribution to local

families in need over Christmas. New and unwrapped gifts can be placed under the Christmas tree located at Gunnedah Shire Council's Administration Building (63 Elgin Street, Gunnedah) and at the Gunnedah Shire Library (291 Conadilly St, Gunnedah). Gift ideas include toys, clothing and accessories, books, sporting goods, games, beauty products and gift vouchers. Locals are also encouraged to consider selecting gifts appropriate for older children. For health and hygiene reasons, food items and pre-loved toys are unable to be donated. Donations must be received before 5pm, Friday 11 December 2020 and will be distributed to local families in the lead up to Christmas.

## GUNNEDAH COMMUNITY SCHOLARSHIP FUND

Gunnedah Shire Council is encouraging students currently considering their tertiary study options to submit an Expression of Interest for the 2021 Gunnedah Community Scholarship Fund. The fund is open to all local students under 25 wanting to further their training and education at university, TAFE, or an accredited training organisation. This year applications have been extended so students have time to wait for their HSC results and UAC offer before applying for a scholarship.

VISIT [HTTPS://GSC2380.WUFOO.COM/FORMS/MZ36FWN1A28R42/](https://gsc2380.wufoo.com/forms/mz36fwn1a28r42/) FOR MORE INFORMATION AND TO REGISTER YOUR INTEREST IN APPLYING FOR A SCHOLARSHIP.

## A few dollars from your pay will help save lives

Since 1975, the Westpac Rescue Helicopter Service has been there for our community. You can become a supporter of this life saving service which operates 24-7 by becoming a regular donor. Whether you're at work, travelling or spending time with family or friends, it's reassuring to know the Rescue Helicopter is there for our community. **Joining our Workplace Giving Program is simple and makes a difference.** Contact your Community Liaison Officer on **1800 155 155** or email [enquiries@rescuehelicopter.com.au](mailto:enquiries@rescuehelicopter.com.au)



# MORE MINING MONEY

THE RECENT STATE BUDGET ANNOUNCEMENT HAS COMMITTED MORE MONEY FOR MINING COMMUNITIES ACROSS REGIONAL NSW.

While mining royalties are expected to be down this financial year due to the pandemic, they are expected to grow again and continue to deliver billions to the government. The NSW Budget announcement will see some of that returned to regional NSW where mining communities make up a big part. Round 8 of the Resources for Regions Program will see an increased commitment of \$75 million. The Resources for Regions program started in 2012 and gives 24 eligible mining-related local councils the opportunity to apply for funding for local projects. The first seven rounds of the program were each for \$50 million so the additional funding allocated for Round 8 is welcomed. The budget also announced funding for the NSW Resources Regulator. Over the next 4 years they will receive almost \$106 million in funding to regulate mine and petroleum safety in relation to Work Health and Safety compliance and enforcement. The Coal Innovation Fund will receive more than \$45 million over four years for investment and research into carbon capture, use and storage and low emissions coal technology projects. **FAMILIES AND BUSINESSES ACROSS REGIONAL NSW WILL BENEFIT FROM ADDITIONAL VITAL COMMUNITY UPGRADES AND JOB CREATING PROJECTS WITH THE INJECTION OF A FURTHER \$300 MILLION OVER TWO YEARS INTO THE TRANSFORMATIONAL REGIONAL GROWTH FUND.** Deputy Premier John Barilaro said this boost to the Regional Growth Fund will include another round of the \$100 million Stronger Country Communities Fund which will continue works to reinvigorate rural communities and deliver grassroots project upgrades to every Local Government Area in regional NSW.

"This is the Regional Growth Fund '2.0', with a further \$300 million injected into this popular program which has delivered over 2,100 projects across regional NSW to date, and today I can announce there's more to come," Mr Barilaro said. "The Stronger Country Communities Fund and Resources for Regions Fund are two of the Regional Growth Fund's flagship programs and the new funding announced in the 2020-21 Budget is great news for rural families, businesses and industry." The recharged Regional Growth Fund will also deliver new programs that target economic activation and tourism projects and complement the recently announced \$100 million Regional Job Creation Fund to provide businesses in regional NSW with the confidence they need to invest, expand their operations, get new customers through the door and create new jobs. Mr Barilaro said the now \$2 billion

Regional Growth Fund was first introduced in 2017 to give people in every corner of regional NSW a fairer share of government investment. Over \$1.7 billion has already been committed to more than 2,100 projects, big and small, right across regional NSW. "The Regional Growth Fund has delivered industrial precincts and intermodals to roads, power, water and the internet, upgraded regional airports, floodlights for footy fields and playgrounds for kids. "These projects are providing the major infrastructure upgrades that industry needs to thrive, the support that businesses need to expand, the attractions that tourists love to visit and the community improvements that make a big difference to everyday life."

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Did you know that Santa's not allowed to go down chimneys this year? It was declared unsafe by the Elf and Safety Commission.

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# OPEN FOR BUSINESS

VALLEY FASTENERS OPENED THEIR NEW BRANCH IN GUNNEDAH ON SEPTEMBER 10, ALREADY ENGAGING AND CONNECTING WITH THE LOCAL COMMUNITY.



