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COAL
FACE**
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**THE
COAL FESTIVAL
IS BACK**

THE HUNTER COAL FESTIVAL IS BACK IN 2018 WITH A HUGE LINE UP OF EVENTS RUNNING FROM APRIL 6 TO APRIL 10. **PAGE 14**



MICHAEL AKERS
HIS WORKMATES SAID HE'D NEVER GET ON OUR FRONT COVER. **PAGE 20**



A NEW RECORD
PORT WARATAH COAL SERVICES SETS A NEW SHIPLOADING RECORD. **PAGE 6**



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*Paul Bullock,
Rio Tinto*

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BRING ON 2018

2018 HAS STARTED OFF STRONG AND WE CAN'T WAIT TO SEE WHAT'S AHEAD FOR THE HUNTER MINING INDUSTRY AND COMMUNITY.

There's been a lot of good news for our industry with approvals for Malabar and Wallarah offering plenty of new job opportunities and economic benefits. Integra Underground has also submitted expansion plans, which if approved will guarantee its workers secure employment in the coming years.

With the future of Hunter's mining industry looking good, it is more important than ever that we get behind Carbon Capture Storage technologies. Greg Evans from the Minerals Council of Australia talks about the many benefits CCS offers to our industry and to us right here in the Hunter.

THE COAL FESTIVAL IS BACK AGAIN THIS YEAR AND IT'S PROMISING TO BE A BIG LINE UP. THE FREESTYLE KINGS MOTOCROSS SHOW WILL BE PERFORMING THREE SHOWS AT THE SINGLETON COMMUNITY DAY ON SATURDAY APRIL 7. IT'S JUST ONE OF THE HIGHLIGHTS YOU WON'T WANT TO MISS OUT ON.

It's been a sweltering hot summer so far, but we were lucky enough to cool off and have some fun at Aquasplash down on the Central Coast. Don't miss out on your chance to win tickets to take your family.

For those of you in our industry that deal with shift work, you know

firsthand that it can have ill effects on your health, family and social life. Make sure you check out are article

on what you can do to help mitigate these issues.

We hope you got to enjoy some time off with your family and are back to work rested and ready to take on 2018!

A GOOD YEAR

2017 WAS A GOOD YEAR FOR OUR LOCAL MINING INDUSTRY. WE SAW SUSTAINED HIGHER COAL PRICES THROUGHOUT THE YEAR THAT HAVE CONTINUED IN TO 2018.

Demand for our high-quality coal also remains strong, including from major trading partners like Japan, China, Korea and Taiwan. Last year also saw encouraging coal mining jobs growth in the Hunter with around 800 more mining jobs by September 2017 than the year before.

The improvement in business conditions for mining also means more money in local wallets and cash registers, helping to improve the local economy and drive growth more broadly across the Hunter.

Looking ahead, it's just over a year until the next NSW election. Throughout the year we will be focusing the attention of our elected representatives on the needs of our mining communities and the contribution of our world class mining industry. Importantly, we'll also be highlighting our

skilled mining workforce and the role of technological innovation of our sector.

As part of this, we've recently released the latest stage of our national Making the Future Possible campaign, featuring the Australian mining industry's innovative use of cutting-edge drone technology. You can see the new advertisement at www.makingthefuturepossible.com.au.

The new advertisement highlights the important role drone technology is playing in the Australian mining industry, including monitoring and improving road and work site safety, more efficiently gathering information about large mining operations and mapping and digitally record areas of Indigenous cultural heritage.

The use of drone technology to



Stephen Galilee
CEO, NSW Minerals Council

enhance safety and productivity at mine sites is an example of how the mining industry in NSW and across the country is one of the most technologically advanced in the world.

Increasing use of technology in our local mining sector also opens up new opportunities for young people, in particular to forge a dynamic career in technology and innovation.

I wish all miners, their families and supporters a safe and prosperous New Year as we continue our work to keep NSW mining strong in 2018.



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OPEN CUT SHUT

THE MOST SIGNIFICANT INDUSTRY NEWS SINCE I LAST WROTE HAS BEEN THE RENEWAL OF EXPLORATION LICENCE (EL) 5460, MORE COMMONLY KNOWN AS DRAYTON SOUTH.

We all know from Anglo's attempts that the Independent Planning Assessment Commission has sent a clear message - there is no place for an open cut mine at the site. New owner - Malabar - has

made it clear that they would only ever look to mine underground. Malabar has already relinquished all parts of the EL south of, and including, the Golden

Highway. They would only consider an underground mine proposal, which would occur to the north of the Golden Highway. We want a sustainable equine industry in the Hunter Valley and we also have a responsibility to consider the development of our resources industry. Ensuring the continuation of responsible and sustainable mining in the

'AVE A LAUGH WITH PH 02 6571 2983

Tutt Bryant Hire
EQUIPMENT - HIRE - SOLUTIONS

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"
Johnny: "Seven."
Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"
Johnny: "Seven."
Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"
Johnny: "Six."
Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"
Johnny: "Seven!"
Teacher: "Johnny, where in the heck do you get seven from?!"
Johnny: "Because I've already got a freaking cat!"

Hunter Valley is vital for our economy. THE MINING INDUSTRY INJECTS AROUND \$25 BILLION INTO THE NSW ECONOMY EACH YEAR, PROVIDING JOBS FOR ABOUT 20,000 PEOPLE - MANY OF THESE OCCUPIED BY YOU AND YOUR COLLEAGUES IN THE HUNTER. So, our decision announced last December provides certainty to the community and local industry, including the internationally renowned

equine operations in the area. I would like to make clear that there is still - as yet - no proposal for a mine, and any proposed project would have to go through the planning system where it would be subject to rigorous assessment, and of course extensive community consultation. I wish you and your families all the best for the year ahead and I look forward to speaking to you further @ *The Coal Face* throughout 2018.

MALABAR MOVES FORWARD

IT WAS GOOD NEWS FOR MALABAR COAL BACK IN DECEMBER LAST YEAR WITH THE NSW GOVERNMENT RENEWING EXPLORATION LICENCE EL 5460.

Underground mining exploration will be permitted on the site, potentially providing jobs and boosting the local economy. As part of the renewal Malabar Coal has agreed to voluntarily relinquish all the licence area south of the Golden Highway. In a statement, Malabar Coal said, "We are very pleased to be provided with this opportunity to develop

a vastly different proposal for a future underground mine on the site. With the exploration licence renewed, we will now turn our attention to undertaking the very rigorous and detailed technical studies required to prepare a development application, which will incorporate the existing Drayton Mine infrastructure." "If approved, Project Maxwell will

create around 350 new direct jobs into the local community, \$1.7 billion in royalties over the initial 30-year period, \$600m per year in export income for NSW, \$55m per year in wages and \$100m per year in taxes. Past proposals involved open cut mining but the new proposal by Malabar has addressed all of the

previous concerns with their underground approach making a dramatic difference in terms of impacts associated with dust, light, blasting, and noise. Although Malabar's proposal is for only underground mining the NSW Government has also announced that there will be no open cut mining allowed at the Drayton South site regardless of ownership.



KEEPING THE COAL ROLLING

GLENCORE HAVE BIG PLANS FOR INTEGRA UNDERGROUND AND ARE LOOKING TO EXTRACT AN EXTRA 9.9 MILLION TONNES OF COAL.

Glencore have lodged an Environmental Assessment with the NSW Department of Planning and Environment for an expansion project at Integra Underground. If approved, it will provide

ongoing employment for workers who would otherwise be out of a job once the current approved longwalls are completed. The plan will see expansions of existing longwalls 15, 16 and 17

and the introduction of three new longwalls. They are also seeking approval to build additional surface works including new electricity lines. The NSW Government's Division of Resources and Geoscience put the value of the extra coal at \$900 million over six years.

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A RECORD LOAD

DESPITE FOUR DAYS OF ADVERSE WEATHER CONDITIONS OFF NEWCASTLE'S COAST AFFECTING VESSEL MOVEMENTS, PORT WARATAH COAL SERVICES HAS SET A NEW SHIPLOADING RECORD.

Vessel movements in the Port of Newcastle were restricted due to the heavy swells and as a result shiploading at Port Waratah's Carrington and Kooragang terminals ceased from Monday 15 to Friday 19 January. The closure meant the pressure was on once the terminals reopened.

PROVING THEIR ABILITY TO RISE TO THE CHALLENGE, PORT WARATAH LOADED A RECORD 512,504 TONNES ON SATURDAY 20 JANUARY, BREAKING THE PREVIOUS DAILY SHIPLOADING RECORD SET IN MAY 2016 BY MORE THAN 10,000 TONNES.

Extensive planning of stacker movements and coordination of stockyard layout allowed a record 2.96 million tonnes to be held across the two terminals until vessel movements recommenced. The CEO of Port Waratah, Hennie du Plooy, said Port Waratah actively continues to plan and remain flexible in changing circumstances, to benefit its customers, the coal chain and the community.

"The performance over the weekend after the closure is a testament to the quality of our people - working together as one outstanding team, to deliver quality, agile service for our customers and the region." Mr du Plooy said.

2017 WAS A BIG YEAR FOR PORT WARATAH COAL SERVICES WITH A TOTAL ANNUAL THROUGHPUT OF 104.6 MILLION TONNES. ALTHOUGH DOWN ON THE 2016 FIGURES, IT SHOWS THAT GLOBAL DEMAND FOR HUNTER VALLEY COAL REMAINS STEADY.

And it wasn't just a big year for shipping. The Port Waratah Community Investment and Partnership Programme provided \$747,125 of funding to 112 community groups, initiatives and events, delivering direct benefits to Newcastle and the Hunter.

Last year also marked a milestone in the approvals for the Terminal 4 (T4) project. The Site Management Plan and Priority Action Statement both received approval on November 23. T4 will have a throughput capacity of 70 million tonnes per year, which if required, will be constructed in stages according to demand.

With the favourable thermal coal prices and the World Coal Association's forecast that coal will remain the single largest source of electricity generation through to 2040, 2018 is promising to be a great year for Port Waratah Coal Services and the Hunter Valley coal chain will continue to connect the Hunter's coal with the world.



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An organization is like a tree full of monkeys, all on different limbs at different levels. The monkeys on top look down and see a tree full of smiling faces. The monkeys on the bottom look up and see nothing but assholes.



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TRAGEDY STRIKES

ON WEDNESDAY JANUARY 17, THE HUNTER VALLEY MINING COMMUNITY RECEIVED A SHOCKING BLOW WHEN A CONTRACTOR SUFFERED A HEART ATTACK WHILE BEHIND THE WHEEL OF AN ARTICULATED TRUCK AT GLENCORE'S GLENDELL OPEN CUT MINE.

