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WEDNESDAY
10 May 2017

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Members Say...



Someone to clean & help around the house while I recover from an operation.

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Branxton Greta Memorial Walkway & Cycleway clears first hurdle

THE first hurdle has been cleared for a local initiative to have a Memorial Walkway/Cycleway between Greta & Branxton. Branxton and Greta residents would be aware that Cessnock City Council resolved some years ago to adopt the Cycleway strategy. In that document it identified the need for a connection via a walkway/cycleway to connect Branxton and Greta. The project has never had a high status on the council works programme. In fact Cessnock City Council has, on a number of occasions, applied for NSW Govt. funding to enable its construction but to no avail. After many years of research by Mr Brian Furner OAM, President of the Branxton RSL Sub-branch, it was identified that approximately 287 local residents volunteered to go to the Great War. "The cycleway project is a perfect way to commemorate the service of not only WW1 veterans, but service men and women from all conflicts & peace keeping missions from WW2 to current day," said Brett Wild, President of the Branxton Greta Business Chamber. "The Branxton Greta cycleway will also have a substantial amount of community benefits; it will

enable connectivity between the two towns, access to the Branxton Pool and Miller Park for Greta residents, healthy lifestyle options and an amazing tourist attraction that will have untold benefits to all business in the two towns," said Brett Wild. After considerable lobbying of Cessnock City Council and the local Ward Councillors by the Business Chamber, and with the support of, in particular, Councillor Melanie Dagg and Chamber President Brett Wild, they were successful in having the walkway/cycleway project proposal placed as an agenda item at the CCC Meeting held on Wednesday 3 May 2017. After a presentation by Mr Brian Furner OAM regarding the historical aspects of the project it was followed by Mr. Brett Wild who gave a highly empowering and passionate presentation that captured the full attention of the entire council meeting including those in the visitors' gallery. Mr Wild spoke for 3 minutes and faced a number of questions regarding the cost and financial aspects of the project. At numerous times Mr Wild spoke of the dedication of the Light

Horse in the capture of Beersheba Wells, and the sacrifice of the Anzacs at Gallipoli, and how their spirit never gave up. "And we should not give up without enabling the business chamber, local RSL Sub Branch's and the communities to raise funds & to lobby their elected officials," said Mr. Wild. Mr Wild also talked about the benefit to Branxton and Greta communities that have been forgotten, the live style benefits, and how the project will be a link to the past but a bridge to the future of the two towns. Mr Wild received an overwhelming round of applause. Councillors then voted on Cr Melanie Dagg's motion:

1. That Council include in its Delivery Plan 2017-21 and Operational Plan 2017-18, the Branxton-Greta Memorial Cycleway project (grant funding dependent).
2. That Council investigate all avenues of grant funding to ensure the project is at the very least "shovel ready" by the Armistice Day Centenary on 11 November 2018

Total (11) Total (0) CARRIED UNANIMOUSLY

Now with the approval of Cessnock City Council, the Branxton Greta Business

Chamber, Branxton & Greta RSL Sub-branch's, community members can assist by helping pursue government grants and funding to make the project happen. "The BGBC would like to thank for the unconditional support of Cr Melanie Dagg, a truly remarkable person who is working extremely hard for all of us, the guidance and support of CCC General Manager, Mr Stephen Glenn, and council senior staff that have provided their advice and time on this very important issue. I would be remiss if I didn't



Photo: (L-R) Brett Wild President Branxton Greta Business Chamber, Brian Furner President Branxton RSL Sub-branch, Councillor Melanie Dagg & Jim Phyllis representing the Greta RSL sub-branch outside Cessnock Council Chambers after CCC unanimously agreed to support the Memorial Walkway/Cycleway

mention Mr Brian Furner OAM for his dedication and research. And to you the community for the support and positive words and

feedback on the Branxton Greta Facebook page," said Mr. Wild. The BGBC will, in the coming weeks, hold a

public information session as to where do we go to from here.

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'Post' ANZAC Day services held at Branxton schools



THE Branxton RSL Sub-branch were not deterred by the intervention of the school term holidays & held their memorial ANZAC Day ceremonies, once again, at both Rosary Park & Branxton Public School, post ANZAC Day.

A small contingent of infantry soldiers from Singleton Army Base, representatives of the sub-branch & school leaders gave a moving memorial service to mark ANZAC Day 2017.

At the end of the ceremony Branxton RSL Sub-branch President, Brian Furner OAM, presented both schools with a memento of the occasion.



Précis of presentation given by Brian Furner OAM to Cessnock City Council Meeting 3rd May 2017 'Branxton - Greta Cycleway Project'

THE RETURNED AND SERVICES LEAGUE OF AUSTRALIA
(BRANXTON SUBBRANCH)

Aim of the project

To link both towns together, by means of a Memorial Cycleway/Walkway.

The project of this kind takes considerable funding & effort. Once completed, it will be of significant benefit to both Branxton & Greta Communities & the local tourist industry. The project will require & meet sound needs, research, & have a strategy of overall community participation.

The project outline will involve support of Government, Councils, local groups, individuals, business & members of the Branxton Greta Business Chamber.

There will be an opportunity for family & community members to support the project both financially & in kind, to give it a total community feel.

Once started, it will evolve over the 2017-18 time periods, depending on weather, hopefully culminating in 2018, signifying the end of 100 year celebration of the actual signing of the Armistice.

PROPOSAL

The proposal involves a cycleway-walkway, between the towns of Branxton & Greta, running from "Rotunda (Branxton) to Rotunda" (Greta), as a permanent tribute to mainly, the WW1 veterans from our communities who enlisted in our country's time of need in 1914-18, many of whom did not return

The overall length of the project, is just under 5 kms long.

Where the existing road fits into the cycle way, for example, the Branxton end, there is a reasonable foot-way between our Rotunda & Miller Park - about 1 km.

Greta has a little less, with around point 6 km of useable roadway, close to the town.

A line of Lone Pine trees will be planted beside the cycleway, (approx. 10 metres apart) signifying, one tree for each Branxton or Greta Digger. We have approximately 300 names of Diggers currently who signed up between both towns.

(4) There will be a small brass plaque at each tree, with the names & service numbers of all those who served in WW1.

If the Digger has no living relatives, this will be part of a school's initiative, in that, the Digger will be researched by local school pupils. The schools will be part of "Support a Digger" programme, which will be established at Branxton & Greta local schools. These schools will be approached for their involvement, as part of an "Anzac Day project" for 2017-18. Hopefully the project will be completed in time for the 100 year Anniversary of the signing of the Armistice on 11/11/18

Benefits to Community

We need to identify & seek support from those members of the Community both young, senior, & veterans, who for health reasons, would benefit by walking, riding or running, on the pathway, to assist them in creating a healthy life style. Other examples of cycleway users are:

- Swimming club members
- Sporting teams, soccer, league, union, Aust rules.
- Walking/running groups
- Senior community members
- School children
- Physical trainers
- Tennis /croquet clubs

Bike riders.

Cricket, Netball, golf clubs.

Tourists & Visitors.

Significant funds will need to be sought for the project to move forward.

Both Branxton - Greta RSL Sub branches, in conjunction with The Branxton Greta business Chamber, would like ask Cessnock Council to move this proposal forward into 2017-18 financial year. We would like to have it funded under the coal mines & Federal Grants Roads to recovery Program. This Funding includes the towns of Greta/Branxton/Lochinvar, who have been severely impacted by coal operations in the Lower Hunter for over 50 years.

The funding would enable the Branxton & Greta communities to build infrastructure in the form of a cycleway, dedicated to mainly the WW1 servicemen who enlisted from the Branxton /Greta region following the countries call for volunteers to help the nation in the 1914 WW1 conflict. This Memorial would be a permanent structure for both towns, enabling the descendants of these locals, to pay their respects to those, that we owe so much to.

When the cycleway is completed, the opening would coincide with the 102 year celebration of WW1, which will culminate on the Anniversary of the signing of the Armistice on (11th Nov 2018). Governments are now promoting healthy lifestyles more than ever, as a cost benefit to all communities due to significant health advantages of exercise. We consider tourists & community alike would benefit by this Memorial. It would link into Radford Park, Huntlee & the M1 new expressway, that now by passes both towns, of Branxton-Greta & has a cycleway connection to the M1. Both Communities for years due to their proximity, have sporting links with each other, as most of the towns teams have the Branxton /Greta prefix due to town size; Branxton/Greta Colts: Branxton/Greta pony club, Branxton/ Greta Bowling club, Men's shed, Swimming club, Business Chamber, Scouts, Guides, Football clubs, churches, Little Athletics, Local Schools, golf club, swimming pool, tennis club & netball.

For this proposal to move forward to the planning stage, it will take a group of people, who have the vision to support the project & who are willing to spend the time to assist bringing it to fruition. It will also require the cooperation of State, Federal & local departments working together with our Communities.

This proposal is being supported by the Branxton Greta Business Chamber, Branxton & Greta RSL sub branches & Branxton Guides to name a few.

A recent discussion with Cessnock council last week, requires us to submit, a Project plan which is now underway.

Stay Tuned! Lest We Forget. Brian Furner. OAM. Board Member BGBC. & President Branxton RSL

The new Fire and Emergency Services Levy



Service in protecting the community from fire, flood, storms and other natural disasters. Property owners will be notified in July of their FESL

FESL component of your rates notice.

Council is required, under legislation, to pass on the full amount of the FESL to the NSW Government's, Office of State Revenue on a quarterly basis.

For more information

• Phone: 1300 78 78 72

Email:

ESPL.info@treasury.nsw.gov.au

Website: <http://fireandemergencyserviceslevy.nsw.gov.au/>

• In regards to the outgoing Fire Services Levy (FSL) payable on insurance:

• Phone: 1300 60 77 23

• Email: enquiries@eslinsurancemonitor.nsw.gov.au

• In regards to land rates and/or land classification:

• Phone: 02 4993 4100

• Email: council@cessnock.nsw.gov.au

contribution as part of their council rates notice, or a separate notice for non-rateable properties. The FESL may be paid annually or quarterly and the amount to be paid will depend on a property's classification as residential, farmland, industrial, commercial or public benefit, and whether or not the land is vacant. Notification of land classifications will be distributed to all property owners across the Cessnock Local Government Area in late April. The land value used for rates will be one of the factors used to calculate the

The NSW Government will introduce a new system for funding our community's fire and emergency services from 1 July 2017.

The Emergency Services Levy (ESL) currently paid on insurance policies will be replaced with the Fire and Emergency Services Levy (FESL), which will be paid alongside council rates.

This change will see all properties, not just insured properties, directly contribute to the cost of supporting the work of Fire and Rescue NSW, the NSW Rural Fire Service and the NSW State Emergency

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The Australian Bee Gees Show 19 May 2017

The Saturday Night Fever 40th Anniversary tour



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We are hold a fixed price garage sale for an entire collection of over 2000

Military collectable's and current military surplus items, the sale will include but not limited to:

An exceptionally large collection of WW2 Gas Masks of all types including: Nazi, British, Australian, American and many European Countries,

Military Uniforms (Army, Navy and Airforce) used and some never issued, WW2, Korean War, Vietnam including current surplus.

WW2 Woollen Jackets, Battle Dress Jackets and Trousers, Service Dress, Boots, shirts, trousers, wet weather gear and some other foreign countries.

Hats, berets and some helmets. New WW2 Navy, Army socks and elbow pads, field jacket liners. Buttons, badges and many sundry items too many to list.

Personal Field equipment new and used all eras and wars, including large quantity of Pat 37, right through to current surplus, belts, packs, webbing straps and sets, DPCU pouches, blankets, sleeping bags, tools.

Weapon cleaning kits – Bren Gun, Owen Gun and SLR. Signaller Pouches, vehicle collapsible stretchers (Austin). Water bottle carriers, water bottles, bum packs, pliers and wire cutters.

Equipment such as timber and plastic boxes, tripods, radio's both Army and Navy, antennas, and various military electrical equipment including WW2 Tank and Bren Gun Commanders headsets (some new), mapping (plotting equipment), books, training manuals.

Other collectables such as di cast trucks and cars, videos and DVDs

Landrover series 3 Short wheel base, no gearbox – IF NOT SOLD BEFORE

No 4 Australian Army ½ TN Trailer with Cover – IF NOT SOLD BEFORE

Landrover used parts, bonnets rims etc

The entire collection is to be cleared out, many years of collecting and buying has come to an end, this is an opportunity to buy a piece of Military history, or perfect for re-enactors.

Over 90% of the items are all genuine and not REPRODUCTIONS.

Very small quantity of reproduction gear will be sold separately, and not mixed in with genuine equipment and uniforms.

No prior sales, all reasonable offers on the day will be considered. No bags allowed in the building on the day.

Cash, EFTPOS, Debit and Credit Card – available on the day ONLY WITH Driver's license. NO AMEX or Diners

Congratulations to the Mayoral Academic Scholarship recipients 2017



Cessnock City Council awarded 12 local students a Mayoral Scholarship to assist them in reaching their potential as they undertake further education and training.

Cessnock City Mayor, Councillor Bob Pynsent congratulated the recipients and wished them all the best in their future endeavours.

"I am very proud Cessnock City Council is able to support students in our community who are working hard to achieve their goals".

"Often student's struggle financially as they attempt

to keep up with the course load and maintain a job.

This practical support can assist them in focusing on their studies and help alleviate some of the financial strain", Mayor Pynsent said.

The recipients of the Mayoral Scholarships for 2017 include:

Jakob Suvaal – John Knipe Memorial Hospitality and Tourism Scholarship

Bradley Cairns – Mining Technical/ Engineering Scholarship

Oliver Powell – Mining Scholarship

Daniel Atkins – Building and Associated Trades Scholarships

Monique Smith – Local Government Scholarship

Laura Tetley – TAFE Scholarship

Chantelle Jones –

Undergraduate Scholarship

Olivia Palfreyman – Post HSC Scholarship

Kayleigh Fox – Nursing Scholarship

Lucy Neville – Secondary Education Scholarship

Brydie – Lee Forbes – Early Childhood / Primary Education Scholarship

Annabelle Crowley – Police Services Training Scholarship

The Mayoral Scholarships include a wide range of areas including mining, building and associated trades, tourism and hospitality, child care, nursing, police service training and education.

Cessnock City Council thanked the sponsors who include Solo Resource Recovery, Cessnock Leagues Club, Austar Coal Mine, Cessnock Retired Mineworkers Association, Kurri Kurri Retired Mineworkers Association, Hunter Resource Recovery and Cessnock District Learning Centre.



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Education is our passport to the future, for tomorrow belongs to the people who prepared for it today. - Malcom X
Education is the key to empowerment and sustainability, Education is a right which is the key to the rest of the rights of life in society. Education is the key to social justice. - Kailash Satyarthi



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What's Happening & other matters

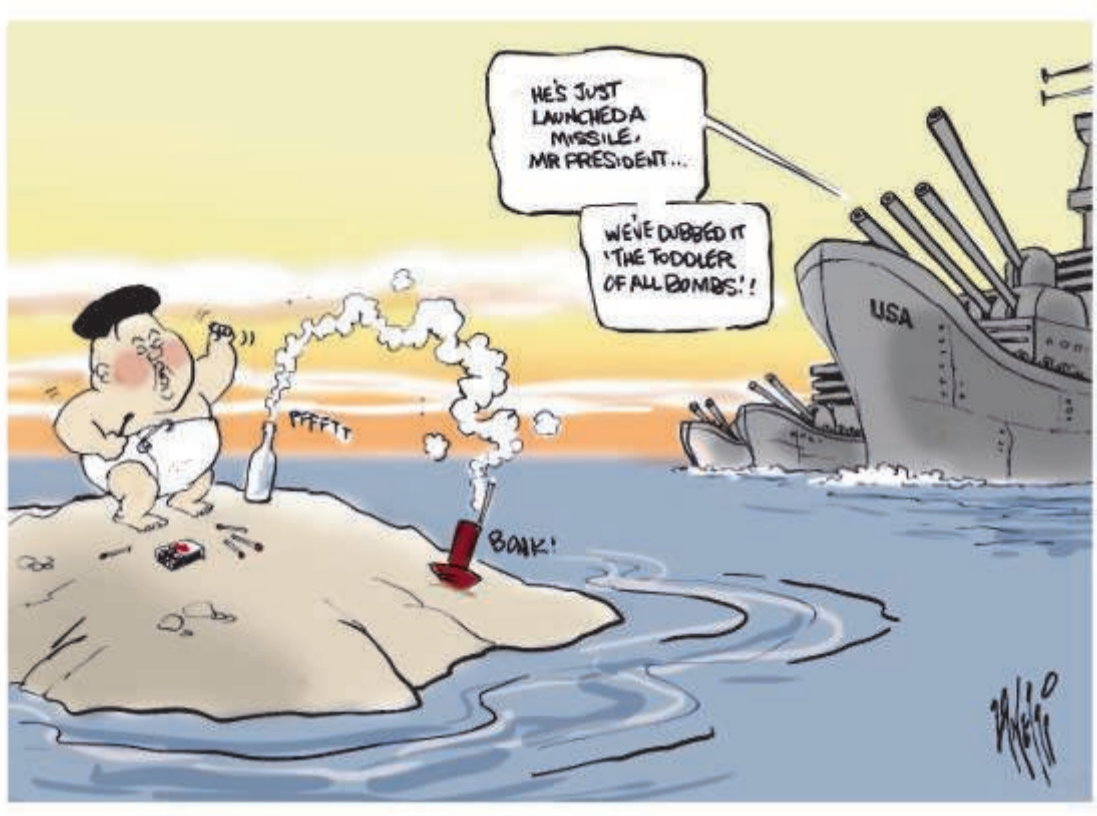
with **Mike Lowing**

Welcome to our 453rd Edition of 'The News'. This column was written last Saturday just 3 days before budget day, so just how much has the government screwed us over? You'll know by now! Budget day is usually known as Christmas for political journalists, but Fairfax management have revealed themselves to be intent on making their journos very nervous with plans to slash 125 newsroom jobs. In response, Fairfax scribes have walked off the job in a wildcat strike & I and all at *The News* fully support our comrades-in-arms. A couple of issues ago I said that journalism is going through an existential crisis & I gasp at

the inexorable decline of the business models of once-mighty traditional media corporations, hollowing out newsrooms and throwing thousands of people out of once-secure jobs. The reason is, of course, financial; the profits once enjoyed are no longer with them. The 'Rivers of Gold' viz., classified advertising, have gone from flood to trickle! A good example: Rupert Murdoch's News Corporation has just posted a second quarter loss citing impairments in its Australian newspaper business as a key factor. The struggling empire reported a loss from continuing operations of \$US219 million (\$AU287 million) compared to a profit of \$US106 million in the prior year. As they said the results were hurt by a continuing decline in advertising income and "an impairment of the print-related fixed assets of our Australian newspaper business". What is bound to be a

reconstruction of Australian & indeed world journalism is full of both perils and opportunities for news reporting, especially in local communities. But the perils are obvious. The restructuring of newspapers, which remain central to the future of local news reporting, will be an uphill battle.

