

NORTH WEST INDUSTRY, COMMUNITY, SPORTS & ENTERTAINMENT

@THE COAL FACE

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MINING MATTERS

FEDERAL MINISTER FOR RESOURCES MATT CANAVAN SHARES HIS THOUGHTS ON MINING COMMUNITIES.

FIRST GRADE COACH

GUNNEDAH BORN AND BRED SPORTSMAN JOHN HICKEY STARTED COACHING YOUNG MEN AND WOMEN WHEN HE WAS IN HIS MID-TEENS AND HAS NEVER STOPPED.

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SAVING LIVES

IT'S THE HARDWORKING VOLUNTEERS LIKE THESE ACROSS THE TOWNS OF NORTHERN NSW THAT KEEP THE WESTPAC RESCUE HELICOPTER SERVICE IN THE AIR. PAGE 4



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# "You'd never know all this used to be a mine."

Australian miners and farmers are working together towards a common goal. Mining land is being rehabilitated to graze cattle and grow crops. When the mining is gone, the rehabilitated land will be here to stay – preserving it for future generations.

**There's more to Australian mining.**



Authorised by Tania Constable, Minerals Council of Australia, 44 Sydney Avenue, Forrest, ACT, 2603.

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# WELCOME TO @ THE COALFACE

**@ THE COALFACE IS PROUD TO BRING YOUR OUR FIRST EVER NORTH WEST EDITION!**

There is no doubt that the North West and surrounding areas are important contributors to industry and deserve their very own edition of @ The

Coalface. That's why the team here @ The Coalface decided to create a special quarterly edition just for the North West region.

## AS MINING GROWS, SO DOES THE NORTH WEST

**GUNNEDAH HAS A LONG HISTORY AND CONNECTION WITH COAL MINING, DEMONSTRATED BY THE MINER'S STATUE AT WOLSELEY PARK.**

It was Gunnedah coal that helped power the trains that took local agricultural produce to markets elsewhere. It was also Gunnedah coal used in the Tamworth powerhouse that helped make Tamworth the first town in the world to enjoy electric streetlights.

**AGRICULTURE AND MINING CO-EXISTED BACK THEN, AND IT'S IMPORTANT FOR THE FUTURE OF THE REGION THAT THESE TWO INDUSTRIES CONTINUE TO DO SO, HELPING TO STRENGTHEN AND DIVERSIFY THE LOCAL ECONOMY.**

Last year mining contributed \$117 million in direct spending in Gunnedah, including \$45 million spent at 160 local businesses and \$72 million paid in salaries to 580 mining workers in the local community. These miners and their families are an important part of the community, and with the region set to produce high quality coal for decades, coal miners and their families will continue to make Gunnedah home.



Stephen Galile, CEO  
NSW Minerals Council

### LOCAL COAL MINERS TELL ME GUNNEDAH IS A GREAT PLACE TO LIVE AND RAISE A FAMILY.

The town is vibrant with a real sense of community and a great quality of life. Community-building is important to the mining sector and Gunnedah is well placed to enjoy the benefits that continued growth in the resources sector will bring.

Stephen Galilee, CEO,  
NSW Minerals Council



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# SAVING LIVES

**WE ALL LOOK TO THE SKY WHEN WE HEAR THE FAMILIAR WHOP WHOP WHOP SOUND OF A HELICOPTER AND OUR HEARTS DROP WHEN WE RECOGNISE THE BRIGHT RED AND YELLOW OF THE WESTPAC RESCUE HELICOPTER HEADING TO AN ACCIDENT OR LANDING AT ONE OF OUR HOSPITALS.**

The Westpac Rescue Helicopter has been a familiar sight in our skies for several decades. A free service that covers 1.5 million people throughout Northern NSW 24 hours a day, 7 days a week. That's 2000 mission each year. All at no cost to the people who need it.

**WE HAVE TO APPLAUD THE WESTPAC HELICOPTER SERVICE AND THE REMARKABLE WORK THEY DO IN ASSISTING PEOPLE IN OUR REGION. HOW MANY LIVES WOULD BE LOST IF IT WEREN'T FOR 'OUR' WESTPAC HELICOPTER?**

It has always been a free service and the reason why is because of the hard-working volunteers located across the towns of Northern NSW. Volunteers such as those in Gunnedah, who have been raising money for the Service for close to 20 years. They are a passionate, assertive, zealous bunch, continually looking for ways to raise money to keep the Service in the air.

Volunteers like Gwenda, who was the victim of a car accident at Green Gully near Armidale. As she lay trapped with broken bones throughout her whole body the helicopter was summoned and Gwenda was conveyed to hospital in time to save her. Without the helicopter she would not have made it.

Volunteers like Chris, whose granddaughter fell off a horse at Glen Innes. While the Tamworth service was busy with several local accidents her granddaughter was able to be transported to Lismore by another service. She has made a full recovery.

**GWENDA AND CHRIS BOTH KNOW HOW SPECIAL THIS SERVICE IS TO THE REGION AND WORK**

How can you or your business help to keep the Westpac Rescue Helicopter Service free and available to everyone across the North West?

- Workplace giving – either from the sale of a good or service or through payroll donations
- Donating a day of your time to an event. Ask your boss if you can take a day away from work each year to work for the Westpac helicopter – or do it as team.
- Have a fundraiser – the

volunteers would be only too happy to help you organise.

- If you see a volunteer in a red shirt with a white bucket labelled with a helicopter put your hand in your pocket and give some cash.
- Get a group of friends together for the Golf Day or the Bowls Day.
- Get a team together for the Colour Run in Gunnedah in coming soon.

[www.rescuehelicopter.com.au](http://www.rescuehelicopter.com.au)

**TIRELESSLY, WITH THE 21 OTHER VOLUNTEERS IN THE GUNNEDAH BRANCH, TO RAISE FUNDS TO KEEP THE SERVICE AVAILABLE FOR OTHERS.**

In current times raising funds is getting challenging. There are not enough young and active people willing to join the ranks. In response to this a Regional Advisory Committee has been formed to

work with local volunteer branches to help resolve issues around communications flow, a decreasing and aging volunteer base and recruiting a younger demographic.

**WE ALL NEED TO DO OUR PART TO KEEP THE SERVICE FREE FOR EVERYONE. ONE DAY IT MAY BE YOU WAITING TO HEAR THAT FAMILIAR WHOP WHOP WHOP.**

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# NICE ONE NARRABRI

**THE DROUGHT IS CRIPPLING MANY ON THE LAND IN OUR REGION, BUT THE UNBREAKABLE COMMUNITY SPIRIT OF NARRABRI AND THE LOCAL ROTARY CLUB IS STEPPING UP AND LENDING A HAND.**

We spoke to Darrell Tiemens from Rotary about the 'Neighbours in Need' project they have started. Conceived in early July 2018 after comments from a club member (also a funeral director) regarding the tragic increase in the suicide rate amongst local farming families. He expressed the view that such actions were directly linked to the current, ongoing and relentless drought. His comments resonated with all members who acknowledged that drought has

a particularly severe impact on the mental wellbeing of drought affected families. Members agreed that many avenues of support focused only on welfare and did not address wellbeing.

**WITHIN A FEW WEEKS THE 'NEIGHBOURS IN NEED' PROJECT WAS BORN.**

It was registered with RABS and listed as a charitable fund to enable tax deductible donations. The project was promoted heavily

in the local media, via street press and on the Club's Facebook page. A Neighbours in Need website was set up as well as a new Facebook page to provide information and a portal for referring friends and neighbours in need, while also enabling self-referral. To date over 477 families have been anonymously registered through the website.

Darrell went on to tell us about some of the work being done and how much a good chat can help, "We have undertaken direct farm visits by suitably trained Rotarians and volunteers (approx. 200 farm visits to date). Visits generally include a cake to enjoy while chatting over a cup of tea and provision of support information. Additionally, 120 Rotary Christmas Cakes were distributed to approved and registered families in early December 2018."

Rotary have also held community BBQ's involving Rotarians and friends, sometimes in partnership with local community groups. To date eight very well received community BBQs have been held gathering crowds of 40 to well over 100.

**THROUGH THE PROGRAM ROTARY ARE ALSO PROVIDING FINANCIAL ASSISTANCE AS AN AID TO RELIEVING FINANCIAL STRESS AND PROMOTING BETTER MENTAL HEALTH.**

EFTPOS cards have been issued which purposely do not identify holders as charitable recipients and are stickered to encourage local usage further spreading the local benefit. These are accompanied by letters explaining the importance of supporting local businesses during the drought.

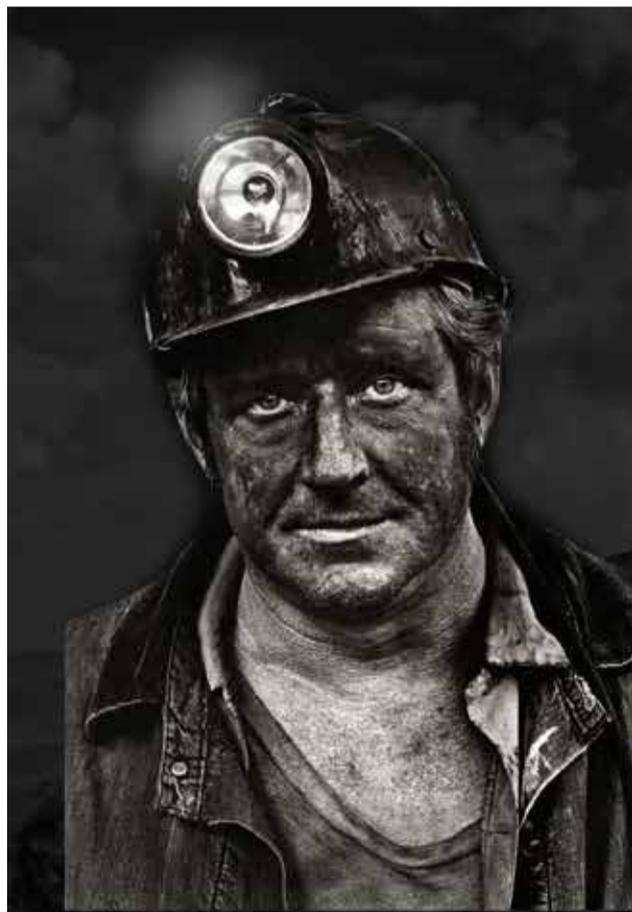
Partnerships with the Rotary Clubs of Boggabri and Wee Waa have also broadened the geographical reach and success of the project and all should be very proud.

**THE INITIATIVE HAS HAD A PROFOUND EFFECT ON LOCAL FARMING FAMILIES AS DEMONSTRATED BY THE NUMEROUS LETTERS OF THANKS ALL 3 CLUBS HAVE RECEIVED.**

To add to that Narrabri Rotary were even recognised with the 2019 Community service Trophy at the recent district Rotary Convention.