Australian and family owned business Valley Fasteners was first established in 2006 in Rutherford by husband and wife team Scott and Kristy Boyton. With three NSW branches in Rutherford, Muswellbrook and now Gunnedah, Valley Fasteners has quickly extended well beyond fasteners.

The business has become a one stop shop with availability to more than 100,000 products across a broad spectrum of categories including Safety and PPE, Abrasives and Cutting Tools, Welding and Materials Handling, Washroom, Paints and Lubricants, Hand and Power Tools.

**THEIR SUCCESS ACROSS A NUMBER OF INDUSTRIES HAS GROWN RAPIDLY SINCE FIRST OPENING THEIR DOORS IN 2006, AND ONE OF THE KEY REASONS FOR THIS IS THE CONNECTIONS THEY HAVE MADE WITH THEIR LOCAL COMMUNITIES, CUSTOMERS AND BUSINESSES.**

Open only a couple of months in the Gunnedah shire, Valley Fasteners have already sought ways to engage and support the local community starting with their 'Grill and Give Back' initiative.

"Given the retail aspect of the Gunnedah store we have the opportunity to implement some additional ways to help raise funds within the community and commenced the first of what we hope will be many community initiatives with our 'Grill and Give Back' sausage sizzles on Saturday mornings," said Kristy.

"Each Saturday we partner with a different local not for profit organisation to run a BBQ, with the proceeds from the day

being donated to that organisation." Gunnedah was a natural progression for the Valley Fasteners chain with a number of existing customers working on projects in the area. Also coming from a farming family background Kristy, Scott and the team are keen to develop product lines and supply chain networks that will assist with the agriculture sector, also supporting and creating local jobs.

"Encompassing job creation for local people and assimilating with the community is a core objective of each Valley Fasteners branch and Gunnedah is no exception," said Kristy.

"To date the sales and management team consist of 3 full time and 1 casual employee, locals to the Gunnedah Shire."

The location of the store at 251 Conadilly Street sees Valley Fasteners progress into a new phase of retail selling, with the store layout encompassing the showroom and warehouse as one. Slightly different from their current business models, Kristy said they were excited at the new opportunity and the response from all facets of the community.

**"EVERYONE HAS BEEN 100% SUPPORTIVE IT'S A GREAT REFLECTION OF THE GOOD PEOPLE THAT LIVE IN THE GUNNEDAH COMMUNITY," SAID KRISTY.**

The Valley Fasteners commitment to building a viable and sustainable branch in Gunnedah has been obvious in only the short few months they have been open. We can't wait to see them continue to grow within the Gunnedah community.

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QUINTON IRWIN • AGE 6

**Tell me one fun fact about Santa Claus?**  
Santa gives presents to every single kid in the world.  
**What do reindeers do for the rest of the year?**  
Stay in their beds and have a big sleep and watch Netflix.  
**What do you get off Santa if your naughty?**  
A lump of coal.



LACHLAN FINNERTY • AGE 5

**Tell me one fun fact about Santa Claus?**  
He loves bringing me presents.  
**What do reindeers do for the rest of the year?**  
They play games like tips, hide and seek, and they catch up on lots of sleep.  
**What do you get off Santa if your naughty?**  
A rock in your Santa sack.

# Kids @ THE COALFACE

## IT'S TIME TO GET YOUR MILK AND COOKIES READY FOR THE BIG FELLA. SANTA CLAUS IS ON HIS WAY, AND WE'RE ALMOST AS EXCITED AS OUR @THE COALFACE KIDS.



JEREMIAH TALBOTT • AGE 8

**Tell me one fun fact about Santa Claus?**  
He's sneaks into your house and leaves lots of presents. He's the Easter Bunny's brother.  
**What do reindeers do for the rest of the year?**  
Stay in a case or go to Specsavers.  
**What do you get off Santa if your naughty?**  
He doesn't come to you.



VICKY TALBOTT • AGE 7

**Tell me one fun fact about Santa Claus?**  
He's fat and funny.  
**What do reindeers do for the rest of the year?**  
They rest.  
**What do you get off Santa if your naughty?**  
No presents.



LIAM MCKENZIE • AGE 6

**Tell me one fun fact about Santa Claus?**  
Santa gives presents to all the kids.  
**What do reindeers do for the rest of the year?**  
They sleep.  
**What do you get off Santa if your naughty?**  
Nothing!



CHELSEA SHOOBERT • AGE 4

**Tell me one fun fact about Santa Claus?**  
He brings presents.  
**What do reindeers do for the rest of the year?**  
They eat.  
**What do you get off Santa if your naughty?**  
If you're on the naughty list you get coal.



SHAKIRA TALBOTT • AGE 8

**Tell me one fun fact about Santa Claus?**  
That he has a beard.  
**What do reindeers do for the rest of the year?**  
Sleep.  
**What do you get off Santa if your naughty?**  
Nothing!

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# THEN AND NOW

WE'RE BACK WITH ANOTHER EDITION 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.