Cessnock City Council meeting last Wednesday evening saw some interesting items come up for discussion; in a show of solidarity three particular items we passed unanimously & for good reason. The first was councils support for the proposed Branxton to Greta Memorial Walkway then Council noted its displeasure that the Commonwealth Games relay route will not be coming through the Cessnock Local Government Area & the final vote was to invite Google and Amazon to set up in the LGA; that won't happen but good positive thinking!
Cheers, Mike



it 5 years ago and I fully support it again. My concern is that if we are unsuccessful in fully funding this project with grants where do we get the money from and what projects would be delayed to complete this project. A lot of funding that comes to council is dollar for dollar and we do not have a spare \$1.5 million. We have just put our budget on display and it has a \$1 million deficit so if we need to find any money for this project we are going to have to take the money off our roads which are not getting enough funding to improve the poor quality we currently have. Our budget is that bad that we have not planned any kerb & guttering for the next 4 years. Things are not good and that is why when I spoke I said I could not support any funds being put towards this project as we have spent the last 4 months getting the budget together and the night it comes to council this is presented to us. I'm sorry if this offends anybody or they feel I don't support this project but there are also so many other projects, roadwork's and bridges that we need to repair or rebuild we have to prioritise and until last Wednesday night it was not even on any plans before council. I am hopeful that funding will be successful but like a lot of projects around Cessnock LGA we hear good news stories all the time but nothing seems to happen. Remember the new pool in Cessnock.
Councillor Ian Olsen, Cessnock City Council

As Shadow Minister for industry, innovation, science and research, Kim Carr visited Weston Aluminium, Tomago Aluminium, and Throsby Meatworks near Singleton. Each of the plants visited are highly dependent on the supply of secure and affordable energy, both electricity and gas. Four years of energy policy inaction is driving gas shortages and higher energy prices for our manufacturers. The aluminium and meat processing industries we visited today, offer just two examples of those who are already affected, and will be even more so if something is not done. Member for Paterson Meryl Swanson and I have been active in Canberra, highlighting the looming crisis and the need to act. We need a national energy policy and we need one quickly. Many local jobs are depending on it.
The Hon. Joel Fitzgibbon MP Member for Hunter Cessnock Prostate Cancer Support Group

speech by the NSW Premier the Hon. Gladys Berejiklian last week & the second part is my pet theory on the coming 'Ice Age'. I have had the privilege of watching many Canberra Press Club speakers over a number of years, being a fairly idle dude, and I have never been so impressed by a politician before. The Hon. Gladys Berejiklian was smartly and conservatively dressed in what was a bespoke suit. As a politician, she listed the achievements of her government as you do. But, what a demonstration of a confident and competent person who is aware of the concerns of the people of NSW, and what is more, has a plan for dealing with them. A proud daughter of a welder and nurse, educated in the public system, the Hon. Gladys Berejiklian is not beholding to any particular interest group and it is her aim that people in the most remote and small communities have access to the services of government on the same basis as people in large centres. As an example, if you have had the pleasure of visiting one of the States new Service Centres, previously Roads and Maritime or Roads and Traffic Office where once you renewed car registration or drivers licence, you will have been greeted by a receptionist who would have ascertained your requirement and then directed you to the appropriate counter. If not solving your query on the spot. A far cry from the old system, and to be sure you can find a car park right outside the Service Centre. And for the Opal Card too, thank Gladys. Now for my theory; the global warming/climate change lobby are on a bit of a roll at present what with coral bleaching and cyclone "Debbie" still fresh in our memories and, of course, made by manmade pollutions. Now assuming this to be correct what can the future hold? In the past decade the climate change scientist have had trouble explaining where the increased heat

from the green house effect has gone because the average temperature has not increased as the climate model suggested it would. The answer is that the oceans of the world were acting as a huge 'heat sink'. OK so far, and how quickly this will cause the average temperature in the oceans to rise to the effect that it will cause expansion of the mass of water and much higher evaporation rates. We can do some simple sums to ascertain what expansion of the oceans will occur with, say, a three degrees celsius increase in the average ocean temperature. A volume of water will increase by 'X' for each rise in the temperature for one degree. So, if X increases by .0001% for each increase in one degree, give or take a decimal point or two we are still looking at large numbers. Increase the volume of water and the sea levels rise giving even greater surface area for evaporation. The increase in evaporation creates massive amounts of water in the atmosphere viz., CLOUDS. Now cloud cover is the most effective agent of the green house effect, ie retention of atmospheric heat. But here is the point. What effect does cloud cover have on the reflective properties of earth? My contention is that the vast increase in cloud cover caused by evaporation in the coming centuries will reflect most of the suns energy away from the earth. The vast 'heat sink' which is the oceans will maintain the cloud cover for centuries and cause glaciation to increase which again adds to the reflective properties of the earth. Of course this may all be nonsense for there are influences on our climate we are not yet aware of and it could all be stuffed up by a period of volcanism.
Steve Lind, North Rothbury NSW 2335



Council supports ANZAC Cycleway proposal for Branxton Greta
At the council meeting on Wednesday 3 May councillors unanimously voted to support an idea put forward by the Branxton and Greta RSL sub branches & the Branxton Greta Business Chamber to name the 'Cycle and Pedestrian way' between Branxton and Greta the 'ANZAC Memorial Cycle and Pedestrian way' in memory of the 287 service men and women who served in the First World War. The Cycleway is part of the Branxton Greta sub-regional plans and would have been built somewhere in the future "funding dependent". It is excellent to see the community getting behind a

great idea and showing leadership in delivering this project by the 11th of November 2018. It is a very ambitious task but someone has to start it. As they say "from the small Oak seed the great Oak grows" Many hands will make light work for this project. Work has to start immediately on raising the necessary funds through Heritage and ANZAC grants along with community income. "Crowd funding" is one way to raise funds as is sponsorships and grants. I supported the motion put forward by Cr. Melanie Dagg of Ward C to prioritize the project in the 2017/18 Delivery and Operational plans.

I have witnessed the ANZAC walk and war memorial statues along the waterfront at Lakes Entrance, Victoria established in 1999 and feel we can do the same here in Branxton and Greta. There is only 18 months to get this project completed but I firmly believe the people of Branxton and Greta have the spirit and determination to see this happen.
Cr. Rod Doherty, Ward D, Cessnock City Council Branxton/Greta Cycleway/Walkway
At Wednesday night's council meeting we had a presentation by representatives from Branxton looking for support from council for a Cycleway/walkway from Branxton to Greta. As it was not in the four year plan they needed council support to be able to chase funding to complete the project. Approximately 5 years ago this same issue was raised at an estimated cost of \$1.9 million but failed to get any funding from any government department. Now it is back and at an estimated cost of \$3 million and we are again chasing funding from government departments. I asked the question "As council has not budgeted for this project what will you do if you can't get full funding" and I have been misinterpreted that I don't support the project. I supported

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Branxton..... 4938 3396	Cessnock... 4991 0555	
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Letters to the editor can be sent to:
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12 Clift Street, Branxton
NSW 2335
or
emailed to
thenews@hotkey.net.au

Co Conveners- Barry\ Rose **49904554. 0457073852.**
Barry Preston, Chairman- Cessnock Prostate Cancer Support Group.
A couple of matters
My letter is of two parts; the first part is simply to comment on the Canberra Press Club

Bus Shelter demolished



Photo above: Cessnock Council staff were quick on the scene and demolished the bus shelter.
 Photo at left: damaged beyond repair.

ON Thursday the 27th April a single vehicle accident in North Rothbury resulted in the demolition of one of the oldest bus shelters in the Cessnock Local Government Area. Fortunately, the young female driver escaped serious injury but the shelter was so seriously damaged it had to be demolished. Cessnock City Council outside general staff made quick work of the job leaving behind only the cement slab. Residents have been concerned for a number of years about the southern entry to North Rothbury with many accidents occurring at that same spot. There have been,

unfortunately, two fatal accidents in the last couple of years & North Rothbury Tidy Towns will be referring the matter to the RMS and asking that it be formally declared a "Black Spot". Local Ward 'C' Councillor Melanie Dagg asked at Cessnock Councils last meeting whether investigations have taken place to determine the appropriate status of insurance in relation to the demolished Bus Shelter and when is it going to be replaced. The shelter is well used by residents and school children & needs to be replaced.
 Photo at Right: The scene after the vehicle collided with the shelter.



Personal are decreasing by natural attrition, year by year, among those present, Jim Phyllis (Vietnam) and "Taffy" (RAN); hopes are held for any new residents, who have served in the AMF, will be most welcome to join the Greta RSL. We look forward to an even greater gathering at Greta next Anzac Day.
 Photo at left: John Bryant, seated with Prada Allan Daly.

Greta Dawn Service 2017

by John Saxon Bryant. OAM.

Once again, there was well over 250 people including many families with children and a large number of new residents attending our Dawn Service perhaps for the first time. Prada Allan Daly of Salvation Army led the traditional Service with prayer. A Catalpha Party comprising 5 Soldiers from Singleton Army Base RAR Rifles

joined Members and others for breakfast in the former Court House, staffed by Greta Sub-Branch Social Club Volunteers. Numbers of return Service



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Bob Pynsent, Mayor Cessnock City Council



Sue Moore, Mayor Singleton Council



Member for Cessnock Clayton Barr MP

Raising the BARR UNREGISTERED MOTORBIKES – YOU CAN HELP

No doubt you have all seen unregistered motorbikes out on the streets. They generally fall into 2 distinct categories; on their way to/from some bush riding, or, complete disregard for our laws and up to no good. I must admit, the first category, those going bush, are rarely complained about. They tend to go one way, toward the bush, in the morning, and they come back some time much later in the afternoon. They generally have all of their safety gear on, they have helmets, and they are participating in a hobby that is, and has been for many decades, common in our community.

And then there is the other group – the unregistered, uninsured and probably unlicensed group. Generally, these types are riding without helmets, without any safety gear and are often up to no good. The motorbikes are used to run drugs, ignore the rules of our land and to assist in all types of other criminal activity. If you have one of these based somewhere near you, then you will see and hear them 5, 6 or 20 times per day. They are as annoying as a mosquito or a blowfly and they are clearly breaking the laws that you and I obey.

You can help Police by reporting this law breaking lot. They often live next door, up the road or you see them coming and going from a certain house. You can and should report these people to either Crime Stoppers on 1800 333 000 or go online to report them. Any description that you can offer helps. Sometimes you will know the name of the person, you might be able to describe the motorbike or times of day or hair colour or clothes that they were wearing. This all helps. Gradually, over time, the Police are able to build a file on the person/motorbike in question. This eventually leads to an arrest and in some cases, the motorbike is taken by Police. It is one thing for us all to be upset and frustrated by the crime in our community, but will you be a person that simply complains or will you be a person that helps and assists our Police?

* * * * *

For enquiries regarding the State Government or its departments, or to put you in contact with someone who can, please contact my office. My office can be contacted by phoning 4991-1466, by email to cessnock@parliament.nsw.gov.au or call into 118 Vincent Street (PO Box 242), Cessnock 2325. You also follow me on my Facebook page
Cheers Clayton



Clr Melanie Dagg – Cessnock City Councillor - Ward C

COMMUNITY WINS COMMUNITY LINK

The Branxton and Greta communities achieved another win this week with Council supporting my motion to

include the Branxton-Greta Memorial Cycleway in its delivery and operational plans for this Council term. The project in its various forms has been discussed for years, decades even. Its importance can not be underestimated in that it will not only create a physical link between the townships, allowing safe access by bike or foot and increased patronage by tourists to both towns, but it symbolises the special connection we have as two separate towns yet one combined community. The proposed memorial element involves dedications to the courageous local men who made the ultimate sacrifice during World War I, remembrance of contributions made to the various wars and peace keeping operations since, and the planting of Lone Pine seedlings along its length. Whilst this motion is a clear victory for our communities, it is important to remember that it is only the first hurdle with the hard work yet to come - paying for it. Due to the large sum estimated for its construction, the cycleway will rely heavily on funding received from grants and elsewhere. If we can't source the external funds needed then unfortunately the project will be delayed indefinitely, however rest assured Council will be doing all it can to deliver this cycleway as soon as possible.

I'd personally like to thank Brian Furner, Brett Wild, the Branxton and Greta RSL Sub-Branches and the Branxton-Greta Business Chamber. Their support, drive and dedication has been instrumental in us getting this far and I don't doubt their fortitude in fighting for the cycleway's completion. For anyone interested in hearing more about the project, a community information session will be arranged in due course, so watch this space...

YOUTH ENGAGEMENT ALIVE AND WELL

A few weeks ago I received contact from a young Branxton resident, Sam Hamilton. Sam is 11 years old and passionate about skating and he wanted to see a new skate park built in Miller Park. He presented to me a petition in which he had collected over 250 signatures. Sam later met with Mayor Pynsent and I during Youth Week to discuss his ideas and the petition itself. I've since tabled the petition in the Chamber and am currently awaiting a report from Council officers. I have to say though, Sam should be commended on his initiative and the way he clearly and succinctly presented his case to the Mayor and I. Engagement like this is truly inspiring, particularly from such a young member of our community. Well done Sam.

FIRE & EMERGENCY SERVICES LEVY

The State Government recently passed legislation which will see an extra levy included in land rates from 1 July 2017. The Fire & Emergency Services Levy (FESL) contributes to supporting the work of Fire and Rescue NSW, the NSW Rural Fire Service and the NSW State Emergency Service in protecting communities from fire, flood, storms and other natural disasters. The FESL will help fund life-saving equipment, fire fighters, staff and volunteers, training, infrastructure and community education activities for our fire and emergency services. The NSW Government and local Councils also make a direct contribution to funding these agencies.

If you hold property insurance you already pay this levy, despite these services being available to those who don't contribute. Considering NSW has the highest rate of non-insurance of all States, this should see the cost of these services being more fairly shared. It is important to stress, this is not an extra charge from Council. Council is simply collecting the levy and passing it on to the State Government. In theory, after 1 July 2017 property insurance premiums should decrease as insurers will no longer be collecting the levy for the Government. Check out your last insurance premium statement and contact your insurer to confirm that will

be the case. Otherwise, if you need further information visit fesl.nsw.gov.au or phone the FESL information line on **1300 78 78 72**.

BRANXTON OPEN FOR BUSINESS

With the opening of Branxton's RV Park over the school holidays, I am happy to confirm that the Campervan & Motorhome Club of Australia (CMCA) has accepted Branxton into its RV Friendly Town Program. This may not seem like a big deal, but the caravanning and RV industry is huge and continuing to grow each and every year. CMCA itself has more than 66,000 individual members, all of whom use its directory of registered RV Friendly Towns to plan their trips. Whether its grey nomads, young people or families, domestic or international travellers, these people are on the move and looking for an RV Friendly Town to pull up for the night and most importantly, re-stock supplies and spend some cash.

The caravan industry contributed \$8.6 billion to the National economy in 2015 with most of it spent in rural and regional areas, supporting local communities and small business. Branxton and the area generally will now be able to get a piece of the action, which will go some way to assist our local businesses who have been impacted by the opening of the HEX. Well done to the Business Chamber who have championed this cause from the very start.

As always if you need assistance with any aspect related to local government, you can contact me via email melanie.dagg@cessnock.gov.au or phone 0409 404 898.

Cheers, Melanie



MICHAEL JOHNSEN MP Upper Hunter

State Matters

DISASTER ASSISTANCE FOR BUSHFIRE AFFECTED COMMUNITIES

I am pleased to advise that Federal Minister for Justice Michael Keenan and New South Wales Minister for Emergency Services Troy Grant announced disaster assistance for the Singleton and Cessnock communities.

Assistance is being provided through the jointly-funded Commonwealth-State Natural Disaster Relief and Recovery Arrangements (NDRRA), and relates to bushfires that occurred in Cessnock between 13 and 20 December 2016, and Singleton between 19 February and 2 March 2017.

Assistance is now available for eligible residents, small businesses and primary producers.

The assistance will also help with the costs incurred from fighting the fires and restoring damaged public infrastructure, which will make a real difference in getting communities back on their feet. Assistance available under the NDRRA may include:

- Help for eligible people whose homes or belongings have been damaged
- Support for affected local councils to help with the costs of cleaning up and restoring damaged essential public assets

- Concessional interest rate loans for small businesses, primary producers and non-profit organisations
- Freight subsidies for primary producers

- Grants to eligible non-profit organisations.

For information on personal hardship and distress assistance, contact the Disaster Welfare Assistance Line on 1800 018 444. To apply for a concessional loan, grant or freight subsidy, contact the NSW Rural Assistance Authority on 1800 678 593 or visit raa.nsw.gov.au. **CONT. P. 5**



It was absolutely wonderful our ANZAC Day commemorations were well attended. I went to a number of services throughout the day including in Kurri Kurri, Cessnock, Aberdare and Kearsley, it was great to see so many members of our community paying their respects to those who have served.

The huge applause from the crowd that lined Vincent Street as the march made its way down is a reflection of our community's commitment to the ANZAC tradition. As a community we have a responsibility to ensure the ANZAC tradition remains strong and younger generations understand the importance of the occasion. Thank you to all of those involved in organising the services, it is an invaluable service you provide to our community to remember those past and present who have defended our nation. Lest we forget.

The Cessnock Stomp Festival 2017 was excellent drawing more than 10,000 people to our city. This event while only in its second year, is a unique opportunity to showcase what our region has to offer. Stomp attracted people from all over Australia, New South Wales and the region. Congratulations to the Cessnock Chamber of Commerce and their work in putting on the festival, which I expect will only continue to get bigger and better. Congratulations to the Khartoum Hotel for taking out the pub challenge!

The Draft Cessnock Commercial Precinct Plan will soon be released for public exhibition. This plan sets out a vision for our community as we work towards building a thriving commercial precinct. It is vital we engage in strategic planning to ensure our local government area has a strong direction as we continue to grow. I encourage the community to have their say and provide a local perspective.

Cessnock City Council has launched Microchipping Month of May giving residents the opportunity to get their dog microchipped for free. We are holding a microchip event every Thursday at a dog park during May, starting tomorrow at Miller Park, Branxton. The aim of the event is to see all dogs in the area microchipped making it easier for Rangers to reunite lost pets with their owner. The ranger team will also be on hand to answer any questions you may have. All dogs must be on a lead. If you own a cat contact our Customer Service Team on 02 4993 4100 to arrange a free microchipping. For further information please contact visit www.cessnock.nsw.gov.au. Also don't forget the hunt for Cessnock's cutest cat or dog is in full swing. Enter now on our Cessnock City Council Facebook page.

Cheers, Bob

Who'd have thought the humble art of crochet could bring so many people together with such a spirit of festivity? The more than 600 people who turned out for Singleton's Guinness World Record attempt for the most people crocheting simultaneously on Sunday 30 April 2017 did more than hook a few rows of yarn together. The event cast another stitch in the sense of community pride we have here in Singleton, not only among us as residents, but people from all around our region and beyond.

And don't be fooled that all those who took part were ladies of a certain age. What we saw on Sunday was a coming together of men and women, boys and girls, of all ages, hooking in to achieve a common goal - and that was to put Singleton on the world stage as a place where we all work together for the benefit of our community.