To date a considerable amount of money and aid has been distributed from donations made by individuals, local businesses, community groups, Whitehaven Coal and other Rotary Clubs, as well as monies provided through various government grants.

Community spirit at its best we think... well done and keep up the good work.



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# WHAT'S ON IN THE GUNNEDAH SHIRE



## YOUTH WEEK 2019 GUNNEDAH

Youth Week is a national celebration, providing the

opportunity for young people to share ideas, attend live events, have their voices heard, showcase their talents, celebrate their contributions and to meet new people and to have fun.

Gunnedah Youth Council has a jam-packed program of events for Youth Week 2019 (April 9-18), targeted at young people aged 12-25.

From a Youth Expo, inter-school debate and short film screenings, to pushy races, trivia, basketball and a scavenger hunt, there is something for everyone at this year's event.

All Youth Week events are drug and alcohol free. A full program of events can be found on Council's website.

## COLOURS FOR NOURISHMENT - COLOUR RUN

Gunnedah Shire Council has teamed up with Westpac Rescue Helicopter Gunnedah Support Group to host a colour run event, 'Colours for Nourishment' on Saturday, 18 May at Donnelly Fields, Gunnedah from 10.00am.

Participants can run, skip, jump or walk the colour fun run across the marked 1.7km route on Donnelly Fields through numerous colour stations where spectators will throw coloured powder on them. Tickets will include a 'Colours for

Nourishment' t-shirt, wrist band, safety glasses and face mask. Bottles of coloured powder will be available to purchase. There will be fun for the whole family with food, a DJ and rides on the day.

The fun run is in support of encouraging healthy lifestyles and physical activity, while having fun!

Tickets are \$35 each or \$120 for a group of four and can be purchased from [www.thecivic.com.au](http://www.thecivic.com.au).



## 'PAINTBRUSHES AND PENCILS' EXHIBITION

'Paintbrushes and Pencils' explores the arts practices of a collective of artists from Quirindi, Werris Creek and outlying villages within the Liverpool Plains.

The works of 10 artists will be on exhibition at the Gunnedah Bicentennial Creative Arts Gallery (81 Chandos Street), with the official opening at 6.00pm on Friday, 19 April 2019.

Artists include Robbie Duck, Zoe Cartwright, Linda Cheyne, Sienna Cartwright, Robyn Marheine, David Austin, Jean Phillips, Di McNeil, Leanne Fields and Brian Duck.

Mediums include oils, acrylics, graphite and coloured pencils on canvas, paper and board.

The exhibition continues until Friday, 31 May 2019.

Keep up with the latest Council news events and more at [www.gunnedah.nsw.gov.au](http://www.gunnedah.nsw.gov.au)

Shire of Gunnedah  
Land of Opportunity

# WORKING TOGETHER



**THE WINANGA-LI ABORIGINAL CHILD AND FAMILY CENTRE PROVIDES VITAL SERVICES THROUGHOUT THE NEW ENGLAND NORTH WEST REGION WORKING WITH ABORIGINAL AND MEMBERS OF THE WIDER COMMUNITY WHO ARE VULNERABLE OR DISADVANTAGED.**

The not for profit, self-managed, Aboriginal community organisation was established in 2015 to deliver key programs in family support, disability support, health services and education and care. Since their inception, local

employer Whitehaven Coal has been a proud supporter. As part of their partnership, Whitehaven has purchased two minibuses which has allowed more children to get to and from school at Gunnedah and Narrabri, and facilitate access to

**CONTACT THE FAMILY CENTRE** Phone: (02) 6743 0999  
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meaningful educational, medical and cultural programs for Aboriginal families.

Winanga-Li also uses a Whitehaven property for a range of training programs, including building skills amongst young people living with disability, and supporting skills.

**IN ADDITION TO THE WINANGA-LI PARTNERSHIP, WHITEHAVEN COAL'S INDIGENOUS EMPLOYMENT PROGRAM AT MAULES CREEK HAS BEEN RECOGNISED BY THE NSW MINERALS COUNCIL AS 'BEST IN CLASS' WITHIN THE INDUSTRY AND WAS INCLUDED AS A CASE STUDY IN THE PRIME MINISTER'S 2017 CLOSING THE GAP REPORT.**

Wayne Griffiths, Centre Manager, Winanga-Li Aboriginal Child & Family Centre said, "A lot of Aboriginal people are getting some gainful employment out at Whitehaven Coal on the Maules Creek

site and their whole lives have turned around a fair bit. Generational change is about people having an opportunity to do something different in their lives. The beauty of that concept is it opens the door for people to rebuild and reshape their lives."

A Whitehaven Coal spokesman said that this partnership and the many other programs they run are all part of their vision. "Reconciliation is an Australia that affords equal opportunities to all. We recognise the important contribution from Indigenous peoples in our nation's history and in its future successes, as well as the challenges many Indigenous Australians continue to face. That's why Whitehaven Coal is committed to working in partnership with Indigenous people connected to the areas in which we work to create a stronger future together."

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# COALFACE CULTCHA

## GATHER AT THE GALLERY

I was aware of the buzz from the room before I saw the people. There was a friendly excitement floating around the laughter and vivacity. I was offered food and drink before I was able to put my bag down, they were so willing to welcome me.

As I wandered around the room and viewed the magnificent local art work on display others were



starting to set up a few lecterns and a keyboard. Then swiftly, with little notice the singing began. A mix of

people, of all ages with one thing in common. A desire to make music, to share in song. It was truly uplifting. Others sat at the table and kept their hands busy with their artistic pursuits. On other occasions there have been poets who wanted to share the written word and other instrumentalists who wanted to

share their music. All cultural interests are welcome.

If you are in Gunnedah on the third Wednesday of the month and want to meet, mix and share, then I urge you to gather with friends you are yet to meet at the Gallery. It's on at The Civic Chandos Street Gunnedah from 6.30pm.

**GATHER AT THE GALLERY** Contact Gunnedah Conservatorium  
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their way home to Tamworth via Hungerford and Grawin.

**RON MEWBURN IS ONE OF THE INTREPID DRIVERS THAT HAS SIGNED UP FOR THIS EPIC JOURNEY.**

“Last April I got invited to come along on the Tamworth to Tops which is a smaller version of this event. It was such a great group of people and so much fun so when they told me about the Drovers Run, I decided I wanted to be a part of it,” Ron said.

“At the time I signed up I was working as the Longwall Maintenance

Planner at Narrabri Coal. One of the Deputy’s Matt McDonald also signed up and we decided instead of competing for fundraising we would join forces and raise the money together. We thought we’d set a goal of \$5000 and we’ve already doubled it. I hope that we can keep raising more because the work the Service does is so important, and every dollar goes towards saving lives.”

Since its inception the event continues to grow with over \$430,000 raised so far for the Service. Ron said it’s not a race, it’s about having fun and raising money for a good cause.

“One of the best things about the event is the people. Not just the drivers and support crew, but the people we get to meet in all the small towns we go through. With the drought affecting some of these towns terribly, its great to be able to bring in some extra business to them. We also often hold raffles and things to help support the local communities.”

Ron also said that it’s a great event for people who haven’t had a lot of experience with this type of driving as there’s plenty of help on hand.

“I’ve done some solo outback driving before and I’m no stranger to a bit of sand and dirt under the tyres, but it’s great knowing you’ve got the support there if you need it. For people who aren’t that confident it’s a great environment to learn in and you’ll receive plenty of instruction to help you along.”

There’s still a couple of spots left to enter this year’s Drover’s Run and have an adventure of a lifetime. To find out how to enter or to become a supporting donor go to [www.rescuehelicopter.com.au](http://www.rescuehelicopter.com.au)

# DROVER’S RUN

**THE DROVER’S RUN 4WD OUTBACK ADVENTURE IS A BADASS JOURNEY FOR A GREAT CAUSE.**

This is the 6<sup>th</sup> year for the event and set to be the most ambitious yet with an expected 50 vehicles to take part. Entrants travel 4,000kms over fourteen days through some of the most spectacular scenery in Australia to raise money for the Westpac Rescue Helicopter Service.

The drive begins on Sunday August 4 when the convoy leaves from Broken Hill passing through the Flinders Ranges and Oodnadata Track before heading east across the iconic Simpson Desert and Big Red, on to Birdsville and Innamaincka and then making

Help Ron and Matt raise money for the Westpac Rescue Helicopter Service at [droversrun2019.gofundraise.com.au/page/RonMewburn](http://droversrun2019.gofundraise.com.au/page/RonMewburn)

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# HERE'S TO HERITAGE

**HERITAGE HAS BECOME A KEY MANAGEMENT ISSUE FOR MINES OVER THE LAST DECADE. AS COMMUNITY EXPECTATIONS HAVE RISEN, SO HAVE MINERS' OBLIGATIONS TO PRESERVE, RESEARCH OR SENSITIVELY MITIGATE IMPACTS UPON HERITAGE SITES.**

But though we hear a lot about heritage, what exactly is it and why is it important? Aboriginal heritage can take the form of stone artefacts like spearheads or blades, scars on trees left from shield or dish

making, and grooves on rocks for grinding seeds or sharpening stone axes. Non-Aboriginal heritage can be seen in the structures, machinery and relics of our colonial, pioneering and agricultural yesteryear. They all echo sounds of different pasts.

But to only focus on the tangible, material, visible aspects of heritage only answers a fraction of the question. Heritage is composed of, and defined by, the unseen, emotive and personally poignant threads and fabrics that, when woven together with those material fragments, create a far richer and intense whole than the sum of its parts offers.

**IT'S THIS COMBINED TAPESTRY THAT TELLS THE STORIES WE CAN CONNECT WITH, THAT IGNITES OUR PASSIONS AND INSPIRES PEOPLE TO FIGHT FOR AND DEFEND ANCIENT SCRAPS OF STONE, WOOD AND METAL.**

When each of us ponder the subject of heritage we can all identify our own special connection to an item, place, person or event now classified as history but that still very much moves our emotional present. We might be one of many millions that feel

this way, we might be one of only dozens, but the size of the fellowship has no bearing on the importance of heritage to us as individuals.

As with anything in life that affects personal feeling or opinion, awareness, sensitivity and sympathy are critical requirements for understanding others' attachment to heritage. If you can't appreciate one group's connection to a stone, a tree, a hill, a stream why would you expect them to understand your affinity for an object, a building, a streetscape, a town.

**UNDERSTANDING HERITAGE REQUIRES AN APPRECIATION OF HOW WE ALL UNITE WITH THE PAST. IT'S NOT THE THING THAT MATTERS BUT THE MEANING OF THE THING.**

Once we come to terms with this concept, we realise that our own personal opinion of the material embodiment of someone else's heritage doesn't count, its respecting the personal link that's important. Heritage is empathy.