## LEIGH WILSON

REGIONAL MANAGER - NEW ENGLAND, GB AUTO



I grew up in Cessnock in the Hunter Valley and attended Marist Bros Maitland High School years 7-8 and Cessnock High years 9-12. After my HSC I got talking to Member for Hunter Joel Fitzgibbon who owned an auto electrical business in Cessnock, and he offered me an apprenticeship. A couple of roles later, I started at the Cat dealership Gough & Gilmore Mt Thorley in 1995 and had my first experience on large mining machines. I gained a lot of experience on Cat machines by rewiring dozers, trucks, diggers and loaders and also gained some experience as leading hand of the electrical section. After 3 years I went to work for Montronics in Singleton where I learnt to build idle timers and other electronic devices for the mining sector from scratch. I moved on to some other

jobs and eventually my career path took me back to the Cat dealership which was now WesTrac in Mt Thorley where I was a Field Service Auto Electrician and then started life off the tools as a Co-ordinator. I received opportunities as a Manager of WesTrac Mt Thorley Branch, completing a Diploma of Management in 2012 and then took an opportunity at Tradecore as the Operation Manager. In 2015 I packed the family up and moved to Gunnedah as a Regional Manager for GB Auto, having the opportunity to grow the business in the Gunnedah basin. There definitely has been some challenges in finding the right people to come to the area but we now have a strong team that I can be very proud of and also have a brand new facility to service the area from.



## MAT LADHAMS

MINING COORDINATOR, MASTERMYNE GROUP



I grew up in the Snowy Mountains in southern NSW and attended Dalgety Public School which had about 30 kids in total. I left school early completing Year 9 and headed to North Queensland at age 16 to work on a cattle station. In my 20's, my main concern was riding bulls and getting to the rodeo, so I did whatever work was going from shearing, fencing and mustering to concreting and tractor driving. In 2012 I got a great opportunity as a cleanskin at Ulan West Underground. After a few years I was driving the continuous

miner and loved it! After 5 years it was time for a change and went to Narrabri with Mastermyne as a miner driver for a cut and flit contract. About 18 months ago, I was given the opportunity to step up as a Mining Coordinator. This was a real change from being underground, but I was really well supported in this new role by Mastermyne. Next, I am off to QLD to start a new contract at Crinum in 2021. I never thought I would be working as a Coordinator in a coal mine but who knows what's in store if you just have a go.



## AARON SMITH

DIRECTOR, AZTECH EARTHMOVING REPAIRS



Born and raised in Orange NSW, I always had ambitions to be a mechanic from a young age. When a relative provided an opportunity for me to gain work experience at Muswellbrook Coal in 1998 through my school program I was hooked. This was me! In January 2001 after completing year 10, I was fortunate enough to secure an apprenticeship with Gough & Gilmore at Cadia Hill Gold Mine as a heavy diesel mechanic. With a transfer in 2003 to the Hunter Valley Mt Thorley branch to gain more component experience, I worked with some of the most experienced fitters in the industry. My ambitions were to gain as much experience as possible. Not long after completing my trade it was time to travel and experience new horizons in North Queensland working with Hastings Deering as CSA support for the all new fleet of 797B's at Goonyella Riverside, Saraji and Peak

Downs. Settling closer to home in 2010 my wife Debbie and I found ourselves in Gunnedah, NSW where we instantly set our foundations and raised our 4 children. It was here I started Aztech Earthmoving Repairs. In May next year Aztech we will be celebrating 10 years of establishment. Today we manage 27 terrific staff and specialize in all mechanical services from light to commercial vehicles and heavy mining equipment. In the last 2 years we have diversified and invested into the equipment hire market with 5 machines including 2x D11R dozers. Passing on my experience and opportunities I had as a young tradesperson, today we employ 6 apprentices and trainees that can hopefully set these young people on a career path with endless opportunities. 20 years ago, I never thought I would be where I am today, though I have enjoyed every step of the journey.



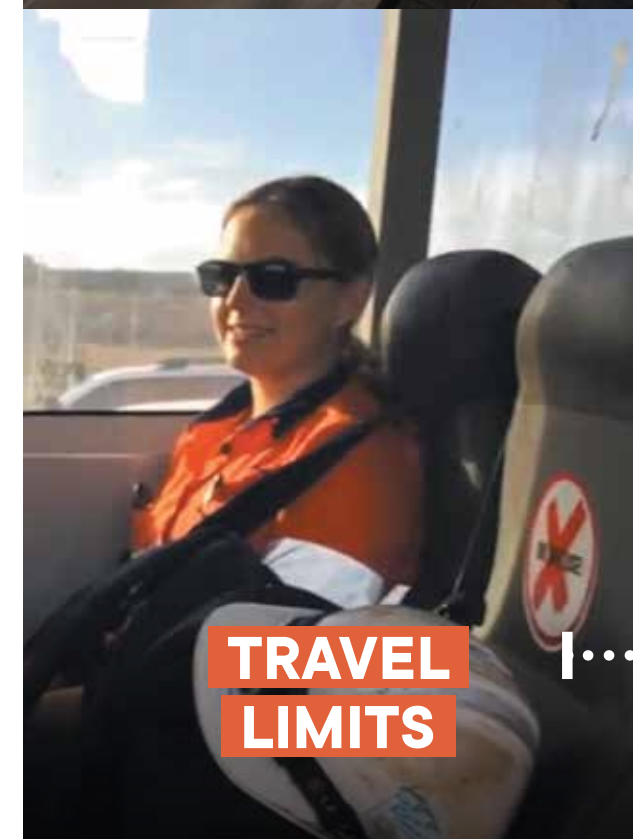
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## SUPPLIER INSIDER

