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Branxton Pool on schedule for new heating

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We'll 'Keep Truckin'

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Adam Woodcroft joins 100 Club

Cessnock City Council include Branxton to Greta Memorial Cycleway in Resources for Regions program funding



Cnr Melanie Dagg - Cessnock City Councillor - Ward 'C'

There is \$50 million up for grabs under the 2017/18 Resources for Regions program and Cessnock City Council has decided to put six projects forward for consideration. Established under the NSW Government's Restart NSW Fund, the Resources for Regions program aims to deliver improved local infrastructure to mining affected areas. Cessnock became eligible to apply for the funding back in 2014 when a decision was made to extend the program to include communities impacted by mining legacy

including the Branxton to Greta Memorial Cycleway; Cessnock to Kurri Kurri - HEX Cycleway; Bridges Hill, Convent Hill and East End Oval Upgrade; Cessnock Airport Upgrade; Stage 2 of the Cessnock CBD Revitalisation; and the replacement of Abbotsford Street Bridge. Local Ward 'C' Councillor Melanie Dagg said that the Branxton and Greta communities achieved another 'heart warmer' last week with Council supporting her motion to include the Branxton-Greta Memorial Cycleway in its

issues. Projects submitted must be for public infrastructure and demonstrate good value for money, sound project planning, positive economic benefit and region-wide impacts. Council will submit Expressions of Interest (EOI) applications for six projects

2017/18 Resources for Regions program. "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. "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," said Cnr Dagg. Cessnock City Mayor, Councillor Bob Pynsent said this funding program provides excellent opportunities for our region and he hopes to see some of

these projects come to fruition. "We were successful in securing joint funding with Singleton Council of \$16.7 million for the Broke Road

and Hermitage Road and Cycleway Project back in 2015, which will have a huge impact on our region." "We will put our best foot forward for this round of

funding in the hope of securing the maximum amount for our nominated projects," added Cr Pynsent. Submissions for the

2017/18 Resources for Regions program must be made by 5pm on 18 August 2017. For more information, visit www.nsw.gov.au/resources-for-regions.

BRANXTON GRETA MEMORIAL CYCLEWAY

WW1 Vietnam AFGN Somalia Peace Keepers Days of War Boer Kuwait Korea WW2

Reflection Plenary

Branxton Rotunda Memorial Cycleway Greta Rotunda

Remembrance Trees

Solar Shade Bike Racks Water Stops

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 all details page 12



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 PO Box 152, Cessnock 2325 NSW

EXPRESSION OF INTEREST FOR KIOSK OPERATOR LICENCE BRANXTON SWIMMING POOL

Cessnock City Council is seeking expressions of interest from interested parties for the operation of Council's outdoor swimming pool kiosk at Branxton Pool for the 2017/2018 season (October 2017 – March 2018). The term of the agreement will be for one year, with a one (1) year option.

Interested parties are encouraged to contact Council's Recreation & Community Facilities Coordinator, Nathan Eveleigh, via email nathan.eveleigh@cessnock.nsw.gov.au or by phone on 4993 4235 to discuss the operation of the kiosks and obtain a draft agreement.

To register your interest please post or email your name, contact details and resume outlining your experience in the operation of similar facilities with reference number Q1718-08 in the subject line by close of business Friday 25 August 2017.

CESSNOCK CITY COUNCIL TREE GIVEAWAY

Have you purchased or built a new home during the 2016/2017 financial year? Did you know you can get up to eight (8) free plants for your property from Cessnock City Council?

There is a range of trees and shrubs available from ground covers like Creeping Boobalia through to shrubs including Murraya, Bottlebrush and Grevillea, which can reach three (3) metres in height.

Application forms are available from Council's Customer Service Officers, Vincent Street, Cessnock or via Council's website at www.cessnock.nsw.gov.au. Completed application forms must be received no later than 5.00pm Friday 18 August 2017.

Any enquires regarding the application for supply of trees and shrubs should be directed to Councils Vegetation & Civic Spaces Coordinator, Lyall Green, on 4993 4100.

PO BOX 152
 CESSNOCK 2325

STEPHEN GLEN
 GENERAL MANAGER

CESSNOCK CITY COUNCIL SPORTING FACILITY & EQUIPMENT DOLLAR FOR DOLLAR GRANT SCHEME & COMMUNITY FACILITIES DOLLAR FOR DOLLAR GRANT SCHEME 2017/2018

Cessnock City Council has \$20,000 available within the Sporting Facility and Equipment dollar for dollar grant scheme and \$20,000 in the Community Facilities dollar for dollar grant scheme to distribute to sporting and community groups.

Groups are invited to apply for funds through either one of these grant schemes. Applications may be used for developing Council owned community and sporting facilities.

Grants will be provided on a dollar for dollar basis and Council will assess applications in line with a preset selection criteria. All projects must be completed by June 30, 2018.

Application forms and grant guidelines are available from Council's Administration Building or via Council's website (www.cessnock.nsw.gov.au). Completed application forms must be returned no later than 5pm Friday, 8 September 2017.

It is advised that all applicants contact Council's Recreation & Community Liaison Officer Kate Hicks on 4993 4234 prior to lodging an application.

USE OF COUNCIL'S SPORTING FACILITIES 2017/2018 SUMMER SEASON

Applications for the use of Council's recreation facilities by personal trainers, educational institutes, sporting organisations and community groups during the Summer Sporting Season (7 October 2017 to 18 March 2018) are now open. Applications should be submitted to Council by Friday 1 September 2017. Applications are available via Council's website (www.cessnock.nsw.gov.au) or from Council's Administration Building, Vincent Street, Cessnock.

Permission must be obtained from Council before organised sporting activities can take place.

USE OF COUNCIL'S OUTDOOR PUBLIC SWIMMING POOLS 2017/2018 SUMMER SEASON

Applications for the use of Cessnock and Branxton Swimming Pools during the upcoming Summer Season by educational institutes, sporting organisations and community groups are now open. Applications should be submitted by Friday 1 September 2017. Bookings for the Pool season commence Tuesday 3 October 2017. Application forms are available via Council's website (www.cessnock.nsw.gov.au) or from Council's Administration Building, Vincent Street, Cessnock.

Permission must be obtained from Council before organised swimming activities can take place.

Enquiries should be made to Council's Recreation and Community Liaison Officer, Kate Hicks on (02) 4993 4234.

Branxton & Vineyards

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Free PROPERTY APPRAISALS



COMMUNITY UPDATE

DALWOOD ROAD, EAST BRANXTON DRAINAGE & ROADWORKS

LOCATION

Dalwood Road, East Branxton from Wyndham Street intersection to the westerly limit of the road, adjacent to Lion's Park.

THE WORKS

Construction of drainage infrastructure and re-alignment of road to provide improved parking facilities and traffic movement.

FUNDING

This project is funded by Roads to Recovery (R2R).

DESIGN

The design provides:

- Road re-alignment with addition of a turning head
- Increased vehicular parking and drop-off zones.
- Drainage upgrades
- Pedestrian facilities and vehicle separation
- Increased storage for buses on Wyndham Street

The design provides improved safety for both vehicle users and pedestrians. Rear to kerb parking will be formalised and the total number of parking spaces will increase. Allowance will be made for drop off or 'Kiss and Ride'. Stormwater infrastructure will be improved at the site. Stormwater that currently discharges in front of No. 8 Dalwood Road will be

diverted via pipe into the swale drain running adjacent to Maitland Road.

CONSTRUCTION

Construction works commence July 2017 and require significant traffic control measures to be implemented on Dalwood Road. Works are programmed to be completed in September 2017.

DISRUPTIONS

Dalwood Road west of the Wyndham Street intersection will be closed periodically during construction as required and will not be available as a drop-off or pick-up point. Council will work with residents directly affected by the closure to provide access to their properties.

During this construction period, drop-off and pick-up for school bus passengers should occur at Miller Park soccer fields, on the southern side of Maitland Road so that pedestrians can use the signalled crossing to access the bus stop. Works are programmed to commence on the first week of July, 2017, during school holidays to minimise impacts.

Up to date project information will be available on CCC's webpage www.cessnock.nsw.gov.au/works, and on roadside electronic signs during construction.

Photos below taken Friday 11th August 2017





Given that they were aware that the Huntlee developers (LWP) had made a Voluntary Planning Agreement Contribution to Cessnock Council they felt that some of the money from that contribution should be utilized in our local area.

Their other argument was that all other Council Pools in our electorate had "heating facilities" in place and so they believed that Branxton pool should also have the same facility.

The solar heating already in place certainly kept the water temperature at a good level but was generally not very effective at the start of the swim season in October. This was very obvious to the pool users with some very cool starts to spring. Most season pass holders could be waiting at least six weeks before they

could use their Council Pool Pass. The good news received in March this year was a direct result of our elected Councillors working well for the local community. "After many hours of research and then putting "our case forward" at

the Cessnock Council meeting we have seen an outstanding result especially given that Council Management team had made recommendations that the heat pump **NOT** be installed. The motion put forward by Councillor Dagg and seconded by Councillor Sander was carried as a unanimous vote by Councillors. The installation of the heat pump should be finalized in readiness for the re-opening of the pool in October just 6 weeks away. Hopefully, residents will now have a heated pool from day one. Pool attendances has been steadily growing and one could hope that with the new pump in place the number of pool users will continue to increase.

Apart from the many health benefits gained by regular swimming/aqua aerobics etc., the pool has become a great social meeting place for many newcomers to the town.

Also, one only has to see the number of schools (both locally and from further afield) using the pool on a regular basis to realize that it is a much needed facility and one that we should all be proud of.

I guess the above result reinforces the fact that "people power" can sometimes get a result. Unless residents highlight their concerns to our Councilors we will get nowhere.

● Photo above: contractors hooking up the heat pump to the gas supply

E-waste in the spotlight



The rapid advancement of technology and constant upgrading of products has meant electronic waste or e-waste is a growing problem worldwide and Australia is one of the key offenders. While this may be the case, in 2016/17, residents in the Cessnock LGA recycled 90 tonnes of electronic waste and Cessnock City Council is encouraging residents to keep up the great work. Cessnock City Mayor, Councillor Bob Pynsent said it is good to see locals doing the right thing by keeping old electronics out of red bins.

"90 tonnes of recycled e-waste in 2016/17 is a credit to all residents and shows their commitment to our environment. I encourage everyone to keep it up so we can improve on this figure in 2017/18."

Electronic waste often contains toxic materials such as lead, mercury and arsenic, which can cause serious harm to both our environment and health if not disposed of correctly. To make recycling electronics easier, Cessnock City Council offers residents an e-waste drop off at the

Waste Management Centre on Old Maitland Road. To ensure your trip to the tip is not wasted, it is important to know what is accepted and what is not when it comes to electronics.

Accepted products include whole/undamaged televisions, computers and associated products, CD and DVD players, stereo systems, kitchen appliances, power tools, microwaves, ceiling fans, mobile phones and accessories, hand-held electronics and all light fixtures.

Our readers will recall earlier this year the Branxton Greta Pool Users Group publicly thanking Councillor Melanie Dagg & Councillor Anne Sander for helping provide a heating to pool at Branxton Pool. Prior to the good news the 'User Group' requested a

meeting with the Ward 'C' Councilors & both of the ladies councilors mentioned above took time out to attend the meeting at the pool. The object of the meeting was to "put a case forward "for the installation of a heat-pump" at the local Branxton Council Pool.

Community united power!

