In need of a tyre supply solution for your equipment?
We are a recognised supplier of new tyres for mining, earthmoving and quarry industries across Australia.

KalTireMining.com

BARRY RETIRES
AFTER MEMORABLE CAREER

THE WESTPAC RESCUE HELICOPTER SERVICE SAYS GOODBYE TO LEGENDARY EMPLOYEE BARRY WALTON, AFTER MORE THAN FOUR DECADES OF SERVICE TO OUR COMMUNITY.

FIGHTING FOR THE FUTURE

RIX’S CREEK FIGHT FOR THE FUTURE OF THE COMMUNITY, THEIR WORKFORCE AND THEIR OPERATIONS.

BELIEVE AND ACHIEVE

THE NSW MINERALS COUNCIL’S 2019 HEALTH, SAFETY, ENVIRONMENT AND COMMUNITY CONFERENCE AWARDS SHOWCASE THOSE IN OUR INDUSTRY WHO GO ABOVE AND BEYOND. THIS YEAR’S WINNERS ARE NO EXCEPTION.

MRS SERVICES GROUP

39-43 Thomas Mitchell Drive
Muswellbrook, NSW 2333 Australia

PH +61 (2) 6540 9400
mrssg.net info@mrssg.net

Mechanical

LARGE MINING EQUIPMENT MECHANICAL REPAIRS

WORKSHOP SERVICES:
• MIDLIFE REBUILDS
• ENGINE CHANGE OUTS
• DEFECT REPAIRS
• EQUIPMENT COMPLIANCE

FIELD SERVICES:
• PLANT MECHANICS, AUTO ELECTRICIANS, HV ELECTRICIANS
• AIR CONDITION SERVICES
WE ARE PROUD TO ANNOUNCE THE ALL NEW
G4 EASY TRAY
NOW AVAILABLE IN AUSTRALIA

Minotec engineers have developed a modular body system that revolutionises service, repairs and time. This highly innovative design ensures your cost of ownership is dramatically reduced. After purchasing the G4 you are easily able to adapt spare parts such as sidewalls, headboards and all high wear areas that are monitored and replaceable. With onsite repair capabilities, what was once impossible is now possible.

25% SAVINGS ON DOWNTIME
MASSIVE REDUCTIONS IN OWNERSHIP COSTS AND REPAIR COSTS
MAJOR ONSITE REPAIR CAPABILITIES MEANING LESS COMMUNITY IMPACTS THROUGH COMPLEX AND EXPENSIVE LOGISTICS MOVEMENTS FROM SITE TO WORKSHOP FOR REPAIRS AND OVERHAULS.

THE REVOLUTION HAS ARRIVED

TRANSPORT AND LOGISTICS: MINETEC EASY TRAY CONFIGURATION

ANGLED SIDEWALLS FOR ACCELERATION OF MATERIAL WHILE UNLOADING

- REDUCES CARRY BACK
- CURVED FLOOR-SIDEWALL SECTIONS
- REDUCES CARRY BACK ISSUES

INNOVATIVE DESIGN FEATURES

- G4 DESIGN REPLACES UNDERFLOOR BOLSTER BEAMS FOR ‘T’ DESIGN BEAMS
- REDUCES CONCENTRATION OF STRESS.

OPTIONAL MINETEC DUCK TAIL DESIGN

- CUSTOMIZED ANGLE
- SOFT TRANSITION STRESS REDUCES STRESS CONCENTRATION
- CUSTOMIZED TO FIT ANY BEAM

DEMYSTIFY REPAIR COSTS
PLANNED COMPONENT CHANGE OUT
BUDGET YOUR MAINTENANCE
PREDICTABILITY & CERTAINTY

PH 0455 552 200
This month we visited Integra Underground Mine and saw their longwall in action at a depth of 500 metres. Being far underground is a truly unique experience and it was a privilege to see a first-rate underground mine in action.

Then it was to the skies for our activity page this month, as we put life and limb on the line with a tandem skydive. Skydive Australia has a jump zone in Singleton and is in a great way to see our mines from high above. If you can bring yourself to open your eyes!

But the danger didn't stop there. We also tried out Burger Urge's 'Double Decker Death Wish Burger'. A burger so hot that you have to sign a waiver and wear goggles and gloves to eat it. Talk about feeling the burn.

But the danger didn't stop there. We also tried out Burger Urge's 'Double Decker Death Wish Burger'. A burger so hot that you have to sign a waiver and wear goggles and gloves to eat it. Talk about feeling the burn.

That's why our Health, Safety, Environment and Community Conference held each year in the Hunter is such an important event for mining in NSW.

Our Conference was sold out again this year with more than 500 people from the Hunter and across NSW gathering to share ideas and listen to experts from industry and government. I'm sure there were more than a few regular Coalface readers there too.

The Conference provides our industry the opportunity to gather and focus on our challenges, identify innovation opportunities, and create excellence. The conference helps our industry identify ways to further improve health, safety and our workforce and quality of life for our local mining communities.

THE HEALTH, SAFETY, ENVIRONMENT & COMMUNITY AWARDS ARE A HIGHLIGHT OF THE CONFERENCE, SHOWCASING THE BEST INNOVATIONS FROM ACROSS THE INDUSTRY. 136

Our award entrants were of a very high standard this year, demonstrating our industry's commitment to workplace safety and environmental practice and supporting local mining communities.

This year's Health, Safety, Excellence Award went to Whitehaven Coal's Maules Creek Mine for their Nectar Gootbelt Improvement Trials project, which involved working with a specialist to design and trial new goutbelts that provide better protection from foot and ankle injuries.

Central Coast Mining billed won the Safety Excellence Award for their Monorail Dredger that hangs from the mine ceiling, allowing the installation of ventilation pipes without the use of men or heavy overhead lifting. This has greatly reduced the risk of shoulder, back and neck injuries.

In the Resources category, Bogabri Coal Mine were awarded the Community Excellence Award for a project that involved working closely with the traditional owners of the land, the Kamilaroi people, to provide an educational resource that can be used by all Australians to improve their cultural awareness and understanding of the Kamilaroi Nation.

The Environmental Excellence Award went to Whitehaven Coal’s Maules Creek Mine for their project that involved using ecological burn to ignite the natural restoration of former agricultural landscapes.

Once again this year our finalists and winners were well received and congratulations to all of our award winners and you all for your hard work that you put in to prepare for the Conference and help make it a success. Stephen Galilee, CEO, NSW Minerals Council.
IN THE NEWS @ THE COALFACE

NEW BLUES KICKING GOALS FOR THE ATKINS FAMILY

The NSW Blues have raised more than $55,000 for the Atkins family in Singleton.

A Go Fund Me page was set up and has so far raised more than $20,000. The $55,000 raised from the Blues jerseys will be added to that.

"Every NSW player was deeply affected by what happened to the Atkins family and wanted to do whatever they could to help," Blues Captain Boyd Cordner said.

MANGOOLA LOOKING TO EXTEND

Community feedback is being sought on a proposal to extend operations at Mangoolla Mine.

The Department of Planning, Industry and Environment is seeking community feedback for plans to extend the open cut mining at Glencore’s Mangoolla Mine, the proposal involves the extension to a new mining area immediately north of the existing operation and the extraction of an additional 12 million tonnes of run-of-mine coal.

AGL GETTING PUMPED

AGL has teamed up with Inima Australia Resources (IAR) to undertake an engineering feasibility for AGL’s proposed 250MW pumped hydro project at Bells Mountain.

"It would very much be a positive outcome of the community, let’s hope sensible debate continues to be emphasised enough." - Barry Colp.

IT WOULD VERY MUCH BE BUSINESS AS USUAL AT THE SITE, WITH NEIGHBOURS AND THE SURROUNDING COMMUNITY NOT LIKELY TO NOTICE SIGNIFICANT CHANGE.

This application seeks to continue its consent was set to expire on 24 March 2020, providing the IPCN with additional time to complete its assessment of the mine’s long-term continuation consent application.

In January, the project group provided financial commitments to charities and community efforts which provide benefits to the people of Singleton and surrounding areas.

The current Rix’s Creek Coal Mine has been operating since 1990 and its consent was set to expire on 24 March 2020, providing the IPCN with additional time to complete its assessment of the mine’s long-term continuation consent application.

FIGHTING FOR THE FUTURE

The report says it is possible the driver suffered a micro-sleep or medical episode.

"Another unloaded dump truck was being driven along the same haul road, the driver slowed down for the one in front but the driver became unresponsive and the truck crashed into the rear of the truck in front. The report says it is possible the driver suffered a micro-sleep or medical episode." - Accident report.

GATE TO GATE LOGISTICS

BRINGING THE WORLD TO YOUR DOORSTEPS

AGL GETTING PUMPED

The NSW Government announced 450 additional police will be assigned to local stations over the next 12 months as part of their $583 million investment in the NSW Police Force.

In August last year AQC executed binding transaction documents with a subsidiary of Stella Natural Resources (SNR) to form the Dartbrook project had fallen through.

"One of those 11 positions will be dedicated to managing our child protection register which will be a great assistance to our detectives and we will be getting three new sergeants and seven new constables to put in place across Cessnock, Singleton and Muswellbrook," said Hunter Valley Police Superintendent Chad Gillies.

ANOTHER VOID IN DARTBROOK PROJECT

The company announced to the Australian Stock Exchange that a $20 million sale of a half share in the Dartbrook project had fallen through.

In August last year AQC executed binding transaction documents with a subsidiary of Stella Natural Resources (SNR) to form the Dartbrook project had fallen through.

Another unloaded dump truck was being driven along a haul road approaching an intersection and stopped to give way.

HOLE IN THE WALL FINISHED

Singleton’s hole in the wall upgrade works have been finished six months ahead of schedule.

The $29 million project was jointly funded through the NSW Government and a subsidiary of Stella Natural Resources (SNR) to form the Dartbrook project had fallen through.

COPS ARE TOPS

IN THE NEWS

IN THE NEWS @ THE COALFACE

Lester as representatives of The Plains Clan of the Wonnarua People.

Mining giant Glencore is preparing to relocate the Ravensworth Homestead.

The $29 million project was jointly funded through the NSW Government and has so far raised more than $55,000.

"Who are we going to get to take the Ravensworth Homestead?" - Barry Colp.

BED TO SAVE RAVENSWORTH HOMESTEAD

Mining giant Glencore is preparing to relocate the Ravensworth Homestead.