# MANY FABRICATION AND ENGINEERING

## Who are you and what do you do?

Many Fabrication and Engineering Pty Ltd is an Indigenous owned fabrication and engineering company. We offer a wide range of services across several industries, including fabrication, fitting and machining, construction, installation, project management, shutdown maintenance and repairs, mobile welding services, engineering and drafting services, diesel mechanical support and labour hire.

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

Established in 2013, owner Glenn Many was the only

employee and his dedication and resilience have flourished into 2020 (despite COVID-19) with great success and a team of 40 employees that service the Gunnedah and surrounding regions.

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

A typical day would be MFE "on-the-go". We ensure our staff are resourced with the required materials to complete all tasks given. Overseeing workshop projects, on-site jobs, maintenance and repair jobs, walk in enquiries and proactively sourcing new business.

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

Seeing a successful job leave

our workshop and exceeding our client's expectations.

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

Multiple opportunities are on the horizon with the announcement of Whitehaven's Narrabri Coal Operations of stage 3 submitting for government approval and Vickery Coal mine re-opening pending approval. Also, various minor infrastructure improvements and maintenance.

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

The growing infrastructure spending in our region in support of the surrounding mining resources and agriculture industries.

## What are the biggest challenges facing your business?

Retention of staff. The biggest challenge faced is the competitive employment market sector. We aim to provide a stable and strong work environment for our employees.

## How long have you been doing business and business in the North West?

Formally, since 2013 – so 7 years. However, being a locally owned and operated business – individually speaking, working in and around the mining industry here in Gunnedah for over 10 years.

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

We proudly participate in employing locals, supporting them, and teaching them skills and foundations to be a successful member of our team. We are passionate about assisting with educating the future boilermakers, fitters and machinists. We work alongside the AES (Aboriginal Employment Strategy) and other recruiting services. We currently have 4 apprentices, 3 trainees and some work experience team members - and we are currently assessing the opportunity for further increasing those numbers. MFE are supporters of supporting locals. We give back to our local community as much as possible. We sponsor the Gunnedah Motorcycle Club, the Boggabri Football Club and local schools in the Gunnedah district. The way we see it, our business depends on its community as much as the community relies on its local businesses. The two work hand-in-hand, and we're passionate about the success of both!

**How big is the crew in the North West?**  
Our crew has grown to 40! We have employees from Gunnedah, Curllewis, Tamworth,

Manilla, Moonbi and we're continuing to grow.

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

Interacting with the community and its businesses. Making professional networks with people from Gunnedah and its surrounding regions is a great way to not only meet new people and their businesses, but also create lasting inter-business relationships.

## The worst thing?

There isn't a lot of "worst things" about MFE. The biggest thing we have identified from 2020, is the effect COVID-19 and the effects on the way we business and way of life.

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

We have great camaraderie amongst our workforces. We've had plenty of great stories and times to reminisce on – but publishing them possibly isn't the best idea.

## Anything else you want to say?

MFE is a company that is ever expanding – we're always on the lookout for potential new projects/jobs, qualified tradesmen and innovative ideas. We invite the readers to contact MFE with any ideas, job propositions, or interested personnel.

# EMMA BULKELEY

MY MINING LIFE

AS AN ENVIRO, EMMA BULKELEY DOES A BIT OF EVERYTHING IN HER ROLE FROM A TEMPORARY WILDLIFE CARER TO COMMUNITY LIAISON.

## Who are you and what do you do?

Emma Bulkeley and I am the Environmental Superintendent at Whitehaven's Maules Creek Coal Mine.

## Any nicknames good or bad?

None that I am aware of...

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

We moved to Gunnedah from Central Queensland in March of 2019. However, I know the area well having grown up in the Central West.

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

I started in mining straight out of uni in the Bowen Basin working at multiple sites before settling in for the long haul in Emerald. During that time, I was exposed to multiple facets

of mining working in both underground and open cut operations. My time there taught me to appreciate the wet season and never underestimate the power of water. Some of those experiences were very unique to the area and gave me some very good problem solving abilities. Since starting at Maules, and throughout my career so far, it's certainly been a wild ride, but the twists and turns have been well worth it.

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

Is there such a thing as usual being an enviro? We do a bit of everything and anything which is thrown at us - be it approval seeker, temporary wildlife carer, mediator, community liaison, farmer or compliance officer.

## How big is the crew?

We are a fantastic little team of 4.

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

Looking up at a rehabilitation slope and being able to say that you have been instrumental in creating something which will stay in the community long after the mine has gone.