Works and Infrastructure Report No W14/2017

SUBJECT:BRANXTON POOL HEATING UPGRADE

SUMMARY ~ The purpose of this report is to provide Council with an estimate of the capital and operating costs, as well as possible funding sources, to provide heat pumps for the Branxton Pool.

RECOMMENDATION

That Council does not install heat pumps at Branxton Pool due to adverse impacts on future operational, maintenance and capital replacement budgets.

WORKS AND INFRASTRUCTURE NO. WI4/2017

SUBJECT:BRANXTON POOL HEATING UPGRADE

MOTION Moved: Councillor Dagg Seconded:Councillor Sander 129

RESOLVED

1. That Council install gas heat pumps at Branxton Greta Memorial Baths and fund operational costs to the value of \$18,000.
2. That the capital cost of the purchase and installation be taken from the Huntlee VPA Contribution.
3. That a report come back at the end of 2017/18 period outlining costs.

CARRIED UNANIMOUSLY

Open for business Boxing Day ~ the silly season hasn't finished!

Parliamentary Secretary for the Hunter Scot MacDonald MLC has welcomed the announcement by NSW Treasurer Dominic Perrottet that Boxing Day trading will continue across NSW after it was welcomed by consumers, business owners and employees during a two-year trial. The NSW Government announced it will legislate to allow Boxing Day trade to continue in all parts of NSW, in accordance with the findings of an independent review by Professor Percy Allan AM which considered feedback from retailers, employees and shoppers. Until the two year trial commenced, Hunter shoppers were restricted to Port Stephens or had to travel to Wyong or even Sydney.

"Over the last two years, I have had only strong positive feedback for Boxing Day trading in those Hunter LGAs that didn't previously enjoy shopping" "It has benefited Hunter businesses, supported local retail jobs including giving many young people a chance to earn holiday money. It has kept shoppers in the region. Our position strikes a sensible balance, giving retailers and their employees the freedom to work if they want to, but also putting in place strict sanctions to ensure they are not pressured to do so." Mr Perrottet said.

Hunta Karate Martial Arts Club
Non Profit organisation
Located at Branxton Community hall
Train Tuesday & Thursday Night
Please Contact Jerry
0407 077 930

International Prostate Cancer Awareness Month

This information is not intended to be substitutes for professional advice: Information guide only- On 11 key points that will give men and their families an insight and better understand about Prostate Cancer Awareness. (1) In Australia Prostate Cancer is the most common cancer in men. (apart from common Skin Cancer) (2) More than 3,000 men die of Prostate Cancer in Australia each year (3) More men die of Prostate Cancer than women die of Breast Cancer (4) All most 20,000 new cases of Prostate Cancer are diagnosed in Australian men each year (5) It is important to note- that Prostate Cancer is potentially curable if detected and treated at an early stage while still confined with-in the Prostate gland (6) Prostate Cancer rarely has symptoms at the time of diagnosis (7) Early detection can be achieved via a PSA blood test in conjunction with a digital rectal examination- which the Doctor feels the contour of the Prostate gland and checks for any abnormalities (8) We know that the number of Prostate Cancer diagnosis may rise in the coming years and we cannot do a thing about that from happening-BUT we can prevent the death rate from doing the same - by men talking to their Doctor about their concerns (9) When should men talk to their Doctor about being tested? (10) As part of a general check-up after the age of 50 or from the age of 40 if there is a family history of Prostate Cancer. (11) BUT- at the end of the day- it's up to men to make up their own minds to whether they wish to be tested for Prostate Cancer after considering what their main concern was, what their risk of developing the Cancer is and after discussing the pros and cons with their Doctor. *Barry Preston. Like many other men I am a Prostate Cancer survivor*
Chairman- Cessnock Prostate Cancer Support Group. 49904554.

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What's Happening & other matters

with Mike Lowing

Beep Beep! Free business advice is coming to the Cessnock Council LGA
 (My apologies for such short notice Ed)
 The Small Biz Bus will roll into Cessnock on Thursday, 17 August 2017 between 9am -3pm offering business advice.

It is a free, confidential service that takes experienced Business Connect advisors all over NSW to give face-to-face, personalised advice to business owners and operators.

Whether you are just starting out with a great business idea or looking to expand and grow your business, Business Connect services can help you on your journey to business success.

Expert advisors can provide advice on all the issues and questions that arise in small business, giving guidance about: starting a business, getting your finances in check, staffing matters, how to expand or grow your business, dealing with other businesses or government agencies, marketing and making the most of your opportunities online, business planning & succession planning. Business Connect is a dedicated and personalised NSW Government program that provides trusted advice to help you start or grow your small business.

Business Advisors assist business owners to develop business skills, appreciate their strengths, take challenges head on and seize all opportunities. Business owners will be empowered with ongoing subsidised support available and simple action plans to set them on the right path. **OK Book your session now!**

Small Biz Bus will be parked in the Cessnock Plaza carpark Thursday, 17 August 2017 between 9am -3pm. Small businesses can [book a FREE session](#) with an advisor by calling 1300 134 359 or by visiting www.industry.nsw.gov.au/businessconnect

As I remarked in the last issue it seems like every Federal MP has dual citizenship, and everyone is



“Off with your collective heads.”

Just when I was getting all warm and fuzzy and giving Joel Fitzgibbon MP a tick in the last News but in the same copy he attempts to use the 1789 French Revolution as a lead into the invented prognostication of Bill Shorten. To whit-inequality in Australia is on the

increase and Shorten will do something about it. LOL This might appeal to the DUH generation in the community who have some vague recall about hearing of the French Revolution but know nothing of the historic event, and are happily willing to align to anyone who was down trodden. It's how they see themselves. How ironic. The French



falling foul of section 44 of the constitution. Now it's our own or is it New Zealand's Barnaby Joyce who must have lost countless hours knowing he wouldn't pass the muster & had to fess up in the end. The section that has all parties running for cover states, inter alia, that

44. Any person who (i.) Is under any acknowledgement of allegiance, obedience, or adherence to a foreign power, or is a subject or a citizen or entitled to the rights or privileges of a subject or citizen of a foreign power shall be incapable of being chosen or of sitting as a senator or a member of the House of Representatives.

Seems unarguable to me!
 No doubt all of our federal parliamentarians will be counting how many passports they are entitled too &, as the great Laurie Oakes said at the outset, watch this space there will be more to come!
 Surely the ALP & the Tories can just ask the question when they have a nomination for both the Upper & Lower Houses ... just tick yes or no!

Cheers, Mike

Revolution was about citizens objecting to the privileged class – the so called Aristocracy who owed their privileged position to the patronage of the King and the Church.

The only privileged class in Australia are the unions and the various public services. These are the very people who support the Labour Party in ideology and finance. They should, under such an analogy see themselves identified as the 'Aristocracy'. The other support base for the Labour Party, are those on welfare who live in hope the Labour Party will save them...

Why Bill Shorten's sudden discovery of inequality?

Current sociological studies indicate inequality is on the decrease. (See 4th August publication of "The Australian" newspaper)

There have been inequalities in society as long as there have been differences in the abilities and motivation of individuals.

The well off are not a privileged class but are well off due to effort, diligence, inheritance, perhaps luck and social contacts or dubious dealings aka Bond, Skase, Obeid et al. Welfare recipients talk of the welfare payments as 'my pay' especially those who don't want to work and never intend to. Those getting \$50 Supermarket food vouchers from Charities sell them on for \$40 so as to buy cigarettes. They work in the black economy for peanuts for 'mates' who are just users.

One does what one has too to make ends meet. One's self worth diminishes and life is miserable. Depressed? Take a pill. The poor are poor for many reasons. Poverty is a result

of when expenses outweigh income. Lack of self worth exacerbates this. The answer is to get rid of Government interference in the natural course of business and the affairs of society. This interference has produced 2nd and 3rd generations of uneducated unsophisticated and unskilled people who are caught in the 'Welfare Trap'. People in this situation can get out of their predicament if they develop contacts in the community and extended family. They will get advice, a leg up and maybe an opportunity to gain employment or start their own business.

Unfortunately the Welfare bureaucracy either by design or as unintended consequence will only deal with a nuclear family. Given the chance, people will help each other as they always have, provided that they do not jeopardise their own welfare or safety. Working against this idea are three levels of government, federal, state, and local which say you cannot do this or that or your children will be removed, you will be evicted from your accommodation or lose your welfare payments. The answer is simple. Get the government out of people's lives. Of course this is not what the 'Privileged Class' wants, for then their exalted position would be undermined and their wonderfully secure employment and superannuation jeopardized. This is socialism as described in "Animal Farm". Good reading too The French Revolution by Francois Furet and Denis Richet...if one is going to quote something, at least get the comparison in context. See where you stand in the melee. You are not at one with the peasants Joel. Neither is Uncle Bill. If it were 1789 it would be "Off with your collective heads." Steve Lind, North Rothbury NSW

The problem of illegal dumping It was with interest to read

your article, in the last edition, about the problem of illegal dumping. Two weeks ago several trucks turned off Orient Street, directly opposite our front gate, and into the eastern side of Greta Park. They were loaded with soil which contained an assortment of rubbish. These loads were dumped in the park and the dumping operation continued all day during a period of strong winds. I rang the council and was informed no works were listed for Greta Park. Later I received a call from the manager of Parks and Gardens who informed me that a few loads of soil will be dumped so the rough spots in the park can be smoothed out to make mowing easier. The dumping continued for three days with the soil ramped up and a sediment barrier built around it. We were given an assurance the soil would be spread and the area cleaned up commencing on Thursday 20th July. On that day more trucks arrived and commenced dumping again. In an act of civil disobedience my wife and I blocked the entry into the park. A heated confrontation occurred and the supervisor of the operation was strongly informed we were sick of the dust, noise, deceptive statements and lack of consultation by the council. The dumping operation was stopped and we were informed the area would be cleaned up. Sadly, nothing has happened and the eyesore remains. I suggest, if a member of the public dumped this material, in a public park, the council's reaction would be swift and expensive for the culprit. Does this incident indicate the council has a double standard? Pauline and Jerzy Lodo, Orient Street, Greta NSW Appalled

People in the Hunter Valley and throughout NSW are rightly appalled at the light sentence handed out in the cruelty case against the owner of the Minifarm petting zoo. In two separate incidents, the owner of this business was found guilty of not supplying sufficient food or veterinary treatment to a severely emaciated male camel, and failing to provide veterinary treatment and proper and sufficient drink to a cow named Honey, who had suffered birthing paralysis and was unable to stand. Honey was emaciated, her abdomen bloated and vulva swollen and bloody and she was unable to move herself. She was severely dehydrated and weak, and her stillborn calf was dumped on an ants nest. The camel was horribly emaciated, had a heavy parasite infestation and was severely anemic and debilitated. The veterinary opinion was that the camel had not received proper and sufficient food for at least six months. The sentence, a good behaviour bond for two years, costs and a ban on having animals for five years, in no way reflects the severity of the cruelty proven in this case. Penalties for cases of cruelty and neglect are quite inadequate, and even so are rarely imposed to the full extent of the law – under the NSW Prevention of Cruelty to Animals Act and Crimes Act, animal cruelty can result in fines of \$22,000 for individuals and \$110,000 for corporations or imprisonment for up to five years. At the very least, cases of cruelty and neglect should lead to a lifetime ban on the offender having animals. Cruelty to animals is a serious crime that must be taken seriously. If you suspect someone of abusing an animal, report it to authorities right away for the safety of the entire community. Ashley Fruno Associate Director People for the Ethical Treatment of Animals (PETA) Australia

Emergency Phone Numbers

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FOR FIRE, POLICE AND AMBULANCE ANY TIME, DAY OR NIGHT FOR 24-HOUR SERVICE. It's a free call. Just tell the operator what you need-fire, police or ambulance. Then wait to be connected.