The crochet world record attempt was a fantastic launch for the Singleton Festival, as a demonstration that culture and the arts play a vital role in painting the identity of a place and our own identity as the people of Singleton.

So often we hold up economic measures as the true indicators of the health and vitality of our community.

But while economic prosperity is undoubtedly important, there is a case that our cultural wellbeing makes as big a contribution to the sense of optimism we have for the future, and our ability to take inspiration from all around us to create new opportunities and achieve new goals. Having said that, there are instances where the two come together and the Singleton Regional Livestock Market is a case in point.

The saleyards on Gresford Road have a long history in Singleton, and a lasting impression on the cultural fabric of Singleton as much as financial benefits to our economy and prosperity.

This week, I was pleased to see construction start on the \$7.73 million upgrade that will ensure its continued operation into the future, and cement Singleton as a regional destination for the agricultural industry.

Singleton is a place of extraordinary diversity where we celebrate the array of contributions our area has made to NSW and our nation, whether through the cultural imprint of our Aboriginal community and the backbreaking work of our pioneers, to each tonne of coal that comes out of the ground.

The Singleton Festival was a great way to remind us of that.

I commend the Chairman of the Singleton Festival and my fellow Councillor, Danny Thompson, as well as Council's dedicated events team and the community members and organisations who were part of the festival.

Cheers, Sue

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News

P: 4938 1773

Tatts First fishing weekend a 'Snapping Success'

The first Tattersalls Hotel Social Fishing Club weekend for 2017 was a very successful one.

It was an Open event held on the 21/22/23rd April and had about twenty or so members and families out trying to catch a feed, get away and relax for the weekend, or to try and snare that long awaited "big one". A superb weekend weather wise saw anglers fish the river at Hexham, the beaches at Hawks Nest, Broughton Island and some offshore feeds and fad off Swansea heads.

Former local, and now Lorn resident Dave Delforce took the bragging rights for the weekend with a 7.39kg (cleaned) Snapper which left the crowd in amazement and earned Dave a few new friends (hunting for tips).

Judy Masters put claim on the first female catch for the year with a nice Flathead and Bream. Other species weighed in were Taior, Leatherjacket, Luderick, Whiting and Squire. Anzac Day also saw the first of the Fishing Club Seafood raffles kick off with 6 lucky punters walking away with large prawn trays. A reminder that every Thursday night from now on there will be seafood raffles held down at the Tatts. Tickets can be purchased prior or on the night and this will be drawn after the meat raffles.

The next meeting will be Sunday 7th May at 3pm out the back of the Tatts. This meeting will see the much awaited

2017 fishing calendar finalised so it can be published. The next fishing weekend will be held 26/27/28th May with the BBQ and weigh in again at 4pm on Sunday 28th at the Tatts. We encourage members and non members to come and have a look at the catches. Anyone interested in joining please call into the Tatts Hotel or contact Steve Nevin on 0402762199 or email Steven.nevin@riotinto.com

"The charm of fishing is that it is the pursuit of what is elusive but attainable, a perpetual series of occasions of hope." - John Buchan

Picture above: club members enjoying themselves



North Rothbury Persoonia Planting Day (26th – 27th May 2017)

The Critically Endangered North Rothbury Persoonia (*Persoonia pauciflora*) grows only within a small area near North Rothbury within the Cessnock City Council Local Government Area.

NSW Office of Environment and Heritage (OEH) and Mount Annan Botanic Gardens have grown the North Rothbury Persoonia and are establishing new populations in bushland around North Rothbury.

As a resident of the North Rothbury area, you are invited to attend a North Rothbury Persoonia planting day.

When: Two planting days are being held: Friday 26th May and Saturday 27th May 2017 from 11am – 2pm each day.

Where: 900 metres along Old North Road when coming from Wine Country Drive (just after Black Creek Farm). From here you will be driven to the planting site (see map on next page).



What's involved on the day?

Assist with planting 200 plants

Come along and help us plant as few or as many plants as you want, or just come and say hi.



So we can plan a safe and successful event confirming attendance is essential. Please confirm by 13th May 2017 by emailing or calling:

Paul Hillier (Office of Environment and Heritage)
T: (02) 4927 3137 M: 0438 032 997
E: paul.hillier@environment.nsw.gov.au

We will just need to know:

- name of each volunteer (please note: parental supervision required for anyone under 15 years);
- which days and times you will arrive;
- any dietary requirements for lunch; and
- if you are wanting plants to take home?

Lunch provided:

Lunch will be provided on site at 12:30pm. Please let us know if you have any specific dietary requirements.

Plants to take home

Let us know if you wish to receive plants to plant in the garden or bushland within your North Rothbury property.

What to bring?

You will need:

- enclosed footwear that is clean of mud and seeds;
- long pants; and
- clothes suitable for the day's weather conditions.

If you have them, also bring along gloves and shovels.

Can't attend?

If you can't attend, but are interested in receiving plants, being involved in future events, or getting more information about the North Rothbury Persoonia Recovery program, please let us know.

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called persistent or chronic insomnia. There are many causes of persistent insomnia. These include:

- **Secondary insomnia** – due to a range of medical and psychiatric problems and the chronic use of drugs and alcohol.
- **Primary sleep disorders** – include circadian rhythm disorders, central sleep apnoea-insomnia syndrome, inadequate sleep syndromes and periodic limb movement or restless legs syndromes.
- **Idiopathic insomnia** – sleeplessness without a known cause, formerly called childhood onset insomnia.

Keep sleep in perspective

People who suffer from insomnia are normally frustrated or annoyed by it. Paradoxically, this emotional state contributes to keeping them awake, starting a vicious cycle. It helps to stop expecting a set amount of sleep every night. Having less sleep than you'd like doesn't cause any harm. Allow yourself to fall short of the ideal without getting anxious about it.

Home remedies for short-term insomnia

Reducing anxiety and sticking to a day-night routine can improve sleep quality. Suggestions include:

- Don't nap during the day.
- Cut down on smoking and drinking.
- Avoid tea, coffee and other caffeinated drinks before bed.
- Don't exercise strenuously before bedtime.
- Do something to relax, such as meditate or have a warm bath.
- Only go to bed if you feel sleepy.
- Go to bed later.
- Stop reading,

worrying or watching television in bed and limit your activities in the bedroom to sleeping and sex.

- If you can't sleep, get up, go to another room and do something else until you feel sleepy again.
- Get up at the same time every morning regardless of how much sleep you have had.
- Avoid 'judging' your sleep on a day-to-day basis.

Treatment for long-term insomnia

Insomnia that has persisted for years needs professional support and a lot of patience. It might take some time to re-establish normal sleeping patterns.

Some of the techniques used by a sleep disorder clinic might include:

- A sleep diary, to help pinpoint the pattern of insomnia
- A program of mild sleep deprivation
- Medication to help set up a new sleeping routine
- Exposure to bright light in the morning
- Behavioural therapy.

Where to get help

- Your doctor
- Sleep disorder clinic

Things to remember

- Insomnia is a symptom, not a disease. The cause (or causes) of insomnia needs to be identified and corrected.
- Insomnia means having trouble with how well or how much you sleep.
- People keep themselves awake by worrying about going to sleep.
- Long-term chronic insomnia needs professional support and a lot of patience.



Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 1 celery stick, finely chopped
- 4 slices Primo Gourmet Selection Pancetta, chopped
- 4 cups (1 litre) Massel chicken style liquid stock
- 400g can Italian-style chopped tomatoes
- 1 zucchini trimmed, finely chopped
- 1/2 cup (about 60g) Barilla Penne Rigate
- 1/2 cup (80g) frozen peas
- 400g can borlotti beans, rinsed, drained

Basil pesto

- 1 cup basil leaves
- 1/4 cup (45g) toasted pinenuts
- 1 garlic clove, finely chopped
- 1/4 cup (60ml) olive oil
- 25g parmesan, coarsely crumbled

Method

Step 1

- Heat the oil in a large saucepan over

Minestrone with chunky basil pesto



medium heat. Add the onion, carrot, celery and pancetta and cook, stirring, for 5 minutes or until onion softens. Add the stock, tomato and zucchini and bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 20 minutes or until soup thickens slightly. Add the pasta and cook for 10 minutes or until tender.

Step 2

• Add the peas and borlotti beans and cook, stirring, for 5 minutes or until heated through.

Step 3

• Meanwhile, place the basil, pinenuts and garlic on a chopping board and use a sharp knife to coarsely chop. Transfer to a bowl. Add the oil and parmesan and gently stir to combine. Season with salt and pepper.

Step 4

• Ladle the soup evenly among serving bowls. Spoon over the basil pesto and serve immediately.

CONT. FROM PAGE 6

Members say ...

MICHAEL JOHNSEN MP Upper Hunter Further information on disaster assistance is available on the Australian Government's Disaster Assist website disaster-assist.gov.au and the NSW emergency information and response website at emergency.nsw.gov.au.

NEXT STEP TO DELIVER GREYHOUND RACING REFORMS

The NSW Government's greyhound industry reforms are progressing with recruitment underway for the new regulator and commercial body board. Applications are open for a Chief Commissioner and two Commissioners to lead the new independent Greyhound Welfare and Integrity Commission, as well as for directors for a reconstituted Greyhound Racing NSW.

These appointments will play key roles in implementing the reforms and repositioning the industry for a sustainable future. The recruitment process will ensure industry integrity through rigorous probity assessments. It will appoint a mix of independent and industry directors to the Greyhound Racing NSW Board. The Chief Commissioner will oversee the establishment of the commission, including the transfer of regulatory and welfare functions from the existing Greyhound Racing NSW.

The NSW Government has committed \$41 million over the next five years to implement the reforms, with \$11 million for the establishment and initial operation of the integrity commission and \$30 million to improve animal welfare including track upgrades to reduce injury risks.

VITAL FUNDING FOR SUICIDE PREVENTION

The NSW Government has announced \$654,000 in funding for a suicide prevention initiative targeted at social housing tenants across rural and regional areas in NSW, as part of a state-wide \$8 million investment.

Compass Housing will receive support from the NSW Government to help prevent suicide amongst vulnerable social housing tenants and staff across the state, particularly in the Central Coast, Newcastle, the Hunter, Dubbo and Broken Hill areas. Compass Housing will provide mental health first-aid and suicide awareness training for tenants and staff to better identify and respond to mental health issues in the Upper Hunter community.

The Suicide Prevention Fund is part of a range NSW Government initiatives aimed at lowering the rate of suicide. It is a key part of our decade-long whole-of-government enhancement of mental health care.

If you or someone you know needs support, call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467. Cheers, Michael



JOEL FITZGIBBON MP Member for Hunter

The outcome of the presidential election in France is a relief to all of us who believe that the liberal democratic order we've known for so long is the most likely road to on-going peace and prosperity.

Sure, we are not without our problems and challenges but on any measure, our political sys-

tem and economic policies have served us well. That is not just true for us; it is also true for democracies around the world.

We are wealthier, healthier, and living longer than ever before. We've enjoyed global peace since the end of the Second World War and poverty, slavery and extra-judicial killings are in decline. Locally, our unemployment and youth unemployment rates remain below the state's average and our economy is strong and increasingly diverse. Much more needs to be done for sure, unemployment is still too high, substance abuse too common, and income equality remains unacceptable. These are all priorities for me.

But we must be careful not to toss the baby out with the bathwater. Economic and social policy must be adjusted as circumstances change, but a revolution, we do not need. As I reminded those gathered at a recent citizenship ceremony, many of our new citizens have escaped persecution and/or failed states where abject poverty and violence is the norm. We are truly fortunate to be Australians, and migrants have played a significant part in our success.

With such global upheaval around us, it's a time to unite and think rationally, not to divide and dismantle. We have too much work to do to ensure we continue to be amongst the world's wealthiest and fairest nations. The result in France provides hope that common sense will prevail over reactionary populism.

To contact the office, phone 49911022 or visit 3 Edward Street, (PO Box 526) Cessnock, 2325. Please like my Facebook page Joel Fitzgibbon MP, follow me on Twitter @fitzhunter and check my website www.joelfitzgibbon.com regularly for news. Cheers, Joel



Report

Southern Sector: Low Rang PCA and never held licence – 2nd and prior offence

Location : Wine Country Drive Greta
Driver : Male, aged 35 from Singleton Heights
MVOI : Silver Ford Falcon
Time : 1730
Date : 07/05/2017
On Sunday 7 May 2017 about 5:30pm Silver Ford Falcon Sedan was driven east along Wine Country Drive Greta onto the Hunter Express way Branxton. The vehicle was stopped on the Express way on

ramp for Random Breath Test. The driver the accused was asked to produce his New South Wales driver licence, which he did not do. The accused was asked to produce identification, and produced his Medicare card with his name on it. The accused underwent the roadside Breath Test, which gave a positive test for alcohol. Checks on the accused's drivers licence revealed that he had never held a New South Wales drivers licence, or any drivers licence in any state. It also revealed that the accused had been dealt with for the offence of driving whilst licence never held in the last 5 years. The accused

was arrested and conveyed to Singleton Police Station for Breath Analysis. The accused submitted to the Breath Analysis which gave a positive result of 0.050 grams of alcohol in 210 litres of breath. Due to the Low Range Reading and the accused never holding a drivers licence having committed both offence in the last 5 years, the accused was served with Field Court Attendance Notice. He is to attend Singleton Local Court on 15/06/2017 for the offence of Drive with Low Range PCA 2nd and Prior offence, and Never Held Licence 2nd and prior offence.



Business Leadership Workshop Series

Millennials Workshop- young people shaping your future

FREE INVITATION

- Are Millennials lazy, entitled, difficult or just different?
 - Largest emerging generation in Australia
 - High unemployment threat, job futures and future workforce at risk
 - Digital influence vs digital pressures
 - Shifting workplace and customer expectations
- Millennials, born between 1981 and 1996 are the largest emerging generation in Australia. Millennials have been born into a world of Google, Snapchat, social media and changing pressures.
- Millennials have always had the luxury of instant gratification through technology. They have been raised in an environment where everyone receives a participation award. Accused of being entitled with their heads in their phones, they are a whole generation being disenfranchised by work – facing unemployment and under-employment.
- The number and type of jobs is contracting their opportunities for a career and a future. Claire Madden will tell you about generational change and the affect it will have on your business.

Help us workshop local solutions to a global phenomenon. This presentation is ideal for all types of businesses. It is a MUST ATTEND for every mother, father, and grandparent.

ABOUT THE SPEAKER: CLAIRE MADDEN

Claire Madden is a social researcher and popular media commentator specialising in social trends, generational change and their effect on business.



Claire will explore ways businesses can attract a new generation of customers and employees, speak to the changing demographics of the Hunter region, and present opportunities as well as practical techniques for collaborative use of technology and innovation to successfully engage and create future customers.

Think Millennials won't affect your business ... ? Think again. Claire is a professional in interpreting what this means for business leaders.



Hosted by Advance Cessnock City, a partnership of Council and local Chambers of Commerce

Date:	Tuesday, 23 May 2017
Venue:	Cessnock Leagues Club 1 Darwin St, Cessnock
Time:	8.30am sharp Concludes 11.00am
Cost:	FREE Please register names
RSVP:	C.O.B. Monday, 22 May 2017 Includes morning tea.
Please use enclosed registration form.	

WORKSHOP DETAILS

QUOTABLE QUOTES I find television very educating. Every time somebody turns on the set, I go into the other room and read a book - **Groucho Marx**
Education is what remains after one has forgotten everything he learned in school. - **Albert Einstein**
A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest. - **Winston Churchill**
The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. - **Mark Twain**

Cowan's Bus Service Day Tours

13th May 2017 or 17th June 2017	Body Guard – Witney Houston Musical Lyric Theatre, \$165pp
27th May 2017 or 6th June 2017	VIVID, Sydney Harbour dinner cruise \$170pp or VIP top deck \$185pp

Extended Tours – Home Pickup

24 th July 2017	13 Day Central Australia \$4190
5 th Aug 2017	8 Day Kimberley Tour \$3690
13 th Aug 2017	11 Day WA Tour \$4840
26 th Aug 2017	9 Day Margaret River \$3690
18 th Sept 2017	5 Day Stanthorpe Tour \$1050
25 th Sept 2017	11 Day Tassie Tour \$3480

www.cowans.com.au ☎ 6547 4416

CATHOLIC PARISH

BRANXTON & SINGLETON

BRANXTON-GRETA PARISH MASS TIMES

Wednesday	9.20am Mass St Catherine's Church Greta
Thursday	9.20am Mass St Brigid's Church Branxton
Saturday (during daylight savings)	5.30pm Reconciliation and 6pm Mass St Brigid's Branxton
Saturday (outside daylight savings – from 6 May 2017)	4.30pm Reconciliation and 5pm Mass St Brigid's Branxton
Sunday	8am Mass St Catherine's Church Greta

SINGLETON PARISH MASS TIMES

Tuesday	7pm Mass St Patrick's Singleton
Wednesday	9.20am Mass St Patrick's Singleton
Thursday	6.00pm Mass St Patrick's Singleton
Friday	9.20am Mass (4 th Friday Anointing Mass)
Saturday	9.20am Mass St Patrick's Singleton
2 nd Saturday	6pm Mass Broke (5pm outside daylight savings)
4 th Saturday	6pm Mass Glendonbrook (5pm outside daylight savings)
Sunday	7am, 10am and 6pm Mass St Patrick's Singleton

Real News Estate

FRAUD

Agent jailed over \$370,000 fraud

A former property manager has been sentenced to 18-months in jail for stealing more than \$370,000 from real estate trust accounts. Mark Anthony Kolodynski, of Panania, pleaded guilty to taking the funds during his employment as a strata manager and rental property manager. At the time of the hearing, Mr Kolodynski's real estate certificate had expired.

Minister for Innovation and Better Regulation Matt Kean said: "If you choose to do the wrong thing, NSW Fair Trading will come after you, and you will be prosecuted to the full extent of the law. "This result reflects the hard work of NSW Fair Trading's investigators who will continue to pursue dodgy operators to protect the community." Mr Kolodynski was convicted of taking \$129,457 from Peeco Pty Ltd, trading as Harcourts Northern Beaches & Northern Strata, and \$243,965.30 from

Bevans Wollongong. Both companies have since reimbursed the corporations' trust accounts at their own expense. NSW Fair Trading has also disqualified him from holding any real estate credentials for 10 years.

76% of home owners on renovating journey

According to the Westpac's Home Ownership Report 76% of Australian home owners are on their home renovating journey, inspired by the competitive housing market.

Report which also revealed:

- Renovating is the highest housing-related priority for nearly 32% of home owners in the next five years
- Gen Y (1981-1995) was the generation of home owners most likely to be considering renovating in the future (46%)

Home owners who are getting married or having a baby are the most likely to be considering renovating. Chris Screen, Westpac Group Head of Home Ownership, said the competitive housing market has inspired a surge in home renovations. He added: "With rising property prices and intense competition for property in metro areas, many home owners are looking to renovate their existing property rather than sell and risk losing their position in the market."