Their Glendell Continued Operations Project would extend the mine’s life until approximately 2044 and see 140 million more tonnes of coal extracted.

A Section 10 application has been made by Scott Franks and Robert Laster as representatives of The Plains Clan of the Wonnarua People.

"In a bid to protect the homestead and surrounding area which would be affected by the extension, which according to colonial records was the site of a series of attacks and counterattacks between Aboriginal people and settlers in the 1820s, Glencore plans to relocate the homestead should their Glendell Continued Operations Project be given the green light." - Barry Colp.

But Glencore has said that "research and investigations undertaken as part of the Environmental Impact Statement being finalised for the Glendell Continued Operations project has found no evidence (either physical or historical) that a massacre of Aboriginal people took place within the GCO project area or specifically at Ravensworth Homestead."
Integra Underground Mine, formerly known as Glencore’s Integra Open Cut Mine, is operated by Integra Coal Mine, which is part of the Integra Coal Mine complex from Vale A/A, with Glencore acquiring the Integra Underground Operations and associated mining leases, while Bloomfield took ownership of the Integra Open Cut Mine together with the wash plant and rail loop facilities. When Glencore took over the reins there were no immediate plans to reopen the underground operation however with an uptick in coal prices the decision was made to recommence operations.

The original proposed mine life was only for two years based on the existing longwall and a partly developed longwall. But with hard work and investment, Integra has plans to operate out to 2023.

It’s a success story that only possible because of the team of passionate people that work there. A team of over 200 people that have gotten behind an Operations Manager who is as passionate about his job today as he was when he first started. That man is Peter Ostermann, who not only manages a first-class underground mine operation, but as I discovered is also a bloody good tour guide!

“We LOVE THE OPPORTUNITY TO SHOW PEOPLE what we do here,” says Peter proudly. “It’s hard to describe what it’s like underground, you really have to experience it for yourself. The team we have here are so proud of what they do, and the future they are creating for themselves, their families and the region.”

For over 10 years I’ve been avoiding going underground, so when @ The Coalface was invited to visit this first-class underground mine, I drew the short straw, I admit to feeling some trepidation as I walked into the mine. I’m not good with confined spaces. But to be honest I really had no idea what I was in for. As Peter told me, you can imagine what it’s like underground all you want, but nothing is like experiencing it. First up are the safety inductions and precautions. There is an absolute focus on safety, beginning with the induction process. Each step is taken seriously and so remember that there are many risks underground that need to be controlled and investment, Integra has plans to operate out to 2023.

For equipment using 25” to 45” tyres, we are a recognised supplier of new tyres for mining, earthmoving and quarry industries across Australia.

We provide a range of support services to enable mining companies to focus on mainstream production.

We listen and understand our customers needs, and deliver a service which exceeds expectations. With a range of products and services, we offer a broad range of support services and equipment to meet your requirements.

We are always looking for ways to improve conditions, flora and fauna and subsidence effects, weather conditions, flora and fauna and rehabilitation areas and we are always looking for ways to improve our environmental management in the future.

We aim to enhance sustainability of mining in the Hunter Valley.

MRS Services Group Production Support offers a comprehensive range of services which focuses on maximizing productivity and maintaining downstream for its customers to aid the overall efficiency of cost activities, and therefore increasing production capacity.

MRS Services Group Production Support offers a broad range of products and services in the area of support mining services every phase of the mining cycle.

We focus on...
THIESS TEAMS UP WITH THE UPPER HUNTER MINING DIALOGUE

The Upper Hunter Mining Dialogue has welcomed leading mining services provider Thiess as a membership partner. Thiess and its employees are already actively involved with the Dialogue’s projects and events, participating in the School Mine Tours Program and the annual forum.

As a membership partner, Thiess will engage on key community issues and concerns in collaboration with the Dialogue’s other industry, community and government partners.

The Dialogue welcomes Thiess’ expanded involvement – as a major contributor to the Upper Hunter mining industry. Thiess’ input will be inviolable and complement the existing industry representation in the Dialogue’s working groups.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

Thiess and its employees are already actively involved with the Dialogue’s projects and events, participating in the School Mine Tours Program and the annual forum.

As a membership partner, Thiess will engage on key community issues and concerns in collaboration with the Dialogue’s other industry, community and government partners.

The Dialogue welcomes Thiess’ expanded involvement – as a major contributor to the Upper Hunter mining industry. Thiess’ input will be inviolable and complement the existing industry representation in the Dialogue’s working groups.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

Thiess and its employees are already actively involved with the Dialogue’s projects and events, participating in the School Mine Tours Program and the annual forum.

As a membership partner, Thiess will engage on key community issues and concerns in collaboration with the Dialogue’s other industry, community and government partners.

The Dialogue welcomes Thiess’ expanded involvement – as a major contributor to the Upper Hunter mining industry. Thiess’ input will be inviolable and complement the existing industry representation in the Dialogue’s working groups.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

The Dialogue welcomes Thiess’ expanded involvement – as a major contributor to the Upper Hunter mining industry. Thiess’ input will be inviolable and complement the existing industry representation in the Dialogue’s working groups.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.

For more than 25 years, Thiess has operated in the Hunter Valley working to deliver social benefits through local employment and training, local procurement, community engagement and Indigenous affairs.

In its expanded role with the Dialogue, Thiess joins existing industry partners including Bengalla Mining Company, BHP, Glencore, MACI Energy, Mabari Coal, Muswellbrook Coal Company, Peabody Energy, the Bloomfield Group and Yancoal.

As part of its support for the Dialogue, Thiess New South Wales Operations Manager Heather Parry will join other mining industry leaders to discuss procurement opportunities for local businesses at a Dialogue and Muswellbrook Chamber of Commerce Breakfast on August 13.

Other speakers scheduled for the Muswellbrook event include BHP Mt Arthur General Manager David Boshoff; C-Res Business Development Manager John Aurisch; MACH Energy Mount Pleasant Operation General Manager, Operations, Richard Bailey and Procurement Specialist Simon Collins; Bengalla Mining Company Procurement and Supply Superintendent Phillip Holloway.

A second procurement-focused event is being planned for Singleton on September 12.
WIN!

MAJOR CAPABILITY & EXPERIENCE DELIVERED WITH FAMILY VALUES

• Light vehicle Workshops in Singleton and
• High Voltage and Auto electrical Services

Tradecore are your one stop shop for complete maintenance services:

• AGRICULTURAL MACHINERY
• HOME, SHOP AND OFFICE GLAZING
• MINING EQUIPMENT DOZERS, SHOVELS, DUMP TRUCK, SCRAPERS, EXCAVATORS
• WINDSCREENS AND CAR BODY GLASS ALL MAKES AND MODELS CARS, 4WD’s, UTES
• VEHICLE FIT OUTS AND MINE COMPLIANCE WORKS
• DURASHOCK SMART GVM UPGRADES, 4WD LIFT KITS
• AIR CONDITIONING RE-GASSING AND REPAIRS
• FULL BRAKE SERVICING AND REPAIRS
• WELDER AND GENERATOR SERVICING AND REPAIRS
• TRAILER SERVICING AND REPAIRS
• HEAVY VEHICLE SERVICING AND REPAIRS
• REGO INSPECTION STATION (PINK SLIP)

Automotive & Glass

Muswellbrook to carry out: Repairs/Servicing, AND MUCH MORE

FOR LIGHT AND HEAVY VEHICLES

COOL CRIB

You are guaranteed to add a little swag to your shift with our insulated PVC CRIB Bag.

Made by Rugged Xtremes and its classic Coolmax yellow, we reckon your crib will be as cool sought after as a last year’s trend. For your chance to win, simply reply “COOL CRIB, your name, and your email address to mssg@ms.com.au” and limit of one entry per person.

All it takes is one kind act to change someone’s life. And yours. You might be surprised to discover that being kind does not only benefit the recipient, but it will also benefit you.

There’s plenty of research that shows being kind is good for your physical and mental health. Performing or even witnessing an act of kindness produces oxytocin in which aids in lowering blood pressure; endorphins that reduce the stress hormone cortisol which helps with anxiety and depression; and also boosts your serotonin which is responsible for feelings of satisfaction and well-behing.

When being kind, it can make you feel more energetic, happier, experience less aches and pains, improve your relationships, increases your longevity, boost your self-esteem and lead to a more successful and fulfilled life.

Random acts of kindness can lift up anyone’s spirits and sometimes it’s the smallest things that will make someone’s day.

Try one of these ideas guaranteed to put a smile on a few faces.

• Bake cookies for the office (or buy from bakery and claim they are yours)
• Hold open a door, or car door or elevator door, any door!
• Don’t ignore homeless people, Say hello, ask if you can help them with anything.
• Take that annoying backing neighbours dog for a walk.
• Pick up litter on your street, if you really want to go all out, pick up the neighbours dog poop too!
• Give up your place in the supermarket queue. When there’s a harassed parent with a screaming kid, don’t ignore them.
• Let someone in your car lane. If someone lets you in, try blowing a kiss instead of giving a wave.
• Change the toilet paper roll when it’s empty, even in public toilets
• Smile at strangers, say hello, even give out compliments.
• Donate to a charity or give up some of your time for a good cause.

Teaching our kids to be kind and compassionate is one of the best things we can give them, and we all know that they learn by example.

Here’s some acts of kindness just for the kiddies.

• Tell a joke to a stranger.
• Talk to someone new at school.
• Donate your toys.
• Do a chore without being told.
• Bring flowers to your teacher.
• Say hello and smile at everyone you see.
• Teach someone something new.
• I challenge you to perform an act of kindness every day. It doesn’t matter how big or how small.

Finding Your Kind

EXCELLENT EXHIBITION

TECHNOLOGICAL ADVANCES, WORKFORCE CHANGES, COMMUNITY ENGAGEMENT AND ENVIRONMENTAL CHALLENGES are just some of the concepts that will be explored at the Australia’s largest and longest running mining exhibition and conference in August.

Speakers and key topics of the free-to-attend conference have been announced for Asia-Pacific’s International Mining Exhibition (AIMEX) 2019 edition and the impressive line-up for the three-day event will provide visitors with a unique opportunity to hear from mining innovators at the same venue where the technology is on show.

Sponsored by Davey Rickford Enaex, the AIMEX conference has been developed with direct input and consultation from key mining personnel, industry associations as well as a key mining companies.