When reporting an emergency by calling 000, the telephone number & address you are calling from may be given to the emergency service so they can respond quickly. If you don't want the telephone number or address details passed on, you must call the emergency service direct. ALL CALLS TO 000 ARE VOICE RECORDED

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Belford.....	6574 7149
Branxton.....	4938 1244
Lochinvar.....	4930 7209
Ambulance	131 233
NSW Fire Brigade	
Branxton.....	4938 3396
Rural Fire Brigades	
Broke.....	6579 1491
Greta.....	4015 0000
Bishops Bdg	4015 0000
Nth R'bury...	4015 0000
Rothbury.....	4015 0000
Pokolbin.....	4015 0000
Rothbury.....	4991 1733
Bishops Bdg	4015 0000
Nth R'bury...	4015 0000
Rothbury.....	4015 0000
Pokolbin.....	4015 0000
Rothbury.....	4991 1733
Scotts	
Flat.....	6574 5186
Central	
(Cessnock)...	4015 0000

Electricity	
Energy Australia.....	131 388
Hospitals	
Maitland.....	4939 2000
Cessnock.....	4991 0555
Singleton.....	6572 2799
SES.....	132 500
Crime Stoppers	
	1800 333 000
Poisons Info.....	131 126
Hunter Water	
	1300 657 000
Ausgrid.....	131 388
Gas Emergencies..	131 909
Lifeline.....	131 114
Mental Health Line	
	1800 011 511
Domestic Violence Support	
	4990 9609
Centrelink Self Service	
	136 240
Medicare.....	132 011
Native Animal Rescue	
	0418 628 483

Letters to the editor can be sent to:

**The Editor, The BGV News,
 12 Clift Street, Branxton
 NSW 2335**

or

emailed to

thenews@hotkey.net.au

Just put the date aside and be there!

On Saturday 26th August, St Philip's Christian College will once again hold its annual Spring Fair at their Cessnock Campus in Nulkaba. With FREE entry, over 100 community market stalls plus school stalls, a NSW Woodchopping Championship event running all day, a Food, Art and Textile competition and exhibition open to the community, 10 gourmet food stalls, quality live entertainment, amusement rides, show-bags and helicopter rides - this is not your average school fair. What will you see at this year's Spring Fair? There's pie throwing and teacher dunking, Binnorie Dairy are running cheese-making demonstrations, the winning cake decorator from last year is demonstrating how to create Harry Potter themed cakes that look amazing, the Chocolate Wheel has a huge range of fantastic prizes and you can listen to great music while you eat some seriously good food. There really is something for everyone in the family.

A core value of St Philip's is *Community*, extending beyond the school community to the local community of Cessnock and the wider Hunter community. The Spring Fair is a way in which the College can provide a great family day for the whole community, with visitors coming from all over the Hunter region. There has been tremendous support from local businesses; L J Hooker Cessnock, Shac Architects, North Construction and Glencore Mine sponsoring the woodchopping, and Priceline Cessnock sponsoring the Gourmet Palette, our food, art and textile exhibition. This year the Hunter Valley Zoo will bring a koala from 10am-12pm along with a number of furry and scaly friends for you to pat, while the Happy Tooth dentist is selling fairy floss and giving away dental floss with all proceeds going back to the school. Each year the Spring Fair gets bigger and better, with new things to do and see each time. If you love a Market, then you'll be blown away by the Spring Fair. Come and be part of the action! *Photos from last years Mega Spring Fair*



July/August Fishing Club Report

The July Glenbawn Dam trip away saw a cold weekend away but a few fish were logged. Club members had to compete for a spot on the Dam with the ABT bass tournament also staged that weekend with their 70-odd boats all out chasing the big ones. Early starts (with sore heads) were the key and this saw newcomers to fresh water Brad and Orey Dorn



Beckett failed to log a fish. Uncle and former President of the Club Norm (Stooby) Beckett was destined to fish Stockton over the weekend but got side tracked and remained in Greta building a chicken coop.

Attention now turns to our next two fishing weekends, members are encouraged to stay together at Seals Rocks Caravan Park September 15/16/17 followed by a Hawks Nest trip (venue more than likely to be Jimmys Beach Caravan Park) October 20/21/22. For anyone interested in buying a fishing club shirt (\$30) contact Nevo ASAP and the Stubby holders are available behind the bar at The Tatts Hotel Greta for \$10. Once again a big thanks to Mick and his family at the Tatts for their ongoing support of the Fishing Club. Any enquires about the Club please

forward to Steven.nevin@riotinto.com or call/text Nevo on 0402762199.



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FISHING CLUB RESULTS TALLY 2017

	23/04/2017	28/05/2017	12/06/2017	9/07/2017	13/08/2017	Total(pts)
Mark Dever	85.3	140.5				225.8
Robert Beckett		134.6		56.6	16.1	207.3
Brad Dorn	36.6	118.1		31.35		186.05
Scott Beckett		92.8		35.35	48.45	176.6
Steve Nevin	61.4			17.75	83.1	162.25
Dave Delforce	119.5					119.5
Daniel Mordue					72.75	72.75
Troy Fields	63.5					63.5
Orey Dorn				57.7		57.7
Judy Masters	31.4	11.7				43.1
Mick Edwards				27.05		27.05
Tyson Nevin			23			23
David Hodges					19.55	19.55

dominate the weekend with Saturday mornings fishing resulting in 7 good fish between them. Best Yellowbelly for the weekend went to Fresh water specialist Robbie Beckett (1.925 kg) and biggest Bass went to his brother Scotty (0.835kg). Around the fire after dark was definitely the place to be and a great weekend was had by all.

The August Open Weekend saw members fish Sandbar, Hawks Nest and Port Stephens. Club President David Hodges logged his first fish for the Club with 2 Bream, and Secretary Steve Nevin topped the weekend with 9 Flathead, 2 Squire and a Bream. Also weigh-ins to note were a good haul of fish by Scotty&Robbie Beckett and Daniel Mordue which consisted of Bream, Groper and a big 1.2kg Drummer. Their tour guide Glen (Brooksey)



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Bob Pynsent, Mayor Cessnock City Council

I attended the Local Government Awards in Sydney last Thursday evening (3rd August) and I am pleased to announce Cessnock City Council won the RH Dougherty Award for Most Innovative Special Event for our Seniors Week 2016. Cessnock Seniors Week 2016 was just fantastic with 45 activities and events, 30 organisations taking part and 1,504 participants across the region. This is such a great achievement for everyone involved and I would like to say a special thank you to the Cessnock Seniors Week Advisory Committee for all of their hard work. The Cessnock Youth Week Organising Committee was also acknowledged as a finalist at the LG Awards for Best Youth Week and came home with a certificate. Congratulations to all involved! Congratulations to the Cessnock Relay for Life Committee who won the Business Engagement through Mission Delivery Award at the Relay for Life Leadership Summit in Sydney on 22 July. This award is very well-deserved as the committee has worked hard to engage local businesses in the participation, advocacy and fundraising for the event.

It was an absolute honour to be invited to speak as a local White Ribbon Ambassador to students at the Hunter Trade College on Friday 28 July. I spoke to them about the history of White Ribbon, what it is all about, the harrowing statistics of domestic violence both in our region and across the country and what they could do to help prevent it from happening. The students were so attentive and even stood up with me and took the White Ribbon pledge. They also kindly donated \$200 to White Ribbon at the conclusion of my presentation, which made me very proud. The Richmond Vale Railway Museum Country Music Muster on Saturday 29 July was a great success. This organisation is run by a dedicated bunch of volunteers who put on a fantastic day of live music to raise money for the museum, which preserves the railway and mining history of the Hunter.

As part of Local Government Week, we held our annual School Leaders Breakfast last Tuesday 1 August and it was just incredible to see so many students from across the region come along. We had close to 270 students and teachers enjoy the event which started with a delicious spread of food and then went on to a presentation by our special guest speaker, Jamila Gordon. This was the eighth year we have held the event and in that time, we have had some amazing speakers. Jamila was equally impressive telling her story of survival, overcoming the odds and how the power of positive thinking can have a huge impact on your life. I am certain our students walked away feeling inspired. As many of you know, we were lucky enough to have had the Qantas Wallabies in Cessnock for a training camp last week at Cessnock Sportsground and the coaches, players and managers had nothing but praise for our local facilities. You may notice something different about Council's outdoor crews from August through to October as they'll be sporting pink high-vis shirts to support breast cancer. This is the second year this fantastic staff-led initiative has taken place and I am proud of our crews for raising awareness of this cause.

While I am on the topic of our outdoor crews, roadworks currently underway include road and drainage construction at Dalwood Road Greta and Frame Drive Abermain, along with Culvert reconstruction on Buchanan Road

Buchanan and Whitburn Road Greta. We have also completed the road and drainage reconstruction works on Wine Country Drive Nulkaba.
Cheers, Bob



JOEL FITZGIBBON MP Member for Hunter

Some continue to challenge the idea that inequality in our communities is on the rise. There are many ways it can be measured. What's happening in the labour market is just one.

Recent research shows that real wages for the top 10 per cent of Australia's income earners has grown by 72 per cent over the last four decades. This is more than three times the rate of increase in real wages for the bottom 10 per cent of income earners. Twenty years ago the minimum wage was 63 per cent of the median wage; it is now just 53 per cent

The minimum wage and award wages have grown by just 4.3 per cent in real terms over the last five years, less than half the rate of labour productivity growth. The last half a decade or so, however, has seen collective bargaining and its impacts diminishing.

Research conducted for the Fair Work Commission's 2017 minimum wage review found that the percentage of employees covered by collective agreements fell from 43.4 per cent in 2010 to 36.4 per cent in 2016. During a similar period, workers' reliance on awards has increased from 16.5 per cent of the workforce in 2008 to 22.7 per cent of the workforce in 2016. Awards offer only the basic safety net so more people relying on them is a clear indicator we are going backwards. Indeed award-reliant employees are concentrated at the bottom of the distribution of household disposable income. And of course, there are many people who are not even being paid at award rates. Further, a significant proportion of the workforce is stuck in temporary or casual jobs, where they work like full time employees but don't get all of the benefits.

Further, more and more of the workforce is employed via labour-hire companies or as so-called independent contractors. The part-time share of employment is 31.9 per cent, one of the highest part-time employment rates in the developed world. We also have a growing and chronic problem of underemployment. Over the past four years labour productivity has risen nearly 6 per cent while real wages have actually fallen 0.6 per cent. Yes, inequality is growing and politicians who don't acknowledge it do so at their peril.
Cheers, Joel



Member for Cessnock Clayton Barr MP

Raising the BARR
IS AN EFFICIENCY DIVIDEND A BUDGET

SAVING OR A BUDGET CUT

In 2011, the NSW Government put into place a 1.5% "efficiency dividend" for every single government department. This meant that the budgets, the buckets of money, provided to each department would be 1.5% smaller than it otherwise would have been. Essentially this was saying to the various government departments the following; surely you have some fat in your system, find it and get rid of it and then you will be no worse off.

The efficiency dividend of 1.5% per year has been in place for the last 6 years. This makes the total reduction in funding for every government department 9% (6 x 1.5). If you have been unable to see any reduction in the quality of service provided to you, or the cost of services provided to you, by the various Government agencies, then that agency has indeed been able to meet efficiencies. However, if you have noticed things getting worse, or more expensive, than the budget efficiency might be more of a budget cut.