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

Enviros tend to be able to lend their hand at most things given the variety of work that gets thrown at us. I've just come back in from fixing the neighbours horse trough.

## The worst thing?

The sound of rain of the roof.

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

The one time I was expected to work night shift, I was undertaking flood-watch on a mine in Central Queensland that was prone to river flooding. The pump crew found me fast asleep across my keyboard. Let's just say we all learnt a lesson that night. That was the first and last time I fell asleep at work, and that was the first and last time they asked me to do night shift. Though these days after having a child nightshift wouldn't be an issue.

## How different is your job

## to what you wanted to be when you were a kid?

I wanted to be an actor and whilst I am sure the people whom I work with would say that I can be very dramatic, the two professions couldn't be more distant from each other.

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

That no matter where I went, I always had a book in hand. I would go to do cattle work with my book, orchestrate a fight with my dad in the first 5 minutes and spend the rest of the day in the air conditioned car reading.

## Family?

There are 3 of us in our little family - my husband George and our 4 year old boy Fletcher.

## What do you do in your downtime?

We like to travel whenever we get the chance however this has obviously slowed

over the last 12 months.

Now that the internal borders are opening it will give us a chance to see more of Australia.

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

I have severe allergies to grass seeds and tree pollen, not that I come across those too often in my profession.



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## PARALLEL ECONOMICS

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A few days after Christmas, a mother is in the kitchen and hears her young son playing with his new electric train in the next room. She hears the train stop and her son saying, "All of you sons of b\*tches who want off, get the hell off now, cause this is the last stop! And all of you sons of b\*tches who are getting on, get your asses in the train, cause we're going down the tracks."

The mother goes nuts and tells her son, "We don't use that kind of language in this house. Go to your room for two hours. When you come out, you may play with your train, but I want you to use nice language."

Two hours later, the son resumes playing with his train. The mother hears, "All passengers who are disembarking from the train, please remember to take all of your belongings with you. We thank you for riding with us today and hope your trip was a pleasant one. We hope you will ride with us again soon."

As the mother begins to smile, the child adds, "For those of you who are pissed off about the two-hour delay, please see the b\*tch in the kitchen."

## THE CHRISTMAS TREE FARM

OVER TIME WE HAVE COME UP WITH MANY DIFFERENT IDEAS AND WAYS OF MAXIMISING MINE LAND, THIS IDEA IS THE EASIEST SO FAR AND COULD SPREAD A LOT OF JOY EACH YEAR.

The Community Christmas Tree Farm is such a simple idea I don't know why we haven't thought of it before.

Kids love a Christmas tree and so do plenty of the big kids. Going out and picking a fresh one cut to order that's perfect for you and your clan is a simple joy and experience that will last a lifetime and most likely become an annual tradition.

### SO HOW COULD IT WORK?

One of the mines close to a local community could set aside a modest three or four acres that was on a boundary well away from mine activity with reliable access to water.

Then working in collaboration with mines rehab people and potentially a community organisation like Men's Shed, Lions or Rotary, plant a farm and watch it grow.

WITH THE GROUPS INVOLVED WORKING TOGETHER ON A BIT OF REGULAR MAINTENANCE THROUGHOUT THE YEAR, COME CHRISTMAS SEASON THE TREES WOULD BE READY TO HARVEST AND BRIGHTEN UP EVERY HOUSE.

Working with other community organisations like Vinnies and the Salvo's for example, a good portion of the trees could be allocated free to the community for organisations who could put them to good use. People struggling would get a terrific dose of Christmas spirit and places like community centres, aged care facilities and schools could all join in without cost.

The rest of the community could then come and buy their trees with the family creating a wonderful Christmas tradition. All proceeds after a few costs could then go to the community groups who help run it to do more good things out there.

The idea is low impact but high social return and feels as good as sounds. Who knows it may even get a mine owner onto Santa's nice list.

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## WHAT A LOAD...

THROUGHOUT THE HISTORY OF COAL MINING THERE'S BEEN ONE MACHINE THAT'S ALWAYS CARRIED A HEAVY LOAD. THE HAUL TRUCK. WE TAKE A LOOK AT HAUL TRUCKS THROUGHOUT THE YEARS.



### BELAZ 75710

In 2013 the BelAZ 75710 took over the title as the world's largest and highest payload capacity haul truck weighing an incredible 496t. At 20.6 metres long, 8.16 metres high and 9.87 metres wide, this enormous truck was the first to be able to transport more than 450t.



### LEIBHERR T284

The Liebherr T284 mining truck is an advancement of the successful T282C and is the lightest ultra-class mining truck respective to its payload capacity. Weighing 600t it packs an impressive 363t payload capacity while offering reduced fuel consumption.



### CAT 797

One of the most successful and recognisable dump trucks ever developed, the Caterpillar 797 has been reincarnated multiple times. In 1997, Caterpillar began development on the 327t payload capacity haul truck. It was the first haul truck created by Cat using computer-aided design technology.