**Joel Deacon, Archaeologist - Arrow Heritage Solutions.**

## COMMUNITY GIFT

# WEE WAA HIGH SCHOOL BUSH BOTS TEAM

**THIS ISSUE THE @ THE COALFACE \$300 COMMUNITY GIFT GOES TO THE WEE WAA HIGH SCHOOL BUSH BOTS TEAM.**



With Artificial Intelligence, robots and computer programming essential workplace skills for our future generations, this school program and competition is an innovative approach to expose regional youth to the world of robotics in a fun team environment.

The team have made it to the finals of the South Pacific Robotics competition three of the last four years, and all the way to Houston, Texas last year. The competition aims to "inspire young people to be science and technology leaders, by engaging them in exciting mentor-based programs that build science, engineering and technology skills, that inspire innovation, and that foster well-rounded life capabilities including self-confidence, communication, and leadership". We love the investment of time and will that this small community, Wee Waa are making to foster our future.

The team are needing a new high-powered laptop to operate their robots. This gift will help them purchase this vital piece of equipment. Good luck Bush Bots, love your work.

[www.facebook.com/bushbots6050/](http://www.facebook.com/bushbots6050/)



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# GO GO GRADUATE

WHITEHAVEN COAL'S TWO-YEAR GRADUATE PROGRAM IS A FANTASTIC OPPORTUNITY TO KICK-START A CAREER IN THE MINING INDUSTRY FOR GRADUATES WITH ENGINEERING DEGREES INCLUDING MINING, ELECTRICAL, MECHANICAL AND MECHATRONICS.

The next round of the program is looking to commence in February 2020 and the successful graduates will have the opportunity

to gain exposure to either underground or open cut mining in the Narrabri & Gunnedah areas. Oliver Matthews was one of

the selected applicants from the last round of the program and is now a first-year Graduate Mechanical Engineer at Narrabri underground mine. He moved from the Central Coast to Gunnedah for the job. "I really enjoy the lifestyle here; it's all about getting involved in the community through sport or other avenues," Oliver said.

**OLIVER CHOSE THE PROGRAM BECAUSE OF THE BREADTH OF EXPERIENCE IT OFFERED. "I LIKE THAT YOU ARE NOT PIGEON-HOLED INTO A SINGLE ROLE. THERE IS SCOPE TO PURSUE AVENUES THAT INTEREST YOU AND SINK YOUR TEETH INTO COMPLEX AND REWARDING ENGINEERING PROBLEMS. YOU HAVE A PURPOSE WITHIN THE MINE AND THAT DRIVES YOUR PROGRESS WHILE YOU LEARN VALUABLE ENGINEERING SKILLS BEYOND WHAT YOU LEARNED AT UNIVERSITY."**

A typical day on the job for Oliver will see him on a rotation through Surface Engineering Operations. Day to day he deals with maintenance tasks,

Applications for the 2020 program are open until April – Apply now!  
[whitehaven.applynow.net.au/jobs/WHC233-2020-graduate-program](http://whitehaven.applynow.net.au/jobs/WHC233-2020-graduate-program)

consulting with and learning from trades to understand issues and working towards a solution or assisting with the maintenance task itself. There are also long-term projects that require him to be looking forward and regularly planning and tracking goals.

When asked what the biggest surprise of his new job was, Oliver said it was the ability to get involved and get your hands dirty, learning the job

and being able to go away and actively apply what you're learning.

"There is also a lot of support to go and get extra tickets and qualifications, things that broaden your ability and versatility within the mine which is great. But the best thing hands down has to be the culture. It's a great culture to work in. Everybody is approachable and prepared to help."

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# IN GOOD HANDS

**POLITICIANS LOW ON EGO BUT HIGH ON ENTHUSIASM FOR WHAT THEY DO ARE HARD TO COME BY. AFTER SITTING DOWN OVER A CHICKEN SCHNITZ AND A GOLD WITH FEDERAL MINISTER FOR RESOURCES MATT CANAVAN I'M CONVINCED HE'S ONE OF THE GOOD ONES.**

From the get-go there wasn't too much of the typical pollie line. It was just a relaxed chat free of minders and advisors about our mining industry, but more importantly his love for our mining communities and people. You see Matt might be in the big end of politics at Federal level but at heart he is clearly a proud local bloke from Rockhampton in regional Queensland. Like many of us he is juggling a pretty demanding job and a young family.

Matt made it very clear that he believes in creating vibrant communities through mining, and in our area that means coal.

**HE WAS STRAIGHT UP ON THAT POINT, "THE REASON I SUPPORT THE COAL INDUSTRY SO PASSIONATELY IS NOT BECAUSE OF ROYALTIES, IT'S BECAUSE OF THE OPPORTUNITIES IT PROVIDES TO INDIVIDUALS AND THEIR FAMILIES TO CREATE COMMUNITIES AROUND MINING ACTIVITY. GUNNEDAH IS A GREAT EXAMPLE I CAN TELL YOU. OF COURSE, THOSE ROYALTIES DO A LOT OF GOOD AND HELP SOCIETY IN GENERAL AS WELL."**

"We would all love to think that we can create communities out of thin air, but the reality is if money's not coming through the door that's a big strain on relationships, families and communities. You need industries like the coal industry that can sometimes provide a stable economic base for some communities to exist and thrive," he continued.

Matt talked about the need for a diverse range of employment opportunities to be provided regionally and how mining can help there. Not just on mines but in the towns as well.

"I could see that on the ground in Gunnedah when I was there towards the end of last year. I think it's great that Whitehaven have a substantial office right there in the middle of town, not just working out at the mine sites. It adds to the prosperity of the town. You can see it, the

town is vibrant, the town is pumping. It's model we need more mining companies to adopt," he said.

Matt pushed the point even further, "These days it's important to provide a mix of opportunities because both parents need to work and providing office jobs in town helps businesses like cafes and retail thrive through more support. That in-turn provides even greater opportunities for the extended family and more broadly the community that don't have mining jobs. It means more teachers in schools and that kind of thing. It all really helps to attract families for the long term and not just individuals satisfying a short-term contract need."

He was also pretty strong on not being a big fan of FIFO. He does believe it has a place in the industry as some mines are just too remote to do anything but. Ideally, we should create great regional communities around mines with potential for broader prosperity. Here @ The Coalface we couldn't agree more.

On challenges around conflicting land uses and getting that right, it is important all around the country as it is here in Gunnedah Matt told us,

**"GUNNEDAH AND WHERE I'M FROM IN THE BOWEN BASIN ARE LIVING EXAMPLES OF HOW THAT CAN WORK AND HOW OTHER INDUSTRIES CAN THRIVE."**

"In both areas agriculture is of massive importance economically and culturally. So is mining. Even with some inevitable challenges and working through them and working together can and does bring great results for both industries and the communities they support. We



can do this well and we have done this well. There is no reason we can't do it even better into the future providing it's done in a sensible and balanced way. We can always improve and we should always try to," said Matt.

Matt has just completed the first National Resources Statement in twenty years and one of the big parts of that is driving the industry to continue to improve in areas as just mentioned and rehabilitation in particular as well.

On that Matt was keen for the last word, "I think we lead the world in this, and we have a lot that we can teach the world on it as well. But we can always get better ourselves too and it's got to be at the core of what the mining industry does. We have to leave a legacy of employment and community opportunity and great land and farming opportunities where they used to mine."

**WELL SAID MATE, WE HOPE YOU'RE LEADING THE CHARGE FOR QUITE A WHILE YET.**



# WONDERFUL WASTE

THERE'S NOT MUCH MORE INSPIRING THAN SEEING LOCAL SUCCESS BUILT THROUGH HARD WORK, FAMILY VALUES AND AN UNWAVERING PRIDE IN AND COMMITMENT TO COMMUNITY. IT'S A WAY OF LIFE FOR NAMOI WASTE CORP AND A STORY WORTH SHARING.

After being dobbed in by a client colleague, I recently had a chat with Ron and Jack Campbell who run Namoi Waste Corp. This local family business and success story started 28 years ago in Narrabri and went from mowing lawns, to landscaping, then civil works, and then on into the waste business 18 years ago. They've never looked back.

With 17 people now on the books as full-time employees including Ron's wife, son Jack who moved back to town from Brisbane to help run things, his sister-in-law in admin and accounts, daughter

helping on the finance side and an uncle who works driving trucks, it's family business in every sense of the word. Add to that the employee family and you get the impression there's a lot of birthday cakes going around the office in a year.

**TO SUM THAT UP RON TOLD US SOME WORDS HIS DAD INSTILLED IN HIM AS YOUNGSTER, "HE ALWAYS SAID LIFE'S ABOUT FAMILY, BUSINESS AND COMMUNITY, AND IF YOU GET A GOOD BALANCE IN ALL OF THAT THEN YOU WILL LIVE A GOOD LIFE SON!"**

"We live locally, employ locally and invest locally. We are absolutely committed local buyers and are fanatical about using local suppliers. It all works to keep this great little community thriving in hard times and good," Ron continued.

On business, Ron and Jack told us how the big multinational waste companies always had the contracts in the area for kerbside collections and after seeing those tenders they decided to have a crack. It was a big risk and challenge from how they told us the story. With perseverance and no doubt a bit of luck, they went from 1 kerbside truck and one front lift truck to a fleet of 15.

**MINING HAS BEEN AN INSTRUMENTAL PART OF THE JOURNEY AS WELL RON AND JACK TOLD US.**

"When the underground mine started we got the opportunity for a couple of front lift bins and that progressed to skip bins. We initially developed with them on just a handshake basis, so there was a bit of risk there but Whitehaven stuck by us."

"Then Whitehaven started a tender process with all 7 mine sites and all the big guys were going for it as well. It was pretty daunting. We've got skin in the game though, it's our business and we backed ourselves and that delivers a superior service. It was a hell of a challenge."

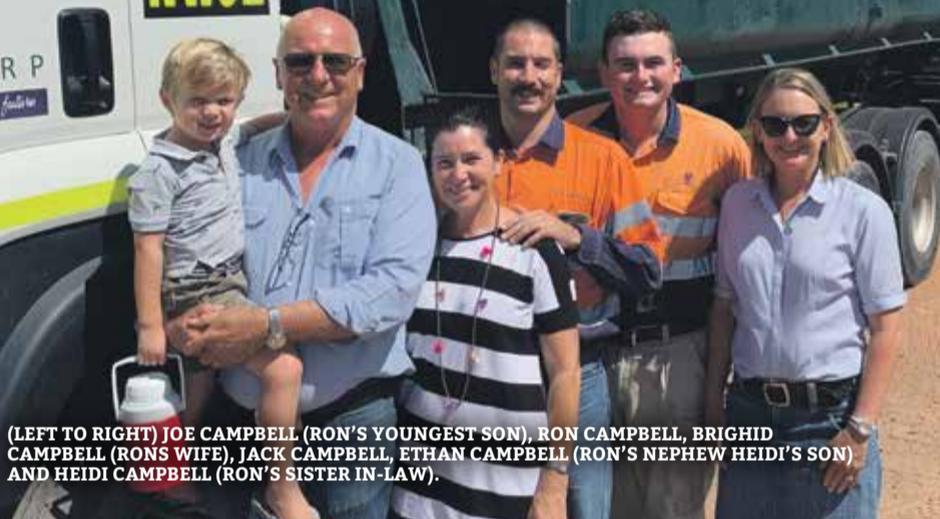
**"A BIG PART OF US WINNING WAS COMMITTING TO MAJOR PLANT AND EQUIPMENT UPGRADES. I THANKED WHITEHAVEN, BUT THEY SAID WE WON IT ON MERIT."**

Agriculture is also a very important part of the business as well. They told us the backbone of the region has always been agriculture and didn't pull any punches on the fact that the region is on the back of three failed crops making it tough for many.