This year, after reducing budgets by 9% over the past 6 years, the Government announced that for the next 3 years each department would need to find a further 2% in efficiencies. That will be another 6% on top of the 9%; equalling 15% in total. By 2020, every single government department will be getting 15% less money than they would have. No matter what your view on efficiencies, it is hard to imagine that somewhere along the result is a cut, not an efficiency. Imagine for example if your local coffee shop was giving you 15% less flavour in your coffee, or your local oval was mowed 15% less times, or your local school was open 15% less of the time. Surely these would be considered cuts, not efficiencies. At some point in time, it needs to be recognised that these efficiencies are in fact cutting deeply into our Government services. You might ask where is all of the money saved through efficiencies/cuts going to. A good question. When the Government got elected in 2011 they committed to the North-West Metro rail line in North Sydney. The price tag was \$8,000 million (not a typing error). The efficiencies being found in our communities are paying for a shiny new train set in Sydney's northern suburbs.

* * * * *
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 "www.facebook.com/claytonbarrmp", go to Twitter and search @claytonbarrmp or check out my website at www.claytonbarr.com.au
Cheers Clayton



MICHAEL JOHNSEN MP Upper Hunter

Mine Subsidence Reforms to Deliver a Better Deal for Property Owners
Property owners affected by coal mine subsidence will have access to a fairer and more efficient compensation scheme following the passage of the *Coal Mine Subsidence Compensation Bill 2017* in NSW Parliament.

Mine subsidence refers to the movements and vibrations of the ground because of underground coal mining. The reforms arise from a comprehensive review of the current Act, and follow significant industry consultation over the last 12 months.

Key changes to the Act include:

▣ **Coal mine operators in NSW will be** directly accountable for subsidence damage they cause. Previously coal mine operators would pay a levy to a compensation fund to cover subsidence damage. This effectively discharged them of any liability arising from subsidence damage;

▣ **Subsidence Advisory NSW, the peak** regulatory body for mine subsidence compensation, will establish a new case management system where individual case managers are assigned to property owners to ensure they are treated fairly throughout the compensation process; and

▣ **All claims will be lodged with SA** NSW through a new ePortal allowing claimants to manage the process from start to finish. A panel of independent expert assessors will assess all claims and strict timeframes will apply to process claims and compensate affected property owners.

The reforms make coal miners financially and socially accountable for the damage caused by their operations. They also ensure a fairer system, where coal miners will pay according to the level of their subsidence impacts. These new laws will benefit property owners by establishing a fairer and more efficient compensation scheme. SA NSW will have the power to initiate disciplinary action against coal mine operators that are not doing the right thing by claimants.

SA NSW will be hosting information sessions across NSW in late 2017. Further information is available at www.subsidenceadvisory.nsw.gov.au.

Nominate a Carer
I wish to advise that nominations are open for the NSW Carers Awards. The NSW Carers Awards aims to recognise and raise awareness of the valuable contribution unpaid carers make to the people they care for, but also to our wider community.

This is a great way to thank and acknowledge the significant contributions that carers make to our Upper Hunter Electorate communities. I encourage anyone who knows a dedicated carer in our local areas to put fourth their nomination so their extraordinary contribution can be celebrated.

Organisations, employers and education providers who demonstrate best practice in supporting carers can also be nominated for an Award. The 2017 NSW Carers Awards will coincide with this year's Carers Week, which will run from 15 - 21 October 2017. There are approximately 905,000 carers in NSW, who provide unconditional support for those in their care on a daily basis. This is a great opportunity to acknowledge and celebrate the significant contributions of carers across NSW.

Up to 10 awards will be presented during the award ceremony, including the 2017 NSW Carer of the Year. To nominate a carer go to careforacarers.nsw.gov.au. Entries close on 31 August 2017.

Cheers, Michael



Clr Melanie Dagg - Cessnock City Councillor - Ward C

RESOURCES FOR REGIONS
Council recently set its priority list for the current round of Resources for Regions (R4R) grants. R4R aims to deliver improved local infrastructure to mining-affected communities and

improve economic growth and productivity in NSW. The current round will see \$50million granted to and invested in regional council areas. The projects Council has put forward include the Branxton-Greta Memorial Cycleway, Cessnock Airport upgrade, Cessnock CBD revitalisation, Abbotsford Street Bridge, Cessnock to Kurri Kurri - HEX Cycleway and the Bridges Hill/Convent Hill/East End Oval upgrade. Clr Olsen attempted to remove the Branxton-Greta Cycleway from the list altogether but fortunately, the remaining Councillors disagreed and resolved for its inclusion and submission to the State Government for consideration.

Councils are increasing providing more and more services to their communities, without budgets increased to match. The additional money from R4R is absolutely vital to ensuring the progress of key projects in our LGA and reflects our community's rich and long mining history. Hopefully the State Government sees merit in our submissions and grants funding for their construction.

PLANNING PANELS ERODE LOCAL DEMOCRACY

The State Government recently announced the mandatory imposition of planning panels for Sydney and Wollongong which the local government sector has opposed, insisting the panels have the potential to reduce accountability and transparency of planning decisions. LGNSW President, Clr Keith Rhoades said recently, "Councils are accountable to the community where panels are not. There is no accountability like the ballot box. Councillors are their community's voice at the table - they have been elected to represent community views on key issues, such as planning decisions which will have long-term impacts on neighbourhoods"

Less than 3% of development applications (DAs) are currently referred to a council meeting for determination, with 97% being approved by professional planning staff under delegation. The forced introduction of the planning panels creates an additional layer of bureaucracy and unnecessary cost to councils.

Newcastle, the Hunter and regional councils have so far been made exempt, however this is an important issue to keep our eyes on and fight against should the need arise. The panels are another example, like forced amalgamations before them, of the State Government believing they know what's best for local government and communities. Yet such interventions only seek to reduce transparency and accountability, erode democracy and disenfranchise ratepayers, the very opposite of what all elected officials should stand for.

HAPPY BIRTHDAY AMELIA

I'd like to finish by seeking some indulgence to wish my beautiful Amelia a very happy birthday. Amelia turns 7 on the 16th August and is looking forward to celebrating with her school friends. I hope she has a very special day. Love from Mummy xxx

If you would like assistance with a council-related matter you can contact me by email

melanie.dagg@cessnock.nsw.gov.au or phone 0409 404 898 or by post **PO Box 152, Cessnock.**

Until next edition, take care.
Cheers, Melanie



Sue Moore, Mayor Singleton Council

Fresh from attending the Country Mayors Association meeting in Sydney on Friday, **CONT PAGE 11**

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What Is a Food Allergy?
Food allergies happen when the immune system makes a mistake. Normally, your **immune** system protects you from germs and disease. It does this by making **antibodies** that help you fight off bacteria, viruses, and other tiny organisms that can make you sick. But if you have a food allergy, your immune system mistakenly treats something in a certain food as if it's really dangerous to you. The same sort of thing happens with any allergy, whether it's a medicine (like penicillin), pollen in the air (from grasses, weeds, and trees), or a food, like peanuts. So the thing itself isn't harmful, but the way your body reacts to it.

What's a Reaction Like?
If a kid with peanut allergy would have eaten that peanut-topped brownie, here's what would happen. Antibodies to something in the food would cause **mast cells** (a type of immune system cell in the body) to release chemicals into the bloodstream. One of these chemicals is **histamine**. The histamine then causes symptoms that affect a person's eyes, nose, throat, respiratory system, skin, and digestive system. A person with a food allergy could have a mild reaction — or it could be more severe. An allergic reaction could happen right away or a few hours after the person eats it. Some of the first signs that a person may be having an allergic reaction could be a runny nose, an itchy skin rash such as hives, or a tingling in the tongue or lips. Other signs include: tightness in the throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain & diarrhoea. In the most serious cases, a food allergy can

cause **anaphylaxis**. This is a sudden, severe allergic reaction in which several problems occur all at once and can involve the skin, breathing, digestion, the heart, and blood vessels. A person's blood pressure can drop, breathing tubes can narrow, and the tongue can swell. People at risk for this kind of a reaction have to be very careful and need a plan for handling emergencies, when they might need to get special medicine to stop these symptoms from getting worse. Many kids outgrow allergies to milk and eggs as they grow older. But severe allergies to foods like peanuts, certain kinds of fish, and shrimp often last a lifetime.

How Do You Know if You Have One?
Sometimes it's easy to figure out that a kid has a food allergy. He or she might get hives or have other problems after eating it. But other times, what's causing the problem is more of a mystery. Most foods have more than one ingredient, so if a kid has shrimp with peanut sauce, what's causing the allergy — the peanut sauce or the shrimp? Doctors believe that allergies could be hereditary, which means if your parent or another close relative has certain allergies like hay fever, you're more likely to develop the allergies. Some kids may develop food allergies while they are still babies, while others develop food allergies over time. This may be due to someone's surroundings or changes in the body as they grow older. Many people react to a certain food but are not actually allergic. For example, people with lactose intolerance get belly pain and diarrhoea from milk and other dairy products. That doesn't mean they're allergic to milk. They don't feel good after drinking milk because their bodies can't properly break down the sugars found in milk.

What Will the Doctor Do?
If you think you may be allergic to a certain food, let your parents know. They will take you to the doctor to get it checked out. If your doctor thinks you might have a food allergy, he or she

will probably send you to see a doctor who specializes in allergies. The allergy specialist will ask you about past reactions and how long it takes between eating the food and getting the symptom (such as hives). The allergist also may ask about whether anyone else in your family has allergies or other allergy-related conditions, such as eczema or asthma. The allergist might want to do a skin test. This is a way of seeing how your body reacts to a very small amount of the food that is giving you trouble. The allergist will use a liquid extract of the food and, possibly, other common allergy-causing foods to see if you react to any of them. (A liquid extract is a liquid version of something that usually isn't liquid.) The doctor will make a little scratch on your skin (it will be a quick pinch) and drop a little of the liquid extract on the scratched spot or spots. Different extracts will go on the different scratch spots, so the doctor can see how your skin reacts to each substance. If you get a reddish, raised spot, it shows that you are allergic to that food or substance. Some doctors may also take a blood sample and send it to a lab. That's where it will be mixed with some of the food or substance you may be allergic to and checked for certain antibodies. It's important to remember that even though the doctor tests for food allergies by exposing you to a very small amount of the food, **you should not try this at home!** The best place for an allergy test is at the doctor's office, where the staff is specially trained and could give you medicine right away if you had a serious reaction.

How Are Food Allergies Treated?
There is no special medicine for food allergies. Some can be outgrown; others will last a kid's whole life. The best treatment is simply to avoid the food itself and any foods or drinks that contain the food. One way to figure that out is to read food labels. Any foods that might cause an allergic reaction will be listed near or in the ingredient list. Doctors and allergy organizations also can help by providing lists of safe foods and unsafe foods.

CONT. PAGE 9

We'll 'Keep Truckin'

~ the Second Truckies and Partners Reunion Rally at Miller Park Branxton raises \$1900



■ Gordon Martin had his AA180 International on display at the Branxton Truck Show. This was the truck he started with in 1958 carrying pigs and calves to Homebush Abattoirs. He then expanded into coal & cattle haulage. It is 60 years next March since he started the transport company and went into the pastoral business. Gordon is currently running 115 trucks and employs 170 people all told. The operation have depots are in Scone, Dubbo NSW and Oakley, Rockhampton QLD.