The 39-year-old man worked for Singleton contractor, MJR Excavations, which had been hired to move topsoil as part of the mine's rehabilitation processes. He was discovered at about 1.15pm on Wednesday. A union check inspector and the police were called to the mine, along with a "CPR medical team" from Singleton. Despite the team's best efforts, they were unable to revive the man. Our hearts go out to his family, friends and coworkers.

TICK OF APPROVAL



THE WALLARAH 2 UNDERGROUND COAL PROJECT ON THE CENTRAL COAST HAS BEEN APPROVED BY THE NEW SOUTH WALES GOVERNMENT.

The NSW Planning Assessment Commission has given its approval for the mine after over a decade of applications and operational amendments to the project. Since the first application was lodged, there have been objections to the proposal by components of the Central Coast community, primarily because of potential risks to the local water catchment, however overall the PAC has voted that the benefits far outweigh the concerns. "THE CREATION OF 300 OPERATIONAL JOBS, AND 450 CONSTRUCTION JOBS ALONG WITH THE INVESTMENT IN THE LOCAL AREA WOULD HAVE SIGNIFICANT LOCAL BENEFITS FOR THE COMMUNITY, PROVIDE INVESTMENT IN THE CENTRAL COAST AND CONTRIBUTE TO THE GROWTH OF THE REGION," THE COMMISSION EXPLAINED. "The issue has been assessed in detail. Impacts were assessed to be

small and acceptable, with no net impact on the availability of water for the Central Coast drinking water supply catchment during the life of the mine." Parliamentary Secretary for the Central Coast Scot MacDonald stands by the PAC's approval, pointing out that the commission had imposed more than 40 conditions on the mine. "It has gone through an extensive process and the Commission points to benefits to the economy and the community. I think there's a pretty sound track record on the Central Coast that mining can be done and can be done safely. Some of those mines have been there for decades without impact," said Mr MacDonald. If developed, the Wallarah project would become a 5 million tonne a year operation with a 28-year mine life.

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CHANGING THE FUTURE OF COAL

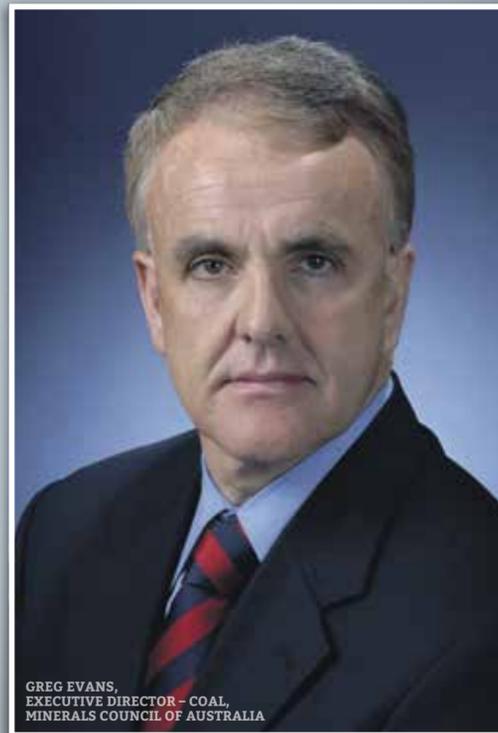
THE DEVELOPMENT AND ADOPTION OF NEW ENERGY POLICIES BY GOVERNMENT CREATES ECONOMIC AND SOCIAL IMPACTS WHICH CAN LAST MANY DECADES. AUSTRALIA'S HISTORY SHOWS THAT WHEN WE GET IT RIGHT WE CAN IMPROVE OUR COMPETITIVENESS, DELIVERING PRODUCTIVITY BENEFITS AND BOOSTING OUR STANDARD OF LIVING.

For example, the large-scale thermal coal-fired power station developments built over past decades in NSW - including in the Hunter Valley - still account for approximately eighty per cent of the State's generation output. These investments spurred growth in manufacturing, minerals processing and the chemicals industry, providing jobs and affordable and reliable power for industry

and households. Australian coal producers have been strong advocates for the take-up of high efficiency low emission (HELE) coal-fired power generation plants as the current generation fleet ages over time.

THE ADOPTION OF HELE PROVIDES A PATHWAY TO CARBON CAPTURE AND STORAGE (CCS) WHICH CAN REDUCE CO2 EMISSIONS BY UP TO 90% FROM A COAL-FIRED POWER PLANT - SO IT MAKES SENSE THAT IF WE ARE TO PURSUE CCS, IT SHOULD BE FITTED TO A MODERN, LONGER-LIVED AND MORE EFFICIENT PLANT.

CCS captures CO2 at a power station and stores it deep underground geological structures. This process is used widely overseas, with 22 large-scale CCS facilities in operation or under construction around the world. Australia's COAL21 industry fund, which has invested over \$300 million over the past decade in low-emission coal technologies, is backing efforts to identify storage opportunities including in NSW.



GREG EVANS, EXECUTIVE DIRECTOR - COAL, MINERALS COUNCIL OF AUSTRALIA

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Negotiations between union members and their employer were at an impasse. The union denied that their workers were flagrantly abusing the sick-leave provisions set out by their contract. One morning at the bargaining table, the company's chief negotiator held aloft the morning edition of the newspaper,

"This man," he announced, "called in sick yesterday!" There on the sports page, was a photo of the supposedly ill employee, who had just won a local golf tournament with an excellent score. A union negotiator broke the silence in the room. "Wow!" he said. "Just think of the score he could have had if he wasn't sick!"

NSW IS AN ENERGY-INTENSIVE STATE WITH A STRONG RELIANCE ON COAL-FIRED POWER. THIS MAKES IT IDEALLY POSITIONED TO MODERNISE ITS POWER STATION FLEET OVER TIME AND MAKE THE MOST OF CCS OPPORTUNITIES. Knowledge of NSW geology is limited because there has been less oil and gas exploration compared with other states. The NSW Storage Assessment project is investigating prospective areas for in-

depth exploration - giving future project developers, including a new coal-fired power station, stronger base data. The work completed to date indicates the Darling Basin is the most likely area to offer CO2 storage potential in NSW. It is important this work continues if we are to maximise the long-term contribution of coal, including the vital role it plays in creating jobs and supporting businesses in the Hunter.

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PUBLISHERS OPINION

STEP UP TO STOP SUICIDE

OVER A RECENT BEER WITH A MATE, HE QUICKLY TURNED THE USUAL CARRY ON OF JOKES AND PAYOUTS TO THE RECENT LOSS OF A CLOSE MINING MATE WHO UNFORTUNATELY TOOK HIS OWN LIFE.

This was a bloke he had worked with for 12 years and spent a lot of time with away from the job. Always smiling, always happy, he had a great wife and kids and appeared to have a perfect life on the surface. Trying to look back on it all, my mate realised that in the last 6 months he was unraveling. There was a lot on at work. He knew blokes had said to him;

"YOU GOOD? AND HE SAID YEAH, YEAH MATE, ALL GOOD."

Maybe he couldn't have stopped it but he wished so badly that he could have seen the signs better and gave it a better shot. The way my mate told it they are doing a lot of valuable work with Mates in Mining and RUOK days. And while they are really powerful services he still doesn't believe we push hard enough. It seems that it highlights the issue well but at a time of crisis

does it go far enough? The current programs are vital but he believes we need more one on one frontline action that's personal.

DON'T LEAVE IT UP TO THE PROGRAMS! GET PERSONALLY INVOLVED AND HAVE THAT COURAGEOUS CONVERSATION.

I know if I say to someone; "Are you ok?" "Yeah I'm good mate," is the usual response. But if you genuinely think that somebody is not doing well then you just can't accept that response. You have got to be prepared to jump in if their not. Ask the direct question. Are you suicidal? It can then give them the opportunity to talk. Keep asking until they take real action. Force the issue, get them some help and don't let up until they do. Don't accept that they're ok.

My mate told me that they also have

an EAP service on site - Employee Assistance Program. Where if someone's having some issues there is a phone number they can ring them up and go and talk confidentially. He thinks that it works quite well. But it's a voluntary thing for them. He said, "I'll be honest I've pushed hard for people to go otherwise they wouldn't because people are reluctant to take that first step. But I've also had a lot of people come back to me and say, hey thanks for doing that."

Unfortunately, suicide is one cause of death we will never cure. Men don't particularly like to say that there is anything wrong. It happens more than we think in the Hunter and in mining, in fact one of the highest professions for it is mining. If you think someone has an issue, make a difference, take action, you may well save a life.

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MINING FORWARD

ROBOTS REPLACING OVER HALF THE WORLD'S MINERS BY 2020 IS JUST ONE OF THE PREDICTIONS BY ADVISORY ORGANISATION BDO.

In BDO's Energy 2020 Vision: The Near Future of Mining report, BDO's Natural Resources leaders around the world have made key predictions for the mining industry in 2020. These predictions include:

- Robots will replace more than 50 percent of miners, and mining
- Technology will drive a 30 percent decrease in per ton digging costs for global mining companies leveraging Internet-

accidents will be cut by 75 percent. Half of the miners will themselves be retrained to run the technology controlling the robots.

connected sensors and automated drillers.

• Cybersecurity: By 2020, activist hackers will launch at least five cyberattacks on mines around the world in Permanent Denial of Service attacks aimed at eliminating the environmental and social threats they pose.

• Miners of the Future - As technology companies become more dependent on the security of supply of important minerals we will see them take direct stakes in



mining companies or in the operating mines themselves.

• By 2020, renewables will account for one-quarter of the world's electricity generation as dependence on coal wanes.

Sherif Andrawes, National Leader, Natural Resources at BDO said "As the focus on minimising costs of production increases, mining companies are under pressure to reimagine their business models. Those that have incorporated technology into their operations have seen their revenue streams live on, while those that haven't have fallen short."

"The value of harnessing technology is clear. Driverless technology

increases mining output by 15 to 20 percent while cutting fuel and maintenance costs by 10 to 15 percent and 8 percent, respectively. It also improves mining safety exponentially. At the same time, though, these Internet-connected technologies open the mining industry up to new cyberattack vectors that they must hedge against through proper internal controls. If not, they risk seeing their entire operation crippled by a single attack."

With driverless technology, deep-sea excavations and mining expeditions to the moon a reality by 2020, we can only imagine what will be in store by 2050.