"In the current market, many renovators are taking advantage of increased home equity to upgrade their homes to suit their needs."

Australian home owners who had identified renovating as their highest priority in the next five years said the main reasons would be to have a nicer home (74%) and to lower home maintenance and/or upkeep (30%). Chris added: "In such a competitive housing landscape, it isn't surprising that Australians' property expectations are shifting and more home owners are choosing to buy and renovate later, in order to get a foot on the property ladder."

Interest rates remain at 1.50%

The Reserve Bank of Australia has kept interest rates on hold at 1.50 per cent at its May 2017 board meeting.

REINSW Deputy President Leanne Pilkington said the RBA has found the major banks have been doing its job for them.

"The decision by the big four banks to lift interest rates independently of the Reserve Bank has left the board with little choice but to keep interest rates steady. "We expect that the rises in interest rates will filter through to the property market in the coming months and this is why the RBA is taking a wait and see attitude. "We encourage property buyers to factor in future interest rate rises into their budget when purchasing a property," Ms Pilkington said.

The RBA cut interest rates in by 25 basis points in August and May 2016. The RBA will next meet on Tuesday, 6 June 2017.

Government supports Airbnb-style rentals

The NSW Government has given its support for short-term rentals, which will benefit online platforms sites like Airbnb.

In response to a Parliamentary report into the adequacy of regulation for short-term holiday letting, it gave "qualified support" to nine of the 12 recommendations, and full support to three.

It has not yet finalised the details of its proposed regulatory framework: it will be releasing a options paper "in the near future".

The options paper will explore approaches to implement a whole of government framework and address the land use and planning issues, and strata management issues, including the amenity and safety of existing residents.

Minister for Innovation and Better Regulation, Matt Kean said: "We need to find what will work best for the people of NSW, which is why we're issuing an options paper for discussion with relevant stakeholders."

"We don't want a holiday accommodation market that's so over-regulated it puts people off coming here, but the rights of residents who live near these properties must be considered too. "While short-term holiday letting, if properly managed

and respected by all parties, can be a boost to the local economy, the need to protect people's rights to the quiet enjoyment of their own homes is equally important." Here is a breakdown of the report:

Qualified support for short-term letting

The NSW Government said it offers "qualified support" for short-term letting of:

- rooms in any property where the landlord or host is present
- a principal place of residence
- empty properties where it does not exceed "impact thresholds".

Short-term letting regulations to align with traditional operators Recommendation five of the Parliamentary report said the NSW Government should investigate the impact of the growth of short-term rentals in consultation with advocates for traditional accommodation operators, and identify opportunities to reform the regulations.

In response, the NSW Government said the principles regulating the traditional accommodation operators and short-term holiday letting should be aligned, fit for purpose and focused on consumer and community safety and amenity.

It said it will continue to work with stakeholders to identify opportunities for regulatory reform, and the issues will be investigated further.

Rental Code of Conduct In response to recommendation six for the NSW Gov-

ernment to participate in managing the Holiday and Short-Term Rental Code of Conduct, the government gave its qualified support. However, it said that the industry is best placed to oversee and enforce the Code of Conduct. It further stated that it would support the implementation of the national code when and where possible.

It added it will work with the industry to determine their effectiveness to monitor and respond to complaints and compliance issues, and determine if a further regulatory response is required.

NSW Government to communicate changes

The NSW Government gave its full support to the recommendation to prepare advice to councils and the community outlining the changes to short-term rental accommodation, and implement a communication and monitoring program.

It also agreed that local councils should be responsible for communicating with all landowners about their rights and obligations.

Strata powers and review

The NSW Government fully supported considering amendments to strata regulations to give owners corporations more powers to manage and respond to adverse behaviour from short-term letting in their strata buildings.

Recommendation 11 of the report called for a review of the impact of short-term letting in the strata environment after three years.

TAYLOR

PROPERTY MARKETING

1300 803 300

taylorrealestate.com.au

7 Dalwood Road, EAST BRANXTON



'Blank Canvas'

Located in an established street surrounded by quality homes sits this fabulous sized block of land offering your family the opportunity to build their dream home.

The property features:

- Level block
- East Branxton
- Northerly aspect at the front
- Frontage: 13.5m x 14.78m
- Depth: 48.2m x 48.6m
- Land Size: 684.1sqm

Agent: Catherine Taylor 0408 688 836

75 High Street, GRETA



'Cute Neat And Sweet'

- 3 Good sized bedrooms
- Separate lounge with air conditioning
- Kitchen with air conditioning
- Large rear space with power
- Fully insulated walls and roof
- 4 metre shed with WC
- Rear lane access
- Off street parking for up to 5 cars
- Undercover BBQ area
- Land size: 505sqm
- Pets considered upon application

Agent: Catherine Taylor 0408 688 836

“ Knowing just where you stand in the market gives you better choices! ”

A Free Market Appraisal is a start, it gives you the peace of mind of knowing where you stand in the market. I can then plan a successful marketing campaign for your property.

Call me now for a **FREE** market appraisal and let's discuss your options.

Catherine Taylor 0408 688 836



HEARD IT THROUGH
the
GRAPEVINE



with Jo Thomas, General Manager HVWTA

HUNTER VALLEY WINE & FOOD FESTIVAL KICKS OFF THIS WEEK

There's no better time to take in the delights of Aus-

tralia's premium wine-growing region than the 2017 Hunter Valley Wine and Food Festival, presented by Wine Selectors. Spanning May and June, the Festival showcases the epicurean pleasures of this iconic food and wine destination, and offers the perfect journey of discovery through the stunning region.

From incredible gourmet dinners at award-winning restaurants to vineyard tours, winemaking masterclasses, hands-on cooking

classes and cosy evenings beside an open fire with friends, the Festival has something for everyone. Experience the incredible hospitality of the Hunter Valley at some of the ever-popular signature events, like the Whispering Brook Olive Long Table Luncheon, the Glandore Burning of the Barrel evening, the Cheese Lovers Festival, the Lovedale Long Lunch and the Meet the Farmer Dinner. There's also a host of vertical tastings, vineyard tours and set-price

lunches and dinners on offer during the Festival. Visitors can enjoy a range of cooking experiences from the Garden To Plate Cooking School at Margan Estate, the Semillon, Shiraz and Cheese Matching Experience at De Iullis Wines to the By The Fireside Winemakers Series at Hunter Valley Resort. Visit winecountry.com.au for more information.

Second Rate NBN rolls out locally

Nearly 20,000 premises across the Cessnock Local Government Area have been added to the National Broadband Network (NBN) roll-out map, with fibre-to-the-node FTTN construction expected to commence in the coming months.

NBN has launched a [website](#) which gives an indication of when NBN connection will be available throughout the local area.

With businesses in Cessnock CBD scheduled for connection in May, people can register to receive email updates on the NBN's progression locally.

Businesses are encouraged to prepare for the switch by

reviewing the NBN's checklist available online to determine which services and equipment may be affected, and find out what you need to do next. While the NBN promises to deliver faster internet speeds, many across the Hunter electorate have experienced serious and ongoing issues around the transition to FTTN NBN connection.

The Hunter has been one of the first areas to receive the FTTN rollout. As of November 2016, there were 30,954 homes and businesses ready for service in Hunter and of these, 13,349 had an active NBN connection. A further 24,779 homes and businesses are currently under

construction in Hunter. In October 2015, NBN released its three year rollout plan, which forecast that by the end of September 2018 approximately 45,490 homes and businesses in Hunter will be either ready for service or under construction.

"Feedback from Hunter constituents in Lake Macquarie who have already swapped to the NBN service have experienced drop-out problems with both the internet and their land lines, or find the new system slower than their old ADSL2 service," Federal Member for Hunter Joel Fitzgibbon said.

"The few in the Hunter who are receiving Turnbull's second rate NBN tell me their ADSL 2 was better. "Malcolm Turnbull's mismanagement of his inferior National Broadband Network (NBN) is threatening to send local small businesses to the wall. "A day without phone or internet services is problematic for any small business, but to lose services for weeks is devastating."

Four years ago Malcolm Turnbull stood up with his then leader, Tony Abbott, to promise that all Australians would have access to minimum speeds on the National Broadband Network by the end of 2016. Today there are still 7 million households and businesses still waiting for connection.

"Malcolm Turnbull's inferior NBN is bad

enough, but the Government's mismanagement of its rollout has been appalling," Mr Fitzgibbon added. "Too often when something goes wrong people are frustratingly passed between their retail provider and NBN Co. Neither side wants to own the problem, but all you want is for someone to fix your broadband connection." Mr Fitzgibbon has continued to campaign on the importance of improving the digital divide between capital cities those who live in rural and regional Australia.

"There is a very significant divide of disadvantage in the regions," he said. "Australians were promised fast and reliable broadband at affordable prices to be delivered by the end of 2016, but this Government has shown consumers nothing but contempt. As Malcolm Turnbull's copper NBN rolls out, it's becoming increasingly clear that its reliance on outdated technology is leaving consumers stranded with slow speeds and unacceptably high drop-out rates."

COMPLAINTS Preliminary complaints data indicates an NBN consumer is almost 20 times more likely to complain to the Telecommunications Industry Ombudsman (TIO) than a consumer of other telecommunications services. People are encouraged to [make a complaint](#) to the TIO if their NBN issue is not resolved.

"You deserve to get the internet service you paid for. I am very interested to hear about your experiences. As your local member I can raise any relevant concerns you have about the NBN with the Turnbull Government and NBN Co," Mr Fitzgibbon said. "I want to know about your experience with getting connected to NBN, and once you are connected, if you're actually getting the services you're paying for. I'm also interested in how any faults were handled by your retail provider and/or NBN Co."

Getting Back on Track after Easter

"Yesterday you said you would do it tomorrow. Do it today."

Easter and ANZAC Day mean that we have had a stretch of about three weeks with disrupted routines. For those with school age children, the school holidays have just added another layer of complexity.

Did you look forward to the Public Holidays? Did you go into the long weekend with good intentions of using the time to relax and recuperate, catch up with friends, and get outside and do more of your favourite exercise? I know I did. Unfortunately, family commitments and other time pressures means this does not always happen. Instead we end up spending a lot of time sitting down, driving, or generally being less active and eating more than we usually would! If the last few weeks of over indulgence has left you tired, cranky, and a little bit soft around the middle, don't beat yourself up... all is not lost if you follow these few simple tips to get yourself back on track.

Eat Clean. "Real Food" diets are all the rage, and there is a reason. I am not suggesting you stop cooking your meat, or throw out the dairy products, but eating food that your grandparents would recognise is one of the best things you can do for your body. This means eating food in as close to its natural state as possible. It will do wonders for your taste buds and your waist line, especially if all you have eaten for the past few weeks is Easter chocolate and ANZAC biscuits. If you think grilled meat and salad or vegies is too bland, try adding a homemade tomato salsa (tomatoes, red onion, white wine vinegar, mint and chilli if you want it) or homemade basil pesto.

Plan ahead. Do a meal plan for the week and stick to it. Make note of the nights you will be home late and make sure you have something healthy waiting to be reheated or cooked quickly, so you are not tempted to get take away on your way home. When you go to the supermarket, write a grocery list and take it with you, so you don't stand in the middle of the aisle wondering what to buy. Impulse buys at the checkout can also be our undoing - who isn't tempted by all that discounted Easter chocolate? Try and choose a checkout with no snacks, or tell yourself you are leaving the chocolate for someone who needs it more! If you need help doing a weekly food plan there are plenty of on-line resources or take a look at www.thefitphysio.com.

Clear out your Pantry. Do you still have Easter eggs or blocks of chocolate in your kitchen cupboards? Maybe you have some left over cheese or dip from the picnics you went to on ANZAC Day? Get rid of it. Today. Take it to work for morning tea, or throw it out, or do up a small basket full of (in date) goodies and drop it at the local homeless shelter. How ever you do it, just get it out of the house!! If it is not in the cupboard, you can't be tempted by it!

Drink water. You don't need a fancy detox kit to "cleanse" your body after a few weeks of over-indulgence. Choose one day during the week when you will drink nothing but water. No soft drinks, no tea, coffee or other caffeine drinks, just water.

Get back into your exercise routine. Shorter days and cooler weather mean that it can be difficult to get back into your regular exercise after a break, but don't let that stop you. There are plenty of indoor options, or if you prefer to exercise outdoors, do it safely in a well lit area or with a group of friends. The cooler weather also means you sweat less, there is less chance of getting sun burnt, and there are fewer flies. That's a win - win!

Don't put off until tomorrow what you can do today. Even ten minutes of exercise, or one day without chocolate or a sweet treat will help you get back on track.

What else is happening at "Louise Cairns Fit for Life"?

We are half way through the 10 week "Health and Fitness Challenge" with all the participants making progress towards their goals. If you are interested in joining the next Challenge please contact me via my website.

With less than three weeks to go until the UTA50 trail running event in the Blue Mountains I am starting to back off on my running and concentrate on strength and low impact cardio exercise. I am looking forward to the event and starting to plan my next running challenge!

Louise Cairns Fit for Life

Louise Cairns is a Personal Trainer and Life Coach based in Branxton. Louise runs regular fitness classes at Lochinvar and Branxton, as well as PT sessions in Branxton and Kurri Kurri. Through her Life Coaching business, Louise also helps people move from the life they have now to the life they want, personally and professionally. You can find out more at www.louisecairns.com.au



Spring Fling
ANGLICAN OP SHOP
CHARITY FASHION SHOW
JOIN US FOR AN AFTERNOON OF FUN, FASHION WITH FRIENDS
SATURDAY 26 AUG 2017 @ 2.00PM WITH REFRESHMENTS AT BRANXTON COMMUNITY HALL
TICKETS \$10

St Brigid's Markets @ Branxton
9.00am to 1.00pm
Dates for 2017

Sun - 19th Feb	Sun - 18th Jun	Sun - 15th Oct
Sun - 19th Mar	Sun - 16th July	Sun - 19th Nov
No Market for April	Sun - 20th Aug	Sun - 17th Dec
Sun - 21st May	Sun - 17th Sep	

Helen 0427 047 024
www.facebook.com/stbrigidsmarkets

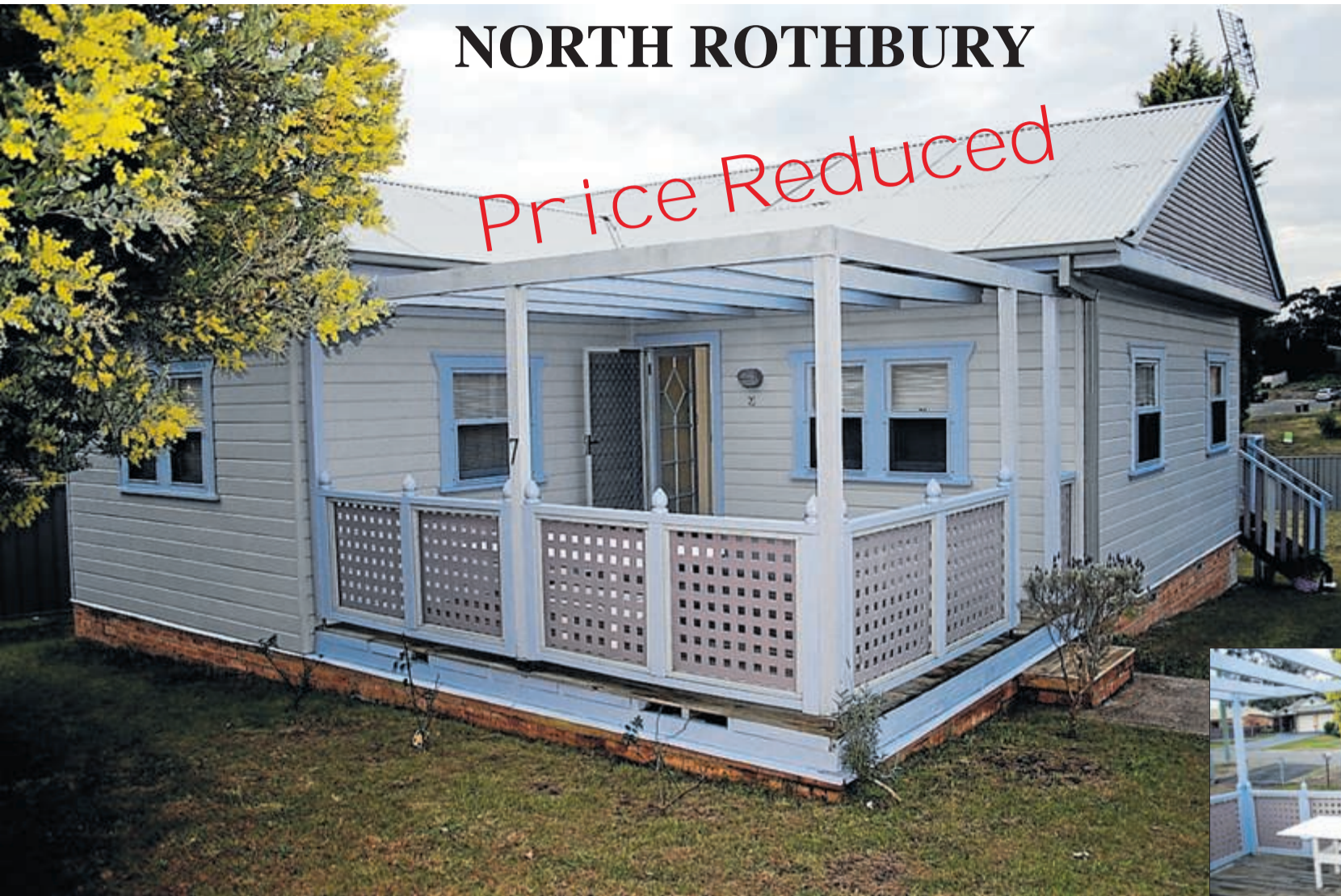
For Sale

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300

NORTH ROTHBURY

Price Reduced



“Jewel box”

This wonderfully fully renovated weatherboard cottage is set on a very large fenced block in the small hamlet of North Rothbury. Features include:- new bathroom, renovated kitchen, new decking front & back (both covered from summer evenings westerly sun), very large block, original floor boards renovated to near perfection, 2 bedrooms, 4 minutes to Hunter wineries & restaurants & 2 minutes to Huntlee New Town proposed commercial centre & other facilities. The home has a number of decor/design features that make this cottage a unique experience.