"We deal with important agricultural businesses as well. Mining and farming coexist pretty well out here and in these tough times it's great for the community to have one industry helping keep local people and businesses moving. You will find many farmers and their children work in mining and farming as well. In tough times that money helps keep people on the land and local business benefits from a diversified economy."

On community support the boys made it clear that it's a vital part of the business as well as a loved part. Whether it be cash support for causes and events or in-kind waste services to help cut down costs, they have a very open door and very generous approach to any requests for help.

@ The Coalface loves hearing about local success and the people at Namoi Waste Corp are a wonderful example of what can be achieved... Keep up the good work and may success continue to follow your hard work.



(LEFT TO RIGHT) JOE CAMPBELL (RON'S YOUNGEST SON), RON CAMPBELL, BRIGID CAMPBELL (RON'S WIFE), JACK CAMPBELL, ETHAN CAMPBELL (RON'S NEPHEW HEIDI'S SON) AND HEIDI CAMPBELL (RON'S SISTER-IN-LAW).

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# NORTH WEST NSW GROWTH TO CONTINUE

I'M PLEASSED TO SUPPORT THIS FIRST EDITION OF GUNNEDAH @ THE COALFACE. WHILE MINING HAS BEEN PART OF GUNNEDAH FOR YEARS, WE'VE SEEN IT REALLY TAKE OFF OVER THE PAST DECADE.

This growth should come as no surprise as this is Australia's only emerging high-quality coal basin, delivering high-efficiency, low emissions coal for export, and it is fitting that our region is also now home to a publication that acknowledges and celebrates the coal mining industry.

Alongside the growth of mining in North West NSW, we've seen a big increase in infrastructure and services, supported in large part by Whitehaven Coal.

**IN FACT, IN THE PAST FIVE YEARS WE'VE INVESTED MORE THAN \$1.5 BILLION INTO THE REGION THROUGH WAGES, SUPPORTING LOCAL BUSINESSES AND CONTRIBUTING TO COMMUNITY AND CHARITABLE CAUSES.**

In FY18 alone we spent almost \$300 million with local suppliers, gave nearly half a million dollars to various community groups, made 90 separate donations and contributed \$1.9 million to local infrastructure improvements.

**THIS IS ALL POSSIBLE BECAUSE OF OUR WORKFORCE, WHICH HAS GROWN TO OVER 2,000 HARDWORKING MEN AND WOMEN, WITH THE VAST MAJORITY LIVING IN GUNNEDAH, NARRABRI AND BOGGABRI AND SURROUNDS.**

What has helped us grow is that this region is a great place to live, work and raise a family. North West NSW has welcoming people, and good services like schools and hospitals, all within striking distance of the major regional centre of Tamworth, itself with easy links to travel to larger cities. We're proud to be a part of this friendly community and look forward to thriving together.

I'd like to congratulate Coalface on this first edition and wish the team the best of luck.

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



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Several cannibals were hired by a local coal mine.

"You are all part of our team now," said the HR rep during the welcoming briefing. "You get all the usual benefits and you can go to the crib room for something to eat, but please don't eat any of the other employees."

The cannibals promised to be

good. Four weeks later their boss remarked, "You're all working very hard, and I'm satisfied with you. However, one of our fitters has disappeared. Do any of you know what happened to him?"

The cannibals all shook their heads no.

After the boss had left, the leader of the cannibals said to the others,

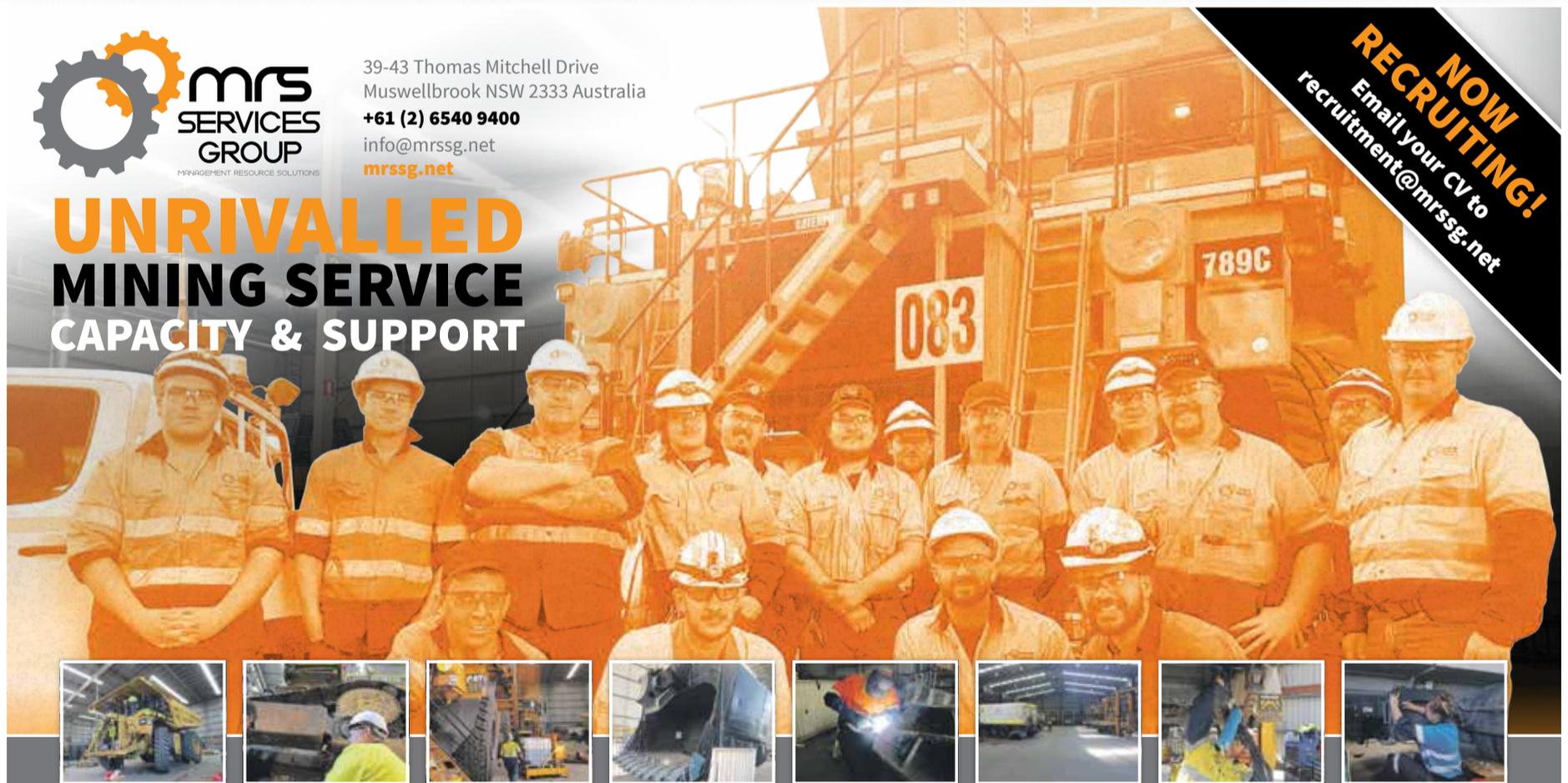
"Which one of you idiots ate the fitter?"

A hand raised hesitantly, to which the leader of the cannibals continued, "You fool! For four weeks we've been eating Managers and no one noticed anything, but noooooo, you had to go and eat a fitter!"



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# CHAMBER CHAT

**THE GUNNEDAH CHAMBER OF COMMERCE AND INDUSTRY INC. IS A VOICE FOR THE BUSINESS COMMUNITY OF GUNNEDAH AND DISTRICT. ITS MEMBERSHIP RANGES FOR SOLE TRADERS, HOME BASED BUSINESSES TO LARGE MANUFACTURING AND INDUSTRIES.**

## WHAT IS THE CHAMBER CURRENTLY WORKING ON?

Last year the Chamber undertook a reasonably large piece of research to understand any constraints around accommodation and childcare availability in the Gunnedah Shire. This came from observations and data that show there is a lot of workers coming

and staying for short times but there is a big gap in bringing their families.

The research found:

1. A lack of childcare spaces, particularly for the 6 weeks to 3-year-old age group. Additionally, there is a gap in childcare to cater for shift work. That is, not enough childcare every day of the week, 52 weeks

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- a year.
2. There is a great need for more support for employees looking for accommodation and short-term executive style (minimum 4 star) accommodation.
3. Many businesses identified opportunities for employing more staff and actually had positions available. There seems to be a disconnect between business vacancies and people knowing about them.

Chamber is working, as a priority on seeking pathways to resolve some of the childcare issues. They are also looking at how technology (apps) can be used to connect local business with local skilled workers who are seeking fulltime or part time work. As it's a volunteer committee and Chamber other recommendations of the research will be addressed overtime.

**AS WELL AS THESE MAJOR PROJECTS CHAMBER ALSO HOLD REGULAR NETWORKING OPPORTUNITIES TO CONNECT BUSINESSES.**

The chamber also make representation on behalf of businesses to local, state and federal governments and is currently supporting both farming community and businesses during the drought via Local Gift Cards. The Chamber is well aware of how businesses are struggling during this drought, with many reporting their lowest turnover for decades.



For more information and contact details head to [gunnedah.org.au](http://gunnedah.org.au) or follow the Facebook page.

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# FUTURE PROSPERITY

**COMMUNITY PLEDGES SUPPORT FOR THE VICKERY EXTENSION PROJECT.**

Locals have pledged support for Whitehaven Coal's Vickery Extension Project at the NSW Independent Planning Commission (IPC) public hearings into the proposed project in Gunnedah and Boggabri in February.

The hearings were part of the IPC's formal review of the Project, and also included a call for written submissions. Subject to approval, Vickery is planned to be a predominantly metallurgical coal mine that will create around 500 jobs during construction and 450 jobs during operations – adding to Whitehaven's existing workforce of around 2,000 people, 75 percent of whom live locally.

According to the Environmental Impact Statement, the project will also contribute \$271 million in wages across NSW, as part of a net economic benefit to NSW of \$1.2 billion in net present value terms, including additional tax revenue and royalties – money that will help fund schools, hospitals, roads and more.