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LOVE IT WHEN A PLAN COMES TOGETHER

HUNTER MINING INNOVATION AND LOCAL MANUFACTURE ARE ALIVE AND WELL. WE RECENTLY SAT DOWN WITH THE NIVEK INDUSTRIES CREW TO HEAR THE TED STORY AND HOW THE LAST 18 MONTHS HAVE BEEN PRETTY HUGE.

So, what's a Tracked Elevating Device? The initial concept of TED was borne when Kevin Cant, the founder of Nivek Industries, narrowly escaped serious injury in 2008 when the belly plate he was removing from a bulldozer slipped and fell. Kevin spent 3 years in the research, concept and design stage, releasing the first TED prototype in 2011.

How's it work? As fitters well know, your big machines have got big and heavy belly guards that sometimes take hours out in the pit to get off.

If there's a leaking hose or other problem or breakdown, the old way of taking them down if they couldn't get them back to the workshop was dangerous and cumbersome. They had to bring another truck up. That also means more down time for the driver and machine and they then have to tie slings and things and hope the guard comes off cleanly. With the TED you can drive it underneath, lift it to the height of the belly guard safely supporting it while the fitter unbolts it. This allows the fitter to get

out of the way and by remote control lower the guard safely. Once the belly guard is down they just drive it out. Being on tracks it has great maneuverability in pit situations and generally handles most terrain without getting stuck.

TED IS THE ONLY ONE OF ITS KIND THE WORLD OVER.

Feedback has been that repairs in the pit and in other situations can save up to 75% in time. In the workshop it saves about half the time.

Rachel from Nivek told us, "It's a big year ahead! We've got six overseas distributors now and we're off to America in February and Mexico in March. So hopefully we will be signing a couple more distributors. We are going to the SME trade show in Minnesota for some pre arranged

meetings while we are there. In Mexico we will be with Austrade spending a bit of time getting to know them over a few coronas and plenty of great food and hospitality. Later in the year we are going to the Mining World Russia trade show. We will also be up in Mackay and Vegas as well. The world is looking like TED's oyster this year."

With 115 machines in mines all over Australia, councils and earthmoving companies are now coming on board. Being designed by a fitter, for fitters, TED's design has undergone several upgrades since release with a whole range of attachments now available to make numerous maintenance jobs safer and physically less stressful. Best of luck guys! The future looks bright.



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Please send the following documentation to workforcehuntervalley@chandlermacleod.com

- Resume with two current referees
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- Order 41 Coal Board Medical if completed in the last 12 months

WHO WE ARE LOOKING FOR:

- Successful applicants will have:
- A minimum 12 consecutive months experience on a CAT 785, Komatsu 830E or equivalent
 - A positive attitude and proactive safety focus
 - Must live or be willing to relocate within 60 minutes of Muswellbrook
- Please call Chandler Macleod's Singleton Office on **02 6572 5915** for more information.

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How to claim your reward:

1. Contact your friend for consent to share details.
2. Send their full name, contact number and email address to workforcehuntervalley@chandlermacleod.com
3. Receive reward upon successful commencement of referred person.



THE NSW MINERALS COUNCIL HAS ANNOUNCED THE FINALISTS FOR THE 2018 WOMEN IN MINING AWARDS WHICH WILL BE HELD ON MARCH 15.

NSW Minerals Council CEO Stephen Galilee said, "Our Women in Mining Awards acknowledge highly skilled women making an important contribution to a successful NSW mining industry. Whether it be working directly in mining or in the many mining supplier businesses across NSW, many women are forging successful and rewarding careers in mining."

THE FINALISTS FOR THIS YEAR'S NSW WOMEN IN MINING AWARDS ARE:

Exceptional Young Woman in Mining

Kristy Ann Christensen - South32 Illawarra Coal
Trudie Larnach - Port Waratah Coal Services

Gender Diversity Champion in NSW Mining

Deirdra Tindale - BHP
Stephanie Gelland - Peabody Energy Australia, Metropolitan Mine

Excellence in Diversity Programs and Performance in NSW

Diversity and Inclusion at GHD - GHD
Mt Arthur Coal Mine Trainee Operator Program - BHP

Outstanding Tradeswoman/Operator/Technician

Catherine Simmons - BHP, Mt Arthur Coal Mine

Megan Gregory - South32 Illawarra Coal, Dendrobium Coal Preparation Plant

Hana Louise Newbury - Peabody Energy Australia, Wilpinjong Coal Mine

Exceptional Woman in Mining

Tracy Hennig - BHP, Mount Arthur Coal Mine

Kirsten Gollogly - Whitehaven Coal

Nicole Brook - Glencore Coal Assets Australia



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TOGETHER WE GROW

THE 2018 HUNTER COAL FESTIVAL

THE HUNTER COAL FESTIVAL WILL RETURN IN APRIL WITH A FULL LINE UP OF EVENTS FOCUSING ON THE FESTIVAL'S THEMES OF 'COMMUNITY + CO-EXISTENCE + INNOVATION + EDUCATION'

Organised by Singleton Business Chamber with support from Muswellbrook Chamber of Commerce and Industry, Muswellbrook Shire Council and Singleton Shire Council, the 2018 festival is scheduled to run from April 6 to 15.

Singleton Business Chamber president Sue Gilroy said, while events and details were still being finalised, a number of major events had been fully locked in.

"THE FESTIVAL WILL KICK OFF WITH ITS POPULAR MINING LEADERS LUNCH ON FRIDAY, APRIL 6 AT CLUB SINGLETON WHICH WILL FEATURE INDUSTRY UPDATES FROM HIGH-PROFILE KEYNOTE SPEAKERS," MRS GILROY SAID.

"A massive community celebration will take place on Saturday, April 7, with the Singleton Community Day at the Singleton Showground preceded by a parade down John Street."

Ms Gilroy said the Singleton Community Day was designed to be a celebration of the co-existence between the mining industry and community with family-orientated entertainment and activities featuring throughout the day.

The showground would be centre stage for children's activities, industry sponsor community engagement and educational displays, bus tours to local mine sites and tug of war, touch footy and coal-shovelling competitions and more.

AS A MAJOR DRAWCARD, THE SHOWGROUND WILL ALSO COME ALIVE WITH THE THRILLING AERIAL ANTICS OF THE FREESTYLE KINGS MOTOCROSS SHOW. THE PROFESSIONAL MOTOCROSS RIDERS ARE SCHEDULED TO PERFORM THREE SHOWS THROUGHOUT THE DAY.

The Singleton Business Chamber also encouraged local schools, groups and companies to participate in the John Street parade.

"We hope to have a huge turnout from local groups and companies parading down John Street and we are now taking expressions of interest," Ms Gilroy said.

People and groups interested in participating in the parade can find out more information by emailing admin@singletonchamber.org.au

ON SUNDAY, APRIL 8, THE HUNTER COAL FESTIVAL WILL MOVE TO KURRI KURRI FOR THE KURRI COALFACE PEDAL. FOR THE FIRST TIME, THE ANNUAL CHARITY MOUNTAIN BIKE RIDE JOINS THE FESTIVAL LINE UP AS AN ASSOCIATED EVENT. THE WESTPAC RESCUE HELICOPTER SERVICE FUNDRAISING EVENT OFFERS BUSH RIDES WHICH RANGE FROM "EASY TO HARD" AND MORE INFORMATION AND ENTRY DETAILS ARE AVAILABLE AT www.rescuehelicopter.com.au/events

Singleton Business Chamber's lunch on Monday, April 9, will feature an industry update from NSW Mining CEO Stephen Galilee and Mr Galilee

will also present the update at a Muswellbrook Chamber of Commerce and Industry breakfast on Tuesday, April 10.

The Tom Farrell Institute's annual Mined Land Rehabilitation Conference will again join the festival as an official event on Thursday, April 12 at the University of Newcastle.

Ms Gilroy said the festival line up was shaping up well with a spread of events aimed at entertaining and educating the community.

"The festival is again enjoying strong support from the mining industry through sponsorship and hands-on involvement in the planning. Companies that would like to support the festival can still get on board through sponsorship; anyone interested in becoming a sponsor should contact the Chamber."

info@singletonbusiness.org.au
0417 432 081

LINE UP SO FAR

- Mining Leaders Lunch - Friday April 6
- Singleton Community Day - Saturday April 7
- Kurri Coalface Pedal - Sunday April 8
- Singleton Business Chamber Lunch - Monday April 9
- Muswellbrook Chamber of Commerce Breakfast - Tuesday April 10
- Mined Land Rehabilitation Conference - Tuesday April 10

OTHER PLANNED EVENTS

- Careers/innovation expo at Muswellbrook
- Upper Hunter Synoptic Plan community update at Muswellbrook
- Art competition in Singleton
- Science Technology Engineering Maths (STEM) tours for local students
- Charity golf day in Singleton



'AVE A LAUGH WITH

Tutt Bryant Hire

EQUIPMENT - HIRE - SOLUTIONS

PH 02 6571 2983

The teacher asks her class "So children, if there are four pigeons sitting on a fence, and you throw a rock and knock one of them off, how many pigeons are left on the fence?"

A student in the back raises his hand and says "Zero."

The teacher responds, "Sorry that's not correct, the answer is three."

The student replies "But wouldn't throwing the rock scare the other pigeons away?"

With a laugh the teacher says, "I like the way you think, but no, in this case that is not correct."

A while later the same student raises his hand and asks, "Ms. Teacher, I have a question. There are three women walking out of an ice cream parlor. One is licking their ice cream, one is sucking on it, and one eating it with a spoon. Which one of them is married?"

"I don't know, the one sucking on their ice cream?"

"No," responds the student, "the one wearing the wedding ring, but I like the way you think."



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Jason Sultana, the Executive Officer of AEN NSW ACT said "this is our peak recruitment time of year. Members (GTOs) are indicating they cannot fill all the apprenticeships and traineeships they have available right now. There are some wonderful career opportunities available."

There is always a demand for skilled tradespeople and especially now with the mining industry thriving. With the demand set to increase, it is vitally important that the next generation of young people take up apprenticeships, or else we risk being faced with a massive skill shortage in the future.

HERE IN THE HUNTER, HVTC CURRENTLY FINDS ITSELF WITH 33 UNFILLED APPRENTICE AND TRAINEE VACANCIES IN THE HUNTER REGION DESPITE THE COMPANY'S ACTIVE RECRUITMENT PROCESS.

HVTC CEO Sharon Smith says undertaking an apprenticeship or a traineeship is an excellent alternative to university study and should not be overlooked by people wanting to start or change their career.

"Apprenticeships and traineeships provide school leavers with an opportunity to earn while they learn, obtain a nationally recognised qualification and hands-on work experience that will kick start their career."