~~\$295,000~~ \$280,000



For Sale

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300

NORTH ROTHBURY

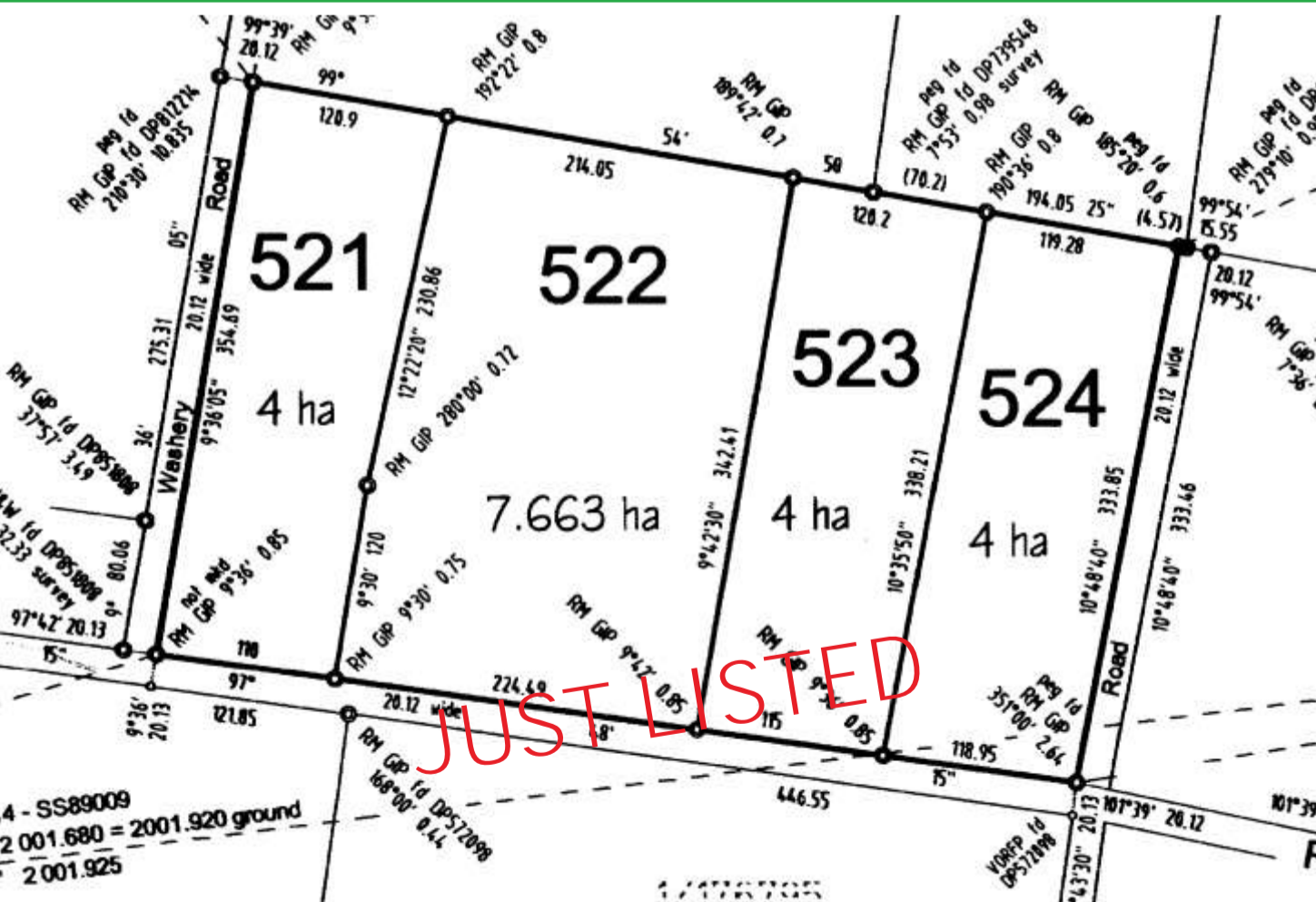
Lots 521, 523 & 524 Littlewood Road, North Rothbury.

Vacant blocks 4ha (10 acres) very private bush blocks.

Fenced with power to boundary.

Within minutes to Hunter Wine Country

ASKING: \$420,000 each



BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300

For Sale

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300



FOR LEASE

Commercial property in Maitland Street, Branxton

Rent by Negotiation

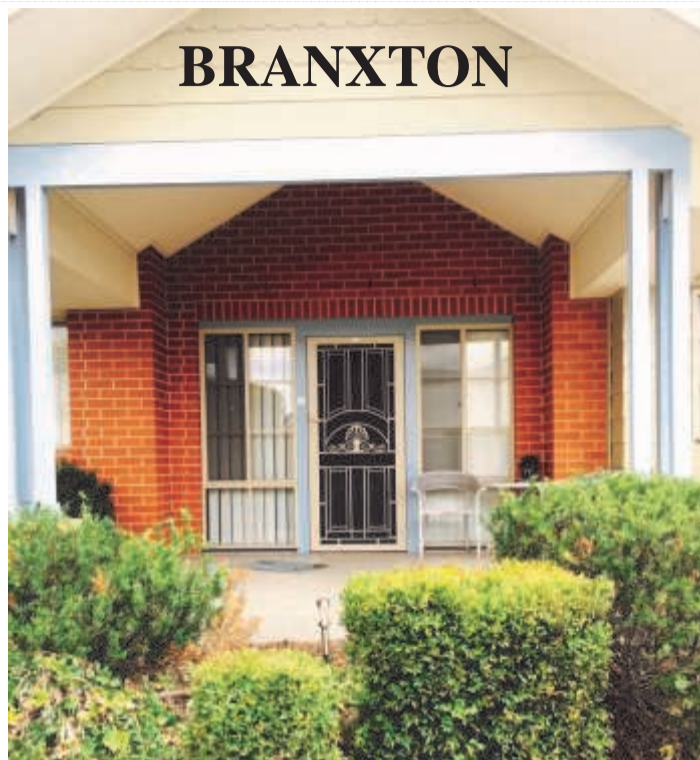


EAST BRANXTON

Features include:-

Balcony / Patio / Terrace, Bath, Block 1145sm, Built in Wardrobes, Close to Schools, Close to Shops, Close to Transport, Fireplace(s), Formal Dining, Formal Lounge, Garden, Internal Laundry, Large Fenced Block, Lovely Queensland Room with spa, Modern Bathroom, Modern Kitchen, Split system air conditioning & slow combustion fire & Quiet Location

Asking \$370,000



BRANXTON

Senior Living

This heritage designed 2 bedroom strata unit has an ensuite to the main bedroom, a lock-up garage & your own private courtyard. It is totally landscaped & also feature security gating. The site surrounds Branxton Medical Centre, is a 2 minute walk to the main shopping & amenities area, is just 5 minutes drive to the famous Hunter Valley Wineries, resorts & golf courses.

\$315,000



GRETA

Oldie but a Goodie

First home or astute investor

An older style 3 bedroom, separate lounge & good sized 'eat-in' kitchen, cottage on a fully fenced block. Excellent buy for a first home, astute investor or someone looking to enter the real estate market.

ASKING \$275,000



GRETA

For the astute investor

Approx. 2000sm (half an acre)

58 High Street, Greta

An older style 3 bedroom cottage is situated on this large, approx half acre, block. This is one for the savvy investor/developer or renovator.

ASKING \$472,000 (Open to All reasonable Offers)



Just listed

BRANXTON

Modern 3 bedroom Townhouse

Modern three bedroom townhouse of brick & tile construction. Split air con.

Ensuite to main bedroom. Open plan living with modern kitchen, separate lounge room. Double lock-up garage with internal access. Private & secure back yard

Asking \$320,000



SOLD

BRANXTON

Low maintenance living

Spacious two bedroom home with large living areas; all tiled. Split air con, internal access garage & auto roller door. Modern kitchen with ample bench space. Lovely courtyard for entertaining.

Asking \$290,000



Open to Offers

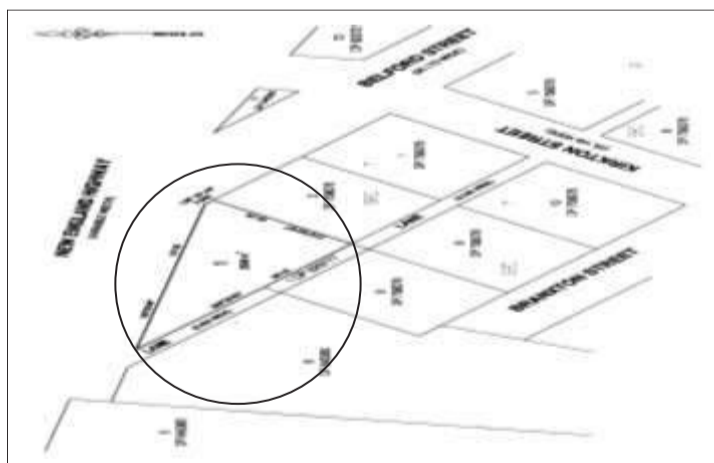
BRANXTON

Potential! Potential

Two large bedrooms plus large 'sleep-out'. Separate lounge, bathroom, Kitchen. Good sized fenced yard plus separate garage.

One to do up at the expected price

Expressions of Interest



BELFORD

Vacant Land ~ 2559m²

**Vacant Land with building approved
Lot 1 DP 1205549**

Well over half an acre of good level block.

PRICE \$160,000 ONO



UNDER

EAST BRANXTON

AN ideal opportunity to renovate one of the oldest homes in Branxton! This home is on approx 1100sm corner block. The house needs extensive work but the core is there to rejuvenate this wonderful example of a Federation home back to its original glory. Three bedrooms, separate lounge, fireplace, wooden kitchen. The work has already commenced with a new power board & extensive plumbing renovation. 6 X 8 shed with power at rear.

PRICE \$300,000

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300

Think Millennials won't affect your business? Think again.



Bob Pynsent, Mayor Cessnock City Council

Cessnock City Council is urging local business owners to attend a FREE workshop aimed at breaking down barriers between Cessnock's workforce and millennials, generating opportunity for young people and business. Cessnock City Mayor, Councillor Bob Pynsent said the Millennials Workshop is a unique opportunity for the community as a whole to address high rates of youth unemployment plaguing the Hunter.

"It is vital we understand the generation that will make up our future workforce and inform ourselves of the different challenges they face".

"We know youth unemployment is a serious issue in our local government area, as is under-employment which is often not reflected in

statistics".

"All levels of government need to be working towards a solution in collaboration with local business", Cr Pynsent said.

The workshop will not only provide insight into Millennials but on how generational change will affect all businesses. Social researcher and popular media commentator Claire Madden will share her knowledge on the impacts of generational change and provide practical advice for business.

The workshop will highlight how businesses can attract a new generation of customers and employees, explore the changing demographics of the Hunter region and present opportunities for collaborative use of technology and innovation to successfully engage future customers. Event Details

Date: Tuesday 23 May '17

Venue: Cessnock Leagues Club

Cost: Free

RSVP: COB Monday 22

May 2017

To register please visit

<http://advancecessnock.com.au/register/>.

This event is being hosted by Advance Cessnock City, a partnership between Cessnock City Council and the local Chambers of Commerce.

McGuigan fellowship for ovarian cancer honours lost daughter

Honouring the profoundly tragic loss of their cherished daughter Vanessa, winemaking legends & former Branxtonians Brian and Fay McGuigan – together with the University of Newcastle – have jointly funded an unprecedented 10-year Hunter Medical Research Institute Fellowship dedicated to ovarian cancer research. University of Newcastle bioscientist Dr Nikola Bowden is the recipient, extending previous support by the McGuigans for her study of mechanisms causing chemotherapy resistance in ovarian cancer.

Dr Bowden also has a personal connection with the disease after a teammate from Newcastle's Oxfords Hockey Club passed away in 2012.

"Losing my friend Judy Raymond was the reason I started working on ovarian cancer four years ago, and my hockey friends have since helped to raise funds for us," Dr Bowden said. "Now, I can't think of a better way for the McGuigans to honour Vanessa. I am so grateful and would like to sincerely thank them for backing me."

Vanessa McGuigan passed away in 1990, just weeks after her 21st birthday, and Mr McGuigan says his family remains deeply saddened.

"She was a great young lady and only 19 when she was diagnosed with ovarian cancer," he said.

"For 20 years we just committed ourselves to our work with such dedication that it would get the sadness out of our minds, so we didn't have to live with it every minute. It's still the same.

"Through the love we have for our lost daughter we wanted to ensure that everything possible could be done by the present generation to reduce the pain and suffering that other ovarian cancer patients experience.



"I believe Nikola is onto something meaningful and she expresses great enthusiasm and commitment to what she's doing."

Dr Bowden says the 10-year tenure will help accelerate the results of her team's work.

"We often tread water while writing funding applications but now we can fully focus on patient outcomes," she said. "Our end goal is better treatment options, particularly for those who relapse.

"We're aiming to switch the mechanism that causes chemotherapy resistance in ovarian cancer so that patients will respond again. Hopefully we can also identify responsiveness much earlier.

"At the moment there's a fine line between poisoning the patient and killing the tumour, and the side effects of chemotherapy can be horrendous, so we'd like to use those drugs in much lower dosage in combination with other therapies."

Having exhausted the ovarian cancer samples banked in the Hunter, and most of those nationally, Dr Bowden will now collaborate with researchers in Texas to access a much larger tissue bank for the next stage of her research.

Photo: A recent photo of Fay & Brian

Decision on poultry expansion plan for Elderslie rescinded then deferred for further consideration

Plans to expand a poultry farm at Elderslie will be the subject of further consideration after a Singleton Council decision to approve the development was rescinded. Councillors at Monday's ordinary meeting of Council then deferred the matter to allow for clarification of issues raised in relation to the plans.

Mayor of Singleton, Cr Sue Moore, Cr Hollee Jenkins and Cr Sarah Lukeman led the rescission motion because of concerns that the conditions of consent regarding operating hours were ambiguous; uncertainty around noise and odour monitoring; a lack of information about storm water management and that the plans were an overdevelopment of the site.

The development application was originally approved at Council's meeting on 27 March, paving the way for the demolition of two existing sheds and the erection of four new sheds, as well as a machinery shed, dwelling pad and associated landscaping.

The application was referred to Council for determination because of the public interest in the application.

Cr Tony McNamara moved the motion for deferral. Cr Moore said the outcome from the meeting was sensible to allow for further consideration of a range of issues raised in relation to conditions of consent for the project.

"Deferring a decision will allow councillors to seek more clarification about particular matters, especially in relation to the conditions of consent, during our regular councillor workshops," she said.

"We appreciate the applicant and the neighbours who have concerns about the project are keen for an outcome on this matter, however it's vitally important that councillors are best informed to make the right decision for everyone involved."



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Date: Tuesday 9th May 2017
Time: 1:00pm-2:30pm
Venue: Greta Public School

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Ph: (02) 4938 7331

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SUNDAY
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RAFFLES
FRIDAY & SUNDAY
MEAT RAFFLES

MILLER PARK

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\$5,000
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SUNDAY
MEAT RAFFLE 6.00pm

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Lets bring out your creative side!

Writing workshops for all



Maitland City Library, in collaboration with the Hunter Writers Centre and Lake Macquarie Libraries, is all set to launch the 2017 Writing Workshop program. Now in its third year, the program offers a range of workshops to help you find your inner voice and foster creative expression. Launching this month, there are one off and continuing workshops on poetry and creative writing. Whether you are new to writing and want some tips and techniques to start, want to express yourself through poetry or simply join a supportive writing group that meets regularly, there is a writing workshop for you. The workshops are relaxed sessions where like minded people join in a supportive and collaborative environment. City Librarian Keryl Collard says, 'The workshops provide a springboard for people wanting to improve their writing skills. The tutors

from Hunter Writers Centre are experienced and published writers that provide the skills and the encouragement to take your writing to the next level.' The first and only Poetry Workshop was held last week. Followed that there will be a series of Creative Writing Meet Ups which will be held on the third Friday of the month from now until October. They will be held in East Maitland Library from 10.00am to 12.00pm and will cost \$12.00 per session. In addition, workshops called 'Poetic Voices' will be held on the fourth Saturday of the month until November from 10.00am to 1.00pm at East Maitland Library and are free of charge. To find out more information about the workshops and to book in go to maitland.nsw.gov.au/library

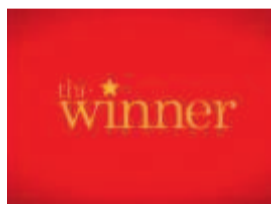


ABOUT


Jane Harper was born in Manchester in the UK, and moved to Australia with her family at age eight. She spent six years in Boronia, Victoria, and during that time gained Australian citizenship. Returning to the UK with her family as a teenager, she lived in Hampshire before studying English and History at the University of Kent in Canterbury. Jane Harper has worked as a print journalist for 13 years both in Australia and the UK. *The Dry*, her first novel, won the Victorian Premier's Literary Award for an Unpublished Manuscript in 2015. Rights have since been sold in more than 20 territories and been optioned for a film by Reese Witherspoon and Bruna Papandrea's production company, Pacific Standard.

before release it was being touted as the book of the year. I'm not a huge fan of the Australian outback as a setting, so I put off reading the novel. In late October when sales were at a whopping 35,000, I decided that I had to see what the hype was about. I'm so glad I did. In her debut novel, Jane Harper has crafted a ruthless world, both in environment and society. One where the court of public opinion is more damning than that of the truth – or the law. The one element that I thought I'd hate in *The Dry*, I ended up loving. The struggling regional town is the perfect backdrop for the events of this novel. Rather than coming off as a worn, go-to setting for the Australian novel, the atmosphere, heat, and town environment combine to become a force so palpable that tragedy seems inevitable. The small-town mentality, with all of its gossip, secrets and flaws, drive the events – both current and past. While most of the events stay rooted in the present, there is a tangible feeling of nostalgia about *The Dry*. Falk is connected to two tragic incidents – both with lingering questions. The contrasts between the two cases are compelling. One

death causes a father to drive Falk away, the next causes a father to bring him back. Falk's first dead friend had every reason to want to die, but the town saw the death as murder. The second friend had no obvious reason to kill himself, but the town is almost too willing to accept the death as such. Ultimately, though, the incentive to keep turning pages comes from the friendship Falk, Luke, Gretchen and Ellie shared. The simplicity of *The Dry* is both wonderful and refreshing. Unlike a lot of crime novels, it doesn't read like a magic trick. There's no obvious authorial sleight of hand, directing reader attention one way while the truth lies elsewhere. The truth still managed to elude me until the final pages, but there were no elaborate schemes to mislead readers. *The Dry* is an unparalleled novel, built on a solid premise, brilliant setting and painfully relatable characters.



7/10



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the mysterious murderer, 'The Composer'. For more nail-biting thrillers, check out James Patterson's *The Black Book*, a standalone title, at Number 10 this week, or Aussie

author Jane Harper's impressive debut, *The Dry*, at Number 8.

Another spin on the crime thriller is *All By Myself Alone* by Mary Higgins Clark, which is set on a luxury cruise ship turned deadly. It holds the Number 9 spot of this week's Top Ten Fiction. Wilbur Smith's latest novel *War Cry* sits at Number 4, continuing the story of the Courtney family series during the gathering storm of the Second World War and demonstrating once again Smith's mastering of historical fiction.

As always, many of Liane Moriarty's signature page-turners dominate the best-selling charts, with crowd-favourites *The Husband's Secret*, *Big Little Lies*, and *Truly Madly Guilty* all guaranteed to have you flicking pages into the dead of night!