**THE HEARINGS AND SUBMISSIONS GAVE PEOPLE AN OPPORTUNITY TO HAVE THEIR SAY ON THE PROJECT, AND OF SUBMISSIONS LISTED ON THE IPC WEBSITE, MORE THAN 75% PLEDGED SUPPORT FOR THE PROJECT.**

Whitehaven Coal Managing Director and CEO Paul Flynn said, "We've been working closely with the people who live and work in the area to ensure we get this project right. Community feedback has always been a critical focus for us that we've used to help shape this project and the way we operate more broadly.

"The many valid issues raised at the Hearings and in the submissions had been anticipated and addressed in our Environmental Impact Statement, and our focus is now on ensuring our responses are expanded and reiterated to the IPC through the response to submission process.

"We'll continue to listen to and take on board community feedback and we think this approach is why we've had such a strong show of support from people in the local area so far. It's recognition of the fact that Vickery offers significant local benefits and represents a modest but very positive change to what has already been approved."



More information about Vickery is available at [www.vickery.com.au](http://www.vickery.com.au) and at the IPC's website - [www.ipcn.nsw.gov.au](http://www.ipcn.nsw.gov.au).

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On Monday I said to my boss, "I've a dentist's appointment this afternoon. Can I leave at 2 and make up the time later in the week?"

"Yeah, that's no problem," he said.

On Friday he came up to me and said, "What's this? You've put on your timesheet that you finished at 5 on Monday."

I replied, "Yeah I know. I told you I'd make the time up."



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26, 27 & 28 APRIL 2019

## FRIDAY

DRESSAGE & SHOWJUMPING  
MINIATURE / SHETLAND HORSES  
LED & RIDDEN BREEDS  
GRIFFITHS PAVILION  
ART & PHOTOGRAPHY EXHIBITION  
PLAINS OF PLENTY DISPLAY  
ANIMAL NURSERY  
**ART & PHOTOGRAPHY OPENING**  
**SHOWGIRLS PRESENTATION @6PM**  
(\*\$10 ENTRY INCLUDES LIGHT REFRESHMENTS)  
SIDESHOW ALLEY

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CHILDREN'S ART  
COOKING & PRESERVES  
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HORTICULTURE & PRODUCE  
CHILDREN'S LITERATURE  
SCHOOLS' DISPLAY

### MAJOR ENTERTAINMENT

LIVE BAND 'HURRICANE FALL'  
KATE CLANCY HORSE ENTERTAINMENT  
TRACKSKILL V8 UTE DISPLAY  
WORKING DOG DEMONSTRATION  
MURPHY'S HARLEQUIN PUPPET THEATRE  
UTE SHOW  
SIDESHOW ALLEY  
JUNIOR & OPEN RODEO  
SPECTACULAR FIREWORKS DISPLAY

## SATURDAY

SHOWJUMPING  
OPEN HACK & HORSE EVENTS  
POULTRY JUDGING  
SHEEP & CATTLE JUDGING  
GRIFFITHS PAVILION  
ANIMAL NURSERY  
PONY RIDES  
FACE PAINTING  
PLAINS OF PLENTY DISPLAY  
KATE CLANCY HORSEMANSHIP SHOW ☆ **NEW**  
MURPHY'S HARLEQUIN PUPPET THEATRE ☆ **NEW**  
CLYDESDALE & DRAUGHT HORSES  
HEAVY HORSE HARNESS & LOG SNIG  
ART & PHOTOGRAPHY EXHIBITION  
BOUTIQUE MARKETS  
ELYSIAN PERFORMING ARTS DISPLAY ☆ **NEW**  
MUSICAL RIDE DISPLAY  
POTTERY DEMONSTRATIONS  
JUST DANCE GAMING COMPETITION  
WILLOW & FLI FASHION PARADE  
WOODCHOP  
TUG-O-WAR  
GRAND PARADE & OFFICIAL OPENING  
WORKING DOG DEMONSTRATION  
UTE SHOW  
TROTting & MINI-TROTS  
TRACKSKILL V8 UTE DISPLAY ☆ **NEW**  
SIDESHOW ALLEY  
LIVE MUSIC BY 'HURRICANE FALL' ☆ **NEW**  
JUNIOR & OPEN ROUGH STOCK RODEO  
SPECTACULAR FIREWORKS DISPLAY

## SUNDAY

DISTRICT HORSE EVENTS  
AUSTRALIAN STOCK HORSES  
LIGHT HARNESS CLASSES  
SHOWJUMPING

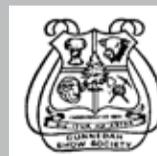
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MIA - AGE 5

**Why do we celebrate Easter?**

We like cuddling the Easter Bunny, dancing around and eating Easter eggs

**Where does the Easter Bunny live?**

In the egghouse at Bunnyworld

**Why does the Easter Bunny give you chocolate eggs?**

Cause bunnies lay eggs and have baby chicks



KAYLEE - AGE 6

**Why do we celebrate Easter?**

Because it's happy to spend with family

**Where does the Easter bunny live?**

Underground in a hole with his Easter friends

**Why does the Easter bunny give you chocolate eggs?**

Because we've been kind



LUCY & JACK

JACK - AGE 6

**Why do we celebrate Easter?**

We have Easter because it's a time to celebrate God

**Where does the Easter Bunny live?**

Um, In the sky

**Why does the Easter Bunny give you chocolate eggs?**

Coz, ummm.... everyone loves chocolate

LUCY - AGE 4

**Why do we celebrate Easter?**

Because it's Christmas?

**Where does the Easter Bunny live?**

Um, in a hole

**Why does the Easter Bunny give you chocolate eggs?**

Coz, him is celebrating Christmas at Easter.

# Kids @ THE COALFACE

THIS ISSUE WE WENT OUT AND ASKED THE KIDS SOME HARD HITTING QUESTIONS ABOUT EASTER.



MILA - AGE 5

**Why do we celebrate Easter?**

Because of Jesus and we get eggs

**Where does the Easter bunny live?**

In the moon

**Why does the Easter bunny give you chocolate eggs?**

Because Jesus died on the cross

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# SIGN PRINT AND STITCH

**Who are you and what do you do?**

My Name is Craig Summers and I run Sign Print and Stitch in Gunnedah and Narrabri.

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

I had a sign business in Narrabri and the opportunity came for this business 5 years ago so I got going again and expanded the offer.

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

Designing signs, printing signs, making signs, following up emails and catching up with clients... it's bloody hectic!

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

The best thing is the diverse range we offer and the solid client base and variety of clients. Basically, it's a

one stop shop from business cards to signs and workwear and absolutely everything else you could think of. It keeps it interesting.

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

Just servicing the local business community and mining industry. The town is very busy at the moment, so keeping up with all that.

**What are the biggest challenges facing your business?**

Probably finding skilled tradesman. I'm not alone there though.

**How long have you been doing business and business in the area?**

Since 1993 when I left school and started with the local newspaper as an apprentice printer. In this game though it's been 12 years first in the sign business and then 5 with the current one.

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

I'm a rugby union tragic! I play a little but coaching's my main interest. So, I would definitely say supporting the Narrabri Blue Boars.

**How big is the crew?**

We have seven staff between the two locations which keeps me (and them) pretty busy.

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

The variety of work means I'm not doing the same thing everyday day and the creative side of things lets me help local businesses stand out from the crowd and succeed.

**The worst thing?**

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The accounting side of the business, which I am sure a lot of other business people would agree with.

**SignPrintStitch...what's the best thing about it?**

We back up what we say we are going to do. We carry through with all work in front of us to a high quality and standard and on time.

**Anything else you want to say?**

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

Started working at Maules Creek with Whitehaven in January. So far it's been smooth sailing. The training was conducted really well for someone new into the industry and the team have all been very welcoming and supportive. I'm loving being behind the wheel now myself and looking forward to continuing to learn and develop my skills.

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

After arriving at the pit, we have a pre-start meeting with all the crew and discuss the plan for the shift and any new changes that might have occurred including exclusion zones and blasting. Then we head out to our trucks for our assignment which includes backing up under a digger to be loaded and then dropping the load off to the assigned dumping ground. We continue this production throughout our entire shift.

**How big is the crew?**

There's 4 different crews, each with roughly 80-100 crew members.

**What's the best thing about**

**your job?**

The lifestyle roster allows good rests in between each rotation and allows more time to be with family than your average Mon-Fri job.

**The worst thing?**

So far I haven't come across anything negative in my position, I'm thoroughly enjoying the position and environment as a whole.

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

Only new to the role so don't have any stories to tell just yet although I have heard some good ones from others in the crib huts!!

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

Well as a kid I wanted to be a professional Rugby Player where it's a very physical role. I was lucky enough to be able to achieve that but now I'm really enjoying a role that's not so physical and much easier on my body for a change.

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

I was always the one kid that would have to be involved in every sport and/or new trend

going. I'd give anything and everything a go.

**Family?**

Have a beautiful wife, 3 year old son and a baby girl on the way. I come from a very big family that hasn't always had it easy so I'm extremely grateful for the opportunity Whitehaven and Maules Creek have provided which allows me to give my family a great quality of life.

**What do you do in your downtime?**

Spend my downtime with my family out at the beach with a tray of Oysters soaking up the sun. Love to play some footy, go to the gym and sing and play instruments with my brothers in my downtime too.

**What's Gunnedah life like?**

I've come to find Gunnedah is a close-knit little town where the community enjoys their weekend sports and will always offer help where possible. Everyone my family and I have met have been so welcoming and very outgoing. It's pretty laid back here and the locals support the locals in this town that's for sure. My family and I have settled in nicely and we've met some great people.

**Who are you and what do you do?**

My name is Bampino Mulipola or Pino for short. I'm an Operator at Maules Creek mine near Boggabri.

**Any nicknames good or bad?**

Most people calling me Pino

or P. Guess it's easy for everyone to pronounce.

**Where do you live and how long have you been in the North West?**

Just moved up to Gunnedah from Maitland. Have been in Australia for nearly 7 years, originally from New Zealand / Samoa.

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## MINING THE FUTURE



**WE HAVE A BIG OPPORTUNITY TO RE-SET THE BAR FOR MINE REHABILITATION AND LAND USE POTENTIAL IN AUSTRALIA, WHILE SHOWING A NEW WAY OF APPROACHING HOW WE DO WHAT WE DO.**

The future represents smarter ways of doing business in partnership with mining, better ways of working with stakeholders, and greater ways of achieving coexistence with communities, environmental interests and governments. Most debate centres around seeing mine sites as liabilities while ignoring potential.

Shifting thinking to exploring the positive potential of mine sites and the adjoining agricultural, rehabilitated and buffer land areas could deliver many opportunities and more productive land use in the context of parallel economic and community development.

**WHAT IS PARALLEL ECONOMIC DEVELOPMENT?**

Parallel economic development is using mine land for development that will help deliver growth and potentially shape the regions identity and opportunities now and into the future. It allows for strong diversification in mining dependent regions so that their identity and prosperity is less reliant on mining alone.