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DUST STRIKES AGAIN

TWO NEW CASES OF DUST DISEASE HAVE BEEN DETECTED IN NSW WITH THE NSW RESOURCES REGULATOR INVESTIGATING THE CASES.

One case involves a worker who has been diagnosed with mixed dust pneumoconiosis while the other relates to a worker diagnosed with a confirmed case of simple silicosis.

The Resources Regulator's CCO, Anthony Keon, said both workers were detected through health surveillance screening, which is provided to all current and retired coal workers as part of the NSW regulatory framework.

"Ensuring the appropriate management of airborne contaminants has been a key priority for the Resources Regulator and the detection of two confirmed cases of dust diseases is of significant concern," Mr Keon said.

"THE PRIORITY IS TO ENSURE THESE WORKERS ARE GETTING

THE BEST POSSIBLE LEVEL OF SUPPORT AND CARE - AND ENSURING THAT AIRBORNE CONTAMINANTS ARE ACTIVELY BEING CONTROLLED THROUGHOUT THE NSW MINING INDUSTRY."

"We are investigating each case and will look closely to see if there were breaches of the work health and safety laws. We want to reduce the chances of dust disease occurring in the future and this investigation may help us determine learnings to further strengthen our regulatory framework to prevent these types of cases developing."

These cases are a reminder to all in our industry to always follow the correct procedures. If you have any concerns about your wellbeing contact Coal Services Health.

'AVE A LAUGH WITH
Tutt Bryant Hire
 EQUIPMENT - HIRE - SOLUTIONS
PH 02 6571 2983

A thief stuck a pistol in a man's ribs and said, "Give me your money."
 The gentleman, shocked by the sudden attack, said, "You cannot do this, I'm a politician!"
 The thief replied, "In that case, give me MY money!"

DUST DILIGENCE

AS A REMINDER OF THE DILIGENCE NEEDED BY MINES IN ENSURING BEST DUST MANAGEMENT PRACTICES, BHP'S MOUNT ARTHUR COAL MINE HAS BEEN FINED \$15,000 FOR DUST POLLUTION BY THE EPA.

The fine was the result of an incident in late 2017 after a witness provided photographs of excess mine dust blowing across a public road near the Muswellbrook mine.

EPA Hunter Director Karen Marler said that mines must not be complacent about managing dust from their activities.

"All mines are required to apply best practice dust controls and minimise dust generation at all times. If they aren't doing so, they face regulatory action from the EPA. The EPA will monitor this mine to check that it is using appropriate dust control measures."



THE PADDOCK

PARALLEL ECONOMICS

IMAGINE A FIELD OF DREAMS, OR IN THE CASE OF THIS PARALLEL ECONOMIC POSSIBILITY, A PLACE WHERE THERE IS A FIELD FOR EVERY FARMING DREAM. A PLACE FOR OUR KIDS WHERE A FUTURE IN AGRICULTURE IS FOSTERED, ENCOURAGED AND TAUGHT.



As a kind of future farmers institute high school, 'The Paddock' would create an agricultural centre of excellence and a working enterprise in conjunction with the education system for secondary students. Australia's biggest farming classroom if you like, 'The Paddock' would be a single or perhaps

collection of farms and agricultural enterprises on Hunter mining land. On site could be everything from grazing to cropping, dairy, viticulture orchards, timber, aquaculture, equine, food production, sustainability, rehabilitation and flora and fauna management. The idea would drive future focused thinking

that allows the next generation of primary production knowledge to significantly leapfrog the present. **A MINING LED AGRICULTURAL REVIVAL. RESIDENTIAL FARMING EDUCATION IN A REAL-WORLD ENVIRONMENT.** A potential centralised campus could be kick started on a foundation

within existing, underutilised mining and farming infrastructure that accelerates development. Dormant mine located farming infrastructure could be revamped to industry leading standards. On the upside we could see a lot of mine land returned to productive agricultural production. On the down side...well there isn't any.

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MY MINING LIFE

MICHAEL AKERS

WE CAUGHT UP WITH MT ARTHUR MINER MICHAEL AKERS WHO BEEN TELLING HIS WORK MATES FOR YEARS THAT ONE DAY HE'D GRACE THE COVER OF @ COALFACE. WELL MICHAEL, THAT DAY HAS COME.

Who are you and what do you do? I'm Michael Akers and I work at Mt Arthur. I operate dozers, trucks, water carts, stuff like that. **Any nicknames good or**

bad? Yeah, Magic Mike I get a lot. **Why is that?** Because my name's Michael. **So, nothing to do with what you get up to in your**

off time? Oh, there's a little stripping on the side... Joking, nah it's just because of my name, nothing else.

Where do you live and how long you been in the Valley? I live at Wattle Ponds, I've been here about 9 years. I came from Barraba up near Tamworth.

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

I started at Mt Arthur in 2011 and I love it. I'd been at other mines before that but not as an operator. I was lucky to get on the boom wagon with Mt Arthur and do a traineeship with them. They really looked after us back then, we got skilled in a whole range of areas and you don't seem to get that anymore. I think I was in the last of the good traineeships and so I feel really lucky. I have to give a big thumbs up to the industry, it's been so good to me, allowed me to buy a house and stuff like that. People are quick to condemn the industry but it's what keeps towns like Singleton going. If the coal industry bailed up and left, I don't know if places like Singleton would survive.

What's a usual day at work entail? If you're on the dump, you just run the dump and yell at truck drivers (Laughs.) My favourite is the Dozer, the D11, so I'm happy when I get on that. I'm hoping I'll get to learn on a digger soon.

How big is the crew? It's changed a bit, and has ramped up so maybe 100, 120. I'm on the dirt team which has at least 60. There's two different rosters that overlap so you slowly get to meet people but it's a bit tougher.

There's a great comradery, everyone takes the piss out of each other but it's all in fun. When I first started I had in my mind that I'd be working with these rough and tough, hard miners but they're just everyday people.

What's the best thing about your job? Operating the big gear is every young lad's dream. Cracking funnies on the 2way keeps me laughing all shift. It's definitely a job I like going to.

The worst thing? I guess night shift is what everyone

would say, though to be honest it's not that bad. The long shifts can be tough but you take the good with the bad.

What's a funny story from work that you can tell? I'm not sure if I've got any that would be suitable for publication! Well I've got one that my workmates found hilarious but for me it was more embarrassing. I nearly rolled a water cart and had to get towed out by a dozer. I'm still getting shit about that.

How different is your job to what you wanted to do when you were a kid? Originally, I wanted to be a policeman, so that's pretty different from what I've ended up doing.

What would your mum say about you when you were a kid? She would say I was a beautiful kid, but I'm sure I wasn't. Mum was great, she'd always say I could do anything and she just wanted us to be happy.

Family? I've got a twin brother, he works on a farm just out of Inglewood in Queensland. We grew up in town but when we needed to earn some extra money as kids we would work out on the farms driving tractors and stuff. That's probably where I first got my passion for the big machinery.

What do you do in the down time? I like to get to the gym. When I started mining I put on some extra weight, it's hard not to with the job and of course all the beer drinking with mates didn't help. So now I hit the gym with mates on my days off. I'm also into pistol shooting. I go to the range at Muswellbrook and do target shooting, clay targets and stuff. I also go back home around Barraba and do hunting, pigs, goats, foxes, doing my part to get rid of the pests.



IN A PREVIOUS EDITION WE LOOKED AT THE HISTORY OF CONVICT COAL MINING IN THE HUNTER AND NEWCASTLE. BUT WHAT WAS IT ACTUALLY LIKE FOR THESE CONVICT COAL MINERS?

From the first coal discovery by runaway convicts in 1791 until military rule ended in Newcastle in 1823, convicts played a big part in the Hunter's coal mining history. In the early days, men would walk along the headland and collect coal deposits lying on the beach or scrape it out from the face of the cliffs. Then they'd carry their loads of coal in heavy baskets back to the boats for delivery onto ships waiting at port. As the potential for coal mining grew in the area around

Newcastle a convict settlement was established that was specifically designed for punishing the worst of the worst and the 'most turbulent and refractory characters' which were 'to be kept at the coal works'. One of the convicts, John Slater, is said to have wrote to his wife back in 1819:

"On landing in Newcastle, both legs are put in irons and sent to work... Man is reduced to the lowest state of indigence and poverty which man can possibly bear... A man in this place cannot earn anything by labour as all the work is on account of Government and thus solely depending on his seven pounds... of meat and flour." (Slater, 1819).



THIS CONVICT SETTLEMENT, ESTABLISHED ALONG THE MOUTH OF THE HUNTER RIVER,

WAS CONSIDERED TO BE ONE OF THE ROUGHEST AND MOST BRUTAL PENAL COLONIES IN ALL THE LAND.

The convict miners experienced unbelievably unsafe working conditions and practices, which included men being lowered by a shoddy length of rope into mine shafts in nothing but an oversized bucket! These blokes would mine by the light of a kerosene lamp and a few large fires which burned underground to light up the tunnels so that they could see what they were doing, hacking away at large chunks of black gold from the walls before carting it back to the surface, using the same buckets they were lowered down in.

It was expected that these men would essentially live underground, eating and sleeping, usually for an entire week, before they were allowed 'up' on Saturday's (hopefully for a cold beer, but probably not!). On Sunday's, many convicts were whipped for various offences, including 'laziness'.

The convicts were almost certainly hungry. Supplies to the settlement were often a problem with shortages of food, clothing and essentials such as oil.

The crap coffee and peeling paint in the crib room seems like paradise compared to what these blokes had to go through!

BRING ON BUNNINGS FOR MANY OF US HEADING TO BUNNINGS ON THE WEEKEND IS THE HIGHLIGHT OF THE WEEK.



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HAT'S OFF!

MT ARTHUR COAL OPERATOR NAYOMI CHICK HAS BEEN BUSY RAISING MONEY FOR PROSTATE CANCER AND GIVING A WHOLE NEW MEANING TO PASSING THE HAT AROUND.

While at work one day, an idea came to Nayomi to sell blue hard hats to raise money for prostate cancer. "I'd been thinking that despite working in a male dominated industry you didn't hear much about prostate cancer, and so I thought it could do with more recognition." Nayomi said.

"I went to management with the idea for the hard hats not sure what kind of response I would get, but they were fully behind it from the get go. I chased up a supplier for the hats, got in contact with the Prostate Cancer Foundation of Australia and soon I had 200 blue hard hats ready for sale."

"THE WHOLE SITE GOT BEHIND IT AND I WAS BOMBARDED WITH PEOPLE WANTING TO PAY \$40 TO SUPPORT THE CAUSE. EVEN AFTER I SOLD OUT OF HATS I STILL HAD PEOPLE WANTING TO DONATE."