■ Truck drivers chatting and catching up on the past. (L to R.) Steven Furner, Nifty, Neil Baxter & Front Robert Rhodes.

200 attendees and 17 trucks were enough to raise \$1900 for two very worthwhile causes last Saturday at Miller Park Branxton. The charity fundraiser event raised a \$1000 for the local Branxton Girl Guides and \$900 for a local primary school teacher who is seriously ill

with brain cancer. Pupil Fletcher Knodler held a raffle to raise money for his teacher. The fundraiser brought together truck enthusiasts from the Hunter & north west of the state. Local Lions Club member and local resident, former truck driver

Bob Rhodes, who is battling MS organised the event to pay tribute to the local trucking industry. "The aim of the event was to let the region know that trucking is alive and well in the Hunter and is an integral part of keeping this valley moving," said Bob Rhodes. "There was a similar rally 2 years ago and attracted about 80 drivers and two trucks. "Saturdays show and rally have shown us that the local populous do like to see the trucks and characters involved in the industry. On Saturday there were people there who have nothing to do with the industry but thoroughly enjoyed the day," said Bob. Bob said Gordon Martin, an icon of the industry, who started in the industry way back in 1958 attended Saturday's event. Gordon Martin was inducted into the Transport Hall of Fame in 2006, for his personal contribution to the transport industry in Australia. Will they have another one; absolutely said Bob ... "bigger & better"



© A volunteer Pink Lady from Singleton Hospital, Betty Longue, was happy to catch with Branxton's Malcolm Winter at the truck show. Betty was the Pink Link Lady at the Singleton Dialysis Unit for the 8 year period that Malcolm was there awaiting a renal transplant. A healthy and happy reunion.

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Report



Mid range PCA – Greta
The accused in this matter is a 47 year old male from Greta. On Saturday 5 August

2017 about 5:00pm Black Holden Commodore Station Wagon was driven south along High Street Greta, in an erratic manner which caught police attention. Police followed the vehicle as it turned left into Hunter Street and drove at a speed greater than the posted 50km/h limit and turned right into Anvil Street and continued to drive in the same manner. The vehicle was stopped in Nelson Street Greta for the manner of driving and a breath test.

The accused admitted to consuming alcohol a short time earlier. The accused was breath tested and returned a positive reading to alcohol. As a result of this positive test the accused was arrested and conveyed to Singleton Police Station for Breath Analysis.

The accused underwent the Breath Analysis which gave a positive result of 0.105 grams of alcohol in 210 litres of breath.

As a result of this positive reading the accused was issued with Field Court Attendance Notice to appear before Singleton Local Court on 14 September 2017 for the offence Drive with Middle Range PCA 1st offence and his licence was immediately suspended.

Firefighter to face court after Kurri Kurri blaze
A retained firefighter will face court next month after being charged following bushfires at Kurri Kurri earlier this year.

On 18 January 2017, police from Central Hunter Local Area Command and firefighters responded to fires at Chinamans Hollow, Hart Road, Loxford, and McLeod Road at Kurri Kurri.

Strike Force Hingerty, comprising detectives from the Central Hunter Local Area Command assisted by the SCC Property Crime Squad's Arson Unit, was established to investigate the causes of the fires and identify those responsible.

Following inquiries by strike force detectives, a 28-year-old man was arrested at a home in Hall Street, Weston, on Monday (31 July 2017).

He was taken to Maitland Police Station and charged with four counts of intentionally causing a fire and concealing a serious indictable offence of another person.

The man was granted conditional bail to appear at Cessnock Local Court on Wednesday 6 September 2017.

Strike force detectives also arrested a now 27-year-old man yesterday (Tuesday 1 August 2017).

He was charged with an additional three counts of intentionally causing a fire and refused bail to appear at Newcastle Local Court today (Wednesday 2 August 2017).

Strike Force detectives are continuing their inquiries into the cause of the January fires.

NSW Police receive strong response to National Firearms Amnesty

A .44 calibre magnum revolver is among more than 6400 firearms that have been handed in for registration, sale or destruction across NSW during the first month of the National Firearms Amnesty.

From Saturday 1 July to Monday 7 August 2017, about 2400 firearms and firearm-related items have been surrendered, more than 3320 have been handed in for registration, and 740 have been acquired by dealers. Firearms surrendered to police and dealers so far include 1700 rifles, 460 shotguns and nearly 200 handguns.

Surrendered items of interest include four SKS assault rifles, a 9mm homemade sub-machine gun, a Colt AR-15 rifle, M1 carbine, a .44 calibre magnum revolver, and a Leader Dynamics T2 MK5 assault rifle.

Forensic Services Branch Detective Chief Inspector Wayne Hoffman said there has been a strong community response to the amnesty so far.

"We are pleased the people of NSW have made a statement supporting NSW Police in reducing the number of unregistered and unwanted firearms," Det Ch Insp Hoffman said.

"We've also received more than 110 prohibited weapons including samurai swords, knives, and other edged weapons."

Det Ch Insp Hoffman said its important people take the necessary measures to handle and transport firearms safely.

"For safety reasons we encourage the community to contact the NSW Police Force Firearms Registry for assistance to ensure firearms are safe before being handed in," Det Ch Insp Hoffman said.

"The amnesty runs until the end of September so there is still time to legally dispose or register firearms without penalty."

Firearms and firearm-related items can be surrendered under amnesty arrangements at approved drop-off points, which include licensed firearm dealers, mobile stations, and police stations.

Under no circumstances should loaded firearms be taken into public places – including police stations.

For more information visit www.firearmsamnesty.ag.gov.au or call 1800 803 041. Anyone with information concerning gun crime in NSW should contact Crime Stoppers on 1800 333 000.

Remember, information can be provided anonymously. We don't need to know who you are; all we need is the information you have to hand. It may just help us get illegal guns of the street, and save lives in the process.

Nearly 2,200 fined for mobile phone, seatbelt or vehicle defects in one-day blitz – Operation Compliance 3

Officers from the State's Traffic and Highway Patrol Command issued 2199 tickets for mobile phone, seatbelt, and defective vehicles in a one-day state-wide traffic operation.

The infringements were issued during Operation Compliance 3 which ran yesterday (Wednesday 9 August 2017), targeting dangerous driver behaviour. During the operation, officers continued to see people disobeying the law, with officers issuing 1277 infringements for mobile phone offences, 376 infringements for people not wearing seatbelts, and 546 infringements for vehicle defects.

Acting Assistant Commissioner Stuart Smith of the state's Traffic & Highway Patrol Command said yesterday's operation should serve as a warning for all drivers of the risks on our roads.

"To have nearly 2,200 infringements issued in a single day suggests a clear lack of personal responsibility by many drivers.

"Using a phone while driving, not wearing a seatbelt, or driving a defective car not only puts a driver at risk, it puts their passengers, other drivers, and pedestrians at risk of death or serious injury.

"It is disappointing to see so many people disobeying these simple road rules. Hopefully all 2199 people learned a valuable lesson yesterday; a lesson that could stop someone from being seriously injured or killed in the future.

"So far this year, 232 have already died on NSW roads. We need drivers to take full responsibility for their actions, to help prevent more people from losing their lives," Acting Assistant Commissioner Smith said.

This operation should act as a reminder to all road users to follow these safety tips:

- Distractions like a mobile phone while driving means your hands are off the wheel and your eyes are off the road. Being distracted greatly increasing your chances of being in a serious crash.

- Seatbelts save lives. Even when a car is fitted with airbags, not wearing a seatbelt means you are more likely to die or be seriously injured in a crash.

- Brakes and tyres are the most vital safety aspects of a vehicle. Check them regularly to make sure they are safe and compliant.

Council high-vis turns pink for breast cancer



You may notice something different about Cessnock City Council's outdoor crews from August to October as they proudly don pink high-vis shirts to support breast cancer awareness.

Breast cancer is the most common form of cancer diagnosed in women and is therefore an issue that hits home for many across our region. This staff-led initiative is now in its second year and employees hope their pink shirts contribute to raising both awareness and funding for the cause across the local government area. Council's outdoor crew proudly sporting pink high-vis shirts forms part of an employee

giving program where staff can make a donation to the National Breast Cancer Foundation. Cessnock City Mayor, Councillor Bob Pynsent, is extremely proud of staff for getting involved in this fantastic initiative.

"One in eight women in Australia will be diagnosed with breast cancer in their lifetime and I think we all know of someone who has been affected by this horrible disease."

"I am proud of our outdoor staff for raising awareness for this cause and I think it highlights the sense of community spirit existing within Council's workforce," added Cr Pynsent. Council's Director of Works

and Infrastructure, Justin Fitzpatrick-Barr said there's no doubt our outdoor crews will be highly visible over the coming months.

"This is a wonderful way for staff to express compassion and connection with the community and it's a real pleasure being part of such a warm hearted group of people."

The pink high-vis initiative coincides with Breast Cancer Awareness month, which takes place in October. For more information about employee giving opportunities, please visit <http://nbcf.org.au/partners/workplace-giving/>.

Cessnock City Seniors Festival wins big at Local Government Awards

Last week, the 2016 Cessnock City Seniors Festival won the RH Dougherty Award for Innovation in Special Events at the Local Government NSW Awards in Sydney.

The RH Dougherty Awards aim to recognise and encourage a greater understanding and communication by councils to their local communities and Cessnock City Council has done just that.

The Cessnock City Seniors Festival gets bigger and better each year and the 2016 program of events was well deserving of this award.

The theme in 2016 was *Love Life* and our local program offered 45 events and activities for local seniors across the region, which attracted over 1,500 participants.

Cessnock City Mayor, Councillor Bob Pynsent attended the awards and was extremely proud when Cessnock City Council was called up to the stage.

"I would like to congratulate everyone involved in planning, supporting and hosting events for the Cessnock City Seniors Festival in 2016."

"The Seniors Week Advisory Committee worked closely with over 30 local organisations, the Cessnock City Senior Citizen of the Year and Council to put the program together and this is a great recognition of the hard work that went in."

"This award illustrates the strength in partnerships and how wonderfully engaged our local community is and I look forward to what the 2018 Seniors Festival brings," added Cr Pynsent.

The Cessnock Youth Week Organising Committee should also be very proud as they were acknowledged as a finalist for Best Youth Week 2017 at the Local Government Awards.



CATHOLIC PARISH BRANXTON & SINGLETON

BRANXTON-GRETA PARISH MASS TIMES

Thursday 9.20am Mass St Brigid's Church Branxton
Saturday 4.30pm Reconciliation and 5pm Mass St Brigid's Branxton
Sunday 8am Mass St Catherine's Church Greta

SINGLETON PARISH MASS TIMES

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

FROM PAGE 8

What Is a Food Allergy? ~ Some people who are very sensitive may need to avoid foods just because they are made in the same factory that also makes their problem food. You may have seen some candy wrappers that say the candy was made in a factory that processes nuts, too.

Have a Plan ~ No matter how hard you try, you may eat the wrong thing by accident. Stay calm and follow your emergency plan. What's an emergency plan? Before a slip-up happens, it's a good idea to create a plan with your doctor and parents. The plan should spell out what to do, who to tell, and which medicines to take if you have a reaction.

This is especially important if you have a food allergy that can cause a serious reaction (anaphylaxis). For serious reactions, people may need a shot of epinephrine (say: eh-pih-NEF-rin) with them. This kind of epinephrine injection comes in an easy-to-carry container that looks like a pen. You and your parent can work out whether you carry this or someone at school keeps it on hand for you. You'll also need to identify a person who will give you the shot.