**TOURISM, INDUSTRIAL, AGRICULTURE, EDUCATION,**

**RESEARCH AND LOGISTICS ARE JUST SOME OF WHAT MAY BE POSSIBLE.**

Mining presents and will continue to present opportunities of immense value to the region. The future presents significant additional opportunities and parallel economic development is a huge one.

This could all happen alongside existing mining operations while facilitating high value, meaningful outcomes to show the industry are committed to find new ways of thinking.

The well-worn path of thinking would expect our mine owners to pay for this - it is unreasonable, and it won't happen. In context though it would be our mining companies that could make it happen by opening up the possibility of using their land, influence and foresight to further drive any opportunity. With the right economic modeling, it may be possible to attract major investment from outside the area to make this happen. Now may be the time to seriously explore if this is feasible - it works in many other places around the world.

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A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability.

The couple produce photos of their 50-foot motor home, which is clean and well maintained and equipped with a beautiful nursery. The social workers are satisfied by this but then raise concerns about the kind of education a child would receive while in the couple's care.

The husband puts their mind at ease, saying, "We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills."

Next though, the social workers express concern about a child being raised in a circus environment.

This time the wife explains, "Our nanny is a certified expert in pediatric care, welfare, and diet."

The social workers are finally satisfied and ask the couple, "What age child are you hoping to adopt?"

The husband says, "It doesn't really matter, as long as the kid fits in the cannon."

# TAKE A LOOK BACK

WELCOME TO THE HISTORY OF COAL MINING. EACH ISSUE WE WILL TAKE A RIDE DOWN MEMORY LANE AND SHOWCASE THE HISTORY OF COAL MINING. WELL, WHAT WE REMEMBER ANYWAY...

This month we are taking a look at the gear used back in the early days compared to today's modern counterparts. Coal miners back then lugged around a

huge amount of heavy, dirty, and cumbersome gear when walking was the only way to get to the coalface. Makes you appreciate the gear we have today!

A special thanks to retired miner Pat Quinn for sharing with us the gear he used in the 50 - 60's.

## WATER BOTTLE

You got to lug around a galvanized water bottle with a cork for a lid, which held about 1.5 litres and had to keep you going for your entire shift as it was a long walk for a refill.



## SAFETY LAMP

These old lamps were carried by Deputies and used as a gas tester underground. If you knew how to read the flame you could detect methane, a lack of oxygen or presence of carbon dioxide. A far cry from today's modern sensors.



## CRIB TIN

These days a crib tin comes as big as your appetite, with cooling or heating sections and decked out in any colour, style or superhero image that takes your fancy. Back then the 'bait tin' as it was known was a galvanized tin that you were lucky to fit a sandwich or two and a piece of fruit in... And the mice out.



## SELF RESCUER

Today a self-rescuer is a portable oxygen system that can provide hours of oxygen. Back then it was a cotton mask you put over your face and nose. At least it could keep you safe from germs.

## UNIFORMS

Chuck on your oldest singlet, your grubbier shorts and a pair of boots and you were ready to head to the coalface. In many instances the dirt and coal on your clothes was the only thing holding them together.

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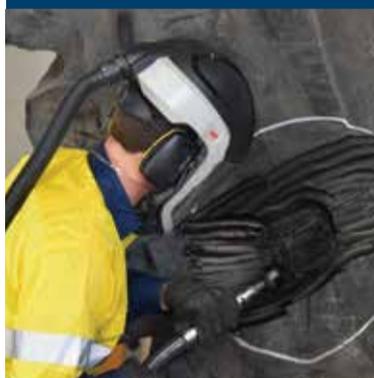
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My wife accused me of being immature.

I said, "get out of my cubby house!"

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# LOVING LIFE!

**SEAN HARRIS IS A TRAINER AT MAULES CREEK WHO MADE A MASSIVE COMMITMENT TO WHITEHAVEN'S HEALTH HAVEN WELLNESS PROGRAM. THE RESULTS ARE AS INSPIRING AS THEY ARE IMPRESSIVE.**

Sean's been at Maules Creek since January 2015. He moved down from Darwin after the mine he was working at closed. As his son and his wife got a job as an auditor down here in the NSW North West, settling into the local community and mining life all fell into place.

Day to day as a trainer, Sean looks after the maintenance department training needs. Training people on the machines so they can move and test the machines and repair them. He also organises any high-risk training needed for compliance.

At 43 years of age, Sean was severely overweight with blood pressure sky high at 150/90. Add to that a father and two grandfathers who died of cancer too young, Sean knew it was time for a change and so he decided to participate in the Health Haven challenge last year.

**THE HEALTH HAVEN PROGRAM WAS THE SPARK AND SUPPORT THAT CHANGED IT ALL AND CHANGED HIS LIFE.**

Sean told us how he got going, "I walked to the shops. Walked more around work and I made time for exercise. Jeff (another colleague) set a target and I was trying to catch him all day. I found more reasons to walk places. I wasn't going to the gym early on. I looked for excuses not to drive the car, as opposed to previously when I looked for an excuse not to walk anywhere. I also tracked steps with the Fitbit which I got for the challenge."

The changes were significant and during the challenge Sean's blood pressure came down and he had more energy. But it didn't stop there. "I slowly started getting better eating habits. After the challenge, I continued on and I took it to another level."

**"THIS TIME LAST YEAR I WAS 117KG AND NOW I'M ABOUT 92KG."**

"I only lost 7cm off my waist during

the challenge, so I kept going afterwards. It was all inspired from Health Haven. The program even included ways to manage stress. I utilised a lot of the recipes and stress management tips I got from the site. I gained a lot of momentum from the initiative. I was starting to realise how many excuses I was making. I had no excuse to not do things properly as I had all the materials I needed," said Sean.

**SO HOW IS HE GOING NOW?**

Sean proudly told us, "I don't smoke anymore. I exercise 5 days a week - high intensity resistance workout + cardio. I went from 30% body fat, down to about 12% and my 40-inch pants are now a 34! I have more energy than I ever did."

"I've seen how it's inspired other people at work and around me. My wife's a cross fitter and the biggest inspiration. My daughter and granddaughter all notice the huge changes. Before I was a bit embarrassed about photos and I didn't like going out in places where you have to wear nice clothes. Now I get out and about more and I'm more outgoing," he added.

Sean will be part of the action again this year conscious of the active minutes he's doing and still trying to walk a bit faster between places. "To participate in it helps the chances of it continuing to run so I like to support it. People know more about it this year and results like mine hopefully will get others involved."

**SEAN'S MESSAGE TO OTHERS WHO MIGHT BE HESITANT TO TAKE PART?**

"Your health is your life. The health and wellbeing of your body is essentially your life. You've just gotta start! Once you start and you're dedicated to it, everything in your life gets better. Get up, just do it, and you'll reap the benefits."

Well said Sean...Ladies and gentlemen...on your marks... get set...GO!

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# INJURY AT WORK?

DESPITE OUR INDUSTRY'S HIGH SAFETY STANDARDS, ACCIDENTS STILL HAPPEN. IF YOU ARE INJURED AT WORK HERE ARE THREE THINGS YOU NEED TO KNOW, AND DON'T TAKE OUR WORD FOR IT, WE WENT TO EXPERTS SHAW & BUNNER LEGAL FOR THEIR ADVICE.

**Reporting** – as an injured worker, you have an obligation to report the injury or illness to your employer. It is important to provide as much detail as possible including the date, time, details of the injury and a description of how the injury occurred. If the injury is due to the nature

and conditions of your work over a period of time, this should be included in any report of injury.

**Choose Your Own Doctor** – as an injured worker, you have the right to choose your treating doctor. You may think you are obligated to see the doctor who is recommended to you by

your employer. This is often referred to as the 'company doctor'. Be aware that you can choose whichever doctor you feel most comfortable with including your regular family GP. It is also important to note that if you have been seeing the company doctor, you can change doctors at any time.



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All of the organs are deciding who should be in charge.

"I should be in charge," said the brain, "I run all the body's systems, without me nothing would happen."

"I should be in charge," said the heart, "I circulate oxygen and nutrients all over."

"No! I should be in charge," said the stomach, "I process the food that gives us energy."

"I should be in charge,"

said the legs, "without me the body couldn't go anywhere."

"I should be in charge," said the anus, "I am responsible for waste removal."

All of the other body parts laughed at the anus and insulted him. So he shut down.

Within a few days, the brain had a terrible headache, the stomach was bloated, the legs got wobbly, and the heart pumped toxic blood. They all decided that the anus should be the boss.

What is the moral of the story? Even though everybody else does all the work, the asshole is usually in charge.

**Case Conference** – often an appointment is arranged between yourself, your doctor and a representative from the employer, the insurer or a rehabilitation provider – or a combination of these people. The purpose of a case conference is so the parties can understand your injuries and assist with your return to work. A conference should not be

a means for any person to put pressure on your doctor to change your restrictions or hours of work contained on your medical certificate. You have the right to discuss these matters with your doctor in private prior to the commencement of the case conference.