### EUCLID MODEL 12

In 1934, Euclid designed and built the Model 12 truck, which is generally considered to be the first off-highway rear dump truck for mining. The heavy-duty vehicle was fitted with a 100HP Waukesha gasoline engine and was just 6.4m long.



### KOMATSU 930-E

The Komatsu 930-E was a progression from Komatsu's 830-E, which at the time in 1988 was the world's most popular diesel electric 240t capacity truck. The same high technology and manufacturing standards that made the 830-E such a success would be used in the 930-E but instead of a DC electrical drive layout it was the first hauler of its kind to use the AC drive system.

### THE MINECART

From as far back as the 1500's, styles of the minecart existed. The simple cart was generally constructed of wood and metal and moved along fixed tracks. Seldom used today, they still remain one of the most identifiable and iconic mining vehicles.



### DART 75-TA

The Dart 75-TA was a 75t tandem drive rear dump truck that set a 1951 world record for haul-truck size when it was unveiled at the Bagdad Mine in Arizona. It was designed by truck builder Ralph Kress who was referred to as 'The Father of the Off-Highway Truck.'



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# MIND OVER Matter



HAS SUMMER SNUCK UP ON YOU AND YOU'VE JUST COME TO THE REALISATION THAT THE BODY YOU'VE BEEN HIDING ALL WINTER IN BULKY SWEATERS MAY SOON HAVE TO BARE ITSELF IN A BIKINI OR BUDGIE SMUGGLER?

It's normal for a bit of weight to creep on during the Winter months. But this Winter we've also had to deal with a pandemic causing isolation, anxiety and panic buying (quickly followed by panic eating as you realise those 50 boxes of choc chip cookies are almost out of date). What can you do? Well you could self-isolate until Winter rolls back around again, maybe sign up for a gym membership that you'll probably never use, or how about trying one of those crazy celebrity diets?

**OR YOU COULD START USING YOUR BRAIN TO BEAT THE BULGE. I'M NOT TALKING ABOUT WILLPOWER HERE; I'M TALKING ABOUT A NEW WAY OF GAINING CONTROL OF YOUR EATING HABITS CALLED MINDFUL EATING.**

For many of us an example of how we eat is a bag of chips in front of the TV and you only realise you've eaten the entire family size bag once your hand has been scrambling around the bottom of the bag for a few minutes and your brain finally gets the message. That's mindless eating. Mindful eating is not a new idea. Based on the Buddhist concept of mindfulness, it's about learning to be fully aware of what is happening to you and what you are doing as you are doing it. Sounds easy? Actually, it can be quite difficult to break eating habits you have developed over a lifetime. Most of the time we eat food purely from habit and not from hunger. Mindful

eating is about learning the difference between hunger and want, about eating in a thoughtful way, and about creating healthier eating habits. There is a ton of information out there on mindful eating. TED talks, apps, studies, blogs, you name it. But all of it comes down to the following basic principles.

**NO DISTRACTIONS** - only eat food when you are entirely focused on it. No TV, no eating in the car, no eating while working.

**APPRECIATE YOUR FOOD** - place the food in front of you, look at the food, smell the food and then slowly, slowly eat in small bites, chewing every mouthful well.

**HUNGER OR HABIT** - by fully focusing on what you eat, it is easier to recognise the signs of being full. When you go to get a snack ask yourself if you really want it. Why do you want it? Listen for physical cues and learn to read the signs of when you are turning to food due to other reasons such as anxiety or boredom.

**REWIRE THE REWARD SYSTEM** - when you overeat or eat something unhealthy, analyse how it makes you feel. The reward system in your brain can be rewired after as little as a dozen times of acknowledging something that makes you feel bad. For me personally, I can't wait to start spending some quality time with my snacks and giving them the love and devotion they deserve.

# 'AVE A LAUGH WITH

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It was Christmas Eve at the Coles meat counter and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one.

In desperation she called over a shop assistant and said, "Excuse me. Do these turkeys get any bigger?" "No, madam," he replied, "they're all dead."

# 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.

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If your partner has the ability to somehow always stealthily eat all of your ice cream before you even get to enjoy one scoop, I suggest you invest in the Ben & Jerry's Pint Lock. Ben & Jerry's have developed a state-of-the-art security system that features a combination lock to keep those pesky ice-cream thieves at bay and protect your frozen treasures.



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LEGO® HAS RELEASED AN ART RANGE AND IT'S UNBELIEVABLY COOL.

It's been around for almost a century and I'm sure even our kids', kids', kids will still be playing with LEGO®. The beloved brand has now released an art range including a stunning display of legendary band, The Beatles. Inspired by the iconic portraits included in the Beatles' famous White Album, you're able to create one of four of your favourite Beatle. Including 2933 pieces, you can build one band member at a time or build and feature your favourite Beatle on the lounge room wall.

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# DAVEY DREAMS BIG

TITLE AFTER TITLE, SHANNAN DAVEY HAS BEEN MAKING NARRABRI PROUD IN THE BOXING RING WITH HIS LATEST WIN NAMING HIM THE 69KG ELITE QUEENSLAND CHAMPION.