You might want to have antihistamine medication on hand as well, though if anaphylaxis is occurring, this medicine is **not** a substitute for epinephrine. After receiving an epinephrine shot, you would need to go to the hospital or a medical facility, where they would keep an eye on you and make sure the reaction is under control.

Living With Food Allergies ~ Having a food allergy is a drag, but it doesn't need to slow a kid down. Your mom, dad, and other adults also can help you steer clear of reactions.

But what if something you really like turns out to be on your "do not eat" list? Today, so many people have food allergies that companies have created lots of good substitutes for favorite foods — everything from dairy-free mashed potatoes to wheat-free chocolate chunk cookies

MHERV is coming

So 'who' is MHERV? ... Mherv is a rural life-saver in a purpose-built caravan that begins its 2017/18 tour of 56 centres across NSW in Cessnock, on the 24th and 25th of August, followed by Kurri on the 27th and 28th.

The Men's Health Education Rural Van (mherv) accommodates a registered nurse who runs some simple health tests for rural men who are notorious for not finding time to see their GP for check-ups. Many just 'drop dead in the paddock, at work in the mine, at home in the backyard, in the vineyard' ... because nobody saw it coming!

As a Rotary initiative, MHERV has been visiting rural centres since 2008 especially way out west. But the project has more potential than was being realised on casual outings.

Retired Magistrate and Cessnock Rotary Club's Steve Jackson has recently handed over the role of District Governor to Nelson Bay's Helen Ryan. During his Rotary District Governorship in 2016/17 he was keen to see the Mherv project really get 'out there' Now ... starting in Cessnock, and then Kurri Kurri, mherv is scheduled to undertake men's health screenings in 56 centres during 2017/18 Cessnock's Rotary Club president Graham Farish said "it's good that we can cooperate on this project with Kurri Kurri Club led by President Paul Hughes. We are having screenings in both towns, one after the other.

Cessnock -Thursday and Friday 25 August – Cessnock Supporters Club Carpark Kurri Kurri -Sunday 27th and

Monday 28th August – Main St Kurri- carpark at old Workers Club

As Rotarians are often seen raising money with barbecues, raffles and other events, but people rarely see where that money is being spent. Rotary will be doing these health tests without charge, it's a community project ... already on previous outings mherv has saved lives." MHERV is generously supported by The Royal Freemasons' Benevolent Institution. They have world's-best-practice aged care facilities in Cessnock and Kurri



Kurri, and also offer home care packages in the area. The RFB has provided funds for the registered nurse who is soon to join the project to conduct the tests. The dedicated mherv nurse will be assisted by community nurses whenever possible, so the two consulting rooms in the van can be used at the same time. Paul Cousins, CEO of the Cessnock Supporters Club is sponsoring the Cessnock leg of the Mherv visit On screening days both the Cessnock and Kurri Clubs club will have their barbecue lit up - hot and sizzling, close to the MHERV van in The Cessnock Supporters Club carpark and . All those who get checked will get a free sausage sandwich or whatever is on offer on the day. Screenings there will be between **9am and 5pm on both days.**

President Graham Farish says "it doesn't matter if you're farmer, a miner, a footy-fan or a publican, the local community needs you! ... so if you're one of those blokes who hasn't seen your GP for a checkup in ages ... 'man-up' and get checked for free!" It's a five minute ... non-invasive group of tests. • Blood pressure just to check the heart isn't too stressed. • Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. • Cholesterol ... just another pin-prick to see if levels are high and need attention. • There's also a test for bowel cancer ... we'll provide the kit, but

that needs to be done later at home. See! ... nothing to it! But in the past when mherv has shown us a bright red light,

we know that lives have been saved. C'mon girls! ... don't lose the one you love for the sake of five minutes with **MHERV "drag them in"** Girls! ... be persuasive! A health check with mherv is completely **FREE**. It is a community service provided by Rotary and our sponsors. You will see and hear about mherv before the van arrives in town. Local Rotary clubs will make sure you know all about it. Where the van will be parked, and the times it will be open to do the tests. Rotarians will host the project, they are people you know from your district ...they will be on hand throughout the visit. So... Visit MHERV ... just man up and get tested – your family will be glad you did!!

Enrolling now for 2018 Kirkton Public School

At Kirkton Public School we are excited to offer a range of academic, sporting, cultural and social opportunities for students, including:

- L3 Learning environment
- Premiers Reading Challenge
- Debating and Public Speaking
- Premiers Sporting Challenge
- School swimming program
- Soccer and Netball competitions
- NAIDOC Celebrations
- Small class sizes.....just to name a few.



We invite you to contact our school now to register your interest for 2018. We have vacancies in all years across Kindergarten to Year 6.

Please see below our **Kindergarten Orientation Program** dates beginning in Term 3. Call our school office for further details.

Thursday 24 th August	9.00-12.00
Thursday 7 th September	9.00-12.00
Thursday 21 st September	9.00-12.00

Our Kirkton community looks forward to meeting you soon.

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t: 02 6574 7152 m: 0427 473 405 f: 02 6574 7227
e: kirkton-p.school@det.nsw.edu.au
w: www.kirkton-p.school.nsw.edu.au



Fire safety reforms to protect consumers



A 10-point safety plan has been put together by the NSW Government in response to London's Grenfell Tower fire, to prohibit the sale and use of unsafe building products. The package aims to take unsafe building products off the shelves, identify and notify buildings with cladding and have people with the necessary skills and experience certifying buildings and signing off on fire-safety. Minister for Better Regulation

Matt Kean said: "This package will protect consumers from building products that are inherently dangerous or that are being advertised for use in a way that makes them dangerous."

Mr Kean added that where a dangerous product has been used, the legislation will allow for rectification orders as well as prosecution for people caught supplying, selling or using them.

What is included in the 10-point plan?

1. A comprehensive building product safety scheme that would prevent the use of dangerous products on buildings
2. Identifying buildings that might have aluminium or other cladding
3. Writing to the building/strata managers or owners of those buildings to encourage them to inspect the cladding and installation of cladding, if it exists
4. NSW Fire and Rescue visiting all buildings on the list, as part of a fire safety education program. This will allow them to gather information they need to prepare for a potential fire at that building, and provide additional information to building owners
5. Creating a new fire safety declaration that will require high rise residential buildings to inform state and local governments as well as NSW Fire and Rescue if their building has cladding on it
6. Expediting reforms to toughen up the regulation of building certifiers
7. Reforms to create an industry based accreditation, that will ensure only skilled and experienced people can do fire safety inspections
8. Establishing a whole of government taskforce that will coordinate and roll out the reforms
9. Instructing all government departments to audit their buildings and determine if they have aluminium clad-

ding, with an initial focus on social housing

10. Writing to local councils to follow up on correspondence they received from the state government, after Melbourne's Lacrosse Tower fire, in 2016. Mr Kean said many of these elements were already underway, including the establishment of the taskforce.

Chinese investment starting to wane

By William Shen, Director, Asian Division at TGC

Chinese investors invested \$31.9 billion in Australian real estate last year which is the highest level since the global financial crisis. Despite this, it appears that the Chinese investor interest in Australian property is starting to wane. Over the last three months, I've seen Chinese investors shifting their focus from residential to commercial, or withdrawing from the Australian property market entirely. **Why the new trend?**

1. Limited flow of currency out of China
- Until recently, China was one of the world's fastest-growing major economies, with growth rates averaging around 10 per cent. However, much of this growth is now fuelled by credit. In a bid to limit capital leaving the country and stabilise GDP, the Chinese government has set up strict policies for banks to limit and often block foreign transactions. As a result of these measures, Reserve Bank Board Member

and Treasury Secretary, John Fraser, noted that foreign investment applications have fallen sharply over the past year.

2. Increased taxes for foreign buyers
The NSW State Government recently increased the foreign investors' stamp duty from four to eight per cent and the annual land tax surcharge from 0.75% to 2%.

NSW Premier Gladys Berejiklian stated that the increased charges were not put in place to deter overseas investment, however the extra taxes are certain to have that effect.

3. Banks halting foreign lending
Buying off-the-plan is popular amongst foreign investors. However, to mitigate risk the major Australian banks have stopped lending to foreign property buyers. The result? A 43% drop in demand from Chinese investors in off-the-plan properties.

4. Other factors
 - Seasonality – investment tends to slow down during winter
 - New fines of up to \$5,000 for properties that remain vacant for more than six months
 - Some inflated prices which is negatively affecting rental yields.

Also there are many property owners who are yet to adjust to these changes and have very high price expectations which are unlikely to be met by the market.

All these factors combined are contributing to a lack of confidence, making Australian property purchases less attractive, especially for long-term investments.

The upsides

While the residential property market is more vulnerable to the decline in investor sentiment, particularly off-the-plan developments, suburbs with large Chinese communities (such as the Sydney CBD, Chatswood, Hurstville and Burwood) continue to see growth.

Australia also remains a safe haven for commercial investment. There is a growing trend towards Chinese buyers shifting their attention to offices, retail and industrial property investments. Indeed, according to a recent KPMG report commercial real estate is still the preferred place for Chinese to invest, making up 36% of direct investment in Australia. Commercial properties can offer much better yields, particularly in places such as the Sydney CBD and fringe suburbs, where rents have increased by up to 20% due to limited availability of stock.

What does the future hold?

The current slowdown is not a result of a shift in mentality, but a consequence of strict government policies and a tightening of lending. Australia will continue to be a popular place for Chinese to buy property, especially those looking to live here. Our

stable economic and political environment, clean air, quality food and sound education system, make it a desirable destination to relocate.

For commercial property, high yields will continue to entice foreign investors, despite a shortage of stock driving prices upward.

Whilst a property price adjustment looks very likely, Australian property has the strength the climb higher in the long term.

NCAT legislation amends needed ASAP

A decision that could leave tenants and landlords with no remedy to disputes must be rectified immediately.

The legal loophole emerged after the Court of Appeal declared in February that the NSW Civil and Administrative Tribunal (NCAT), which handles disputes between tenants and landlords, has no jurisdiction if one party lives in another state.

REINSW President John Cunningham said the residential rental property market is crucial to our society and involves significant investment by a broad investor base.

He added: "Inevitably there are disputes between parties which requires resolution. These disputes must have an efficient and cost effective means of resolution.

"It is not satisfactory for government to ignore the issue uncovered earlier this year as doing so creates additional problems, costs and disharmony between the parties involved. *CONT. P 11*

Girl Guide help with "Uplift Project"



Branxton Girl guides have recently been participating in an international project to collect second hand bras for women in Asia Pacific countries.

This project has been operating since 2005 and has supplied recycled bras, to needy women in areas including: Fiji, Philippines, Solomon Islands, Cambodia, Botswana, Northern Territory,

PNG and Sri Lanka. In many of these areas of the world, bras are often not available or very costly. So far Branxton Guides and other community groups in Branxton have donated over 100 pre-loved bras of all shapes and size. For more details about this project or information about Guiding in the Branxton/Greta area contact Chris Bray (0418230305) or christinebray@hotmail.com

'School Leaders' Breakfast' a huge success

Cessnock City Council was overwhelmed by the attendance at their annual School Leaders' Breakfast, with close to 270 students and teachers enjoying the event on Tuesday morning. Council started hosting this annual event eight years ago during Local Government Week and in that time, there have been some truly inspirational speakers.