All By Myself Alone by Mary Higgins Clark is a new thriller set on a luxury cruise ship, involving a mysteriously murdered passenger and a missing invaluable necklace . . . Another fresh face in the bestselling list is Jeffrey Deaver's *The Burial Hour*, which is the thirteenth instalment in the Lincoln Rhyme thriller series and revolves around one of the most puzzling crime scenes he's had to deal with yet. Still want more to read? Have a look at all these top

reads.

The Thirst by Jo Nesbo (Harvill Secker)

Big Little Lies (TV tie-in) by Liane Moriarty (Pan)

Truly Madly Guilty by Liane Moriarty (Pan)

War Cry by Wilbur Smith (HarperCollins)

The Husband's Secret by Liane Moriarty (Pan)

The Burial Hour by Jeffrey Deaver (Hachette)

Big Little Lies by Liane Moriarty (Pan)

The Dry by Jane Harper (Pan)

All by Myself Alone by Mary Higgins Clark (Simon & Schuster)

The Black Book by James Patterson (Century)

"The Dry"

Reviewed by Joelene Pynnonen

Twenty years ago, Aaron Falk was run out of Kiewarra by the grieving father of his childhood friend, and the unforgiving suspicions of local residents. Now another of his friends has died in circumstances just as devastating as that long ago death.

Luke Hadler might have been struggling to keep his farm and family afloat during the terrible drought, but no one expected him to give up. So when he, his wife and his son's bodies are found in an apparent murder-suicide, everyone is shocked.

When Falk reluctantly returns from Melbourne, Luke's father asks him to look into the situation. And, given their shared history, Falk can't refuse – no matter how much he may want to.

All the way back in July I was urged to read *The Dry* by someone whose advice hasn't yet failed me. Even

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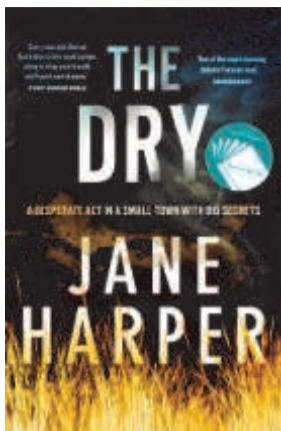
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REVIEW 'The Dry' by Jane Harper (Pan) & The Weekly Top 10 Fiction Bestseller List

April has been a month of crime. Some of our favourite authors have blessed us with new instalments in popular series, and who better to take the Number One spot this week then Jo Nesbo with his latest Harry Hole thriller, *The Thirst*. A woman is found dead after an internet date, and after detective Harry Hole is assigned to the case he comes to realise that this murderer may have something to do with a past failed case . . . There's also a new one by Jeffrey Deaver called *The Burial Hour*, which tells the story of the paraplegic detective Lincoln Rhyme as he tries to crack the case of

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Local Artist Uncovered



With the **Local Artist Uncovered** exhibition Cessnock Regional Art Gallery (CRAG) has pulled together a wonderful variety of artworks in pencil, ink and paints. With this exciting new exhibition, the CRAG not only uncovered a new artist, local to the Cessnock area, but also uncovered artworks that display a character that is as rich and complex as daily life itself – and yet, they present a simplicity and honesty that contrasts with an abundance and depth that is utterly captivating and at the same time comforting. The artworks on show were created as part of a year-long one-a-day practice that artist and business owner Marc Brabander maintained. Marc says of

his commitment to drawing one-a-day “I wanted to change my tune from ‘not having enough time to paint’ due to running my own business and family commitments. I wanted to consciously make time to being creative simply by doing a quick (or long) drawing a day...I believed I could actually achieve that!” The one-year journey stemmed from a book on creativity his wife Leanne gave him for inspiration... the idea of one-a-day wouldn't leave him. And shortly after he began his year-long daily commitment to being creative. Marc Brabander certainly achieved what he set out to do – committing each day to being creative. “Some

days it was a real struggle. I remember one day, after working many hours, starting early working till late at night with soccer coaching thrown in between, I flopped exhausted in front of the TV. The last thing I wanted to do was to draw something, but I picked up my pencils and sketchbook and I drew. An hour later I was still drawing, and what

flowed out was just incredible. And the funny thing was that I didn't feel tired anymore. Being creative allows the noise of the mind to move into the background, and bring forth a stillness that energises me. It's the same for people that do exercise. It's all

very good for you as it reduces stress.” Marc mentioned to us that there were days where the drawings only took less than a minute, but what impact. During this year-long creative journey Marc noticed something. He says of this:

Local Artist Uncovered
 17 May – 2 July 2017, Tuesday-Sunday 10am-4pm
 Opening Night 20 May 2017 at 5-7pm
 Art After Hours 29 June at 5.30pm
 Cessnock Regional Art Gallery, 16 Vincent Street, Cessnock.
www.crag.net.au info@crag.net.au <https://goo.gl/VMIjsU>

showed up on the page was something of utter simplicity and yet has such a deep

“some of the drawings turned out incredibly beautiful, some of them I prefer to throw in the bin. But despite that initial feeling, I allowed the artworks to stand on their own without my judgement, and I became aware of a natural beauty within each of them. Through this I uncovered an unspoken conversation that flowed from all the artworks, and by implication, through me”. Marc's creativity didn't just happen overnight. He's been a graphic designer for nearly 25 years, and runs his businesses, BINK Creative Design Studio and Cessnock Print Place, together with his wife, who operates Memo Office & Art. They live and work in Cessnock, together with

their two kids. He said “I decided to start on the one-a-day commitment out of a realization that I missed the connection that only creativity can provide, and the surprise that flows from staring at a blank page or canvas and seeing something come alive. And in turn I found that it energised me.”

Quotes to remember!
 Always and never are two words you should always remember never to use. - **Wendell Johnson**
 I think the worst time to have a heart attack is during a game of charades. - **Demetri Martin**
 I hate when old people poke you at a wedding and say "you're next". So next time I was at a funeral I poked them and said "you're next". **Anonymous**

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The Cessnock Local Government Area funding round for ClubGRANTS is now open. The closing date for applications is 4:00pm, Friday 2 June 2017. ClubGRANTS funding is made available by Local Clubs who earn over \$1 million annually in gaming machine revenue. The grant provides funding for a wide range of local social services and community projects, with the aim of addressing social need and disadvantage in the local community. For more information on ClubGRANTS, including accessing the grant guidelines and the online application form, please visit the Cessnock City Council website: <http://www.cessnock.nsw.gov.au/community/grants/club>

PLEASE NOTE:
 ClubGRANTS applications will only be accepted using the Clubs NSW website online submission portal. Late applications will not be accepted. The application form is available [here](#). If you received a Club GRANT in 2016 or 2015 you must ensure all funds have been reported and acquitted to the club using the [Standard Report](#) Form before you are eligible to apply for a 2017 grant.

ClubGRANTS LOCAL INFORMATION SESSION
 To assist community groups in applying for funds, an information session was held on Thursday 27 April 2017 at 10.30am -11.30am, Ante Room, Cessnock City Council. The information session provided an:

- Overview of the Grant Guidelines, including eligibility;
- Overview of the on-line application form; and
- Overview of Grant timeline.

If you would like to register to attend the information session, or require any further information please contact me on P: (02) 4993 4258 or email Jo.Miller@cessnock.nsw.gov.au



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 With a paying Adult



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MOVIE REVIEW

A Dog's Purpose

ABOUT

The heartwarming story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.



- Rating: PG (for thematic elements and some peril)
- Genre: Comedy, Drama
- Directed By: Lasse Hallstrom
- Written By: W. Bruce Cameron, Cathryn Michon, Audrey Wells, Maya Forbes, Wallace Wolodarsky
- Box Office: \$64,230,845
- Runtime: 120 minutes
- Studio: Amblin Entertainment

One canine touches many human lives during the course of A Dog's Purpose. Set in 1961 it stars a red retriever called Bailey who becomes the devoted companion of young Ethan (Bryce Gheisar) and never falters in his loyalty. Then he dies and returns as a

German shepherd called Ellie who brings happiness to the lonely life of policeman Carlos (John Ortiz). It is the first of several reincarnations that take the dog full circle and eventually find him playing cupid to widow Hannah (Peggy Lipton) and her long-lost love, a fellow who happens

to be called Ethan (Dennis Quaid). A Dog's Purpose feels like a Lassie film written by Nicholas Sparks and you will need a boundless love of dogs and a high tolerance of schmaltz to enjoy it.

2/5



Ubuntu is giving up on the idea of a unified system that would work across desktops, smartphones, and tablets. The company dropped their involvement in Unity8, an OS designed to work across platforms. The company instead decided to focus on cloud computing and providing technology for smarthomes.



The company will return to the GNOME desktop with the release of Ubuntu 18.04 next year. **Apple Can Test Self-Driving Cars In California** First, it was the Apple Watch. Now, the Apple Car could be just around the corner. The company has received permission to start testing autonomous vehicles in California.



Apple joins companies like Google, Uber, and Tesla on the road.

Chrome Is Browser King Chrome continues to reign as the most popular desktop browser. In March, Google's browser was used by nearly 59% of all PCs accessing the web. Internet Explorer was in second place with just under 20%. Firefox holds the number 3 spot with nearly 12% of users. Edge is still struggling to find wide adoption, accounting for less than 6% of the users, which Safari accounts for just over 3%.

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you to use your own. But you'll still be charged a fee for connection just like the electric company and the gas company charge you to turn on service. Partly because there is some work involved in setting up an account and also because some companies want to make sure you're connected properly.

Flash Drives & Tablets

Here's a question I get a lot: "Can you use USB flash drives on tablets, the same way as a desktop computer or laptop?" The answer is "It depends." If you're using a Windows tablet with a USB port, you certainly can. Some Windows tablets have a microUSB port. You'll need to use either a flash drive with a microUSB end or a memory card for storage on these devices.



Android devices have a microUSB port. You can use a flash drive with a microUSB end on some Android tablets and phones. But not all. The devices have to support transfer to external storage. For devices that don't support a USB flash drive, you can transfer to another device via a sync cable or consider getting a wireless external drive that you control with an app.

How Can I Connect To Wireless Printer?

I asked you to tell me about common tech terms that left you puzzled. Today's question involved WiFi. "I'm sorry to say but, I am no computer geek. I asked my daughter how is she able to use her smartphone on my printer and get my printer to make copies for her and her only explanation is wifi. My computer is hooked up with an Ethernet cable, "how do I make" my computer wifi enabled? And NOT have to be hooked together with a cable?"



Your daughter is using WiFi to communicate with your wireless printer. She has an app (program) on her phone that talks to your printer using a signal generated by a router in

backup you make to an external drive or the cloud. Sorry, but I have to get that in. Prevention folks!



If you feel comfortable enough taking your dead PC apart, you can remove the old hard drive and attach it to an adapter cable or put it into a hard drive enclosure designed for turning old internal hard drives into external drives. Your new PC will recognize the old hard drive like any external hard drive and you can transfer files at will. This is also a great way to get files from any hard drive you happen to have lying around. It will also allow you to use old hard drives as external drives.

If you don't mind paying a bit for the service, walk your dead machine down to a computer store and have someone there transfer it for you. The tech can remove your old hard drive, plug it into an adapter cable and pull the data off. But, be prepared, they can sometimes charge a hefty fee

Why Do I Have To Pay For Internet?

A reader has a question. "I'm still confused about what the ISP actually provides. If my computer has a modem, and I can buy my own router, why do I need to pay (for what seems to be a middleman) to get connected?"

Your ISP (Internet service provider) provides your connection to the Internet. In the same way that the gas company connects you to your gas and the electric company supplies your power. Your ISP provides the either the wires (if you use cable or DSL) or the bandwidth that connects your devices to the rest of the Internet. They pay to power and maintain the infrastructure and for the equipment and servers that connect you with all of the other connected devices on the Internet. Some ISPs require you to use their equipment to connect while others permit

you to use your own. But you'll still be charged a fee for connection just like the electric company and the gas company charge you to turn on service. Partly because there is some work involved in setting up an account and also because some companies want to make sure you're connected properly.

TAKE SOME GOOD ADVICE

Transferring Cassette To DVD

A reader is looking for a particular piece of equipment. "Where do I find a stand alone audio cassette to DVD recorder? I have a number of audio cassettes I need to record to CDs."



I don't know where you'd find that particular device - though I'm sure there might be one out there somewhere. The trick is that cassettes are a linear way to store audio and CDs are a storage method for digital files. Some type of computer is necessary to convert those linear sounds into digital files. So you'd need to first convert the sounds to a digital format and then burn them to the CD.

I have seen cassette recorders that convert files to MP3s. You can stick a USB drive in and then transfer those files to a PC and later burn to a CD. You'd be better off buying a cassette player that connects via USB to a PC. Once the audio is converted to a digital file, you can edit it by track and then burn the selections you want to DVD.



Even better, if you still have a stereo with a cassette deck, you can get a media converter and plug that into the audio jacks. Then use a program like Audacity to edit the tracks. Hope this helps.

How Can I Access An Old Hard Drive?

A reader needs some help with getting files off a dead computer. "I have an internal hard drive in a computer with an integrated video which went bad and a monitor will no longer work with that machine. What's a good way to transfer the data on that drive to a new computer?"

The best solution would have been that all of your important files were already backed up on a regular

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All contributions welcome

..... enjoying the Hunter Wine lifestyle with Andrew Marsh of Marsh Estate Winery, Pokolbin



insulin spike is much lower (hence you are more satiated for longer and energy is released at a lower rate). Try not to overdo the simple carbs (post weight training excepted).

8. Eat fat – avoiding fat is a good way to keep or store fat as you body needs fat to remain healthy. Fat is one of the most misunderstood macronutrients. It is "absolutely essential" for our body to function properly by providing us with fat-soluble vitamins (A, D, E and K), essential fatty acids (for repair of cell membranes and production of steroids and other hormones) and energy. It also isolates and protects your internal organs. Don't overdo the saturated fats. Monounsaturated and polyunsaturated are good, saturated not so great, trans fatty acids are terrible. Be smart. Omega 3's are the buzz at present but 6's and 9's are important. The best food sources include fatty fish such as salmon, avocados, olive oil, certain nuts (walnuts and almonds are best) and even tiny amounts of Omega 3's in green leafy vegetables. If you need to supplement, flaxseed oil is your best bet.

9. Obviously a lot of take-away food is loaded with high glycemic carbs, saturated fats and sugar. The choice is yours!!

10. Do not starve yourself. As you reduce the amount of calories you take in, your metabolism after several weeks may slow right down. This is not in your favour. Cutting a long story short, eat between 5-8 smaller meals a day as opposed to 3 larger ones. Always include protein, always. A fast metabolism is the key.

11. Taking a multi-vitamin each day is not a bad idea to safeguard yourself. Supplements are big in today's society. Be warned, their certification by regulatory bodies are questionable. You are much better off eating healthily than to rely on supplements. If they seem to work for you that's great, even if it is mind over matter. Some of the many "fat loss" products may work for the extreme cases of obesity but avoid them like the plague if you do not fit in this category.

12. If you decide to begin a resistance program you will need to take my advice on protein very seriously. Live on the stuff. Protein supplements are available for this purpose. Again, tread carefully. They do work very well but you must be knowledgeable on the superior types and brands. Cheap supplements of any kind produce cheap results.

13. Learn to read and understand nutrition labels.

14. Here is a small list of super foods I completely recommend –water, green tea (this stuff is magic, what doesn't it do?), skinless chicken breasts, egg whites, canned tuna, red meat, fish, broccoli, flaxseed oil, wheat-bix, oats, onions, garlic, chilli and red wine (covers the wine part of the article!).

15. Use your instincts and common sense. Eat plenty of protein. Also, regardless of what many low-carb advocates say, the human body is well programmed to ingest and use carbs (so plenty of fruit and vegetables). Include ample amounts of good fats. Always drink plenty of water! Exercise! I could write a book on every sentence in today's article but thank God I don't have to. If I had it my way, we would all live on pizza and beer, but unfortunately I don't make the rules. Maybe in the next life (which could be a long way away if you take notice of the 15 points above).

Cheers, Andrew

Obesity has recently become the primary focus of the medical world.

Every magazine or newspaper you read lately contains loads of articles and research surrounding obesity in our society. Indirectly, obesity is the number one killer of modern society. There is a scurry to find answers to this "epidemic" from all sorts of people in all sorts of places. Problem is, people are confused as a result of a million different "super diets" being pushed and "fat loss" products surfacing on the market. So what's the go? I have studied sports nutrition for years and know a lot about this subject. The only reason I tell you this is because I'm sick and tired of reading all the bull&# and has been printed. I have only this page to use so I will cut straight to the point wherever possible. There is no secret. I would like to tell you there is some quick fix to this problem but that is impossible, there isn't one. Fortunately, or unfortunately, genetics plays a part in this, like it or not. That is not an excuse, it is a plain old fact. So here are some points to remember if considering a healthy (healthier!) lifestyle:

1. Your body weight is your fat mass plus your lean mass (muscle). If your goal is to reduce your body fat percentage then your goal is also to increase your lean mass percentage. Fat is just the difference between how much you weigh and how much muscle you have. So food determines your weight, strength determines your lean mass and fat is the difference between.
2. You may be under the impression that a lot of aerobic exercise is the way to lose weight. Most people who decide to lose weight start this type of exercise (walking, running, bike, treadmill, aerobics etc.). People see results relatively quickly. This often because they have also lowered their caloric intake substantially. This alone will create a loss of bodyweight. Problem is of course, bodyweight includes your muscle so lowering your food intake and coupling it with aerobic exercise chews a lot of muscle. Go back to point 1 to see why this is a bad situation. The idea is to keep (and increase) your muscle. Muscle weighs more than fat so keep that in mind when standing on scales.
3. Instead of saying you need to lose weight, get into the habit of saying you need to build more muscle.
4. To build muscle you need to do some form of resistance exercise. The best type of resistance training is weight training. I would actually not even consider doing even slightly intensive cardio sessions until you start a resistance programme. Cardio can complement your weight training, not the other way around.
5. Muscle burns more calories than fat. In a rested state, your metabolism is far more efficient the more muscle you have.
6. Muscle is protein – protein is muscle. I cannot stress the importance of a high protein diet enough. Dr Atkins was right to a point (although you will no doubt shed kilos on the Atkin's diet – staying on this diet long term is simply unhealthy). Protein on the other hand should be included in every meal and snack you ingest.
7. Eat carbohydrates – these have been blamed as culprits in the obesity epidemic. Many people do not know that fruit and vegetables are carbs. I don't have enough room to go too far into it. Just remember not to eat any carbs alone without a protein source. Simple carbs create an insulin spike. Your pancreas works in overdrive to secrete insulin to lower your blood sugar. A low glycemic index food will cause a small rise, while one with a high index triggers a dramatic increase. Simple carbs are high index. As a result, this energy surge is very rapid and if you do not utilise it, the energy will quickly be stored in the body i.e. as fat. If you ingest a protein with any carbohydrate, the



I would like to extend our appreciation to Cessnock City Council; I had a call from Brian Furner OAM, President of the Branxton RSL Sub-branch, on the Monday morning prior to ANZAC Day who was in a flap about graffiti was on the wall & a paver missing (that could have been a trip hazard) at the Rotunda in Branxton. I rang Justin Fitzpatrick-Barr at 11am Monday to discuss the matter. Although it was not in Justin's area of responsibility he assured me it would be dealt with. At approx. 4.30 as I received a call from Brian who advised me that council were on site undertaking the job. Although not a big job but with Anzac day on Tuesday it would have had an impact. At times Cessnock Council does not get good press but the efforts and quick response from them was greatly appreciated by the Business Chamber and the RSL Sub Branch. *Brett Wild, Elderslie*

to the young mob of children on their school holidays if you have nothing better to do than to fill my letter box up with the fruit that I grow in my yard than how about you come and visit me and I can give you odd jobs to do like clean up all the fruit that you have taken upon yourselves to take of my trees and throw around my yard and put in my letter box to make all my mail wet and mouldy. YOU are all committing a federal offence by mess with peoples letter box's and mail.

to the person who complained about someone poisoning domestic cats in our area. You may not be aware of the damage that cats have on our pet birds & native wildlife which I find very upsetting. I've heard complaints from people in our community about cats climbing on cars & scratching the paintwork & urinating & leaving their faeces on or around children's playgrounds. If domestic cats are being poisoned then it is the responsibility of the cat owner to keep them on their own premises, away from harm, & not allow them to roam our villages.