What's great about Nayomi's project is not just the \$8000 she raised for the Foundation, but also the ongoing recognition the hats will bring. Prostate cancer is the most commonly diagnosed cancer for males and causes more than 3,000 deaths in Australia every year. The chances of a man being diagnosed with prostate cancer in his lifetime is 1 in 6, making awareness of paramount importance. Now at Mt Arthur, blue hard hats pop up among the standard sea of white hard hats and is a constant reminder that prostate cancer should not be ignored.

NAYOMI'S ENDEAVOUR WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE STRONG SUPPORT FROM MT ARTHUR COAL WHO NOT ONLY WELCOMED HER IDEA BUT ALSO PAID FOR THE COST OF THE HATS, ALLOWING ALL THE MONEY RAISED TO GO DIRECTLY TO THE FOUNDATION.

Statutory Compliance & Standards Supervisor Jimmie Urquhart said they were proud to support Nayomi. "It's great to see one of our employees going to such great lengths to raise money for a worthy cause and we hope that her example will encourage other mines around the Valley to follow suit. In fact, we challenge other mines to try and outdo what she's done."

RIDE ON!

REGISTRATIONS ARE NOW OPEN FOR THE 1000K'S FOR KIDS, A 10-DAY BIKE RIDE TO RAISE MONEY FOR KIDS LIVING WITH CANCER.

This year's ride starts on the Sunshine Coast on the 7th September and visits Esk, Toowoomba, Warwick, Texas, Warialda, Narrabri, Gunnedah, Murrurundi and Muswellbrook before finishing at Warners Bay.

The event is strongly supported by our industry with miners swapping out their HIVIS for Lycra. Mining companies and suppliers have also been quick to get on board to sponsor this great event. This year they aim to raise over \$500,000 for Camp Quality who are there to provide the best quality of life for children living with cancer and their families.

Anthony Fleming from Bengalla will be riding this year for the sixth time. "If you want to make a difference in the lives of children who are battling cancer and at the same time make a difference in your own life, I encourage you to get involved. The friendships I've made, the sense of accomplishment at the end, not to mention the priceless feeling knowing that you are helping someone who truly needs it, it keeps me coming back year after year."

To find out more about the ride, register or donate 1000ks4kids.org.au/newcastle



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BENGALLA SUPPORTS STUDENTS

BENGALLA MINING COMPANY IS CONTINUING TO SUPPORT LOCAL STUDENTS FROM THE UPPER HUNTER BY AWARDING 2017 MUSWELLBROOK HIGH SCHOOL GRADUATE, TALE SIN COURT-KRIESCH WITH A \$34,000 ENGINEERING SCHOLARSHIP.

The annual scholarship programme has now run for eleven years and is open to students from Muswellbrook High School, St Joseph's Aberdeen, Scone High School and Scone Grammar who plan to complete an undergraduate engineering degree in any of the disciplines of mining, electrical, mechanical, environmental, chemical or mineral processing. In addition to financial support, the scholarship provides valuable industry experience through ten weeks of paid vacation work at Bengalla each year.

Scholarship recipient, Talesin Court-Kriesch said that he has always had an interest in science and technology and after completing work experience at Bengalla in Year 10 he set himself the goal of studying engineering at university.

"ACHIEVING THIS SCHOLARSHIP HAS GIVEN ME THE ABILITY TO BETTER FOCUS ON MY STUDIES AT UNIVERSITY AND, COMING FROM AN AVERAGE RURAL FAMILY, RELIEVED MUCH OF THE STRESS REGARDING THE COST OF STUDYING AND LIVING AWAY FROM HOME. FROM THIS I AM

LOOKING FORWARD TO CHALLENGING MYSELF AND LEARNING AN EXCITING NEW SUBJECT AT UNIVERSITY, ALONG WITH THE CHANCE TO SOLVE PROBLEMS AND WORK IN A TEAM ENVIRONMENT IN THE FUTURE." TALE SIN SAID.

Bengalla Chief Executive Officer, Cam Halfpenny said, "We want local students to achieve their study and career goals in the mining sector, which is why we are pleased to provide this scholarship to a local student like Talesin every year. Engineering is

an exciting field to work in and we encourage young people to consider it as a career option."

Talesin will join scholarship students from previous years on site at the end of the year to undertake vacation work as part of the scholarship programme. This will equip Talesin with real life engineering skills that will help him with his studies and future career.

Congratulations Talesin and good on you Bengalla for continuing a great program for our local community.

'AVE A LAUGH WITH PH 02 6571 2983



Two workers are talking. The woman says, "I can make the boss give me the day off." The man replies, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."



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THE OPEN DOOR @ SINGLETON NEIGHBORHOOD CENTRE

THIS MONTH COMPLETE PARTS WILL HELP 'OPEN THE DOOR' AT THE OPEN DOOR @ SINGLETON NEIGHBOURHOOD CENTRE LAUNCH WITH A \$500 DONATION.

COMMUNITY GIFT



The Open Door @ Singleton Neighborhood Centre will provide an area for the homeless and socially isolated people to be able to come and feel like that are part of a caring community.

The Open Door will provide breakfast, showers and laundry when first open. Computers, a printer and TV and DVD player will come later.

Community Breakfasts every 6 weeks are also planned. Local business support it is what will keep it going. Join Complete - Get involved!



BACK ON TRACK

THE DEVASTATING FIRE AT RICHMOND VALE RAILWAY MUSEUM LAST YEAR LEFT THE TRACK INOPERABLE AND MANY TRAINS DAMAGED. BUT THANKS TO HARD WORK AND COMMUNITY SUPPORT THE MUSEUM REOPENS ON SUNDAY MARCH 4.



Show your support for this volunteer non-profit organisation that have tirelessly worked towards preserving the mining heritage of J&A Brown and the Hunter Valley.

Gates open at 10am with trains running throughout the day.

www.richmondvalerailwaymuseum.org

RICHMOND MAIN COLLIERY REUNION

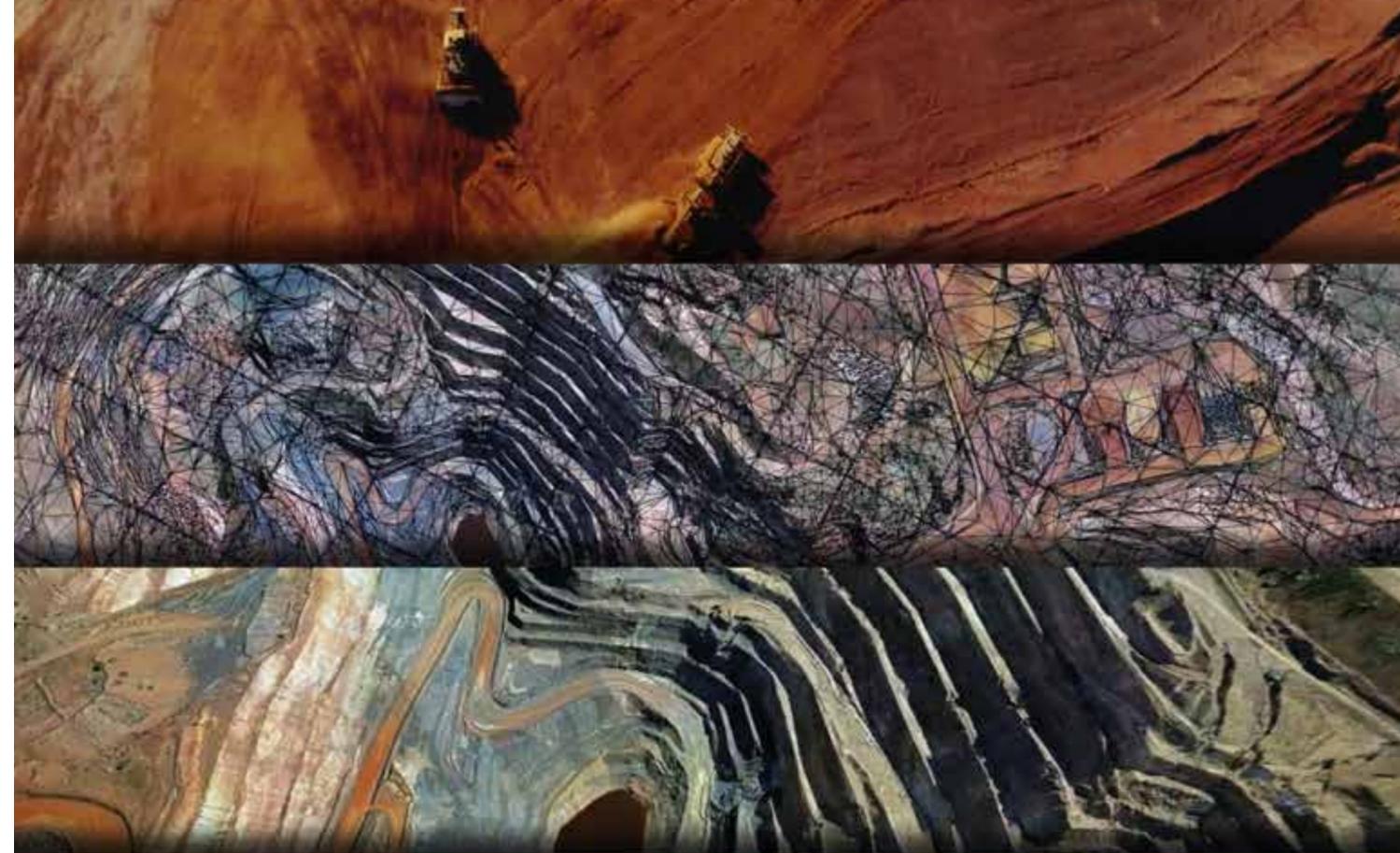
ON SATURDAY MARCH 3, RICHMOND MAIN COLLIERY WILL PLAY HOST TO A MEMORABLE EVENING WHERE OLD WORKMATES WILL BE REUNITED.

1200 men and had a stable of over 200 pit horses.

Originally scheduled for November last year, the reunion was postponed due to the fire at Richmond Vale.

People who were associated with J&A Brown and Coal & Allied are also welcome to attend.

For enquiries call Graham Harper on 0434 015 149.

“Future opportunities and growth make the nation’s mining industry an exciting place to forge a career. Essential to making the future possible is embracing new technology and innovation, such as using drones to survey mine sites.”




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WE ALL KNOW THAT COAL MINING IS A DANGEROUS JOB, BUT THANKS TO THE RIGOROUS REGULATION OF OUR INDUSTRY OUR MINES ARE THE SAFEST IN THE WORLD.