On the opening day, a panel of speakers from across the mining spectrum will discuss the industry’s image and discuss ways that the mining sector and the community can work more collaboratively together in the future. Makh Energy’s Ngaire Baker, Mack Jacobs from Yancoal, Dr Kieren Moffat from the CSIRO and Anna Liddleby from the University of Queensland will lead the discussion.

A HIGHLIGHT OF DAY TWO WILL BE THE PANEL DISCUSSION ON HOW THE MINING COMMUNITY CAN REINVENT ITS APPROACH TO TALENT ACQUISITION AND RETENTION FOR TODAY’S AGILE, DIGITAL, MOBILE, ANALYTICAL, AND TECHNOLOGICALLY DRIVEN WORKFORCE.

Mining Leaders Group Founder Brett Cunningham, CEO of Weld Australia Geoff Crittenden and Jamie

Frankcombe, Whitehaven Coal’s Chief Operating Officer will lead the thought-provoking discussion that will examine ideas and share current thinking to prepare for tomorrow’s demands in areas such as recruiting, educating schools, upskilling and diversity.

Other highlights of the conference include Dr John Cronn’s presentation on using telepresence technologies for the safe deployment of wireless mesh networks and underground inspection robots in mines, cross-industry learnings from the Oil & Gas industry that define and mitigate HMI risk with technology and analytics and the final day panel which looks at adapting to climate change, emissions and what does this look like for the mining sector.

AIMEX EXHIBITION DIRECTOR BRANDON WARD SAID NO OTHER MINING EVENT GIVES YOU ACCESS TO THIS VOLUME OF SUPPLIERS AND THIS CALIBRE OF SPEAKERS FOR FREE.
A wife was in bed with her lover when she heard her husband’s key in the door. “Hey, there, but a few minutes later, through a drunken haze, she saw six feet sticking out at the end of the bed. He turned to his wife: “Hey, there are six feet in this bed. There should only be four. What’s going on?”

“You’re so drunk you miscounted,” said the wife. “Get out of bed and try again. You can see better from over there.” The husband climbed out of bed and counted. “One, two, three, over there. They’re six feet in this bed. There should only be four. What’s going on?”

That means Council can progress the Glenbrook road rehabilitation, Eldarrie Road bridge approach upgrade, Ceecnock Road bridge widening and the Mores Crossing bridge approach upgrade in the Capital Works program for the next two financial years, delivering a safer and more efficient road network for the people literally at the coalface. It’s nothing less than we deserve for the contribution we make to the prosperity of everyone in NSW.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

By the way, the road network for the people literally at the coalface is still important. For example, the Moses Crossing bridge approach upgrade in the Capital Works program for the next two financial years, delivering a safer and more efficient road network for the people literally at the coalface.

It’s nothing less than we deserve for the contribution we make to the prosperity of everyone in NSW.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

It’s nothing less than we deserve for the contribution we make to the prosperity of everyone in NSW.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.

But while I was pleased to welcome Mr Barilaro and happy still to see a politician fulfilling his promise, the big one for our community remains outstanding: and that is the status of the Resources for Regions program.

Mr Barilaro was clear he had not forgotten our demands for reform, and most importantly that he had not forgotten the directions to Singleton, giving rise to expectations of another visit and another announcement soon. Singleton Council’s position remains that a fixed amount of funding, with no co-contribution and benefit cost ratio requirements, should be made available to mining communities based on their level of impact each year. And I don’t intend to settle for anything less.

Council’s commitment is to the people of Singleton, and we are working hard to make sure our community is appropriately recognised for the economic contribution we make to the state of NSW.

Cr Sue Moore, Mayor of Singleton.
LEARN FROM THE LAWMAN

STUART BARKER is our mining industry’s leading personal injury lawyer. This month he has some important advice in relation to things you should know about the rules applicable to bicycles on the road.

One of the rules that applies to cyclists but not motorists is that a rider of a bicycle must wear an approved helmet whilst on the road, regardless of their age. This rule also applies to a lawfully "double" someone, as we used to call it.

The Coalface is a big supporter of technologies that can not only improve our industry, but also improve the environment and that’s exactly what CCUS technologies have the potential to do. “CCUS technologies offer an important opportunity to achieve deep carbon dioxide (CO2) emissions reductions in key industrial processes and in the use of fossil fuels in the power sector,” Mr McCallum told The Coalface.

CCUS can also enable new clean energy pathways, including low-carbon hydrogen production, and in addition, provide the potential for carbon removal or ‘negative emissions’ where the CO2 comes from bio-based processes or directly from the atmosphere,” he added.

One of the obvious misconceptions about the rights and rules and probably almost as many are about the actual legal requirements. There are some interesting rules about how close to each other cars and bikes can come when using the road together. At speeds of up to 60kph a car must allow 3 metres of space between the car and the bike and at speeds greater than 60kph a gap of 5.5 metres must be allowed. Cyclists also have obligations, for example a cyclist must not ride within 2 metres of the rear of a moving vehicle continuously for more than 200 metres.

Yes, cyclists can ride two abreast on the road as long as they are not more than 1.5 metres apart, they don’t have to ride single file and drivers can drive in a bike lane for up to 50 metres when leaving a road or entering a road from a driveway or intersection. Cyclists must use those bike lanes when they are available unless it’s not practical to do so.

Remember, we all have an obligation to avoid a collision and you need to drive and ride in such a manner that will enable you to avoid a collision. It is usually easier and safer to give way even if you think you have right of way.

STUART BARKER, SLATER & SLATER LAWYERS.

The average efficiently of coal-fired power plants around the world is about 35%. But China, with half of the world’s coal power, has an average fleet efficiency close to 40%. The rest of the world needs to follow China’s lead because there is only so much time left to address environmental issues.

“If the rest of the world’s coal fleet efficiency averaged 45% as well, we’d reduce CO2 (carbon dioxide) emissions by 2.5 gigatons each year. This is almost 4 times Australia’s current emissions,” said Mr McCallum.

Modern technology exists to do this and we can do this better as plants with efficiencies of up to 47% operate around the world with further improvements anticipated.

HELE technology is already cost-competitive with other low-carbon technologies like nuclear power and CCUS also need to be expanded at massive scale to decarbonise the power sector.

The average efficiently of coal-fired power plants around the world is about 35%. But China, with half of the world’s coal power, has an average fleet efficiency close to 40%. The rest of the world needs to follow China’s lead because there is only so much time left to address environmental issues.

If the rest of the world’s coal fleet efficiency averaged 45% as well, we’d reduce CO2 (carbon dioxide) emissions by 2.5 gigatons each year. This is almost 4 times Australia’s current emissions,” said Mr McCallum.

Modern technology exists to do this and we can do this better as plants with efficiencies of up to 47% operate around the world with further improvements anticipated.

HELE technology is already cost-competitive with other low-carbon technologies like nuclear power and CCUS also need to be expanded at massive scale to decarbonise the power sector.

The Coalface is a big supporter of technologies that can not only improve our industry, but also improve the environment and that’s exactly what CCUS technologies have the potential to do. “CCUS technologies offer an important opportunity to achieve deep carbon dioxide (CO2) emissions reductions in key industrial processes and in the use of fossil fuels in the power sector,” Mr McCallum told The Coalface.

CCUS can also enable new clean energy pathways, including low-carbon hydrogen production, and in addition, provide the potential for carbon removal or ‘negative emissions’ where the CO2 comes from bio-based processes or directly from the atmosphere,” he added.

One of the obvious misconceptions about the rights and rules and probably almost as many are about the actual legal requirements. There are some interesting rules about how close to each other cars and bikes can come when using the road together. At speeds of up to 60kph a car must allow 3 metres of space between the car and the bike and at speeds greater than 60kph a gap of 5.5 metres must be allowed. Cyclists also have obligations, for example a cyclist must not ride within 2 metres of the rear of a moving vehicle continuously for more than 200 metres.

Yes, cyclists can ride two abreast on the road as long as they are not more than 1.5 metres apart, they don’t have to ride single file and drivers can drive in a bike lane for up to 50 metres when leaving a road or entering a road from a driveway or intersection. Cyclists must use those bike lanes when they are available unless it’s not practical to do so.

Remember, we all have an obligation to avoid a collision and you need to drive and ride in such a manner that will enable you to avoid a collision. It is usually easier and safer to give way even if you think you have right of way.
AWESOME Achievements

The NSW Minerals Council’s 2019 Health, Safety, Environment and Community Conference Awards Showcase Those In Our Industry Who Go Above and Beyond. This Year’s Winners Are No Exception.

Over 500 people from across NSW were in attendance to celebrate excellence and innovation in NSW mining and to hear the winners announced on August 5 at Crowne Plaza.

“Jordy was great to see our Award winners recognised by so many of their industry peers,” said NSW Minerals Council CEO Stephen Galilee.

“All our finalists were of a very high calibre, and on behalf of the NSW Minerals Council I congratulate them all of our Award winners. The excellence and innovation recognised by these Awards are an important part of our industry’s determination to deliver better outcomes for our industry, our workforce, and our local communities.”

WINNER - SAFETY EXCELLENCE
MYRNA MONOHARAL BRACKET
CENTENNIAL COAL - MYRNA MINES
Centennial Coal’s Myrna Mine in Mount Lake Macquarie employs over 250 people. The mine uses the Longwall mining system, part of which requires a mesh step to be attached to the ceiling every 1.5 metres to hang ventilation tubes.

However, Centennial found that this method led to an increase in shoulder injuries which, in turn, led to delays in production. In an effort to address these issues, the Myrna Innovations Team met with its workforce to develop an alternative approach, which led to the ‘Monoharal Bracket System’ that hangs down from the mine ceiling, eliminating the need for miners to install anything above their heads. The elimination of mesh, in favour of the brackets, drastically lowered operating costs by around $50,000 a year, increased productivity and, most importantly, enhanced the health and safety of Myrna Mine’s employees.

WINNER - ENVIRONMENT EXCELLENCE
NARRABRI GUMBOOT TRAILS WITH CRAWFORD BOOTS
WHITEHAVEN COAL - NARRABRI MINE
Given the dark, wet and rocky environment in underground mines, it’s no surprise that foot and ankle injuries are some of the most common experienced by miners.

In response to reports of foot, ankle and leg pain from the 500 strong workforce at Whitehaven Coal’s Narrabri Underground mine, the mine approached Gumnahad-based podiatrist Penny Crawford to design footwear which could replace the current gumboots that the miners were using.