At 21 years old, Shannan has a large list of titles under his belt and he doesn't plan on pulling back any time soon with his sights set on one day becoming a World Champion. Born and bred in Narrabri, the local boxer recently made the move

to Bundaberg, QLD to further his boxing career. Shannan recently took out the 69kg Elite Queensland Championships by unanimous decision on November 15, following 2 hard fights days before against Jack West. The semi-final bout was tough, but Davey had the better of his opponent throughout the fight defeating him in a TKO, taking him to the final.

His boxing journey began in 2013, after following in footsteps of his older brother at 13 years old. "My brother started boxing training and he got me up off the couch and out training 4 nights a week at a workshop in Narrabri," said Shannan. The following year Davey took the 2014 63.5kg ABL Global Championship and was named the 2014 63.5kg ABL NSW Champion. His success continued from there, with win after win including the 2015 63.5kg ABL Australian Championship and the 2018 64kg ABA Golden Gloves Championship to name a few.

**TALKING ABOUT HIS JOURNEY SHANNAN SAID, "THE JOURNEY TO WHERE I AM TODAY HAS BEEN LIKE A ROLLERCOASTER; THERE HAS BEEN MANY UPS AND MANY DOWNS, BUT I WOULDN'T CHANGE A THING."**

"I have faced a lot of controversy while on this journey and lots of challenges which has only pushed me harder to where I am today."

Shannan is now under the guidance of coach and former amateur boxer Attila Kovacs, who has been in and around the sport for over 40 years. The dedicated trainer has trained 3 of his own sons who are amateur Australian Champions. "Attila motivates me like no other



trainer I've had before him," said Davey. "Him and I share the same love and passion for the sport and that's why we have such a great connection and have earned each other's respect."

The Narrabri community have also rallied behind the young champion. "It feels great the people of Narrabri really get behind me and motivate me and push me to be better every single day," Shannan said.

**"WHEN YOU COME FROM A SMALL TOWN LIKE NARRABRI PEOPLE REALLY RALLY TOGETHER AND LOVE TO SEE A LOCAL BOY DO GREAT AND ACHIEVE HIS DREAMS."**

Shannan is set to step into the ring again in late November this year and with the Narrabri and North West community behind him, it's sure to be a ripper of a contest.



## Tasty TUCKER

THE OLIVE RESTAURANT AT THE COURTY SETS THE STANDARD FOR PUB GRUB IN GUNNEDAH, WITH PUB CLASSICS, CURRIES AND A GREAT ATMOSPHERE TO TOP IT OFF.

A welcome addition to the country town of Gunnedah, The Olive Restaurant is the perfect place to have lunch or dinner. The menu is diverse yet still offers those classic pub style dishes, and you get plenty of bang for your buck. The pub itself is stunning inside and out with a space to suit everyone, from alfresco dining to comfortable air-conditioned seating in the restaurant. My partner and I dropped in for lunch on a stinking hot Friday and were relieved to escape the heat in the restaurant.

**GOING THROUGH THE MENU, THERE'S A RANGE OF AUSTRALIAN CUISINE WITH THE ADDITION OF CURRIES AND OPTIONS TO DRESS UP YOUR PUB FAVOURITES.**

I ordered the Caesar Salad with baby cos, crispy bacon, parmesan, croutons, anchovies and Caesar dressing and was stoked to discover they had add-on options of grilled chicken, calamari, bacon, halloumi and/or salmon. I felt I had to veer away from the classic chicken Caesar salad and went for the unusual option of salmon on my Caesar, and my goodness did it pay off.

The entire salad was made from fresh ingredients and the salmon had a fresh and subtle taste. On a stinker of a day, there's nothing better than a fresh Caesar salad or some delicious salmon, so combining the two was a damn good choice.

**MY PARTNER THINKS HE'S SOMEWHAT OF A CONNOISSEUR OF CRUMBED CUTLETS AND TO BE FRANK IF WE HEAD TO A PUB THAT DOESN'T HAVE THEM ON THE MENU, HE WON'T SHUT UP ABOUT IT. SO OF COURSE, HE ORDERED THE CRUMBED CUTLETS, TWO LOCAL MORNINGTON BUTCHERY LAMB CUTLETS SERVED WITH MASH AND VEG AND A SIDE OF PEPPER GRAVY.**



His verdict? They were among some of the best crumbed cutlets he has wrapped his teeth around. Shaun also has a bit of a sulk if the veggies aren't up to scratch, so I was pleased to see him almost inhale all of the beautifully cooked veggies off his plate.

Right in the heart of Gunnedah, The Courthouse Hotel has been a part of the local community for over 100 years so it's not hard to see why it's such a favourite amongst locals. But visitors also seem to be drawn to the venue – I know we were.

Throughout the week there's a number of specials and the weekend boasts great live entertainment. When you're in Sunny Gunny, you'd be crazy not to have a meal or two at The Olive Restaurant at the Courthouse Hotel.

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"Boss, can I take tomorrow off? My wife really needs help with Christmas shopping," asks Joe. "Are you out of your head, man? I can't give you a day off for this!" rumbles the boss. "Oh thanks a lot, boss," Joe smiles, relieved, "I knew I could rely on you!"