Classified's

Classified's

Cost:- For one-off domestic advertising The News will not charge you. Otherwise it is \$2/line.

Cleaner Wanted: Reliable, trustworthy, efficient cleaning lady with attention to detail for weekly cleaning in Lambs Valley (5 hours). Travel will be paid. Please contact: 0407 278 465.
Computer Tuition: From basics to highly skilled & learn all about ebay. P: 0429 381 908
Computer Services: Repairs, Sales & Service. Phone repairs. Comtronics P: 4991 1128
For Rent: Branxton RSL Hall, air conditioned. Short or long term. P: 0429 438 460
For Sale: Free range eggs. \$4/doz Greta 0412 976 809
Guitar Lessons: Branxton. Limited places available. Please inquire soon. P 4938-3380 or 0409-038-271.
Microchipping: Cats and Dogs, all sizes and breeds, will come to you. \$20 per animal, please call Angela on 0431649947.
Mobile Travel Agent: 20 yrs experience. Will come to you for expert holiday planning. Obligation free appointments. P: 1300 365 68 (ext 595) M: 0404 831 867
W: www.mlatravel.com.au/sfenton
E: sfenton@mlatravel.com.au
Fitness Classes: 'Core & Strength'. Get fit. Classes are 6am and 10am Tuesday, 6am and 8am Thursday, at Miller Park Branxton \$12/class. Text/Phone Louise P: 0439 383 478
Riding Lessons: agistment, horses trained. www.byalee.net 0407 453 494
Share accommodation: Close to transport & shops, quiet street Branxton; off street parking. \$150p/w includes power & water P: 0423 288 067
Share House: Fully furnished, double bedroom, Built-ins, ceiling fan, Air Con, very quiet. \$165/week. P: 0413 896 866
Wanted: high quality mechanical wrist watches & clocks. Keen collector. Willing to pay good prices. Prefer Rolex, Omega, Oris & Tag. P: 0414 757 826
Wanted: all kinds of Honda mini bikes qa50 z50a z50j1 z50jz ct70 st70 & atc70. Contact Drew 0435814841
Work Wanted: Need an extra hand? I do all maintenance,

labouring, construction, asbestos & have working with children licence. P (Pat) 0414 278 292
Work Wanted: Lawn Mowing; best rates - large or small area. P: 0459 123 397
Work Wanted: Lawns mowed, rubbish removal & slashing. Also 'Bobcat' work, trenching & post hole boring & general maintenance & handyman work. Phone Steve on 4938 3601
Work Wanted: HORSE CLIPPING - PERFORMANCE READY. Hunter Valley & Central Coast. Phone Caron 0416 128 701
Work Wanted: Lawns properties, mowing, trimming, removals, maintenance. Paul 0478103814 or 49987567
Work Wanted: Sick of cleaning, cooking dinner, washing. Call me! Taking bookings now. Professional and reliable service. Sue 0497257081
Work Wanted: Rural Fencing (TW & A Hollingshed) P: 4998 1583 or Trevor on 0429 320 787 for quotes.
Work Wanted: experienced baby sitter looking for work. Very reliable P: 0458 606 804
Work Wanted: Lawn & Garden Maintenance, P: 4938 3153
Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989
Work Wanted: Let me clean your home. Great references & rates (min 3 hours) P: 4990 2936
Work Wanted: Contract stock work with horses & dogs. Design & building wooden stock yards - rural fencing P Shaun: 0416 226 538



For Sale: 2015 Mondeo Trend TDi. (first reg. Sept 2015). One owner, 17k's, fully optioned, 4 cyl 2L diesel, turbo charged, fully serviced with full history. In 'as new' condition. Asking \$32,500 ono (Approx \$45k new) P: 0405 833 985

The "For your Diary" section of The News is a FREE community service.

Dates for your diary >

Dates for your diary >

Fri 12 May - Branxton Public School P&C Mother's Day Stall
Tues 16 May - Aust. Biggest Morning Tea hosted by B/G CWA, Branxton Community Hall, 10.00 for 10.30am, Scones, Cakes and Slices, \$10 per person, Bookings Essential for catering purposes. Marie 0402015850
Tues 16 May - Branxton Public School Zone Cross Country
Fri 19 May - The Australian Bee Gees Show. The Saturday Night Fever 40th Anniversary tour; The Australian Bee Gees Show are digging out their flares and dusting off their platform shoes in preparation for the Australian leg of their 2017 world tour - so let the party begin! Cessnock Performing ARTS Centre
Sun 21 May - St Brigid's Markets 9am ~ 1pm
Thur 25 May - Cessnock Prostate Cancer Support Group will meet at Leagues Club 3pm. Guest speakers Terry Wheeler, Jim Newton. Topic: Information about their different prostate cancer journey from Diagnosis, treatment, recurring cancer treatment and incontinence. Their insight about this disease may help you along the journey you are on or the one you are about to travel. Members of the public welcome. Cost-Free tealcoffee provided. Co Conveners- Barry\ Rose 49904554. 0457073852.
Wed 31 May - Branxton Public School Musica Viva performance 'Taiko'z'
Tues 6 June - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 13 June - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 21 Jun - St Brigid's Markets 9am ~ 1pm
Thur 4 Jul - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 11 Jul - B/G CWA Staff Room, old St Brigids School,

Station St, Branxton
Sun 16 Jul - St Brigid's Markets 9am ~ 1pm
Tues 1 Aug - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 8 Aug - "Night Time Bingo" at Greta Workers Club 7pm start
Tues 08 Aug - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 20 Aug - St Brigid's Markets 9am ~ 1pm
Tues 5 Sept - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 12 Sept - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 17 Sep - St Brigid's Markets 9am ~ 1pm
Tue 3 Oct - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tue 10 Oct - "Night Time Bingo" at Greta Workers Club 7pm start
Tues 10 Oct - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 15 Oct - St Brigid's Markets 9am ~ 1pm
Tues 7 Nov - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 14 Nov - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 19 Nov - St Brigid's Markets 9am ~ 1pm
Tues 5 Dec - Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Tues 12 Dec - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Sun 17 Dec - St Brigid's Markets 9am ~ 1pm

Hunter Valley Vineyards Concerts
21 October 2017 Opera in the Vineyards



Greta Public School

With Sarah-Jane Hazell
Relieving Principal, Greta
Public School



On Thursday, 4th May, Shakespeare came to Greta Public School! Three actors from Australia's leading Shakespeare Company presented 'The Wonderful World of Will', a rollercoaster ride through a selection of famous Shakespearean scenes and personalities. Year five and six students from Paterson Public School, Vacy Public School and Greta Public School enjoyed the Bell Shakespeare performance which broke down the



language and themes of Shakespearean plays and informed them about what life was like in London in the year 1599. The students, some of whom are studying Shakespeare, had an opportunity to see the language come off the page and onto the stage. The visit was supported by the Hunter branch of Primary Curriculum Network, a group of experienced teachers with particular interests in four key learning areas – English, maths, Human Society and Its Environment, and science / technology.



Branxton Public School

Term 2 has begun and we are as busy as ever at Branxton Public School. All students participated in the ANZAC Service at school and many marched in the town march on ANZAC Day. It is lovely to see the students showing such respect at this special time. Thank you to our special visitors from the RSL and the Singleton Army base.



Cross Country

Our annual Cross Country was run in Week 1 with the Primary running around the Branxton Oval and the Infants' running an obstacle course in the playground. Thanks to the P&C for providing ice blocks to all students at the finish line and to Mr Foster and Mrs Nimmo for organising the events (and the superb weather). Well done to Ms Magann's Senior Netball Team who defeated Lochinvar 10-5 in Week 2. Excellent sportsmanship was displayed by all and they are now waiting to hear which school they will play next.



Knights Knockout

Congratulations to the Knights Knockout team who also played in Week 2. They were triumphant in all their pool games and lost by a close margin in the quarter finals. They also showed great sportsmanship. Year 6 have been training to be Peer Support leaders and are eagerly awaiting the start of the program in Week 3. Students from Kinder to Year 5 will be grouped with their Year 6 Leaders to work through activities to encourage conflict resolution skills. Kindergarten were very excited to receive a free tennis racquet to take home! Tennis Australia provided the racquets to encourage our young ones to take up tennis. The whole school enjoyed the Sticks & Stones performance in Week 2. The performance was an entertaining educational



Students marching on ANZAC Day



Kindergarten in their first Cross Country



Kindergarten with their new racquets



Sticks & Stones performance

performance to help reduce the instances of bullying in school and create harmonious relationships within our school and community. Great messages throughout and it was lots of fun.

Dates for the Calendar

Friday 12th May – P&C Mother's Day Stall
Tuesday 16th May – Zone Cross Country
Wednesday 31st May – Musica Viva performance 'Taikoz'

At Branxton Public School students, staff and community are Respectful, Responsible and achieve their Personal Best.



Indigenous fire management and rejuvenation of degraded farm land

When: 20th May 2017 9:00am-2:00pm
 Where: St Anne's Hall Church Street, Gresford
 Contact: Julia Wokes 0419 127 404

Details
 The Gresford District Landcare Group are holding a field day with support from Hunter Local Land Services. The day will include a demonstration of a cool burn and will address issues associated with soil and vegetation and fire methods. Richard Jones from the RFS will cover fire rules and regulations. Agronomist Neil Griffiths will talk about the effect of fire on soil and pastures. David Ahoy and local elders will describe the tradition and the process of a cool burn. Harry Rose will talk about native pasture regeneration after fire. To RSVP contact Julia Wokes, Secretary of the Gresford District Landcare Group, on 0419 127 404 or email juliawokes@hotmail.com

Caring for the Land – An Aboriginal Perspective

When: 20th May 2017 9:20am-4:30pm
 Where: Winda Woppa Reserve, Hawks Nest
 Contact: Kara 0403 809 949

Details
 You are invited to undertake a Worimi Cultural Experience on the 20th May with Uncle Paul Callaghan. We will precede the cultural activities by helping a local landcare group tackle the coastal weed- bitou bush.

Tickets: \$15
Itinerary:
 9:20am- Meet at Winda Woppa Reserve Parking (first, eastern carpark)
 9:30am-11:30am- Bitou weed removal with the Hawks Nest Tea Gardens Bitou Busters
 11:30am-12:30pm- Lunch provided at a local cafe and shower/change at the surfclub if needed.

12:30pm- Meet Uncle Paul Callaghan at the end of Beach Road, Hawkesnest.
 4:30pm- Official activities end. You may head home or choose to stay at one of the beautiful local campsites

What to bring?
 Water for the whole day
 Weather protection/bush protection (hat/long sleeves/rain jacket)
 Spare pair of clothes for the afternoon (optional)

Securing your spot
 This event is a unique opportunity, and has a limit of 15 people. Therefore we ask you contribute \$15 to secure your place, and let us know if your place becomes available.

Cultural afternoon
 The cultural tour will involve walking Hawks Nest Beach and part of Yacaaba Headland with Paul providing a number of cultural activities and insights including:

- Smoking Ceremony
- Welcome to Country
- Understanding the importance of country
- Connection to country meditation
- Descriptions of important plants and their uses
- Outline of traditional and contemporary Worimi history
- Participation in Aboriginal dance
- Participation in a blessing ceremony

Paul is an author of a book on achieving well-being through understanding traditional culture, philosophy and spirituality in addition to being a consultant, former executive and former surveyor involved in a number of land management activities.

Contact Kara on 0403 809 949 for more information or [book your tickets online](#).

Blood On The Track



Beadman set to take Godolphin reins in the short term

By Clinton Payne - Racing Editor, Racenet
 Former champion jockey Darren Beadman will take charge of the Godolphin team on an interim basis as the racing and breeding operation continues to search for John O'Shea's replacement. Racenet believes an application for Beadman's trainer's licence has been submitted to Racing NSW with approval

expected in the coming days. Racing NSW chief steward Marc Van Gestel said he was "not in a position to confirm" if the application had been submitted to the licencing department. "I have been in contact with John O'Shea and he takes full responsibility for the presentation and training of the horses," Van Gestel said. "He's given us an undertaking to advise Racing NSW if that is withdrawn. "Whilst he is a contracted trainer in the short term we're satisfied with that

arrangement." Van Gestel wouldn't elaborate on the time frame of "short term" but Racenet understands O'Shea will meet with Godolphin in the coming days to finalise arrangements and at that point Beadman will be placed in charge of the operation. Beadman won five Sydney jockeys' premierships riding for Jack and Bob Ingham's Crown Lodge racing empire before Godolphin's owner Sheikh Mohammed purchased the racing and breeding business in 2008. Beadman's dazzling riding career ended in 2012 when he suffered devastating head injuries in a barrier trial fall in Hong Kong. In a long and painful recovery, Beadman was troubled by his balance, speech and brain function but his health gradually improved to the point where he was appointed assistant trainer to O'Shea's Godolphin/Darley team in May 2014.

A lot easier for All Too Hard

By Brian Russell
 ALTHOUGH he is sitting in fourth place by earnings on the Australian First season sires list for 2016-17, Black Caviar's glamour half-brother All Too Hard had not been represented by a metropolitan winner until The Mighty Fed made impressive debut in winning by two lengths at Warwick Farm on April 12. In doing so, he became All Too Hard's second winner, sharing this distinction with Lincoln Hills, a Gerry Harvey bred colt from the More Than Ready mare Hickory Hills, who also won by two lengths on debut, competing at Masterton in New Zealand on March 26. The winning score by the All Too Hard juveniles could easily have been much more formidable as quite a few others have just

missed out on attaining the winner's stalls. They include All Too Huiying (dam by Perugino, at Rosehill second and third - Listed Fernhill Handicap over 1600m), Mystic Empire (General Nedyim, three starts, close second in the Widden Stakes at Rosehill), Éclair Sunshine (Giant's Causeway, three starts, close second twice Morphettville), Aberro (Giant's Causeway, second Pakenham and Mornington at only appearances), Darhad (Zeditave, three starts, nose second Randwick, third Rosehill), Reflectivity (Fusaichi Pegasus, three starts, nose second Rosehill, third of 14 Newcastle), Curdled (Lonhro, two starts, nose second Canberra, third Canterbury), Groudbreak (Tale of the Cat, second Rosehill, fourth Listed Talindert, Flemington), Sky Lake (Admiralty, third Geelong at only start),

Newburgh (Testa Rossa, third Randwick only start), Blackwolf Run (Lonhro, one outing, third Moonee Valley) and Viva Lilli (Danhill Dancer, in NZ third WRC Melody Belle Cup). There are over a hundred others in All Too Hard's first crop, a big percentage out of quality mares and in prominent stables and it will be surprising if there is not a lot of city performers among them in the near future. Standing alongside his sire Casino Prince (by Flying Spur) at the Vinery Stud, Segenhoe Valley, Scone, All Too Hard was a superb performer who in earning \$2,288,200 ran in 12 races for seven wins, headed by the Caulfield Guineas, Futurity Stakes, All-Aged Stakes, CF Orr Stakes, VRC Sires' Produce Stakes and Pago Pago Stakes. He finished second in the Cox Plate

(neck) and ATC Sires' Produce Stakes and third in the San Domenico. The Mighty Fed, the David Payne trained Nordic Racing & Breeding (M J Jooste) owned gelding which has the honour of being the first Sydney winner for All Too Hard, was bred by new Segenhoe Stud, one served by the Hunter River at the eastern side of the Segenhoe Valley, and sold at the Easter Yearling Sales for \$310,000. He is the second named foal and winner from Swiss Rose, a Listed winner at 1200m in Brisbane by the Spinning World (USA) QTC Stradbroke winner Thorn Park. Inbred 5x5 to Denise's Joy, Swiss Rose is one of six winners from Finishing School, a Royal Academy (USA) stakes placed half-sister to VRC Marbyrnong Plate and Magic Millions 2YO Classic winner Catnipped.

Detailed saleyard report



Saleyard report - cattle

Singleton report date 3/5/17

Yarding 1050 ~ **Change 110** (Comparison Date 26/4/17)
 Consignments lifted, as the quality remained mixed, with the bulk entering the younger categories. There were numbers of high yielding younger cattle suitable for the butchers and these sold to solid competition. The usual buyers competed in a generally cheaper market. The over 200kg vealer steers to the restockers eased 20c, making from 320c to 407c, with the lighter weights slipping 8c to reach 429c/kg. The heavier drafts sold 12c cheaper at 352c to 364c/kg. Vealer heifers slipped 3c with the over 200kg pens averaging 344c after topping at 367c/kg. The medium weight yearling steers to feed eased 11c, ranging from 331c to 366c/kg. The yearling heifers to the restocker and lot feeder orders underwent only breed and quality related price variations, with the better end making from 297c to 349c/kg throughout all the weight ranges. The prime conditioned younger cattle to the butchers improved in quality and reached 389c/kg. The aged heavy weight grown steers and bullocks sold at 268c and the heifer portion to the restockers topped at 321c/kg. Cows slipped 2c to 5c, with the plainer 2 scores averaging 209c, while the better covered heavy weights ranged from 210c to 235c/kg.



Scone report date 2/5/17

Yarding 2223 ~ **Change 1473** (Comparison Date 18/4/17)
 Numbers jumped for a large penning of mixed quality cattle with the previous market cancelled for the Anzac day holiday. The majority were younger drafts, with the cows also well represented, as grown steers and heifers were limited in supply. The usual buyers were joined by a southern order buying younger cattle to put on feed. The market trend was considerably cheaper compared to the market a fortnight ago. The vealer steers trended 17c to 35c cheaper, with the over 200kg pens ranging from 352c to 400c, as the very light weights topped at 468c/kg. The light and medium weight vealer heifers to the restockers lost 20c to 30c, as the over 200kg drafts made from 300c to 366c/kg. Yearling steers sold 15c to 20c lower, with the lighter weights ranging from 310c to 378c, while the heavier weights topped at 361c/kg. Light weight yearling heifers slipped 20c, making from 300c to 338c, with the heavier pens to the lot feeder orders easing 8c at 298c to 338c/kg. The prime conditioned younger cattle to the butchers mainly sold around the 300c to 360c/kg range, with the average yield lower compared to the last market. Grown steers and bullocks to slaughter made from 268c to 280c, and the heifer portion reached 302c/kg. Cows slipped 7c, the plainer 2 scores averaged 214c, while the better finished heavy weights ranged from 220c to 238c/kg. The best heavy weight bull reached 260c/kg.