Alongside a team of industrial designers, specialised manufacturers, and traditional rubber boot craftsmen, Penny developed the WedgeTech Personalised Lock-Fit System. The System works by locking the foot into a stable position into the boot.

After six months, the mine conducted a trial with miners wearing the specially made boots and found that 24 out of 25 participants would recommend the boots over other boots and their ratings for the boot far exceeded the ratings for non-Crawford boots.

Another trial 12 months later found that 75 percent of the original participants were still using the same Crawford boot, where other boots were only used by 24 participants. After six months, 25 participants would recommend the boots over other boots and their ratings for the boot far exceeded the ratings for non-Crawford boots.

Centennial Coal now plans to introduce these new boots more broadly on site and educate its workplace about proper footwear.

WINNER - COMMUNITY EXCELLENCE
YANCOLA COAL - DURALIE COAL MINE
Located in the Southern part of the Gloucester Basin, Yancola’s Duralie Coal Mine has identified a powerful way to protect endangered and native fauna through the use of Nest Boxes.

Large areas within the Gloucester Valley have been cleared through logging, leading to a loss of native vegetation and damaging the biodiversity in the area. This has meant a lack of hollow-bearing habitat in trees for local fauna, as the majority of the vegetation is regrowth and too young to contain hollows for fauna to live in.

In an effort to address these issues, the mine invested in the installation of Nest Boxes to create a safe environment for the area’s rich indigenous connection. This is a world-class example of a mining company investing in a project to highlight the significance of and cultural connection to ‘country’ by traditional owners. The standard that Boggabri Coal has achieved with its production ‘The Kamilaroi PEOPLE RECORDINGS OF STORIES TOLD BY THE CONSULTATION OF CULTURAL’ has exceeded expectations, with a plan to provide an educational resource that can be used by all Australians to improve their cultural awareness and understanding of the Kamilaroi Nation.

To fix this problem, as part of their biodiversity offset strategy, the team at Duralie developed an idea to build artificial nest boxes which provide a habitat for a range of endemic native birds and mammals.

Running since 2012, the Nest Box Program has exceeded expectations, with a plan to expand the program to accommodate more species.

Reported by: Minister for Resources and Energy, The Hon. Matt Kean MP

We acknowledge the traditional owners of country throughout Australia and their connections to land, sea and community. We pay our respects to them, and to the elders past, present and emerging.

© THE COALFACE  |  AUGUST-SEPTEMBER 2019

© THE COALFACE  |  AUGUST-SEPTEMBER 2019
For too long, debate has focused on mine sites being liabilities and we need to shift the thinking to explore the positive potential of mine sites and the adjoining rehabilitated and buffer land areas.

Parallel Economic Development uses mine land for ideas that will help deliver growth and shape the region’s identity with new opportunities now and into the future. These opportunities could include, tourism, industry, agriculture, education, research and logistics.

If you’ve missed some of the ideas over the years here’s a recap.

On the agriculture side of things, we’ve covered everything from a Christmas Tree Farm, Botanic Gardens, Feedlots, Hemp Farms to a CSIRO Research Facility, University Faculty Campus or a Road, Rail and Air Freight Logistics Hub.

For the motorheads there was the Dirt Bike Disneyland, Driver Training Facility and Drag & Drift Park. To get the tourism flowing into the Hunter about a Super Stadium, Water Park, Adventure Playground, Hunter Hollywood or Sculpture Park.

Don’t forget industry with an Emergency Services Hub or Military Base, Pumped Hydroelectric Storage, CSIRO Research Facility, University Faculty Campus or a Road, Rail and Air Freight Logistics Hub.

Animal lovers, we’ve got you covered. What about a Camp Draft Arena or Equestrian Centre? A Retired Horses Haven or a zoo that could compete with Australia Zoo.

Then there’s my personal favourite ‘Space Base’ which would see a private enterprise space station built on mine land here in the Hunter.

OKAY, SO MAYBE SOME OF OUR IDEAS HAVE BEEN A LITTLE OUTLANDISH, BUT IF YOU’RE GONNA DREAM, THEN DREAM BIG!

On a serious note, here in the Hunter we have a big opportunity to re-set the bar for mine rehabilitation and land use potential in Australia. But what do you think? We’d love to hear some of your ideas for Parallel Economic Development here in the Hunter or let us know which of our ideas you think are worth a second look.

*AVE A LAUGH WITH*

**Singleton Outdoors**

PH 6571 1589

END OF FINANCIAL YEAR SALES ON ALL MISHA

MOTORCYCLES, QUADS AND SIDES BY SIDES

A man tried to sell me a coffin today. I told him that’s the last thing I need.

 Coilovers
• Tech Pack

WHEELS WITH ALL TERRAIN

SPORTS BAR

FOR YOUR CHANCE TO WIN, SIMPLY

FILL OUT AN ENTRY FORM AT YOUR NEAREST RENTHAL TOURING CENTRE.

A LOSS THAT MODERN CIVILISATION ENJOYS.

For hundreds of thousands of years this little rock known as coal has been around. Made of up of 60-95% carbon, with hydrogen, sulphur, oxygen, and nitrogen thrown into the mix, coal as sometimes so shiny it could pass as silver and other times as sassy as night.

It is generally accepted that most coal is formed from plants that grew in and adjacent to swamps in warm, humid regions. Material derived from these plants accumulated in low-lying areas that remained wet most of the time and was converted to peat through the activity of microorganisms. Under certain conditions this organic material continued to accumulate and was later converted into coal with most of the original organic material still present. During the Pennsylvanian Epoch (Carboniferous Period).

REFERENCES TO THE EARLY USES OF COAL ARE HARD TO FIND, AS UNFORTUNATELY EARLY MAN DID NOT BACK UP THEIR STONE TABLETS TO THE CLOUD. THE CHINESE, ROMANS, ARTIES AND GREEKS ALL USED COAL, THOUGH WHEN AND HOW IS A BIT SKETCHY.

The earliest reference to the use of coal in metal-smelting was by Greek Scientist Theophrastus (371–287 BC) who wrote in his text "On Stones:

Among the materials that are dug because they are useful, those known as coals are made of earth, and, once set on fire, they burn like charcoal, and they are used by those who work in metals."

The monk Reinier of Liège, who wrote in 1200AD reference that the Romans in England used it from around 100-200 AD though the first documented proof that coal was mined in Europe was provided by the monk Reinier of Liège, who wrote in 1200AD of black earth very similar to charcoal used by metalworkers.

In the Americas some of the first instances of coal utilisation date back to the Artica who used coal for fuel from the 4th century. During the 1300s in North America, the Hopi Indians used coal for cooking, heating and to make pottery they made from clay. Coal was later rediscovered in the United States by explorers in 1673.

Worldwide, coal was used only on a limited scale until the early 18th century when successive metallurgical and engineering developments saw coal power the steam engine, turn turbines, fire kilns, heat buildings and generate electricity.

TODAY WE SAVE COAL TO THANKS FOR CREATING OUR CITIES, POWERING OUR CARS AND HOMES, AND PROVIDING ALMOST EVERY LUXURY THAT MODERN CIVILISATION ENJOY.

NOT BAD FOR A LITTLE BLACK ROCK!
Chris and Hana Skilton will always remember the day the helicopter flew into their lives. Elijah was Chris and Hana’s first born, and while he appeared picture perfect, four hours after he was born, he stopped breathing.

“As a first-time mother, it was so scary to know something wasn’t right, we felt so helpless. He stopped breathing, turned grey, and had to be resuscitated. We weren’t sure what was happening,” Hana said.

With Tamworth Hospital unable to provide Elijah with the specialist care he needed; the newborn was transferred to the John Hunter Children’s Hospital in Newcastle by the Rescue Helicopter.

“IT WAS PRETTY AWFUL SEEING HIM IN THAT CONDITION, BUT WE WERE ALSO VERY REASSURED WHEN WE FOUND OUT HE WAS GOING TO A HOSPITAL THAT COULD CARE FOR HIM MORE EFFECTIVELY, AND WE KNEW HE WAS IN GOOD HANDS WITH THE CHOPPER,” HANA SAID.

The Skilton’s then faced a lengthy, anxious time as they made the journey to Newcastle by car.

“The Service called and reassured us that he was fine when they touched down in Newcastle. This was amazing to have such thoughtful support when we were still so far away,” Hana said.

The couple were soon told their little boy had a subarachnoid haemorrhage, also known as a bleed on his brain, which thankfully overtime resolved itself.

NOWADAYS, ELIJAH IS A THRIVING, HEALTHY SIX YEAR-OLD WHO IS WELL AWARE OF THE DAY THE WESTPAC RESCUE HELICOPTER SERVICE FLEW INTO HIS LIFE.

“A friend made him a member of the Rescue Club as a birthday present and we’ve visited the Tamworth Base, so he knows about the service that gave him special care when he was born,” Hana said.

“Both Chris and I work in the medical field, so we see the helicopter arrive at the hospital all the time, and it’s a reminder of just how very lucky we are as a community to have access to the lifesaving service.”

As part of the Titan International Group of companies, Titan Australia offers the widest range of tyres & wheels available in Australia. We supply and service wheels and tyres for the industrial, mining, construction, earthmoving, transport, agricultural, recreational and passenger markets. And with service second to none, Titan Australia can keep your fleet moving.

SALES PHONE: 1300 791 672 | www.titanaustralia.com
Please send us an email with any enquiries to sales@titanaustralia.com

Muswellbrook, NSW | Sydney, NSW | Yabba, Qld | Emerald, Qld | Mildura, Vic | Perth, WA | Kalgoorlie, WA | Karriatha, WA | Port Hedland, WA
**Kids @ THE COALFACE**

**OUR KIDS (OR SHOULD I SAY SEASONED TRAVELERS) OF THE HUNTER HAVE BEEN FAR AND WIDE AND THIS MONTH WE FIND OUT WHERE THEY’VE BEEN AND WHERE THEY DREAM OF GOING.**

---

**IZACC FLETCHER SOARS · AGE 12**

What's the coolest place you have ever been to?
Royal Easter Show.
If you could go anywhere in the world where would you go?
Queensland to go to the theme parks.

**DIAMAR BUTLER · AGE 5**

What's the coolest place you have ever been to?
Tenerif Bowling.
If you could go anywhere in the world where would you go?
Hawaii because it's really pretty and I want to do the hula.