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# FESTIVE FISHING SEASON

WELL, 2020 HAS DEFINITELY THROWN EVERYTHING AT US INCLUDING THE KITCHEN SINK! BUT THE GOOD NEWS IS THE FISHING SEEMS TO BE HEADING IN THE SAME DIRECTION. HONESTLY, WE WOULD STRUGGLE TO COME UP WITH A SPECIES OR FORM OF FISHING THAT ISN'T ON FIRE AT THE MOMENT.

**'AVE A LAUGH** WITH **COMPONENTS ONLY**

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A guy bought his wife a beautiful diamond ring for Christmas. After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles." "She did," he replied. "But where was I going to find a fake Jeep?"

**BEACHES**  
Let's start at the top of the list. Beach fishing is insane at the moment. I don't think I've seen the quality and numbers of fish for a long time. Especially the Jewies!

**FRESH WATER**  
Cod season will open back 1st December. The recent flush in the rivers has been just what we needed and has the Bass fired up on the Eastern side of the range and Yellow Belly on the Western side. It's really hard to beat the adventure walking along the creeks and rivers late on a summer's afternoon flicking a few lures around the snags.

**OFFSHORE**  
Things are continuing to improve off the coast when it comes to the coming Marlin season. A few fish have been caught and seen as far as the warm water goes.



We have some really warm water wide off Port Macquarie and an upwelling sitting off the coast of Port Stephens. All we need is the warm current to push South and we should hopefully see the start of an awesome Marlin season.

Offshore reef places like Allmark wide off the Bay and Texas off Norah Head are alive with Kingfish lately, with some bigger than average testing the punters out. As long as the current doesn't kick into gear it should continue for a while yet.

Inshore reefs we are still seeing some great numbers of Snapper in the reefs. We are also seeing plenty of Trag on the reefs and Flathead stacking up on the sand for the Summer. The Pelagic front Kingfish are bullying those who wish to play silly games around the inshore reefs also with some pretty big hoodlums showing up for a fight.

**EASTURIES**  
Lake Mac would have to be the standout with its diverse range of target species and ease of fishing with the family. Whiting and Flathead are moving around on the hunt especially in and around the channel and tidal areas of the lake. Kingfish are showing their presence in the lake, these fish also tend to hold in and around the more tidal areas, especially around the Bridge. Throwing a few lures at the bridge pylons can be a lot of fun but heart breaking at the same time.

**Keep floatin' – Thrifty's**

## DO YOU EVEN LIFT BRO?

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



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

Most modern 4WDs have a whole heap of hi-tech traction aids that work wonderfully with the exception that they all lack two important factors – ground clearance and suspension down



travel. These are the two things that will get you stuck!

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

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

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

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

**BUT I'M ONLY DOING BEACH DRIVING.**

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

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

plenty of horror stories of bogged 4WDs being claimed by the surf. The same can be said for driving bush tracks - anything from mild to wild tracks can always change and giving your vehicle the best ground clearance and suspension down-travel will reduce the chance of damage and ensure that wheels stay on the ground and moving forward. So, a suspension lift makes perfect sense for anyone wanting to do any form of off-road driving to avoid damage and ensure forward momentum, and we would definitely put it up there as one of our top 4WD mods. After all, who couldn't use a few more inches?

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nswmining.com.au/covid-19-community





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EASY

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|   | 3 | 6 |   |   |   | 7 | 2 |
|   | 8 |   |   |   |   |   |   |
| 8 | 2 |   |   | 5 |   | 4 |   |
| 7 | 4 |   |   | 8 |   | 6 | 5 |
|   |   |   |   |   | 2 |   | 7 |

STRANGE BUT TRUE!

Did you know...

- Christmas trees usually grow for about 15 years before they are sold.
- It is estimated that the single "White Christmas" by Irving Berlin is the best-selling single of all time, with over 100 million sales worldwide.
- Santa Claus has to travel about 1,800 miles per second to hit each household on Christmas Eve. Luckily, his magic sleigh prevents the air resistance from vaporizing him.
- The abbreviation Xmas isn't irreligious. The letter X is a Greek abbreviation for Christ.
- Santa Claus has different names in different countries: Sheng Dan Lao Ren in China, Father Christmas in England, Papa Noel in Brazil and Peru, and Pere Noel in France.
- Mistletoe, the common name for the plant viscum album, means "dung on a twig" in Anglo-Saxon and is spread through bird droppings.
- The world's tallest Christmas Tree is in Sri Lanka and is 72.1 metres.

HANDYMAN'S HEAVEN

Check out the latest tools, pick up those bits and pieces for your latest DIY project, or just grab a coffee after dumping the kids in the play area.

FOR YOUR CHANCE TO WIN A \$50 VOUCHER, SIMPLY SMS: TOOL TIME, YOUR NAME AND YOUR EMAIL ADDRESS TO 0438 474 290. Limit of one entry per person. NSW Permit No. LTPM/19/05181 By submitting an entry, you consent to the use of your contact details for promotional and marketing purposes.

WIN!



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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