The International Labour Organisation (ILO) says the high rates of death, injury and disease associated with mining make it the most hazardous of all occupations. Over the history of mining there have been significant advances in mining equipment and methods that continually contribute to make the work of a miner safer, but undoubtedly the biggest factor in increasing safety has been regulation.

And nowhere is better regulated than right here in Australia.

In Australia, the mining industry has a fatality average of 9 workers dying each year. Yes, that's 9 too many but we are fortunate to have here in Australia some of the toughest safety standards in the world that helped to ensure the toll wasn't higher.

China on the other hand has the largest number of coal mining fatalities with an average 13 miners killed every day. They account for 80% of the world's total fatalities even though they produce roughly 35% of the world's coal.

There are still many countries around the world where a worker does not have the right to refuse work they consider unsafe, nor to leave a mine they consider dangerous.

Although there are no accurate figures, estimates suggest upwards of 10,000 deaths every single year. This means that here in Australia we account for less than 0.09 percent of the world's fatalities even though we provide 30 percent of the world coal trade.



SINGLETON EMERGENCY SERVICE EXPO 2018

LOOKING FOR A FUN AND SAFE DAY OUT WITH THE FAMILY? THEN HEAD TO SINGLETON TOWNHEAD PARK ON SATURDAY MARCH 17.

The emergency services of Singleton have teamed up to bring the community a fun filled event to build disaster preparedness and service familiarization.

With live demonstrations, scenarios and stalls from the SES, RFS, Fire and Rescue, Ambulance, Police, Westpac Rescue Helicopter Service, Red Cross, Mines Rescue and Local Land services.

FREE ENTRY

- 10.30am: Red Cross Surviving without Power Demonstration
- 11.00am: RFS Fire Demonstration
- 11.30am: Mascot Race
- 12.00pm: SES Flood Demonstration
- 12.30pm: Car Accident Scenario

GETTING SHIFTED

NOT ONLY DO MINERS HAVE TO DEAL WITH DANGEROUS WORK, BUT OFTEN ON TOP OF THAT ARE THE HAZARDS ASSOCIATED WITH SHIFT WORK. BUT THERE ARE WAYS TO MITIGATE THE EFFECTS OF SHIFT WORK ON YOUR MIND, BODY AND SOUL.

Shift work is often in direct conflict with our biological functions and creates disorder in our circadian clock (inner body clock). Body temperature, heart rate, blood pressure, respiration rate and adrenaline production normally rise during the

day and fall at night. Altering these natural rhythms will affect behaviour, alertness, reaction time and mental capacity in all people by varying degrees. When you have to modify your time for sleep, meals and leisure it's no wonder it

can lead to stress, fatigue, depression, headaches, high blood pressure and other more serious health issues.

Adapting to shiftwork is easy for some people while others never adjust. There are strategies and lifestyle changes that can help you adapt, but even with the best practices in places studies are suggesting that in the long-term shift work is likely to lessen your life span alongside the increased health risks. The first step to take in

minimising these risks is exercising and maintaining a well-balanced diet. It's also important to minimise alcohol, get rid of the cigarettes and the absolute number one key is to sleep! At least 8 hours every day. When moving to shift work sleeping is a lot harder than you think so you might want to try scheduling naps, learning about different sleep strategies and making sure you are in an environment that is conducive to sleep.

IN ADDITION TO THE IMPACTS ON YOUR PHYSICAL AND MENTAL HEALTH, SHIFT WORK ALSO CONFLICTS WITH FAMILY AND SOCIAL LIFE WHICH COMES IT WITH ITS OWN SET OF PROBLEMS.

You need to get the family and friends on board. Work out ways you can still fit in with their activities and make the most of your time off. The more active you are, the more you get out and have a good time, the easiest it will be to sleep and the more productive you will be at work.

SHIFT CHANGE TIPS

- Reset your sleep-wake cycle by refraining from eating for 12 to 16 hours before you want to be

fully awake. When you begin eating again, your internal clock will reset as if it is starting a new day.

- No gorging on big meals at night.
- Go to bed as soon as you get home from afternoon or night shift.
- Go out in daylight before your afternoon and night shift.
- Always take a nap later if you didn't get enough sleep.
- Try to avoid exposure to daylight on the way home from afternoon and night shift. Wear sunglasses.
- Sleep only two to three hours after your last night shift and then get a good sleep that night and on the following nights.
- Get plenty of exposure to daylight on your days off as this will help adjust your body clock to a daytime setting.
- Rotating shifts are best in a clockwise pattern with each new shift starting later than the last. (Day - Afternoon - Night - Day)
- Don't fall for the quick fix. There is no supplement or sleep aid that will provide the same benefit as just closing your eyes and drifting happily to sleep.

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So next time you go fishing have a nap on the bank while it does the work!

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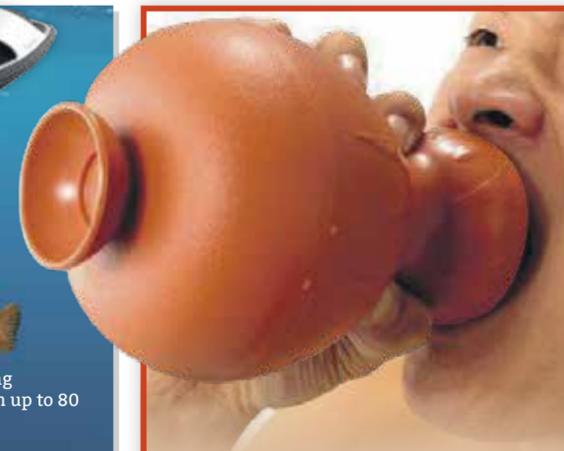


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The hydrofoil lifts the surfboard off the surface of water, which reduces drag and allows greater speeds. Looking down on the surfboard when riding will feel like you're floating above water. The surfboard doesn't initially hover over water though. You'd have to reach a certain speed and then lean back a little to get the surfboard off the surface. The motor is controlled via a handheld remote which will quickly get you blasting or bring you to a halt.

www.jetfoiler.com



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THE HUNTER'S BEST... WHEN QUALITY COUNTS, COUNT ON US.

Committed to WORKING TOGETHER

Malabar Coal has developed a radically different proposal for EL5460, previously known as Drayton South. This new underground proposal has been designed to address community and stakeholder concerns about past proposals and minimise any possible impacts on our neighbours.

We understand that, if a coal mine is to be successful, it must coexist with local industries and gain its social licence from the community.

Malabar's plan will use the existing processing, handling and rail infrastructure at the Drayton Mine for the any future project, so that there are no new impacts for our neighbours.

Benefits of the underground only project include about 350 new direct, long term jobs for the region and many more indirect jobs.

Malabar's proposal will also generate significant economic and social benefits for the local area, for NSW more broadly and for the national economy. The project will provide ongoing support for local businesses and, over the 30 years of this project, provide \$1.7 billion of royalties to the State.

How is Malabar's proposal different from past proposals?

1. Malabar will only mine underground. No need for blasting, with no dust and noise related impacts or impact on equine health or nearby properties. Mining operations will be invisible to the horse studs addressing any impact to the reputation or operations of the horse studs.

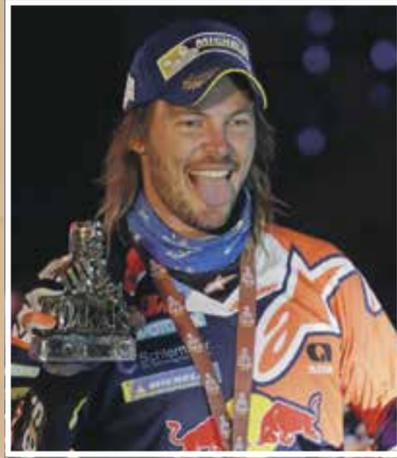
2. The portion of EL 5460 beneath and south of the Golden Highway has been relinquished. This includes the land beneath the Godolphin and Coolmore horse studs and Golden Highway.

3. Better rehabilitation outcomes Malabar will deliver a far more visually appealing final outcome at the existing Drayton Mine-site by using reject stone and rock from the underground mine at Spur Hill or an underground mine at EL 5460 to fill the legacy voids at the Drayton Mine.

MALABAR COAL BRINGING JOBS AND INVESTMENT TO THE LOCAL COMMUNITY

THE PRICE IS RIGHT...

SINGO BOY, TOBY PRICE, AKA PRICEY'S YOUNG BLOKE, CLAIMS THIRD PLACE IN THE BRUTAL DESERT RACE, THE DAKAR RALLY.



All that training in the baking sun of the Aussie outback has paid off for our champion off-road and enduro-moto racer, Toby Price. Repping Red Bull Factory KTM Rally Team, Price won stage 11 and was the fastest racer to every waypoint, right up until the first of the South American rally's penultimate stage. He finished third overall in this grueling race.

THAT SAW HIM LOSE ALMOST 50 MINUTES. HE GOT LOST IN A RIVER BED IN A TRICKY PART OF THE STAGE!

Watch any footage of T-Price flogging his bike around in the sand and you'll see why some people call him a 'natural born rider and freak of nature'. His back wheel control is second to none that makes him look like his flying or gliding over the liquid sands of the desert.

@ The Coalface reckons Pricey should be allowed to do a fast victory lap on one of the mine roads around the Valley, before flogging down John St as he waves to his fans. Haha... yeah right! Yew!

PRICE WON THE DAKAR IN 2016, COMING BACK FROM A BROKEN NECK! THIS YEAR'S DAKAR RALLY IN SOUTH AMERICA WAS PRICEY'S FIRST RACE SINCE BREAKING HIS FEMUR AND HE SAID HE WAS STOKED TO FINISH 3RD AFTER A DISASTROUS 10TH STAGE

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CHAD REED

There's no need for us to introduce Chad Reed. A household name in Supercross and Motocross racing, Chad's been racking up wins since the Knight's won their first Grand Final in '97. His consistency and dedication to the sport has made him Australia's most successful Motocross racer ever. Recently ripping it up in the 2018 Monster Energy Supercross, it doesn't look like this local legend will be giving up the spotlight anytime soon.



JAMIE STAUFFER

Retired in 2007, Jamie was not only a 9 times Australian Superbike Champion, he then went on to become an international champion in road racing winning the Aprilia Challenge Series in 2000. He still loves to race speedway bikes for fun on the family track at Mulbring.



ADAM SHIELDS

Shieldsy was an international racer who was best known for racing on the UK circuit racing for Eastbourne Eagles and Lakeside Hammers. He represented Australia in the Speedway World Cup and was the Under 21 Australian Speedway Champion. And he just happens to be Jamie Stauffer's brother in law.