**ASHLEA HEMSON WILLIAMS · AGE 13**

What's the coolest place you have ever been to?
Disneyland.
If you could go anywhere in the world where would you go?
New Zealand.

**JACK MCGREGOR · AGE 11**

What's the coolest place you have ever been to?
The snow.
If you could go anywhere in the world where would you go?
Would be Disneyland but I just found out it’s haunted…so epic.

**ETHAN FLETCHER SOARS · AGE 10**

What's the coolest place you have ever been to?
Tenerif Bowling.
If you could go anywhere in the world where would you go?
Hawaii because it's really cool and there's heaps of cool stuff there and all my friends have been.

**Curtis Moretti · Age 12**

What's the coolest place you have ever been to?
Timeout.
If you could go anywhere in the world where would you go?
Hollywood to see all the celebrities.

**MALAKAI BUTLER · AGE 5**

What's the coolest place you have ever been to?
Gold Coast.
If you could go anywhere in the world where would you go?
Africa to see the lions.

**Brooklin Hemson Williams · Age 13**

What's the coolest place you have ever been to?
Tenerif Bowling.
If you could go anywhere in the world where would you go?
Hawaii because it's really pretty and I want to do the hula.

---

Barry Walton is a bit of a legend here in the Hunter Valley, starting at the Westpac Rescue Helicopter Service back in 1976 as a volunteer crewperson and he has helped save thousands of lives since.

It’s clear to see the passion and enthusiasm Barry has for the service as he reminisces on an amazing career. “The ride has been amazing because when we started back in 1976 it was just a beach patrol service, no one was thinking about the future and what has transpired has just been amazing,” Barry said proudly.

From 1992, Barry was employed full time and started establishing the service volunteer network throughout Newcastle and the Hunter Valley. Today, there are many volunteers that make the rescue helicopter service what it is today, thanks to hard working individuals like Barry.

Together with CEO Richard Jones, 1996 saw the pair begin to investigate expanding the service to the New England North West (NENW) region. Tamworth was established soon after in 2000 and operates today with a team of dedicated professionals and volunteers.

Our good friend Richard Jones spoke very highly of this colleague and friend. “We have been so fortunate to have Barry as part of our helicopter family for more than four decades,” said Richard.

“Barry has a great faith in people and has always taken great pride in the way they have contributed to ensure the Westpac Rescue Helicopter Service has been able to grow with the community and upgrade to continue to be an integral and essential part of the emergency service chain throughout Northern NSW,” added Mr Jones.

Barry spent 14 years in the NENW and has made the move back to Newcastle to be with family and live out his retirement. He said “he had to stop and think about” what’s next for his retirement after a busy and rewarding career.

When asked about his favourite memories over the years he said, “I guess the unknown was the big thing, not knowing what’s going to happen next.” Spoken like a true man of the service.

“I remember in the early days we had to do a Saint John’s first aid course at Broadmeadow and in the 3rd week 20 surf lifesavers were shown a film on childbirth…8 walked out that day and never returned.” Barry laughed.

“And so, we ended up with our crew of 12 rescue and 1 pilot,” he added.

Barry spending hours travelling, working with regional towns and individuals and driving the value of the Service has been instrumental to where the Service is today.

It is clear that everyone at the Rescue Helicopter Service is extremely grateful and proud of Barry, and on behalf of us all @ The Coalface, we thank you for your service mate. Happy retirement.

---

**CALL JUSTIN**

0407 745 583 or email justin@scottysfab.com.au

**@scottysfab**

---

**THE SERVICES WE PROVIDE**

- CNC Plasma Cutting
- Tig Welding of Stainless Steel & Aluminium
- MIG & Stick Welding of Mild Steel
- Design & General Fabrication
- Sheetmetal Cutting, Folding & Punching
- Sandblasting & Painting
- Machining

**VOLUNTEER NETWORK**

- Service Volunteer Network throughout Newcastle and the Hunter Valley.
- Presently 106 volunteers.

**OUR KIDS (OR SHOULD I SAY SEASONED TRAVELERS) OF THE HUNTER HAVE BEEN FAR AND WIDE AND THIS MONTH WE FIND OUT WHERE THEY’VE BEEN AND WHERE THEY DREAM OF GOING.**

---

**Barry Walton is a bit of a legend here in the Hunter Valley, starting at the Westpac Rescue Helicopter Service back in 1976 as a volunteer crewperson and he has helped save thousands of lives since.**

It’s clear to see the passion and enthusiasm Barry has for the service as he reminisces on an amazing career. “The ride has been amazing because when we started back in 1976 it was just a beach patrol service, no one was thinking about the future and what has transpired has just been amazing,” Barry said proudly.

From 1992, Barry was employed full time and started establishing the service volunteer network throughout Newcastle and the Hunter Valley. Today, there are many volunteers that make the rescue helicopter service what it is today, thanks to hard working individuals like Barry.

Together with CEO Richard Jones, 1996 saw the pair begin to investigate expanding the service to the New England North West (NENW) region. Tamworth was established soon after in 2000 and operates today with a team of dedicated professionals and volunteers.

Our good friend Richard Jones spoke very highly of this colleague and friend. “We have been so fortunate to have Barry as part of our helicopter family for more than four decades,” said Richard.

“Barry has a great faith in people and has always taken great pride in the way they have contributed to ensure the Westpac Rescue Helicopter Service has been able to grow with the community and upgrade to continue to be an integral and essential part of the emergency service chain throughout Northern NSW,” added Mr Jones.

Barry spent 14 years in the NENW and has made the move back to Newcastle to be with family and live out his retirement. He said “he had to stop and think about” what’s next for his retirement after a busy and rewarding career.

When asked about his favourite memories over the years he said, “I guess the unknown was the big thing, not knowing what’s going to happen next.” Spoken like a true man of the service.

“I remember in the early days we had to do a Saint John’s first aid course at Broadmeadow and in the 3rd week 20 surf lifesavers were shown a film on childbirth…8 walked out that day and never returned.” Barry laughed.

“And so, we ended up with our crew of 12 rescue and 1 pilot,” he added.

Barry spending hours travelling, working with regional towns and individuals and driving the value of the Service has been instrumental to where the Service is today.

It is clear that everyone at the Rescue Helicopter Service is extremely grateful and proud of Barry, and on behalf of us all @ The Coalface, we thank you for your service mate. Happy retirement.

---

**CALL JUSTIN**

0407 745 583 or email justin@scottysfab.com.au

**@scottysfab**

---

**THE SERVICES WE PROVIDE**

- CNC Plasma Cutting
- Tig Welding of Stainless Steel & Aluminium
- MIG & Stick Welding of Mild Steel
- Design & General Fabrication
- Sheetmetal Cutting, Folding & Punching
- Sandblasting & Painting
- Machining

**VOLUNTEER NETWORK**

- Service Volunteer Network throughout Newcastle and the Hunter Valley.
- Presently 106 volunteers.
Brooke Williams and her partner Shawn have proudly supported and raised money for the Bears of Hope Pregnancy and Infant Loss charity after the tragic loss of two babies due to early miscarriage in 2015. Their son Riley was one and a half at the time. After going through the grieving process, Brooke and her family came across the Bears of Hope Pregnancy and Infant Loss charity and have since worked tirelessly to raise money for this fantastic cause.

Brooke has worked for The Bloomfield Group for the past 2 years and partner Shawn is a local builder in the Singleton area. The couple has proudly seen their cause supported by many local companies and individuals across the mining community over the years.

BEARS OF HOPE PREGNANCY AND INFANT LOSS SUPPORT PROVIDES LEADING SUPPORT, ADVICE, INFORMATION AND CARE FOR FAMILIES WHO EXPERIENCE THE LOSS OF THEIR BABY. "Through this charity I got in touch with co-founder and Singleton local Toni Watson who has been a fantastic support to us throughout the years," said Brooke.

After meeting Toni, Brooke went on to organise her first fundraiser in September 2015 organising a Teddy Bears Picnic at the Singleton Rugby Club and raising $9,235 for the charity. The Picnic also featured a shave off for the guys from 'Team Angel Williams x 2' who grew their beards over Winter to raise money for the same charity, through the 'Beards of Hope' campaign. This campaign brings awareness and support to the dads who are also just as affected by pregnancy loss.

Brooke and Shawn raised another massive $5000 in 2017 after hosting a successful Trivia night at the Singleton Rugby Club for the charity. The following year, the inspiring couple were invited to attend the Bears of Hope Annual Ball where their 'Team Angel Williams x 2' received an award for community spirit for all of their fundraising efforts. "It was a very emotional but proud moment for us," said Brooke.

Brooke and Shawn have had some wonderful sponsorship and donations from Kallidy, AC Whalan, Tolsaf Cranes, Programmed, Tygear, The Bloomfield Group and Dimar Engineering.

But it doesn’t stop there. Brooke and her family are now holding an outdoor family movie night next month and all are welcome to come along and support their fantastic cause.

BROOKE WILLIAMS AND HER FAMILY HAVE TURNED THEIR LOSS INTO HOPE FOR FAMILIES AROUND AUSTRALIA.
I started in the mining industry about 17 years ago. Scraping blackjack grease on cars. Where did you start and how did you get into mining?

I started with Glendell as a mechanic at Glendell Open Cut. Mayfield Group has a strong focus on being a one-stop shop for rehabilitation services to the mining industry, with a large range of equipment and competent experienced operators. We continue to invest and expand our fleet of equipment, with many recent additions including smaller dozers, watercarts, and excavators. We are very fortunate to continue to attract and retain experienced operators who can support our long-term contracts and great clients.

Describe a typical day at 'The office'.

There's no real typical day and that's what I love about where I work. I start anywhere between 9am and 7am and that could be on a client site or in the office. I spend my time managing our workforce and client needs and then finish hopefully while there is still a bit of daylight left, although that's not always the case.

What's the best thing about your business?

Mayfield Group is a family-owned business and as such it is a great place to work. Everyone cares about each other and we all work together to get the job done. We are all happy to get in and get our hands dirty. Our client's needs always remain at the top of our priorities, nothing is ever a drama.

What is the biggest challenge facing your business?

Continuing to target the right business opportunities that align with our core values and business strategy whilst meeting clients increasing demands. Sometimes the pressure to deliver what our clients want is overwhelming and we need to find ways to make sure we can deliver a quality service, rather than over promising and under delivering.