**Kerri Shaw & Gemma Bunner**  
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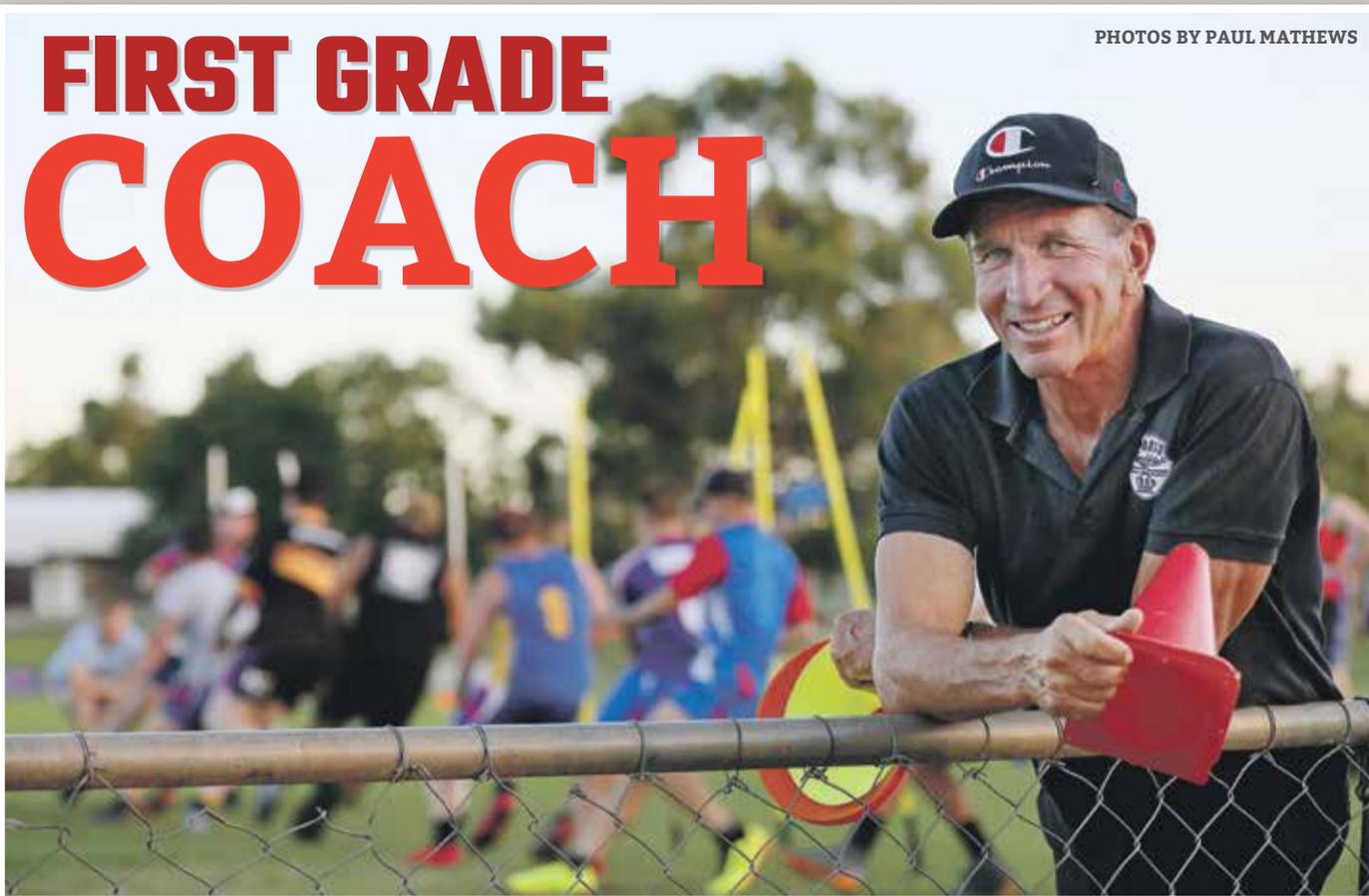
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# FIRST GRADE COACH

PHOTOS BY PAUL MATHEWS



**JOHN HICKEY STARTED COACHING YOUNG MEN AND WOMEN WHEN HE WAS IN HIS MID-TEENS AND THE GUNNEDAH BORN AND BRED SPORTSMAN HAS NEVER STOPPED. IF ANYTHING, HE HAS INCREASED HIS WORKLOAD WHILE STREAMLINING HIS METHODS.**

The just turned 62-year-old former real estate salesman is the head coach of not only the Gunnedah Swimming Club but the Gunnedah Rugby League Football Club's first grade men's side, which is preparing for a tilt at the 2019 Group 4 Rugby League premiership.

It seems a natural, and daily,

progression for him to be coaching the town's young swimming stars and then the talented young Gunnedah Bulldogs. Guiding, mentoring, training and improving the town's youth is something he was born to do. Rugby League "saved" him as a teenager, he asserts.



"I grew up without a father around," John admitted. "I didn't have a man around to kick me up the arse when I'd get into trouble. But rugby league did."

**JOHN WAS A HANDY PLAYER HIMSELF, PLAYING FOR THE GROUP 4 AND NORTHERN DIVISION UNDER 18'S FOR TWO SUCCESSIVE YEARS AS A HOOKER.**

"The first year (in the Northern Division side) I played with the Cleal brothers (Les and Noel) and the next with the Wynn brothers (Peter and Graeme)!"

However, a back injury curtailed his fledgling career at the age of 23 and in trying to overcome that injury

he trained hard in the pool, on the bike and on the track and road to overcome it.

**ALONG THE WAY HE STARTED TO TRAIN AND COACH OTHERS, MAINLY TRIATHLETES, AND HAD SUCCESS WITH THOSE TRIATHLETES AT STATE, NATIONAL AND INTERNATIONAL LEVEL.**

He also found time for a sabbatical, a two-year eye-opener journey to Ngukurr in the gulf country of the Northern Territory.

"It's the best thing I've ever done. The people are strong. We (he and wife Donna) met some of the most wonderful people. They told us we'd never get the aboriginal kids to swim in lanes, all of that sort of stuff, but by the time we left we had 30 kids who were very good triathletes."

John and Donna returned to Gunnedah last year after two fulfilling years of doing something for others and living in Australia "at its rawest".

"We had a granddaughter and it would have been unfair on Donna (his wife) not to let her be here to be a part of her growing up," he said.

Now back in Gunnedah he's head coach of the Gunnedah swimming Club as well as first grade coach of the Gunnedah Bulldogs, a side and club striving to win its first Group 4 first grade title since Peter Ryman led the bulldogs to victory over Wee Waa at Narrabri in 1998.

"I enjoy the challenge and the challenging others. I love coaching the kids, love helping them improve. And you hang around positive people doing positive things."

**@ The Coalface Sport is brought to you by local sports writer Geoff Newling**

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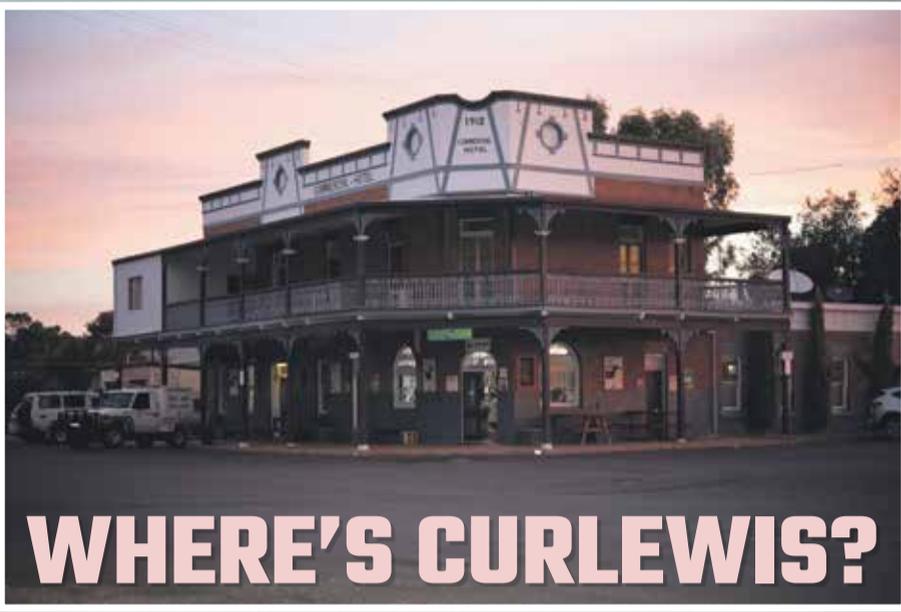
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**THERE USED TO BE A T-SHIRT THAT SAID "WHERE'S CURLEWIS?" ON THE BACK IT SIMPLY STATED 10 KMS NORTH OF NEA. I STILL GET A CHUCKLE WHEN I THINK OF THIS AND PROBABLY STILL HAVE ONE THE SHIRTS IN THE CUPBOARD TO PROVE IT.**

When you pass through Nea (a few silos, don't blink you will miss it) your tongue will start to feel dry and raspy and your stomach will start to rumble. There is something in the air telling you to turn off the main drag and stop at Curlewis Pub, heart of the little village. Population 600, give or take a few.

I will be up front with you, it's been my local for a few decades and I have no intention of finding another. The beer on tap is always cold and the welcome is always warm. You can perch yourself up at the bar, order a drink and it won't take long for someone to ask, "so where did you blow in from?"

**LIKE MANY COUNTRY AUSSIE PUBS DON'T EXPECT TO MEET ANYONE BY THEIR ACTUAL NAME AND BE PREPARED TO BE REGALED WITH LEGENDARY TALES OF YEARS GONE BY.**

Like the story of Charlie. The bar was packed three men deep and he was thirsty. For reasons only known to him he happened to have a black snake in a wheat bag in the ute. Charlie decided to let the snake go on the slippery lino floor. Human legs, arms, bodies and beer scrambled every which way and he just walked up to the bar and signalled for his regular. After that

day a beer was always ready on the bar when he walked in. Bloody cunning fox.

The pub has always been a fun place to be. So fun in fact that one fella forgot the wife was in the car outside. One Friday evening, despite her poking her head in often and saying it was time to go home, a 'roader' was always requested. Her patience broke and she decided to drive in and pick him up – literally. Bricks tumbled around the drinkers, he high tailed it off home on foot and the bar stayed intact to tell the story another day.

**ONCE YOU HAVE MET A FEW LOCALS AND ENJOYED THE COUNTRY CHARM OF THE CENTURY OLD BAR YOU MIGHT LIKE TO ORDER A MEAL.**

Dinner is guaranteed 7 days and week and lunch on Sundays. Eryn is the chef and serves up a tasty pub menu, with a weekly special or two on the backboard.

I usually love a few crumbed lamb cutlets, with the homemade mushroom sauce and veg. But last week I discovered the Salt and Pepper Squid. Oh heavens! The squid pieces are tender and the salt and pepper coating flavours tingle the taste buds. Add to that a home-made tartare sauce that is creamy and tangy, a fresh garden salad and a few well-cooked chips and you will be checking the map – you could not be a country pub out west? Surely?

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**REASONABLE, AND THE SERVICE IS SPEEDY.**

Curlewis is one of the few pubs in the area that can boast a grassed beer garden. Even on the hottest day the vine covered area is a perfect spot to enjoy your meal and a few quiet drinks. It is great for families as the youngsters can safely play on the grassed fenced area under your watchful eye.

Want to stay a few days and enjoy the surrounds of the village? The pub can arrange for you to park your caravan, or you can stay in the ensuite cabins at a really reasonable price. For a real country town pub experience you can stay in the upstairs rooms too – rumour has it the ghost of Willie McFall, the mad Irishman who used to live at the pub might keep you company – but that's a story for another day.



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# SHOW TIME



IMAGES: MAREE KELLY

**THE GUNNEDAH SHOW SOCIETY ARE SHINING THE SILVERWARE, MUCKING THE STALLS AND COUNTING THE SLEEPS TO THE 2019 GUNNEDAH SHOW TO BE HELD ON APRIL 26, 27 AND 28.**

The Show has been a popular event in the town's calendar since it began in 1888, and this year will be no different. The Show has seen a resurgence in crowd numbers and exhibitors the last few years, despite the drought affecting the number of entries, particularly in the animal sections. The Show Society

committee have been working hard to attract extra events, both for the Annual show and to utilise the showground throughout the year.

In April, the main arena will be a hive of activity over the three days. This year, as well as the ever-popular side show alley, grand parade, sheep dog demonstrations, photography



## ON THE LAND @ THE COALFACE

and art exhibit, animal nursery, Dagwood dogs and fairy floss some new events promise to keep the crowds entertained.