MASON CAMPTON

Born in '93, Mason has been lighting up the Speedway scene for more than a few years now. Taking out the Queensland Speedway Solo Championship in 2016, although he went on to be beaten by his Hunter mate, Sam Masters, Mason is set to light up the 2018 Speedway calendar with big plans to move to the UK and race for the Workington Comets in the British Premier League.



ROHAN TUNGATE

Tungate is another of Kurri's famous racing exports, competing overseas in the United Kingdom and Poland. 2016 was a huge year for Rohan. In one year he was named South Australian Champion back in the 2015/16 season, then went on to become the Slovakian Champion, right before being named New South Wales State Champion. Last December, Rohan won the Crump Cup in his hometown of Kurri and now he's the Australian Solo Speedway Champ for 2018.



SAM MASTERS

OK, Sam's not technically a Kurri boy, but he's a Hunter boy racer and an absolute gun on the motorcycle speedway, so he's worth a mention amongst the other champions. Winning the British Premier League Riders Championship in 2011 at just 20 years old. He got a start in the Speedway Grand Prix World Championship series in 2015, finishing 12th. Last year, Sam was crowned Australian Speedway Champion at his hometown track, Loxford Park Speedway in Kurri Kurri.

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MINER'S SHINER

LIDDELL'S PETER BENNETT AND HIS 1955 CHEVY BEL AIR FACED THE TOUGHEST CAR JUDGES IN THE LAND AT THIS YEAR'S SUMMERNATS IN CANBERRA TO LAND A TOP 10 SPOT AGAINST 2500 CHALLENGERS.

Originally from Gunnedah, lifelong car nut Peter has been in Singleton 20 years. He started in underground mining in Gunnedah around 1990. Eventually he went to open cut before being transferred to Liddell and that's where he's been ever since as a digger driver and trainer assessor. Peter said, "It's a great job and a great pit, a really good place to work. I got a lot of encouragement from the guys - especially after Summernats."

On cars Peter told us, "I've been a car person all my life, I kicked off with an FJ Holden Ute back in the early days. My old man was a mechanic. We used to knock around in the shed and he guided me through it. I've mainly been a hot rodder.

My son is into cars as well and he decided to buy a new Mustang and had it all supercharged and suggested I look at getting a muscle car too. So, I decided to go down the muscle car path so I could still hang out with him. That's where the Chevy came into the story."

"I bought the car from a guy in Queensland but originally it came from San Diego where it had done a lot of car shows. I've done a few minor things to it with the help of the Basset Racing guys who help take care of the maintenance. Mark and Zac from Bassets Racing are coalminers as well, but this is our passion," explained Peter.

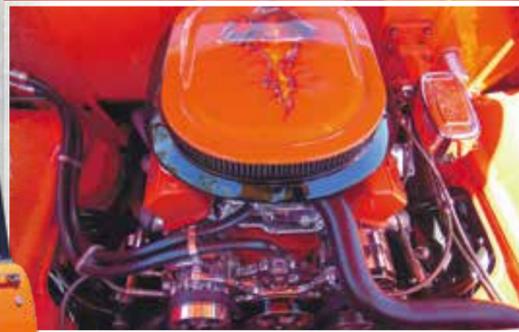
"Summernats was the car's very first Australian car show and where we unveiled

it. Massive preparation was involved to have it up to standard. The cleaning and detailing is immense, it's not just what you can see but everything you can't as well. Every detail underneath inside and out!"

"I was going for a top 60. We made that and then we went for top 20 and top 10. We were then second name called out in the top 10. On top of that, out of the whole show only 6 cars were picked to show at Melbourne Meguir's MotorEx Super Stars event in Melbourne. Only 6 from Summernats get to go. It's the pinnacle so I am chuffed." Peter told us.

On the car itself Peter made the point that it doesn't just sit in the shed, it's a driver. "I like to drive my cars, not just look at them. Getting them out and enjoying them is why I love it. Once it gets in your blood you can't get it out."

Good luck in Melbourne Pete - not that you will need it!



LINE UP!

WELCOME BACK WE HOPE EVERYONE'S HAD A CRACKER CHRISSY BREAK SPOILT WITH PLENTY OF TIGHT LINE ACTION.

The local beaches especially Stockton have been fishing exceptionally well with large numbers of Taylor chasing bait along the edges around dawn and dusk. They are being easily caught

by throwing a spinner or whole pillies into the wash. If you can only spare a few daylight hours plenty of bream, whiting and flatties are being caught from the gutters.

NEWCASTLE HARBOUR/ LAKE MAC

The Jew are starting to liven up around the harbour with reports



MARK BROWN WEARING NEW JEWELRY AFTER BATTLING A MARLIN.

WIN A ZACATAK LURES PRIZE PACK

With February being a cracker month to wet a line, we have Zacatak Lures (a local game fishing lure maker) on board to donate a prize pack for one of our readers. To win simply email your pictures from your summer fishing to rebecca@thecoalface.net.au or upload your pic to the Shok fishing app with #coalface in the comment section with a short story about the catch. The winner will be featured in the March issue.

of some solid fish caught around the heads.

Lake Mac is starting to produce the goods with the squid inside the lake and the green eyes out the front at the back of moon island with the squid. The school Jew are also in the mood to feast on a fresh squid bait. The sand flats around the channel are producing great numbers of whiting and big flatties.

OFFSHORE

A bit of hit and miss out wide with the fish on one day and off the next. Let's hope this improves as we move into the end of Summer and into Autumn.

On the marlin scene: the inshore blacks have finally started to show up off the Bay after great reports from the Port Macquarie golden lure back in January. We have all been waiting patiently for them to show with livies fished around the bait being the best option. If you want to troll some lures the 50-60 metre line seems to be the go for this sort of fishing. Be sure to check the fish trap floats for an inshore dolly also.

The reefs have been stacked with trag lately, but the snapper have been a bit slack to take the bait. **Keep floatin' - Thrifty's**

YOUNG GUN SIBLINGS GABBY (6) WITH A NICE FLATHEAD AND KAIDYN (8) WITH A GREAT SOLE.



SEND US A PIC OF YOUR YOUNG GUN TO WIN A \$50 BCF VOUCHER IF IT GETS PUBLISHED!

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THE BEAST

LOOKING MORE LIKE A CREATION FROM 'MAD MAX: FURY ROAD', THIS MACHINE IS UNLIKE ANY OTHER THAT YOU MAY HAVE SEEN BEFORE.

Like many innovations, the genesis of this Compactor was born out of necessity, to better manage a specific set of challenges experienced by the miner. Since hitting dirt, it has exceeded expectations and achieved

impressive results.

Derived from the carcass of a Tiger 690D Wheel Dozer (Caterpillar 992D Wheel Loader equivalent), the origin of the 895D Compactor was formed from the desire to create a fit-for-purpose machine. Working in residue dams with particularly hard and problematic clay, the owner operators engaged a local manufacturer in search of a heavier and more powerful Compactor than was available in the marketplace and their own fleet of Caterpillar 825 and 835 Compactors.

What they got, was a modified, cost-effective, reliable and versatile machine, that has increased operational efficiencies. In production terms, the original Cat 825 Compactor onsite took 24 passes to bring the compaction of the clay to specification, the Cat 835, 14 passes and the self-named 895D Compactor a mere four passes with equal or less fuel burn. Remarkable results, when one

considers the additional costs of staff and the lost production experienced with the accompanying scraper fleet.

Albeit a strong concept, it wasn't all smooth sailing, with several areas requiring fundamental design considerations. These considerations included the customisation of the compaction wheels with reference to the inner rim, segments, outer rim and feet, 'fortification' of the back-end scraper bar, management of the heat build-up in the torque converter (made easier with the later model Tiger used) as well as ensuring a solid lock-up clutch was installed. While unofficially christened the 895D, I can't help but feel that in this instance, it would have been more appropriate to name this machine 'The Beast', call sign 'TB1'.

Like to know more, visit our website to see video of this machine being mobilised: componentsonly.com/video/thebeast

An adaptation of a far smaller machine generally used in civil and mining projects, the self-named

Caterpillar 895D Compactor is a super-sized, customised, big brother of Cat's smaller 825 and 835 compactors.

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MAKE A SPLASH

TO COOL OFF THESE HOLIDAYS HEAD DOWN TO THE CENTRAL COAST AND DIVE INTO AQUASPLASH.



Well, maybe there were no graceful dives as I made my way around the giant inflatable obstacle course, but there were repeated belly flops, a few sideways tumbles, and once I even managed to slip head over heels and end up doing a backward flip. Of course, I pretended it was intentional and was feeling damn cool until the lifeguard yelled out 'Hey miss, are you ok? That was one of the biggest stacks I've ever seen.'

'Did you hear that kids? I just did one of the biggest stacks he's ever seen. Stacking like that takes real skill.' But they were already busy climbing up the next giant wall as I tried my best to keep up.

And that's pretty much how it went, up and down, under and over, around

and through, bounce and slide, and of course, splash, splash, splash!

IT WAS HARD TO TELL WHO WAS HAVING MORE FUN, THE MUMS AND DADS OR THE KIDS, AS WE ALL CHASED AND RACED AND FELL AND LAUGHED.

It didn't matter if you weren't very fit, or even if you could barely swim, the life jackets kept you afloat and if you didn't quite make it to the top, well the upside is there's less to fall.

A session at Aquasplash goes for an hour and costs \$15 or \$20 depending on your age. Longer sessions work out cheaper, but we were all happy to head back to shore after an hour. Flying down the slides and jumping off towers equates to a lot of salt water smashing

you in your face. I also learnt firsthand that you need to pick your swimwear carefully if you want to avoid some serious wedgie action coming down those slides. They sure didn't mention that in the safety briefing!

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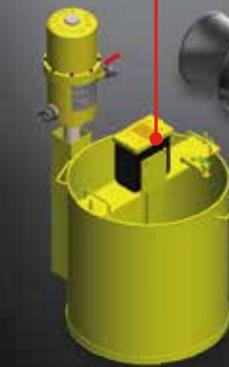
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DELIZIOSO!

THIS MONTH I HEADED TO MAITLAND'S RENOWNED RESTAURANT FRATELLI ROMA, TO EXPERIENCE A LITTLE OF ITALY'S MOUTHWATERING CUISINE RIGHT HERE IN THE HUNTER.