How long have you been doing business in the Valley?

Personally, I have worked in the Hunter Valley mining industry since 2002. Mayfield Group was established in 2012 with its head office based in Singleton, and a small branch office in Brisbane.

Community or other causes close to your heart and values?

Mayfield are proactive supporters of many community and charity causes with the owners being the major contributor for the Kaden Centre. The Kaden Centre is a not-for-profit facility designed to deliver custom, targeted exercise programs to people experiencing all stages of cancer, safely prescribed and guided by experienced exercise and health professionals. We also support many other causes and community based organisations such as the Singleton Greyhounds and Gunnedah Bulldogs Rugby League Clubs. Myself and our General Manager are taking part in the Westpac Rescue Helicopter Leaders Kayak in August where we will abseil off McDonald Jones Stadium to raise money for the Chopper!

What's the best thing about your job?

Definitely the people I work with. Over the years, the culture and morale and it spreads out into the workforce making Mayfield Group a great environment to work in.

The worst thing? Driving through Singleton traffic twice a day. YUK!

What's a funny story about work?

Not sure that it was very funny at the time but a couple of staff who shall remain nameless were on their way home from Mangoola when the fuel light came on but seemed to think they had enough. They eventually ran out of fuel about 2km up the road and had to put out an SOS... The office staff dined out on this one at every opportunity! Anything you want to say?

Just a big thanks to the team at Mayfield Group for the continued strong efforts and solid results. It really is a testament to the guys and girls on the ground that we as a business are going from strength to strength and this is validated regularly with positive client feedback and new opportunities for our business. I am personally very proud to be part of the Mayfield Group and to be part of a business that values its employees!
Kirsty would be the first to tell you she has a bit of a quirky streak. In her family, she’s the one who takes on the unusual renovation projects or upcycles the vintage furniture no one else wants. “I like making stuff,” she shrugs, smiling.

It was this sense of imagination – and a photo of her Pop – that led her to commission a mural of him on their latest renovation project. The ‘Coal Miner’s Cottage’, as it’s going to be called, sits on a corner block in Singleton’s William Street. Its original weatherboard exterior has been painted powder blue; the verandah, closed-in when Kirsty and husband Ben bought the property earlier in the year, has been restored and opened up back up.

To Kirsty, the fact that she was able to get the family together, then I’m in it.”

She decided - as a way to pay tribute to her grandfather and because of its mining-town location - that they should name the property. “He worked in mines such as Bellbird, Surrupipling, Liddell and Aberdare East (where we think the photo was taken),” explains Kirsty. “He worked in mines such as Bellbird, Surrupipling, Liddell and Aberdare East (where we think the photo was taken).”

“Pop worked in mining for some 35 plus years. Although William passed away almost thirty years ago, the family mining tradition continues. All his brothers worked in mining and all of his children are or were mining households.”

The ride will start at Movie World on the Gold Coast and over the next 10 days riders will be keen to chuck on the lycra and ride across the country as well as underground head-lanterns and shovels worked in metal. The mural idea came later. Kirsty calls it one of her “crazy conceptions,” and it was another way to acknowledge her grandfather, and the family’s strong mining heritage.

“The photo of my Grandad was on our kitchen bench,” she says. “When I went home I looked at it and it was like an epiphany. I thought ‘I have to have Pop on the wall!’”

KIRSTY IS A FOURTH GENERATION HUNTER VALLEY MINER AND SHE’S RIGHTEOUSLY PROUD OF THE FAMILY’S MINING HISTORY.

Her paternal great-grandfather, Robert (Bob) McMann, was a Cessnock local and the first miner in the family. His daughter Colleen would go on to marry William Thompson and raise another generation of miners.

Pop himself began his mining career in Wollongong aged just fifteen, working as an operator. He later moved his family back to Cessnock, and took on jobs across the Hunter and the South Coast.

Everyone knew my Pop as Sunday Thompson,” explains Kirsty. “He worked in mines such as Bellbird, Surrupipling, Liddell and Aberdare East (where we think the photo was taken).”

“Pop worked in mining for some 35 plus years. All his brothers worked in mining and all of his children are or were mining households.”

In fact, Kirsty says, “Out of 12 of Pop’s grandkids, 10 households are mining households. All my family are predominantly here, in a whole bunch of mines around Singleton and the Hunter Valley.”

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away.”

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away.”

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away.”

To Kirsty, the fact that she was able to get the family together to remember Pop and their mining history makes the mural worthwhile the time and effort. “I’m super family-oriented,” she says. “If it’s something that will get the family to focus, or bring the family together, then I’m in it.”

For Kirsty, the fact that she was able to get the family together to remember Pop and their mining history makes the mural worthwhile the time and effort. “I’m super family-oriented,” she says. “If it’s something that will get the family to focus, or bring the family together, then I’m in it.”

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away.”

Kirsty moved everyone out the front, gave Colleen the photo of Sunday to hold, and unveiled the mural. “Her [Nan] and my aunties started crying straight away.”

For Kirsty, the fact that she was able to get the family together to remember Pop and their mining history makes the mural worthwhile the time and effort. “I’m super family-oriented,” she says. “If it’s something that will get the family to focus, or bring the family together, then I’m in it.”

When it came to creating a tribute to ‘Pop’, Kirsty approached graffiti artist Jamie Cartwright - a former school friend of hers from Singleton - who now works on the Gold Coast. Though his commissions are usually for larger organisations - think SeaWorld – and are slightly more organised than the pictures Kirsty gave him, he liked her idea and agreed to do the mural.

Kirsty kept the project secret from most of her family, and when it was ready to unveil, she and three of her cousins had to lure the rest of the family to Singleton with various - fictional - reasons.

When ‘Nan’ Colleen Thompson and the family were gathered at the cottage, Kirsty told them “I had a little surprise for them; that one of my, ‘out-there’ ideas had come to fruition,” she laughs. The 1,000Ks 4 Kids bike ride first started in 2011 with 19 participants and has grown from there, attracting funding from Raising funds for Camp Quality, and with healthcare workers and families, including Anthony Fleming from Sedgman Murrurundi and Muswellbrook along the way.

“Everyone knew my Pop as Sunday Thompson,” explains Kirsty. “He worked in mines such as Bellbird, Surrupipling, Liddell and Aberdare East (where we think the photo was taken).”

“Pop worked in mining for some 35 plus years. All his brothers worked in mining and all of his children are or were mining households.”

Although William passed away almost thirty years ago, the family mining tradition continues. Her own daughter is now a fifth-generation miner, having recently taken a job as an operator at Mount Arthur.

In fact, Kirsty says, “Out of 12 of Pop’s grandkids, 10 households are mining households. All my family are predominantly here, in a whole bunch of mines around Singleton and the Hunter Valley.”
**LE’S GO TO THE Circus!**

**EARLY LINKS INCLUSION SUPPORT SERVICE HAS RECEIVED THE BHP BENEFITING MY COMMUNITY GRANT AND IS USING IT TO CHANGE THE LIVES OF CHILDREN IN THE HUNTER.**

A sunlit day on July 17 saw dozens of kids from all over the Upper Hunter smiling ear to ear as they enjoyed Circus Avalon and learnt some amazing new skills.

The Early Links Inclusion Support Service put on quite the show for the kids of their program, supporting children and young people with developmental delay, disability or those at risk of developing a developmental delay.

Four percent of Australian children will have a diagnosed disability or developmental delay and early intervention has proven to be the key to long term benefits for kids, their families and the community.

Circus Avalon has been around since 1998 supporting families throughout the Hunter Valley and received funding from BHP and The Musesbellew Council has seen them move from strength to strength as they gave the kids the opportunity to participate in the community.

Everyone, from the kids to their parents, enjoyed the circus as they learnt how to unicycle, balance and bake. Aetell while enjoying a range of tricks performed by circus extraordinaires.

Through the BHP grant, Early Links has been able to fund a school holiday program for kids with disability and their families.

Last holidays the kids attended Safety in Sydney. Diversional Therapist for Early Links Felicity Smith said, “the experience was life changing for some of them.”

**THE STARS OF THE HUNTER DANCE FOR CANCER WAS A RECORDSETTING SUCCESS RAISING AN INCREDIBLE $1,388,992 FOR THE CANCER COUNCIL.**

On June 29, hundreds gathered at the Cessnock Performing Arts Centre for a night of dance, celebration and a fantastic cause.

The inaugural Stars of the Hunter event, which saw people from industry and the community put on their dancing shoes to raise money for the Cancer Council, was thanks to Singleton Cancer Council Community Relations Coordinator Clint Ellett. Clint saw the success of the event in other regions and worked tirelessly over the last few months to make it a success here in the Hunter.

And a success it certainly was. We sat down with Glen Parsons, Cancer Council Community Programs Coordinator after the event where he praised each and every Star who willingly gave up their time with the one purpose in mind, to fundraise as much as they could for the Cancer Council.

Glen said, “It’s a testament to them that despite these people not being dancers and having to get up and dance in public to a genre of dance they were randomly given, they all put aside their reservations for a greater cause. To learn an entire dance in a short few weeks while non-stop fundraising along the way, I just can’t praise all our stars enough. “

“I also have to thank EVERYONE ELSE WHO SUPPORTED THE EVENT, ALL THE DANCERS, CESSNOCK COUNCIL AND THE CESSNOCK PERFORMING ARTS CENTRE, EVERYONE WHO CAME ALONG TO THE EVENING, AND OF COURSE EVERY SINGLE PERSON WHO DONATED. IT’S A FANTASTIC RESULT AND IT WILL HELP MAKE A DIFFERENCE IN THE LIVES OF SO MANY PEOPLE AND THEIR FAMILIES WHO ARE DEALING WITH THIS Terrible disease.”

“Funds raised will go to assist families who are dealing with cancer along with our local researchers. Supportive care services such as Transport, financial assistance, legal and financial services and some help will see a boost for those doing it tough in our local area,” Glen added.

**THESE HOLIDAYS, FAMILIES HAVE THE OPPORTUNITY TO GO ICE SKATING, ATTEND A FISHING TRIP, LEARN DANCING AT THE SCONE WINTER SHOW, LEARN CRAY CRAFT AT MUNNINGS AND NOT TO FORGET THE CIRCUS AVALON COMING TO TOWN.**

**PUTTING HEALTH IN MIND**

A group of Mining Industry professionals and 4x4 enthusiasts have banded together for a great cause, The Black Dog Institute. On August 4, the 4x4 event saw a sea of supporters making their way to Bucket Beach for a BBQ, fundraising raffle and a day of fun.