These have included the likes of world champion wheelchair athlete, Kurt Fearnley, Everest conquering John Cantor and NRL legend Paul Harragon.

This year's speaker, Jamila Gordon, was equally impressive as she delivered her unique story about survival, overcoming the odds, remaining positive and dreaming big, which has led her to great things.

Separated from her entire family, Jamila arrived in Australia when she was just 18 years old, after escaping the Somalian civil war, via Kenya.

Starting out with next to nothing, her intelligence, aptitude and determination has led her on a journey to a global career, working for the likes of Qantas, IBM Europe and currently, Director and Global CIO of GetSwift Ltd.

Cessnock City Mayor, Councillor Bob Pynsent was blown away by Jamila's story and is pleased so many of our local school leaders were there to hear it.

"After hearing this courageous woman's story, I am certain every student in the room left feeling inspired and knowing they can achieve anything if they put their mind to it."

"The School Leaders' Breakfast is something we are very proud to offer our local schools each year during Local Government Week and is something I hope continues for years to come," added Cr Pynsent.



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Two tonne load limit now in place on Brookers Bridge

Concerns about the structural integrity of Brookers Bridge on Mirannie Road at Reedy Creek has prompted immediate action to restrict traffic on the bridge to cars only. Singleton Council is notifying affected residents today after bridge engineers who inspected the site yesterday reported significant structural issues and the need for immediate repair and loading restrictions to mitigate the risk of potential collapse. School buses and emergency services have also been notified. The timber bridge is now limited to a two tonne load limit and 10km/h signs are being installed on both approaches to the bridge. Council is also working to reinstate a side track around the bridge to allow heavy vehicle access for 20 to 25 tonnes, which will take about a week to complete. Anthony Egan, Council's Director Community Corporate and Community, said Council was in the process of completing a detailed design for the replacement of Brookers Bridge, but the structural report meant there was no alternative but to place restrictions on the bridge in the short-term. "The situation is exacerbated because Mirannie Road is a one way in, one way out route and no detours are available," he said. "But Council simply cannot compromise on the risks to the safety of people using the bridge. "A side track around the bridge has been used from time to time during periods of bridge maintenance shut down, and work is underway from today to re-open the track. "We are working as fast as possible on the replacement bridge, however detailed designs are still a few weeks away and will be followed by the tender process for construction, so the interim arrangements may be in place for a quite a few months."

Flagship event fund now open

Event organisers in the Hunter are being encouraged to apply for grants under the NSW Government's 2018 Flagship Event Fund, with expressions of interest open from last week.

Parliamentary Secretary for the Hunter Scot MacDonald MLC said the Fund will offer successful applicants a one-off annual grant of \$20,000 or a triennial grant of \$27,500 per year for three years. "I am delighted to announce that expressions of interest for the 2018 Flagship Event Fund are now open, providing events that have been running for more than two years with funding support for marketing activities aimed at driving overnight visitation," Mr MacDonald said.

"This is a great initiative to support the potential for the Hunter to increase the number of nights visitors spend in the region from an annual 8.8 million" NSW Minister for Tourism and Major Events Adam Marshall said the Fund, which is managed by the State's tourism and major events agency, Destination NSW, is part of the Government's record spend in rural and regional tourism.

"The NSW Government has committed \$43 million over four years to attract more visitors to experience our wonderful rural and regional destinations and events," Mr Marshall said.

"This Fund is part of our record investment in growing tourism across the State and represents rural and regional NSW at its best with local communities coming together to stage events, which are often a great reflection of the region's unique character and culture."

Expressions of Interest for the 2018 Flagship Event Fund are open until COB Friday 1 September 2017 and applicants whose expressions of interest sufficiently meet the criteria will be invited to submit a full application in October. For further information on the 2018 Flagship Event Fund and to lodge an expression of interest visit <http://www.destinationnsw.com.au/rfep>



FROM PAGE 6
Sue Moore, Mayor Singleton Council

Members say ...

.....it's interesting to hear about the similarities between smaller, regional local government areas right across NSW.

There's a common theme that even bigger metropolitan councils identify with, albeit on a vastly different scale and perspective, in terms of the need for more funding for essential infrastructure such as transport, health, education and economic development. But it can be argued that our smaller regional councils face a tougher battle when it comes to attracting the attention of the people who hold the purse strings on Macquarie Street, without the weight of a large population and a direct window to the goings-on in the NSW Parliament.

Which is why, while it might appear to be a contradiction that the Country Mayors Association hold its meetings in the "big smoke" - a long way from the dirt and dust for many rural and regional mayors - it's a perfect opportunity to knock on the doors of Parliamentarians and I'm happy to point out I did just that with three times last week.

There's no question Singleton has had plenty of success in making sure we're highlighted on the State Government's map, particularly this year with the NSW Cabinet visit still fresh in our minds.

But with applications still open for funding programs including the latest round of Resources for Regions and Country Communities Grants, we can't truly sing about our success until we have some funding announcements - and the cheques to go with them - well within our grasp.

What is interesting about these programs is that we are pitted against local government areas just like ours, in regional areas, facing the same sorts of issues whether the impacts of mining or simply the need for better services for our people without having to travel, as I did on Friday, to other areas.

We all know that Singleton makes one of the biggest contributions to the State's economy of any local government area in NSW, and that our people deserve the best infrastructure and the best services.

But while Singleton Council is doing its bit to make sure we have strong and prosperous communities through local services and advocating to all levels of government on those issues that require State and Federal decisions, we need a whole of community approach to make sure our voice can rise above the hundreds of others right across NSW.

Just as the State's local government areas are vastly different, so too can the needs and wants of communities within local government areas, and it's important that we recognise the distinctions between our towns and villages, including Branxton.

Having said that, we also know that we can get the best outcomes when we all work together. So, with temperatures rising this week on an early start to spring, we're also turning up the heat on a united front on all those issues important to everyone in our local government area - from transport, health and education through to water, tourism and planning.

FROM PAGE 10

NCAT legislation amends needed ASAP

"A resolution can be achieved in full or part by replicating legislation in other states where the problems created by the NSW legislation does not exist.

"Instead the government is sitting on its hands waiting for a decision from the High Court. The High Court is a very slow moving creature, so it could take until the end of the year for the matter to be heard.

"Meanwhile, it exposes both tenants and landlords to additional issues than the original dispute. Importantly the High Court may agree with the NSW Court of Appeal so the problem in these circumstances will continue.

"In the best interests of this important sector, the NSW Government must act swiftly and effectively and rush the required amendment to the legislation through parliament as quickly as possible."

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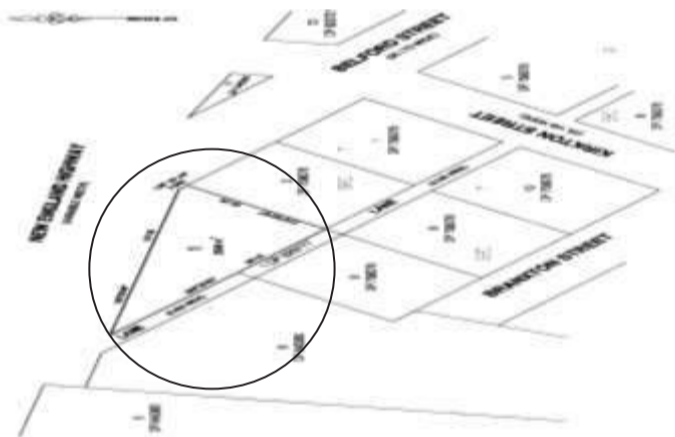


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GRETA



OLDER STYLE HOME IN NEED OF SOME TLC

This is an older style 3 bedroom weatherboard & tin cottage set on large enclosed block. Features include, lounge-room, sep. kitchen with good sized rooms. One for the handyman.

JUST LISTED

ASKING \$285,000

EAST BRANXTON

UNDER CONTRACT



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

NORTH ROTHBURY



Jewel Box Bush Cottage

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. A must to inspect
NEGOTIABLE

Asking \$290,000

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300

For Sale

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300



NORTH ROTHBURY

Lots 521, 523 & 524 Littlewood Road,
Vacant blocks

4ha (10 acres) very private bush blocks.
Fully Fenced & within minutes to Hunter Wine Country

ASKING: \$420,000 each



BRANXTON

Excellent family home in very popular street

This well established family home is located in the central part of Branxton. The property includes three (3) spacious bedrooms, separate lounge room, open plan dining area with slow combustion fire, neat kitchen, good sized bathroom, side access to single garage & rear decking overlooking a spacious backyard. This property has been very well maintained & is on 1011 square metres; a quarter acre block.

\$POA

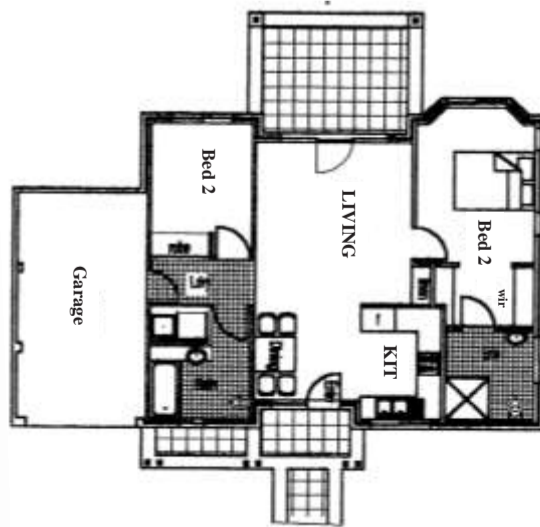


BRANXTON

"Central Branxton ~ you won't do better"

Large family home on 1160 square metres. Features include:- Sep lounge, open plan kitchen & living area, French door onto a large covered entertainment deck, 3 good sized bedrooms all with built-ins, neat & tidy bathroom & single lock-up garage with carport

ASKING \$389,000



BRANXTON

Two-bedroom unit 'Branxton Gardens' Senior Living

Features include ~ heritage designed 2 bedroom strata unit with an ensuite to the main bedroom, walk-in robe, a lock-up garage, natural gas & your own private courtyard. It is totally landscaped & also features security gating.

ASKING \$299,000

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300



us to revitalise our gardens. A big thankyou also to Kate and her team at Branxton Hardware for supplying us with what we needed as well as donating paint for us to add some colour to our paths. It's all looking very fresh and vibrant and we're excited to continue adding to our new fairy garden. We also were lucky enough to have a Family Fun Night at Greta McDonald's earlier in the year and money raised from that will be going towards new dress up costumes which



This year is flying by! Term 3 already!! This year Branxton Playgroup was grateful to receive a Dollar for Dollar Community Grant from Cessnock City Council to help

the children will love. Our AGM this year will be held on Thursday 14th September at 6pm. Positions that will need to be filled this year are Co-ordinator, Secretary, fundraising co-ordinator and also general committee members. The more help, the easier it is for our small volunteer run, not for profit community group to continue. We're asking everyone to bring a plate for a light supper. All welcome including children. If you haven't been to Branxton Playgroup before we provide an informal, relaxed and friendly space for children aged 0-6 and their parents and carers to play, learn and socialise. We run sessions Monday- Thursday from 9.30am at our playgroup hall which is situated in between the Community Hall and Branxton Preschool. Your first 2 visits are free and

it's a great way to meet people in the community and make new friends. If anyone would like any other information you can call Rachel on 0407015704 or give our facebook page Branxton Playgroup a like and message us on Facebook. Happy playgrouping everyone!