TRLX Tamworth report date 1/5/17

Yarding 2127 ~ **Change 127** (Comparison Date 24/4/17)
 There was a small increase in numbers with all categories represented. Quality and condition was fair to good in a mixed yarding that saw lot size reduced. There weren't many of the larger lines of cattle that have been present in recent sales. Demand from the full field of buyers was again strong for most categories. Restocker and feeder cattle were well sought, while heavy export grades saw demand weaken. The market for young cattle to restock and feed was solid, while the limited numbers purchased for the domestic trade market were dearer. There was a small, quality related price change in weaner steers to restock, with the heavier weights attracting keener demand than the light and medium weights. Heifer weaners to restock saw a firm to dearer market trend while the well finished lots to the trade market experienced strong price gains. Medium weight yearling steers to restock and feed saw a firm market trend. Heavy yearling feeder steers sold on a firm to cheaper market with some of the fall in price related to breed and quality. Yearling heifers to restock and feed also saw some quality related price change on an otherwise firm to dearer market trend. Well finished heavy grown steers to processors saw a slightly cheaper market trend, down 2c to 3c/kg on the top price. There were varying trends in the cow market with the well finished heavy weight cows averaging 13c to 15c/kg cheaper on an increased supply. The plainer condition cows attracted strong restocker competition, resulting in both processing and restocker cows selling to a dearer trend. Heavy bulls sold to a cheaper trend.



SPORTS RESULTS



Branxton Veteran Golfers Results 27-4-17

Stableford
 Div 1 Winner G Beeton 32 pts (SOD) R/u P Anderson 30 pts (c/b) 3rd G Wilton 30 pts
 Div 2 Winner L Bootes 29 pts R/u R Moylan 27 pts (c/b) 3rd G Scobie 27 pts
 Ladies Winner R Friis 24 pts (c/b) R/u N Craig 24 pts 3rd M Hunt 21 pts
 NTP Gents - M Ford
 Members draw - Won (R Showman)
 WOW!! Our run of pleasant Autumn weather came to an abrupt end to-day, when the temperature dropped a noticeable 8 degrees. However our hardy band of players were equal to the task, donned jumpers/lined jackets and proceeded to play a round of golf. The Sun prevailed, dispersing the cloud cover, the temperature rose with the players completing the round in relative comfort.
 Congratulations to Gary Beeton on winning his division and achieving the "Score of the Day".
 Also, congratulations to Lester Bootes on winning his division for the second week in a row, what next a 'Hat trick' next time out. (Not bad for an 'Octogenarian'). And a

well done to other winners and placegetters.

4-5-17 Stableford Pairs Trophy (Aggregate)

1st G Beeton & S Dunker 62 pts (c/b)
 2nd E Munzenberger & G Anderson 62 pts
 3rd K Anderson & P Tracey 57 pts (c/b)
 4th P Anderson & G Anderson 57 pts
 5th L Hunt & M Hunt 55 pts
 NTPs Ladies C Hocking Gents B Smith
 Members draw - Not won
 Well! Another pleasant Autumn day to greet the 38 players who gathered to participate in this event, truly comfortable conditions for a round of golf. A hotly contested event as the scoring shows. Congratulations to Gary Beeton & Stanley Dunker on winning the event and a well done to placegetters.
LN Bootes
Hon Sec

BRANXTON GOLF CLUB - SAT 22ND APRIL STABLEFORD

A GRADE WINNER
 Troy McCaw 42 pts
 A GRADE RUNNER UP
 David Matt 39 pts
 A GRADE THIRD
 Rodney Wilton 38 pts
 B GRADE WINNER
 Ed Garland 46 pts
 B GRADE RUNNER UP
 Harrison Skinner 40 pts
 B GRADE THIRD
 Tony Seamer 39 pts
 C GRADE WINNER
 Lee Jackson 40 pts
 C GRADE RUNNER UP
 Michael Maddock 39 pts c/b
 C GRADE THIRD

Rodney Moylan 39 pts
 BALL COMP 34 pts
 NTP
 C Zawirski 200 cm
 D Matt 232 cm
 T Seamer 89 cm
 D Hollis 420 cm
 Recent B Grade Pennants Final "hero" Troy McCaw has continued his devastating form by easily winning Saturday's A Grade Stableford Competition with an excellent 42 pts, an outstanding score on any day. Dave Matt returned to form finishing runner up with his fine 39 pts with Rod Wilton third with his 38 pts. Dave was also the nearest the pin on the 4th, indicating that he was hitting his irons well. Eddie Garland, fresh from his recent golfing holiday with the Branxton Troupe in Queensland, blew the field away by winning B Grade with an unbelievable 46 pts, demonstrating his ability to really put it together when he is "on song". Young Harry Skinner finished runner up with a very pleasing 40 pts with Tony Seamer third with his 39 pts—a score which included the "shot of the day" on the last. Lee Jackson won C Grade with a well compiled 40 pts, just ahead of Michael Maddock and Rod Moylan with 39 pts. Players needed 34 pts to win a ball, indicating the course was playing well at this wonderful time of the year.

Branxton Lady Golfers
 The results for the Branxton Ladies Golf for **Wednesday 26th April** were as follows. There were eight ladies playing the 18 hole Stableford Weekly competition. Carol Miller was the winner on 35

points with Ruth McCarthy runner up on 33 points. Jen Salna won Nearest The Pin.
Results for 3rd May event, which was the Monthly Medal.
 Winner: Tracey Miller with Nett 72
 Runner-up: Caren Caldwell with Nett 73
 Least Putts
 Tracey Miller with 29
 Carol Miller 30 on a count back from Caren Caldwell.
 Kerrie O'Connell had a birdie on the 2nd.
 There was no Nearest the Pin winner.

Hunter Valley Golf Club Sunday 23th April

Ben Bradley continued his run of form to shot a Par round from his 6 Handicap to take out the Weekly Challenge with 42 points from Brother Kane who returned 37 points and Alex Melikyan from the Eastlakes GC also returning 37 surviving a countback for 3rd place. Ball winners were: Peree Watson 37, Justin Lawrence 37, Jack Sobczyk v37, Phil Kooper v36, Phillipe Byron 36, Nick Looby 36 and George Makras v35 on countback.

Tuesday 25th April
 Many took advantage of the Anzac Day holiday to play in the Tuesday Stableford this week with Scott Conti doing best with 41 points 2nd to Gary Arnold 39 and 3rd to Toronto GC visitor Jarrod Gorsuch surviving a 3 way countback with 38 points. Ball winners were: Stuart Robinson 38, John Stewart 38, Troy Wallis 37, Shawn Parish 37, David Peel 36, Graeme Flynn 36, Mitch Gorsuch v36, Ryan Cremor 35, Nick Murphy v35, Bob

Prentice 35, Wayne Stedman v35, Geoff Sweetman 35 and Glen Tarrant v34. Nearest-the-Pins went to Steve Piggot (3rd) Shawn Parish (4th) John Stewart (8th) Troy Wallis (10th) and David Peel (17th).

Wednesday 26th April

Lorraine Clack continued her form run with a win in the Ladies Stableford event with 35 points from Kerry Choromanski 33 and Melita Watson 3rd with 32 points on countback. Ball winners were: Jenny Chambers 32, Dale Hamilton 32, Karen Baillie 32, Isabel Skeates 32, Sue Williams 30 and Brenda Mannix 29 c/b. Nearest-the-Pins went to Kerry Choromanski (3rd) and Isabel Skeates (10th). Next week the Ladies will play a 2BBB.

Thursday 27th April

The Vets Quota event has been won by Graeme Flynn with an exceptional round highlighted by an Eagle on the Par 4 6th hole which earned him 8 points toward his ultimate score of 46 points to just tip out Ray Newton who shot 80 scratch to reord 45 points and runner up with John Stewart in 3rd on countback with 41 points. Ball winners were: Robyn Dunlop 41, Gerry Irwan 40, John Carmody 40, John Harrison 39, Geoff Sweetman 39, Hans Kestermann 39, Peter Maurice 39, Lorraine Clack 38, Darrell Preston 38, Michael Watson 38, Rod Campbell 38, Paul Ireland 38, Ken Harris 37, Doug Wand 37, Ryan Wilson 37, Ken Wright 37 and Dave Fury 36 c/b. Nearest-the-Pins Wayne BarSteve Piggot 34, ber and John Carmody (3rd)

John Carmody (4th) Ken Harris (10th & 17th). Next week the Vets will play Stableford on Monday.

Saturday 29th April

A good field turned out in ideal conditions for the Medley Stableford with some excellent scores returned. A Grade went to Ben Pickering once again with 37 points from Graeme Flynn with 34 on countback, B Grade to John Stewart who recorded a 'personal best' with 46 points from Lachlan Peacock with 36 and C grade to Peter Sneesby from Charlestown with 42 points relegating Lorraine Clack to runner up for the 2nd week in a row with 38 points on countback. Ball winners were: Colin Mills 38, Geoff Valentine v36, Peter Dow 36, Nathan Evans v35, Julie Van Den Berg 35, Grahame Sheldon 35, Jeff Tolmie v34, Jeff Shanahan 34, Michael Price v34, Tom Bellamy 33, Andrew Fensom 33, Peter Atwell 33, Mark Harry 33, Darren Crear 33, Michael Booth 33, John Brown 33, Paul Bullock 32, Chris Goodwin 32, Ken Smith 32, Craig Hutchinson 32, Justin Preece 32 and Lynette Russell 31 countback. Nearest-the-Pins went to Mick Hughes (3rd) Shannon Atwell (4th) Peter Dow (8th) David Peel (10th) and Lorraine Clack (17th). Next weeks event will be a 4BBB Par for the Men and Individual Stableford for the Ladies.

NOTE: Geoff Sweetman has recently returned from the over 80's event held at Harrington Waters with a mixed result. Geoff placed runner up in the opening day

with rain hampering the field on the middle days events and in his own words 'not such a good day' on the final day of competition. Geoff also said he has made many new friends from this event as well as catching up with a cousin he had not seen for about half a century!
Sunday 30th April
 The Weekly Challenge has been won by Craig Rhodes with a great 39 point return from Anthony Bouantoun from Strathfield GC with 38 points on countback to Stephen Walters of Toronto GC in 3rd place.
Tuesday 2nd May
 Garry Clarke put in great round on a rare Tuesday appearance to claim 1st place with 42 points from Michael Watson who is showing glimpses of his old form with 40 and Mick Young in 3rd with 39 points on countback. Ball winners were: David Irwin 39, Steve Piggot 39, Matt Killick 38, Steve Rawlings 37, Graeme Flynn 37, Nick Arts 37, Dean Morrison 35, Ryan Shannon v35, John Stewart 35, Peter Payne 35 and Lindsay Self 35 c/b. Nearest-the-Pins went to Tim Dunn (3rd) Peter Payne (4th) Ray Hodson (8th) and Garry Clarke (17th)
Wednesday 3rd May
 A small field of ladies contested the 2BBB with a countback needed to decide the winning pair of Diane Atton and Leesa Robinson from Melita Watson and Julie Van Den Berg after both teams compiled 43 points. Next week the Ladies will play Round 3 of the Golf NSW Medal Stroke and Putting.

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SPORTS RESULTS

39 points on countback to Ryan Wilson with Eric Smith in 3rd place with 38 points. Ball winners were: Graeme Flynn 37, Rex Talbot 37, Garry Marsden 36, John Carmody 36, Paul Ireland 35 and Ken Harris 35 on c/b. Next week the Vets will play round one of the 2017 Championship.

Saturday 6th May
The Men's 4BBB Par event needed a countback to split the teams after 5 teams had recorded plus 10, Angello

Korlevic and Troy Wallis received the judges nod for the win from Ryan Stig from Belmont and Ben Pickering, Garry Marsden and Jeff Shanahan in 3rd place, with Tony Lamb and Stuart Robinson along with Dan McLeod and Patrick Statham also finishing +10. At this time remaining details of the days play are yet to be posted. Next week will be the Monthly Stroke rounds

RESULTS GOLF

Thursday 4th May
The Vets Medley Stableford went to Wayne Cowan with

FROM BACK PAGE

Greta Branxton 2016-2017 Presentation & Awards Night



Trophies



Encouragement Award - Daniel Minchin



All Rounder Award winner Cory Stephenson



Most valued club person - Sean Wright



MPV - Josh Dagg



Bertie Ironmonger Outstanding Performance Winner - Barry Richards



Rookie of the Year Gordon Thomson



Keith Thomas at left with Sean Wright - best batting performance



Best Dixie Duggan bowling performance - Jamie McNamara



Patrick Andrews, most promising junior with Mark Bercini

PJRC Report 29th April 2017

Saturday was the opening round for the junior rugby.

Pokolbin 1 Under 7's went into this week's game against Waratah's at St Philip's with pure determination. The Under 7's truly enjoyed their games and a whole lot of fun had by all. Ash was outstanding with some great tags, Tyson was unstoppable and Will was carving it up. Awesome enthusiasm from these players, with the game finishing with a draw. Pokolbin 2 Under 7's played this week's game against Southern Beaches at St Philip's. Under 7's embraced their first game whole heartedly. Xaden displayed brilliant footwork, Alexander had an awesome run and Bodhi couldn't keep the smile off his face. Excellent support on the sideline with new families to the club. A great start to the season with another draw against the Beaches.

Pokolbin Under 9's ran out onto the field for their first game of the season, with only a couple of full team training sessions under their belt and had a brilliant time with the score not reflective of the game.

Currently Pokolbin Under 9's has only 8 players on the team and thanks go to Maitland for lending Pokolbin three of their best and the first half saw some brilliant rugby skills from the boys in Red. Throughout the game, the side showed great team work with plenty of passing and getting the ball out wide, cleaning out, winning the ball against the run of play and tackling skills that brought down some stampeding runs from the Maitland players.

We need you! If you would like to make some new friends and play fun rugby, contact Pokolbin rugby club.

Under 11s hosted Maitland Black's at home at SPCC for the season opener. The Reds were excited about their first game for the year and the first half was a mighty tussle with the Reds holding their own against last year's semi finalists. Outstanding defence and eager clean out in the rucks kept the Reds in the game. New players Dylan and Patrick Orłowski played their first game of rugby in the front row and they did themselves proud. The centre combination of Riley Walters and TC Metcalfe were full of running and showed great skills in both defence and attack and were well supported by Wes Matheson on the wing. The forward pack played a great game led by the old heads of Oscar Dent, Cal Barr and captain Jack Wills, supported by Meg Meyers and Izzy Burgess. The much bigger Maitland pack would have expected to dominate at the breakdown but the Reds showed plenty of strength and determination and won many a ruck against the play. The halves combination of Alec Gough and Zac Cox worked well together with some great attack and they defended tirelessly in broken play. The second half saw the Black's post a few tries and the score line got away on the Reds, however the team showed plenty of grit and promise and we look forward to a great season together.

Pokolbin U13's joined forces with U13 Singleton Bulls.

For their first game together they faced Southern Beaches at Southern Beaches. The boys had a great start to the season against a strong side, with Izach Walters making some great runs and Zac Harris great again this season in his defence. Will Nothnagel was unstoppable with absolute determination in his commitments to tackle and push on through the opposition. With very little ball the lads had to fight the whole way defending which is taxing. There were some good patches of controlled rugby when in possession of the football. Couple of forced errors allowed southern beaches to run in a couple quick tries putting the score out of reach. With some fitness and game time together the lads will become very strong.



Under 11's team with their coach Gary Wills.

BRANXTON GRETA VINEYARDS

The New **SPORT**

Greta – Branxton United Cricket Club Presentation 2016-17



with Mark Bercini

The Greta/Branxton United Cricket Club's annual presentation was held at the Royal Federal Hotel on the night of Saturday 22nd April. With a healthy crowd of 70 odd in attendance, awards were received by the following:
Rookie of the Year Connor Thomson
Most Promising Junior Patrick Andrews
Dixie Duggan Memorial Best Bowling

Performance in the Club Jamie McNamara (fourth grade blue) 8-23 off 7 vs Greta/Branxton White at Baddeley 2 - 29.10.16

Keith Thomas Perpetual Best Batting Performance in the Club Sean Wright (third grade) 184 retired vs Supporters at Miller 2 – 7.1.17

Brian “Yakka” Yates Memorial All Rounder

Award Cory Stephenson 288 runs at 32.00 and 16 wickets at 17.38

“Axsentieff Family”

Encouragement Award Daniel Minchin

Adrian Stafa Memorial “Team Player” Award Mitch Fallon

“Bertie Ironmonger”

Outstanding Performance Barry Richards (First Grade) 172no and 3 catches

vs Wine Country at Allandale 10.12.16

“Chris Charnock Perpetual” Most Valued

Player Josh Dagg “Kevin Bridge Memorial” **Most Valued Clubperson**

Sean Wright First Grade

Batting Aggregate & Average Josh Dagg 519 runs at 74.14

Bowling Aggregate & Average Martin Shearer 22 wickets at 17.86

Second Grade

Batting Aggregate & Average Darren Holz 307 runs at 30.70

Bowling Aggregate & Average Mark Peace 28 wickets at 9.32

Third Grade

Batting Aggregate & Average Sean Wright 388 runs at 55.43

Bowling Aggregate & Average Jarrad Wilkinson 32 wickets 9.78

Fourth Grade (Blue)

Batting Aggregate Neil Bird 326 runs

Batting Average Jamie McNamara 323 runs at 53.83

Bowling Aggregate Dion



Charnock 29 wickets Bowling Average Jamie McNamara 23 wickets at 5.09

Fourth Grade (White) Batting Aggregate & Average Jesse Minchin 292 runs at 29.20

Bowling Aggregate & Average Jesse Minchin 28 wickets at 10.11

Hundred Club Josh Dagg 110no vs Mulbring at Mulbring – 15.10.16

Barry Richards 172no vs Wine Country at Allandale – 10.12.16

Sean Wright 184no vs Supporters at Miller 2 – 7.1.17

Cory Stephenson 122 vs Supporters at Baddeley 2 – 25.2.17

Player Josh Dagg **Second Grade Player’s** Trent Fuller

Third Grade Player’s Jarrad Wilkinson **Third Grade Captain’s** Choice Stewart Ison

Fourth Grade (Blue) **Player’s** Player Cory Stephenson

Fourth Grade (White)

Player’s Player Jesse Minchin **Cessnock District Representatives**

Senior:- Josh Dagg, Greg Andrews, Brent Watson, Barry Richards, Martin Shearer, Bryce Element, Nathan Holz.

MORE PHOTOS PAGE 23 (INSIDE BACK PAGE)



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