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness, currently offering free mental health training for managers in high risk industries across NSW.

Groups from Aussie/NZ MQ Triton, Aussie/4WD Triton, Modified MQ Triton, Mitsubishi and the Hunter Valley, Australia and Aussie 4WD Triton had a blast. Such a fantastic initiative from a great group of people.
ON THE FAST TRACK

YOU’VE PROBABLY HEARD ABOUT THE LATEST DIET FAD, INTERMITTENT FASTING. BUT DOES SKIPPING MEALS MAKE YOU HEALTHY, OR JUST HANGRY?

Intermittent Fasting (IF) is a diet regimen that cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of normal eating. The most common methods are fasting on alternate days, for whole days, with a specific frequency per week, or during a set time frame. Jump on the internet and you will find dozens of IF diets each with their own sensational claims.

How does it work? When we eat our body releases insulin to help cells convert sugars (mainly glucose) from food into energy. If the glucose isn’t used immediately, then the excess is stored in fat cells. But when we go without food for extended periods the insulin is not released and the body instead breaks down fat cells for energy which can lead to weight loss. In addition, IF is also claimed to have health benefits such as reducing blood pressure, reducing cholesterol levels and increasing longevity.

SOUNDS GREAT DOESN’T IT? Unfortunately, as yet, the research does not back any of the claims. Studies in animals are showing promising results, with increases in life span, better performance in cognitive and metabolic functions and significant reductions in weight. As human studies are still being conducted and it’s too early to rule out the health benefits, you might want to be a Guinea pig and give it a go for yourself. What have you got to lose? Maybe weight!

So far there are no adverse effects from IF. However, IF is not recommended for some people such as pregnant women, adolescents or children, diabetics and especially for those with eating disorders or using medication that requires food intake. Although it would be easier to fast from bedtime to lunchtime or early morning, research suggests that skipping dinner may be better for health than skipping breakfast.

Try fasting from 2pm to 8am but remember that you still want to eat healthy and the normal amount during the eating period. Be careful to not find yourself overeating in anticipation of going hungry. Even if you have no luck in losing weight, one benefit of trying is that it can help you learn to manage hunger which is an essential skill for anyone who wants to get in shape.

By having periods without food, you might learn the difference between body hunger and mental hunger and find you begin to treat food as a fuel for your body instead of a source of constant pleasure and gratification. Or it might just make you hungrier...

WHEN IT COMES DOWN TO IT WHEN YOU EAT IS NOT NEARLY AS IMPORTANT AS WHAT AND YOU EAT AND HOW MUCH OF IT.

The NSW Resources Regulator recently released the findings of its investigation into a former coal mine worker diagnosed with a mixed dust disease in 2017 and is urging all current and former mine workers to maintain regular health screening.

Chief Compliance Officer Anthony Feen said that while the workers medical condition couldn’t be attributed to specific exposure or specific sites, it underlined both the need for all current and former coal mine workers to get regular checks and the importance of the stringent regime we have in NSW.

“THE REGIME IS WORKING - WHEN REQUIRED AND CONTINUE TO ATTEND FOR THEIR HEALTH SURVEILLANCE MEDICALS EVEN AFTER THEY LEAVE THE INDUSTRY,” MS FLEMING SAID.

Some of the symptoms of dust disease include chronic cough, shortness of breath, black spume (mucus), lung discolouration, fatigue and chest pain but even if you have no symptoms it is still vitally important to maintain regular health screening.
GOOD STUFF @ THE COALFACE

Pig Races
DENMAN
Proudly presents

SATURDAY 12TH OCTOBER 2019
DENMAN FOOTBALL OVAL GROUNDS

• $10 per Adult / $5 per Child
• Gates open 10am / First race 11am
• PRIZE MONEY for the winner of each race
• Woodchopping demo & Market Stalls
• Childrens entertainment including laser tag
• Food and Drinks available
• Fun filled family day with something for everyone!

Bring your chairs and be entertained by The Racing Pigs while supporting the Westpac Rescue Helicopter Service.

For more information visit
www.rescuehelicopter.com.au/events

HEAVY EQUIPMENT REPAIRS
HEAVY VEHICLE REPAIRS
UNDERGROUND HARD ROCK EQUIPMENT REPAIRS
LIGHT VEHICLE REPAIRS
ENGINEERING AND MACHINING
STRUCTURAL CONDITIONING AND PAINTING TO SPECIFICATION
LIGHT VEHICLE WHEEL ALIGNMENTS
LIQUID NITROGEN
UNDERGROUND OILFIELD SERVICES

Why should you engage Double R?
TEAM
A GREAT CULTURE COMMITTED TO THEIR CLIENTS
WE ARE HERE TO HELP YOU AT THE DOORSTEP
ADAPTIVE
DEVELOP CUSTOMISED SOLUTIONS TO THE NEED
REALISTIC
CONSISTENCY OF DELIVERY
RELIABLE
CONSISTENCY OF DELIVERY

HUNTER VALLEY
02 6571 4249
huntervalley@dblr.com.au

LEINSTER
08 9037 3804
leinster@dblr.com.au

KARRATHA
08 9185 2699
karratha@dblr.com.au

GUNNEDAH
02 6780 9601
gunnedah@dblr.com.au

MUDGEE
02 6372 3257
mudgee@dblr.com.au

LEINSTER
08 9037 3804
leinster@dblr.com.au

WWW.IAMROAMR.COM
WWW.THEGOBOAT.COM
WWW.MICHELINTWEEL.COM
WWW.SWINCAR.NET
WWW.LANDARKRV.COM
WWW.LANDARKRV.COM/MODELS/DRAPER
The event helps raise much-needed funds for the Westpac Rescue Helicopter Service which is there to help over 1.5 million people throughout Northern NSW.

Founded in 2006, Aletek is a family-owned business and prides itself on being a reputable and trusted manufacturer of specialised mining equipment focused on improving safety and efficiencies. With a huge product range of heavy-duty exhaust systems, thermal insulation blankets, emission control solutions, and sound suppression and noise attenuation solutions, Aletek is trusted in Australia working with Aletek’s clients as well as developing new relationships within the mining industry. All funds raised from the day will go towards the fantastic cause of the rescue service and players will have the chance to win some fantastic prizes supplied by Aletek. The golfers will be running for the top prize, a Callaway golf bag.

Ryan and the Aletek team are excited to be on board for the Gold Day that will help support the Hunter community and Rescue Helicopter’s efforts. In continuing this community support and following on from the success of last year’s inaugural ‘new-look’ event, Danny and the Westpac team are expecting a big turnout. The event helps raise much needed funds for the Westpac Rescue Helicopter Service which is there to help over 1.5 million people throughout Northern NSW.

**FOR YOUR CHANCE TO WIN, SIMPLY EMAIL CESSION@YOURS NAME, AND YOUR EMAIL ADDRESS TO 0438 474 219.**

©0436 333 207

**THE FINAL COUNTDOWN**

It seems like only yesterday the Bengalla Group 21 season got underway but here we are in the final rounds. Here’s a recap of this season’s highs and there sure has been plenty.

From club legends playing in milestone matches (Daniel Hoggerwerf, Liam Dunn and the rest of the 2019 alumni), it’s been a great year for the ones who stuck with their clubs through thick and thin. Congrats all. If we tried to list all the names, there would be no room for anything else.

The Merriwa Magpies. The tiny town with the big heart and a passion for their bush footy. They currently sit at the top of the table in Reserve Grade, but on August 18 expect to see the biggest crowd yet at Aberdeen as the Tigers will have the opportunity to disrupt the small town’s season title and potentially put Scoine into first spot.

Where’s the Judiciary? In good news the on-field behaviour was at its best in 2019, with a massive turn round from 2018. From our club sources the Judiciary only had to meet once or twice this year. 2018’s Judiciary was like a regular format in the competition schedule. So hats off to the clubs.

Unity. Whether it’s a club down or a player down, it’s been a great year for our competition. The knowledge and support we’ve received from the community, players, coaches, and everyone involved in the competition has been nothing short of amazing. From Ladies League Tag through to First Grade, there is some massive talent in our competition. Former NRL players Todd Lowrie, Frank Paul Nuasala, Adam Clydesdale and the more recent welcoming return of Todd Lowrie giving back to the bush forty after their high seasons is great for our competition. The knowledge they bring to their sides is priceless, but also the opportunity for some of our up and comers to steal some advice or measure themselves against them has been great to watch.

We could go on and on, but we’re limited to space, but take a bow everyone! From players, to coaches, to umpires, to supporters, to volunteers. Your value to your club is appreciated by all that are involved.

We can’t leave without speaking about the finals! Here’s what we know.

Singleton have secured the hosting rights to the Minor Semi Finals on Saturday August 24 and will play Denman in First Grade. Now we’ve seen Denman written off in 4th spot before and meet Scoine in the GF. Denman has been decimated by injury. Who’s back for this one? Let’s just wait and see.

Scoine have secured the hosting rights to the Major Semi Finals on Sunday August 25 and will play Aberdeen in First Grade. HOLY WOW! Who’s camping out overnight to save a front row seat on that one.

For more information hit the footy fever Facebook page and stay updated on the Bengalla Group 21 competition. Check out the link to stream all your commentary of the finals games online! To from Falls to Runaway, Singapore to Singleton and everywhere in between don’t miss any of the action.
**Weigher IN A Roller**

*WITH ACCURACY GUARANTEED, THIS INTELLIROLL IS PERFECT FOR YOUR WEIGHING NEEDS.*

A revolutionary new beltweigher (belt scale) product has just been released by Control Systems Technology Pty Ltd. Called the IntelliRoll, this wireless ‘Weigher in a Roller’ can be placed directly into a conveyor belt idler frame in place of a normal roll. It looks like a normal roll but is an amazing ‘microbot’.


---

**BADASS BOLTING**

**BUILT AND DESIGNED FOR HEAVY-DUTY INDUSTRIES, THIS TOOL HAS BLUETOOTH CONNECTIVITY AND A MILITARY GRADE SINGLE CABLE AND CONNECTOR SYSTEM.**

E-RAD BLU series precision torque wrench tools are designed to provide a high degree of accuracy (+/- 3% on target) for high torque assembly applications. Our patented and extremely advanced electronic stall grip torque wrench combines the legendary RAD gearbox design with a UNC servo motor technology to reduce bolting time by up to 50%.