**TRACKSKILL V8 SHOW WILL IGNITE THE CROWD WITH THEIR COLOUR, V8 NOISE AND SIDEWAYS ACTION IN THE MAIN ARENA ON SATURDAY AFTERNOON. THE YOUNG AND YOUNG AT HEART WILL SURELY BE ENTERTAINED WHEN DENNIS MURPHY BRINGS HIS HARLEQUIN PUPPET THEATRE AND THE CROWDS WILL BE ASTOUNDED BY THE KATE CLANCY HORSEMANSHIP PERFORMANCE IN THE MAIN ARENA.**

The Show is really excited to welcome the Newcastle band Hurricane Fall to perform live on Saturday evening. Their unique sound will be a magnificent attraction for all ages and will complement the royal country atmosphere of the event. For the keen shoppers the Show Society is also hosting a boutique market on the Saturday 10 - 4 for the first time this year.

The renowned Rodeo is coming to town again this year and there will be a host of shiny and not so shiny utes on display in the Ute Competition. And as always Saturday evening will be a blast with the annual fireworks spectacular lighting up the night sky.

### FUN FACTS ABOUT THE GUNNEDAH SHOW

- Has been going for over 130 years. There were a few times it wasn't held due to drought and floods in its early years.
- Horse events were a main attraction at early shows and show jumping remains one of the most popular arena events in 2019.
- For many people living in outlying areas the show was one of the few times they came into town.
- The original arena lights were replaced by two 90 ft steel tower banks that were being disposed of from the Rathmines air Force Base in the 1950s. They were purchased at auction for 100 pounds and were erected by Show committee men.
- The Griffiths Pavilion was built in 1971 and today will showcase local cooking, art, horticulture and produce.
- The main grandstand and current arena lighting were erected in the 1970s and will undergo a major \$1.5 million overhaul in 2019 with a grant awarded under Stronger Communities Funding.

**THREE-DAY PASSES, MEMBERSHIP OR CAR SPACES CAN BE PURCHASED FROM THE SHOW OFFICE PRIOR TO THE SHOW.**



## Growing with North West NSW

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In the last year alone, we spent almost \$300 million with local suppliers, gave nearly half a million dollars to community groups, and contributed \$1.9 million to local infrastructure improvements.

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ZAC FROM BAREFOOT FISHING ADVENTURES WITH A NICE YELLOW BELLY HE SNAGGED FROM COPETON CASTING METAL VIBES. CRACKER FISH MATE!



# FISHING THE WILD WEST

AS OUR MINERS OUT WEST KNOW WELL, THE CURRENT DRY CONDITIONS HAVE ALSO DRIED UP A LOT OF THE ACTION OUT ON THE WATER. LET'S HOPE CONDITIONS IMPROVE THROUGHOUT AUTUMN.

## DAMS

With most of the Dams struggling at the moment it pays to travel to Copeton or Glenbawn to help give the fish a chance to survive as these two bigger Dams are still holding a bit of water.

The dams have been fishing well with Yellowbelly being the main target reacting well to spinner baits, metal and jackal vibe style lures fished close to the bottom.

The Copeton Cod have been steady. Targeting fish around the structure using a sounder armed with soft plastics, mumbler, vibes and even surface lures after dark should prove successful.

The Bass in Glenbawn are starting to fire with lures fished around the edges as the water temp starts to cool down, with plastics and surface lures around the low light periods proving to be deadly.

## ALONG THE COAST

The Mid North coastal reefs have been inundated with both Spotted and Spanish Mackerel with the odd decent Cobia and Long tail Tuna also in the mix. Whether it's targeting the speedsters from

Crowdy Head to Yamba, you would struggle to miss out on the action between shifts throughout April.

If it's a casual reef bash you're after, then this time of year is also a great time to be bobbing about over any of the coastal reefs as the Snapper, Trag, Jew and Pearlies all start to turn it on.

The numerous break walls along the coast will also be well worth a shot as these areas become home to some big Jewies when the mullet begin their annual run.

If you time the run right, Dollies and a few Wahoo have found on the FADs along the coast, though it does pay to fish them when the current has backed off.

## HUNTER COAST

Well hallelujah! Finally, the Marlin have turned up for the Port Of Gold at Port Stephens. It might only be a sniff this season but better late than never with steady numbers of Inshore blacks and Stripes and Blues showing up on the edge of the shelf for those after the little more hands on fishing experience.

Keep floatin' - Thrifty's

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'I'm sorry Mary, but Keith died at

the brewery today'.

'Oh my god!' replied Mary, 'What happened?'

'He drowned in a vat of Coopers Pale Ale said the worker, sadly.

'That's terrible! Was it a quick death at least?' asked Mary.

'I'm afraid not,' the worker replied, 'He got out twice to take a piss'.



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- |             |           |             |
|-------------|-----------|-------------|
| BITUMINOUS  | DIGGER    | INSPECTION  |
| BLAST       | DOZER     | LONGWALL    |
| BRATTICE    | DRAGLINE  | OPERATOR    |
| BUCKET      | DRILL     | OUTBYE      |
| CART        | EXCAVATOR | PILLAR      |
| COAL        | FITTER    | SAFETY      |
| CRIB        | GAS       | SHOTFIRE    |
| DAVYLAMP    | GEOLOGIST | STRATA      |
| DETONATE    | HAUL      | SURFACE     |
| DEVELOPMENT | HYDRAULIC | VENTILATION |

T	B	K	R	E	Z	O	D	R	A	G	L	I	N	E
B	N	I	S	O	D	I	G	G	E	R	H	M	O	E
C	O	E	T	T	P	R	S	A	F	E	T	Y	I	X
L	H	Z	M	U	R	E	I	E	S	T	D	D	T	C
H	E	Y	Q	P	M	A	R	L	V	T	R	A	C	A
X	G	Y	E	N	O	I	T	A	L	I	T	N	E	V
K	O	V	B	C	F	L	N	A	T	F	M	D	P	A
H	T	Z	P	T	I	G	E	O	L	O	G	I	S	T
I	C	E	O	M	U	T	S	V	U	U	R	L	N	O
W	V	H	K	B	A	O	T	U	E	S	A	H	I	R
B	S	U	A	C	I	L	U	A	R	D	Y	H	C	A
X	L	L	M	X	U	R	Y	Z	R	F	P	O	I	L
R	X	A	K	N	R	B	C	V	H	B	A	J	J	L
V	U	U	S	L	O	N	G	W	A	L	L	C	J	I
O	B	H	E	T	A	N	O	T	E	D	M	N	E	P

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By submitting an entry, you consent to the use of your contact details for promotional and marketing purposes.



## @ THE COALFACE TRIVIA

### THIS MONTH: MUSIC

- |  |   |
|--|---|
| <b>Q1.</b> What does R&B Stand for?  | <b>Q6.</b> Who played lead guitar for the British Rock Band Queen?              |
| <b>Q2.</b> Who was the first woman to be inducted into the Rock and Roll Hall of Fame? | <b>Q7.</b> K-Pop is a genre of music that originated in what country?           |
| <b>Q3.</b> 'Houses of the Holy' is the fifth studio album by which English Rock band?  | <b>Q8.</b> What was the name of Michael Jackson's first solo album as an adult? |
| <b>Q4.</b> Who interrupted Taylor Swift's acceptance speech at the 2009 VMA's?         | <b>Q9.</b> Which pop star sang the national anthem at the 50th Super Bowl?      |
| <b>Q5.</b> Victoria Beckham was a member of which English pop group formed in 1994?    | <b>Q10.</b> Who was named the 'The Big O'?                                      |

**A8:** Off the Wall  
**A9:** Lady Gaga  
**A10:** Roy Orbison

**A4:** Kanye West  
**A5:** The Spice Girls  
**A6:** Brian May  
**A7:** South Korea

**A1:** Rhythm and Blues  
**A2:** Aretha Franklin  
**A3:** Led Zeppelin

**ANSWERS**

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# BAM BAM VIETNAM!

**IF YOU'RE PLANNING A HOLIDAY GET YOUR BUTT TO VIETNAM! IF YOU'RE NOT, STOP WHAT YOU'RE DOING AND BOOK ONE RIGHT NOW!**

A little while ago the missus ignored my pleas of being too busy, can't afford it, can't be arsed and booked us two tickets to join 7 friends for 9 days in the land of Pho and cheap beer. Right up to jumping on the plane I was hesitant for a few reasons including knowing nothing about the joint other than the Vietnam war and a belief it would be 9 days of second rate accommodation and food poisoning. As usual she was right and I was wrong.

**NOT ONE SECOND OF THE TRIP COULD BE DESCRIBED AS ANYTHING OTHER THAN HEAPS OF FUN, BLOODY INTERESTING AND FIRST CLASS ALL THE WAY - WHILE SPENDING BUGGER ALL.**

I'll start the journey from the beginning when I was down in Sydney one weekend having Yum Cha with friends. Friend Mikey, "We're heading to Vietnam in 7 weeks you

guys should come." Me, "Nah mate. Too busy and can't afford it." Mate Sam, "Flights are \$159 each way on Jetstar tight arse." Missus, "You need a holiday." Me, "Thanks but nah." Six hours later after heading home the missus called. "I just booked us tickets. You're going and that's that."

Fast forward a few weeks and the plane touches down in Ho Chi Min and we exit the airport to balmy weather at 1am and a kind of very friendly chaos.

The next 9 days saw every day filled with the kind of experiences that make you glad to be alive. The first few days we stayed at a great hotel that only cost \$40 a night and spent the days wandering through the city markets, taking awesome tours on the back of scooters with local students, visiting landmarks like the palace, Chu Chi tunnels and eating

the most incredible food washed down with plenty of beer. We even had dinner in a completely dark restaurant staffed by blind people one night.

**THE FIRST FEW DAYS WERE A BLUR OF AMAZING EXPERIENCE AFTER AMAZING EXPERIENCE AND WE DIDN'T PRE-PLAN ANY OF IT. WE JUST WENT WITH THE FLOW AND I THINK THAT'S THE BEST WAY TO ENJOY IT.**

After a few days we then decided to leg a plane to Da Nang before catching a bus down to the amazing little town of Hoi An on the coast. The hotel was an old French villa and was better than some 5 star places I have stayed and cost just \$40 a night including breakfast. Hoi An is really set up for tourists with great bars and restaurants and shops for miles all housed in an ancient riverside town that oozes character and things to do.

From beers in the pool we planned the next five days exploring the town and



buying everything from handmade suits to handmade shoes. We swam at beaches to rival Australia's, took a boat ride up river for a day of cooking with locals, ate with a local family one night and visited ancient sites that take your breath away. On the last night we rented a flash beachfront palace in Da Nang that a movie star would be happy with.

All in all, I couldn't crack spending \$1500 for the whole trip which included airfares and shopping while never once watching what I was spending. It was a trip I can only describe as perfect and one to remember and I will be back soon. The people are amazing. Vietnam really is unbelievable on every front. Do yourself a favour and just go!

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