Walking through the doors of Fratelli Roma, we were greeted by a smiling waiter who had us seated so quickly the tantalizing aromas of chilli and garlic had barely reached our noses. Softly playing music, muted warm colours, and antique furniture created a warm and welcoming atmosphere. I settled onto the cozy bench seat and began perusing their extensive wine list. I ended up selecting a bottle from their Italian wine list figuring while in Roma do as the Romans do. I highly recommend the Clic Bianco IGT.

On to the food, and as usual I had great difficulty choosing just one dish so thankfully our waiter was able to give recommendations based on what I like. I started with tomato bruschetta which was perfectly prepared, I also ate half of the hubby's insalata di calamari as I wanted to make sure it tasted as good as it looked. It did.

AS THE WE WAITED FOR MAIN COURSE, THE RESTAURANT'S LOW LIGHTING AND CANDLELIGHT COULDN'T HELP BUT MAKE ME THINK HOW ATTRACTIVE MY HUBBY

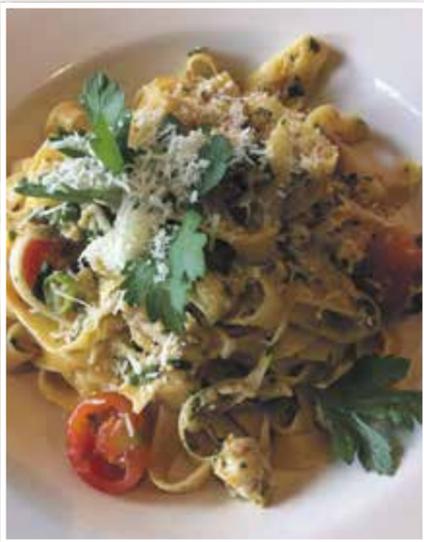
WAS LOOKING TONIGHT, BUT AS I ORDERED A SECOND BOTTLE OF WINE IT OCCURRED TO ME THERE MAY BE ANOTHER REASON...

My main course arrived, fettuccine with spanner crab, white wine, chilli, garlic, tomato and it had the perfect amount of bite. Hubby got the veal scaloppini which he assured me was great. Cruelly, he would not share so I had to take his word for it.

Although the generous bowl of pasta and the two bottles of now empty wine had left me sated, I knew it wouldn't be a fair review unless I sampled a dessert. I mean what choice did I have?

Crostata al Limone – translation: a tart made of lemony goodness with homemade gelato and covered with delectable sugary confections that left me on the sweetest of sugar highs.

You had me at Delizioso.



PEACE OUT MAN

AS MUCH AS I LOVED THE NEW YEAR CELEBRATIONS THAT SAW ME PARTYING THE NIGHT AWAY WITH THE KARDASHIAN SISTERS AT MERRIWA'S HOTTEST NIGHT SPOT AND CELEBRITY HANGOUT THE ROYAL HOTEL, IT WAS A SOBERING TIME OF REFLECTION. I, LIKE MANY WHO LIVE THEIR LIFE IN THE SPOTLIGHT HAVE DECIDED TO USE MY FAME, KNOWLEDGE AND IDEAS FOR THE GREATER GOOD AND BRING MANKIND TOGETHER IN 2018.

So as the bells tolled 12 midnight a little over a month ago, I made some commitments to improve other celebrations in the year ahead. Community will be high on this year's list. Starting with the Australia Day controversy engulfing our nation I scrapped the usual special State banquet menu of lamb pies and sausage rolls. This year I changed it to a more indigenous version of kangaroo made from a hearty stew using recycled road kill from the roads and highways around The Hunter. I also changed 'Australia Day' to 'Australia Week' as a trial amongst a few mates so we get a pre Easter break after slogging it out for a few weeks after the Xmas break. Removing the offensive 'day' word worked a treat and making the holiday a holiweek meant everyone was so tanked no one really knew what day it was anyway. It was a huge success and all my subjects will now enjoy the special week off from next year.

Speaking of Holy weeks...Coming up to the time of the passing of little

baby Jesus this Easter which starts March 30, I also have devised a plan for religious harmony. This year everyone will be required to chuck a religious themed BBQ sometime over the break. Regardless of which god everyone worships, how they eat their halal Easter eggs or which sacred animal they are forbidden to eat, everyone must bring a tray of their approved animal for grilling on the flames and bottle of their favourite alcoholic or non-

THE PIE MINISTER

alcoholic beverage. All will then raise their glasses and make a toast to minding their own business while worshipping whoever the hell they like.

My birthday is May, the month not the day. It goes for the whole month because that's how long my dear mother was in labour for – a

world record that still stands to this day. All subjects are required to celebrate the occasion.

Finally, it will be Xmas again before you know it! The only thing I'd ask between now and then is to mind your own business and celebrate whatever the hell you want and all things that make us different. Oh... and if you're feeling like a pie, head to Grices in Cessnock...full of meat and hard to beat!

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What is the Indigenous meaning of Kurri Kurri?
 In what year was Kurri Kurri founded?
 Where did Kurri and surrounding districts first receive electricity from?
 Answers next month.

LAST MONTHS ANSWERS

1. What was the slang term coal ships were known by? - **Colliers**
2. What was the slang term for a fist sized lump of coal? - **Cobbler**
3. What was the slang term for a small area left during the extraction of pillars? - **Stook**



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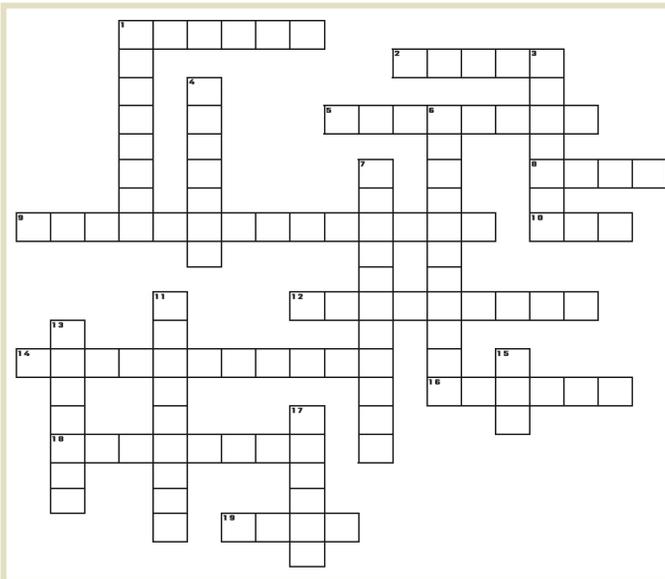
@ THE COALFACE CROSSWORD

ACROSS

1. Nicole Polizzi's nickname on Jersey Shore (6)
2. Kramer's first name from the show Seinfeld (5)
5. Mickey Mouse's name before it was change to Mickey (8)
8. What body part does Samantha twitch in Bewitched (4)
9. Game of Thrones is based on his novels (6,1,1,6)
10. What animal did Alf like to eat (3)
12. Played Mr Big on Sex in the City (5,4)
14. Main character in Breaking Bad (6,5)
16. Australian TV icon who lived in Waratah National Park (5)
18. What was the first R-rated TV Show (1,1,1,1,4)
19. Name of the car on Knight Rider (4)

DOWN

1. TV show where contestants are eliminated in 'Tribal Council' (8)
3. Which airline's flight crashed on Lost (7)
4. Teenage Mutant Ninja Turtle who wears a red bandana (7)
6. The longest running US TV show (3,8)
7. Played the genie in "I Dream of Jeannie" (7,4)
11. What type of dog is Scooby Doo (5,4)
13. Sheldon's catchphrase on The Big Bang Theory (7)
15. How many friends are in Friends (3)
17. Name of Mork and Mindy's baby (6)



I'VE BEEN TO BALI TOO

PRETTY MUCH EVERY PERSON I KNOW HAS BEEN TO BALI ONCE OR FIVE TIMES EXCEPT ME - UNTIL A BIT OVER A MONTH AGO THAT IS! WITH BUGGER ALL INTEREST IN EVER GOING BEFORE, I QUICKLY LEARNT WHY THIS TROPICAL PARADISE IS A NUMBER ONE DESTINATION FOR SO MANY AUSSIES.

The whole Kuta chaos we had heard so much about was never in the plan for us. Bali's most stylish and upscale beach resort area of Seminyak, which is home to the island's most luxurious resorts, fine restaurants and boutiques, was more what we were looking for.

From the moment we reached our Seminyak villa complete with its own private pool, me and the missus started think we might just be able to tough it out for the next ten days. Annora Villa is small private oasis big on luxury and run by a small group of the friendliest people you have ever met. Venturing out the next morning, daylight revealed a tropical green paradise as we walked to the beach at the end of the street.

Along the way we encountered more locals who wanted to say hi and get to know us almost as much they wanted to sell us their fine wares, taxi services and these little blue pills they called Viagra.

I didn't think I looked that old, but I can't deny the romantic vibe Bali gives off meant the blue pill business was clearly pumping in this part of the world. I resisted the temptation though and continued beach side.

I won't lie, the beaches look amazing with all the world-class hotels that line the beach, along with bars and sun lounges for as far as the eye can see. Getting closer to the water, the amount of rubbish getting washed in was

just as amazing and we immediately decided our private pool would be our swimming spot. Despite the junk it was still a beautiful must-do stroll we would repeat often.

Seminyak is a dynamic place, home to scores of restaurants and bars, designer shops, galleries but still with hundreds of shops selling Bintang singlets, fake watches and other rubbish you would normally never look at, but here buying a few is irresistible.

We pretty much started drinking Bintang from the time the plane landed until three or four minutes before flying home. It's a surprisingly good drop. To break things up dozens of cocktails helped keep us hydrated in between.

The food is surprisingly better than a lot back home. From grilled octopus on the beach, to a Mexican joint called Motel Mexicola, and the mega flash Plantation Bar & Grill. Everywhere we ate, the food was bloody amazing. And believe it or not, Bali Belly never made an appearance.

After sunset the nightlife cranks up and you wont be disappointed. Premier dining and entertainment venues such as Ku De Ta and the Potato Head Beach Club are like nothing you have ever seen.

As a couple we couldn't be bothered doing the usual day trips as there



was plenty to keep us entertained. The people we saw with kids were equally well catered for. This was an all relaxing, all eating and drinking trip for us with a side order of shopping. We walked for miles every day to just look around, even all the way to Kuta. It was

bliss. Yes we were constantly hassled to buy things and if you're not careful you will occasionally get ripped off, but that was part of the fun if you approach it the right way. All in all it was better than expected so if you haven't been to Bali, you better book soon.

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10.00AM	20KM YR 5 & 4 SCHOOL CHALLENGE
10.00AM	10KM FAMILY RIDE

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