---

**CLEVER Concreting**

IDEAL FOR ROUGH CONCRETE AND SHOTCRETE, THE REED A40HP CONCRETE PUMP HAS USER FRIENDLY OPERATION.

The Reed A Series Trailer Mounted Concrete pumps are reliable, tough, durable and easy to use. Rockmaster A Series Pumps are powered by a 82hp continuous duty diesel engine. They feature an “Open-Loop” hydraulic system, a large fuel tank and REED’s Can-Bus Solid State Cycle Control.


---

**Guide Gadget**

**THE LATEST NAPTEX ST SERIES HANDHELD SCANNER CONTROLLERS PROVIDE BETTER ACCURACY WITH A MODERN APPROACH.**

Surveyors and geologists can now overlay georeferenced CAD lines and surfaces and annotate scans live in the field. New capabilities help-close the loop between plans and as-built by giving a live guide to survey coverage and ensure all the required scans are taken in one session. The modern, digital approach enhances survey data interpretation and reduces the need for manual data entry.

[www.maptek.com](http://www.maptek.com)

---

**ANALYSE with ACCURACY**

THE OXYGEN ANALYZER OXY 102 IS A LOW-TEMPERATURE OXYGEN ANALYZER PROVIDING PRECISE AND RELIABLE MEASUREMENTS.

This low-temperature oxygen analyzer offers a control unit fully integrated in the probe. The measuring probe is connected to the control unit in one fully integrated system. This is the ideal choice for installations where access to the probe is easy, due to its lower cost and installation time. With modern technology at economical aspects, what more could you want.

[www.analyticspl.eu](http://www.analyticspl.eu)
EQUIPMENT @ THE COALFACE

WEIGHING IN WITH AN OPERATING WEIGHT OF A LITTLE OVER 160T, THE RIGID BODY CATERPILLAR 777G IS NOW CONSIDERED THE MINNOW OF MOST MINING FLEETS.

A versatile truck, this off-road hauler is equally at home fitted with a water tank or service module as it is being utilised for mud removal or hauling topsoil.

Such is the scale of mining today that this truck by rights almost classifies as a civil size machine and can often be found in quarries and (increasingly) large infrastructure projects. Paired with a Cat 992K Wheel Loader, the 777G can be a potent tool offering operators flexibility in tight working areas matched with comfort, efficiency and most importantly safety.

RELEASED IN 2012, THIS MACHINE FEATURES SEVERAL UPGRADES AND ADVANCEMENTS OVER ITS F SERIES PREDECESSOR. NOT SURPRISINGLY, MANY OF THESE FEATURES RELATE TO THE TECHNOLOGY THAT UNDERPINS THE TRUCK’S INCREASED FUEL EFFICIENCY AND SAFETY FEATURES.

Immediately recognisable with its bold black vertical square radiator (previously a sloped bull nose cowl in the F Series trucks), the 777G has introduced a new front frame design that increases the approach angle on ramps and grades. With hydraulic oil-immersed disc brakes now standard on all four corners of the truck, this truck offers enhanced braking as well as a traction control system able to differentiate between tire spin and high-speed turns that now activate at lower speeds.

As is the theme with most recently released Caterpillar machines the hydraulic oil filter life has been extended to allow 1000 hour service intervals under normal operating conditions with this unit also incorporating a heavy-duty rear axle housing permitting increased lubrication and filtration of critical components.

Process Equipment Wear Prevention Asset Management Engineering and Mechanical

the 100 CLUB

THANKS TO COMPONENTS ONLY, OUR HEAVY EQUIPMENT EXPERTS

Are you at risk of Bushfire impacting your:

- Community
- People
- Environment / Biodiversity
- Assets
- Reputation
- Liability
- Business continuity

At LRM we are working with Mining Companies to enhance biodiversity and reduce the risk of Bushfires.

We are committed to providing Conservation and Ecological Fire Management services throughout the Hunter Valley region and beyond.

Know your risk. Call us today to arrange your Fuel Load Assessment or plan your Risk Management Strategy.

ASSESS | PLAN | BURN | MITIGATE | RESPOND

1300 766 625
17 Glen Munro Road, Muswellbrook NSW 2333
www.lrmfireandrescue.com.au

THANKS TO COMPONENTS ONLY, OUR HEAVY EQUIPMENT EXPERTS
FROM BMX TO DRIFTING,
25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

FROM BACK TO DRIFTING,
25-YEAR-OLD JACK GIBBONS LIVES FOR THE ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and goes the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.

25-YEAR-OLD JACK GIBBONS LIVES FOR THIS ADRENALINE RUSH AND THRILL OF GETTING BEHIND THE WHEEL.

Admitting to his competitive nature, Jack always aims to be the one who does the coolest run and does the hardest, pushing the limits at every camp. It is extremely expensive and stressful getting to events but in my eyes totally worth it just for that couple of 30 seconds of doing something amazing on a track with good friends that share the same passion.

The ultimate dream would be to travel the world drifting tracks with a car built by sponsors, but for now Jack says he just wants to get through the weekend without breaking anything. If like me you have never seen a drifting competition in person, I suggest you head down to cheer Jack on in the upcoming months. He’s sure to put on a show.

In one day drifting (providing the car holds up) I will go through 10-20 tyres and use about 3 tanks of E85 fuel and the tracks I go to are anywhere from Mount Gambier to Brisbane, the bigger power cars will chew through more,” he said. “If I’m not drifting I’m travelling, fixing the car, changing tyres, repairing car parts or celebrating a good event or drowning my sorrows after a bad one with a few beers,” added the car enthusiast.
The group go up before me and as each side lands to whoops and delighted laughter my own excitement begins to bubble up by the time my instructor Cam gets me suited up and nuts me through the safety instructions I’m eager to get going.

As I chat with Cam on the way to the plane, I ask him how many jumps he’s done to ensure that I am really putting myself in safe hands. He reassures me that every instructor has jumped more than 10,000 times, which way is up, and I have never forgotten and I can truly say Skydiving is an experience I will be forever grateful for that.” said Lili.

When asked about her funny career stories, Lili laughed saying, “I am the queen of awkward encounters and embarrassing public occurrences, ask anyone that knows me.”

“One time I was performing at the Civic Theatre in a big group of singers, we had those headset microphones on and I was right at the front of the group.”

“Halfway through the song, I took a deep breath and inhaled the form tip on the microphone, I had no idea what to do and it was lodged in the back of my throat and I had a solo coming up.”

“I had to try to compose myself and then I spat it out onto the stage in front of me, it wasn’t subtle either.”

Lili Has played at local Hunter Valley and Newcastle venues over the past few years, even gracing a massive audience at Hope Estate. Currently playing a few gigs over the next few months, there’s a lot of opportunity to catch this amazing artist in action.

Follow Lili Crane on Instagram @Lilicranemusic
A FEELING MORE THAN I COULD HANDLE. I CAN'T REALLY IMAGINE ANYONE I LOVE CHILLI AND I LOVE SPICY FOOD, BUT THIS WAS HONESTLY OUT.

I HAD TEARS STREAMING FROM MY EYES, MY THREE BITES IN TOTAL OF THE BURGER AND THAT'S ALL I COULD MANAGE. I TOOK MY FIRST BITE AND INITIALLY THOUGHT IT WASN'T MANAGING ON THE GIANT SKULL AND CROSS BONE SHAPED CHILIES 'I ACCEPT ALL RISKS AND MEDICAL RESPONSIBILITIES IN THE WISH I READ THIS BEFORE ORDERING.

AMBULANCES BEING CALLED TO THE RESTAURANTS THAN YOUR AVERAGE JALAPENO. AFTER DOING SCOVILLE HEAT SCALE, ABOUT 700 TIMES HOTTER THE SAUCE MEASURES OVER 2,200,000 ON THE GHOST CHILIES, CHOCOLATE BHUTLAH AND BIG YELLOW MAMA.

The burger features two angus beef patties, bacon, cheese, pickles, jalapenos, tomato, lettuce and ghost chillies sauce. The sauce is a deadly concoction of the world’s hottest chillies including the Carolina Reaper, Ghost Chillies, Chocolate Bhutlah and Big Yellow Mama.

The sauce is a deathly concoction of the world’s hottest chillies including the Carolina Reaper, Ghost Chillies, Chocolate Bhutlah and Big Yellow Mama.

If you enjoy chilli and spicy food, then this is definitely something you need to try. It is not only legal but also means a loss of character that typical of Japanese beer, it is very filtered to knock off all the rough edges. Unfortunately, that also means a loss of character that makes beer dry and uninteresting. It’s a shame to see a good beer go to waste.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That's as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.

Then it was off to Rotterdam stopping at every pie shop we could find and we found a few. There Brett knew their pies I tell ya. Almost as much as a firm hand, shake or man hug.

That’s as open and free as me on my last trip to the Happy Valley Rotters Camp.

I resisted louching around in the modly through as there was few kiddies around and I didn’t want them repeating school holiday stories about a national here’s nether regime and crown jewels. Anyway, being breakfast time, I slid straight past all the tempting treats to eat and proceeded to drink the bar dry.

Nothing gets me more excited than the words FREE BEER. After then drinking the breakfast class bar on the plane dry too, I landed in All Black and Warrior country as Brett greeted me with a cold beer, which he knows I like as much as a firm hand, shake or man hug.
MACH Energy Australia oversees commitments relating to the Aboriginal Community Development Fund (ACDF)

MACH Energy welcomes the opportunity this provides for us to make a meaningful contribution to the sustainability and well-being of Aboriginal communities in the Upper Hunter Valley.

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

For Applications or further information about the ACDF please visit: https://machenenergyaustralia.com.au/aboriginal-community-development-fund/
WE SOURCE AND SELL COMPONENTS GLOBALLY TO KEEP YOU MOVING

REBUILT DIFF, EX MINE SITE IN SOUTH AMERICA

NEW PULLEY, EX NORTH AMERICA

BLADE LIFT CYLINDER FOR REBUILD, EX HUNTER VALLEY

REFURBISHED CABIN, EX WA

RUNNING TAKEOUT FINAL DRIVE, EX PERU

COMPONENTS ONLY

1300 726 801
WWW.COMPONENTSONLY.COM
SALES@COMPONENTSONLY.COM