Congratulations to Adam & Tina OSMOND of 7 Scott Street, North Rothbury. They have created a fantastic landscape both front & back.





VIETNAM VETERANS' DAY


18 August 2017

Greta RSL Sub-Branch

would like to invite all of its members and the members of Branxton RSL Sub-Branch along with any other interested persons to attend this commemoration to commence at 11.00hrs at the Greta Remembrance Wall adjacent to the Greta Cenotaph

At the completion of this service a late morning tea has been organised at Greta Hotel – persons wishing to attend this morning tea are requested to notify Adrienne on 49387214 preferably by 14 August 2017





NEWS


Branxton/Greta CWA were asked to cater at a Clearing Out Sale at Quorrobolong, near Cessnock on Saturday, 5th August. Thank you to Neil Thomas for giving us the opportunity to do what we enjoy doing, in serving the community. Our best wishes to the previous owners and the new owners of such a lovely property. It was great to enjoy it just for one day.

Next on the calendar for us, will be the Broke Fair. We have been asked to have a cake/slice stall at the Broke Fair on Sunday, 10th September, which we are happy to do. For anyone who hasn't been to the Broke Fair, it is a great family day out (only 40 minutes from Branxton). For a gold coin entry, there is a classic car show (all in immaculate condition) for all car enthusiasts to enjoy and take photos of and proud owners are there to answer any enquiries about their cars. There are also plenty of stalls for the 'shop-a-holics' or just browse and enjoy and when the hunger pangs start, plenty of food stalls also. Well worth the visit.

On Sunday, 17th September, at St Brigids Markets, approx.. 50 Camp Quality Ride4Kids bicycle riders will be stopping for a rest and morning tea. Since they took a different route last year it will be great to catch up with the regular riders and meet the new ones and support them in their worthy cause. Their estimated time of arrival is 9.00am for anyone who would like to catch up with them and offer their support and talk to them about their ride.

Denise McGoldrick, Publicity Officer.





The Branxton Greta Men's Shed and its associated Ladies Craft group have completed another successful year. After some turmoil last year things have stabilised and things are going from strength to strength. During the year we have added another wood turning lathe to our wood shed and with that and our other tools we continue to make toys and repairs to furniture. Both the Men's and the Ladies stand had a successful day at the last Miller Park Fair. Throughout the year our members have been active helping out community members with building and renovation projects. We provided assistance with community events and updated the knowledge of our members with presentations about legal issues such as Wills/Power of Attorney and Guardianship, Stroke prevention and recognition. The veggie garden although now in winter mode continues to provide a rich crop and our model railway is progressing well.

The Shed is open on Wednesdays and Fridays from 8.00 am till 12:00 am, the Ladies operate on Tuesdays from 9:00 am till 2:00 pm. Come and see us if you want to know more or have an item that needs repair. We welcome anyone who wants to come and have a look and we'll throw in a coffee and a cake.



Pets and Patrols with Ranger Kurt

It is always so disappointing to see an abandoned shopping trolley by the side of the road or in our local parks, but unfortunately this is a sight we see all too often around the Cessnock local government area. Not only is it an eyesore, but it's often a safety hazard for pedestrians and motorists. Abandoned trolleys are also often used as tools for vandalising public spaces.

There seems to be a misconception in the community that it is solely Council's responsibility to retrieve abandoned trolleys. It is actually the retailers who need to provide adequate drop off points and take responsibility for wayward trolleys and the community must also do the right thing by returning them to the stores. A collective effort is needed to reduce the problem and we are calling on large retailers and community members to do their bit to minimise the number of trolleys being left unattended.

While Council is not directly responsible for the collection of trolleys, we do work closely with organisations such as Trolley Tracker to help reduce the problem.

Trolley Tracker provides both Council and the community with a quick and easy way to report Woolworths and Big W shopping trolleys for collection. To make a report, simply download the Trolley Tracker App or call 1800 641 497 and the information will be sent directly to the appropriate retailer for collection.

For any Coles trolleys, dial 1800 TROLLEY (1800 876 553) or download the free Trolley Collect App.

We are pleased to see some people in the community already using this service, as there were 51 local reports via Trolley Trackers for the month of July.

We would also like to remind residents that our Rangers can issue on the spot fines to those who leave a trolley in a public space, so do the right thing and return it.

Another issue we would like to highlight this month is residents parking their cars on the footpath, which is both illegal and unacceptable.

Everyone has the right to walk from point A to B safely and by parking your vehicle on the footpath, you are creating an extra hazard.

Imagine you send your kids off to walk to school and on the way they get hit by a car as they needed to veer on to the road due to someone leaving their vehicle on the footpath. A scary thought to say the least.

Footpaths are there for pedestrians, not for you to park your car, so next time please think before you put someone's life at risk.

More than 1,500 pedestrians are hit on NSW roads each year. Even if you are familiar with the road, it is important to take an extra moment to look out before you step out and always choose the safest place and time to cross.



You can contact Council on 02 4993 4100 or www.cessnock.nsw.gov.au



GRETA WORKERS CLUB
2 WEST ST GRETA
4938 7325

MILLER PARK SPORTS CLUB
6 MAITLAND RD EAST BRANXTON
4938 1226

GRETA WORKERS

*MEMBERSHIPS
NOW DUE
TWO CLUBS
ONE MEMBERSHIP*

*FRIDAY 18th AUGUST
THE TWANGSTERS
FRIDAY 25th AUGUST
SUMMERLAND KINGS*

MEMBER'S BADGE DRAW

WEDNESDAY
16th AUGUST - \$500
SUNDAY
20th AUGUST - \$800

OAKS RESTAURANT
GREAT AUSSIE FOOD
LUNCH & DINNER
TUESDAY — SUNDAY

A.G.M.

SUNDAY 9.30am
27th AUGUST 9.30am

MILLER PARK

MEMBERS BADGE DRAW
THURSDAY 17th AUGUST
\$5,000
SUNDAY 20th AUGUST
\$5,000
MUST BE PRESENT TO WIN

HAPPY HOUR
MILLER PARK WEDNESDAY
5.00 — 7.00pm
GRETA THURSDAY
4.00 — 6.00pm
\$3.40 a Schooner

"THE PARK"
RESTAURANT
WEDNESDAY — SUNDAY
GREAT FOOD
CLUB PRICES

RAFFLES
FRIDAY
MEAT RAFFLE
7.00PM
SUNDAY
MEAT RAFFLE 6.00pm



detail on the type of training and personality needed for this program. As the plot thickens

Rapp is sent to do special operations, assassinating known terrorists, and climaxes in Beirut where all his skills and intelligence are needed to help rescue himself and fellow CIA operatives. Although there is much less political commentary in this novel than in the last two, this book is not completely devoid of politics. Flynn discusses the issue of torture, targeted assassinations, and the need for America to take an aggressive stance in fighting America's enemies. He mentions how William Buckley, the Lebanon CIA Station Chief, was kidnapped and through torture gave up to the terrorists' valuable actionable intelligence. Flynn explores the issue and emphatically points out to the reader that torture does work. He told blackfive.net that "torture done properly will always get you the information. Talk to anybody in the US military, any special ops person, any intelligence person and they will tell you if captured they will break. The key is to not talk for twenty-four hours to allow time to destroy the information and move the assets." Targeted assassinations are explored through Mitch Rapp's eyes. A quote from the book echoes this, "and

Hardcover Fiction Top 5 at a Glance
 1. TOWERS OF MIDNIGHT, by Robert Jordan and Brandon Sanderson
 2. THE CONFESSION, by John Grisham
 3. INDULGENCE IN DEATH, by J. D. Robb
 4. THE GIRL WHO KICKED THE HORNET'S NEST, by Stieg Larsson
 5. AMERICAN ASSASSIN, by Vince Flynn

Book Review- "American Assassin" by Vince Flynn

American Assassin is a vintage Vince Flynn novel. Although all of his books are considered "grade A" political thrillers, this novel is definitely an "A +". This latest book reverts back to the style of his earlier novels, Transfer of Power and The Third Option, very character and plot driven with much less political commentary. The reader is taken on a whirlwind tour from the "CIA farm" in Virginia to Turkey, Germany, Switzerland, and Lebanon. The book starts off with a young, 23 year old recruit, Mitch Rapp, being trained for a special, covert program within the CIA. Flynn goes into great



ABOUT Vince Flynn

Vincent "Vince" Flynn (April 6, 1966 – June 19, 2013) was an American author of political thriller novels. He also served as a story consultant for the fifth season of the television series 24. He died on June 19, 2013, after a three-year battle with prostate cancer.

Early life and education

Flynn was one of seven children born to Terry and Kathleen Flynn, and a graduate of Saint Thomas Academy (1984) and the University of St. Thomas (Minnesota) (1989).

Early career

Post graduation, Flynn went to work for Kraft Foods as an account and sales marketing specialist. In 1991, he left Kraft to pursue a career as an aviator with the United States Marine Corps. One week before leaving for Officer Candidate School, he was medically disqualified from the Marine Aviation Program. In an effort to overcome the difficulties of dyslexia, Flynn forced himself into a daily writing and reading regimen. His writing influences included Clancy, Hemingway, Irving, Ludlum, Tolkien, and Vidal.

Writing and media career

His newfound interest in such novels motivated him to begin work on a novel of his own. While employed as a bartender in the St. Paul area, he completed his first book, *Term Limits*, which he then self-published. "I had just finished reading *The Government Racket: Washington Waste from A to Z*, by Martin L. Gross. It is without a doubt the most disheartening and enlightening book about politics that I've ever read. I was out jogging one day wondering what it would take to really change Washington, when my thoughts turned to a friend who had been shot and killed in Washington, D.C., several summers earlier. As I continued running, a story started to unfold." Pocket Books published the hardcover edition of *Term Limits* in 1998, and the mass market paperback of *Term Limits* in 1999, which spent several weeks on *The New York Times* bestseller list. Subsequent works, including Flynn's 1999 novel, *Transfer of Power*, his 2000 novel *The Third Option* and his 2001 novel *Separation of Power*, also appeared on the *New York Times* bestseller list, with *Separation of Power* reaching as high as #7. Flynn's fifth novel, *Executive Power*, was published in hardcover by Atria Books in May 2003, followed by his sixth novel, *Memorial Day* in 2004, his seventh novel *Consent To Kill* in October 2005, his eighth novel *Act Of Treason* in October 2006, his ninth novel *Protect And Defend* in 2007 and his tenth novel *Extreme Measures* in 2008. With the exception of his first novel *Term Limits*, his works centered around counter-terrorism agent *Mitch Rapp*. His 2008 release, *Extreme Measures*, became the ninth novel in the series. Flynn wrote six *New York Times* bestsellers for Atria Books, and had a contract for four more. He remembered deciding between following the path that was the most uncomfortable — continuing with what looked to be a promising career as a commercial real estate leasing agent — or taking a big risk and start a new career as a writer. "I look back on it now and I couldn't be happier with my decision, but at the time I remember a lot of people thought I was nuts."

In February 2008, Flynn agreed on film and book projects with CBS Corporation units CBS Films and Simon & Schuster/Atria Books. Lorenzo di Bonaventura was negotiating to produce *Mitch Rapp* films. The film *American Assassin* is scheduled for release in September 2017. Atria Books got worldwide rights to four books by the author. In August 2010, Flynn signed a two-book deal for a new series that he would have co-written with Brian Haig, a retired Army Lieutenant Colonel. He was a frequent guest on *The Glenn Beck Radio Program* on the Fox News Channel.

Personal life

Flynn lived with his wife, Lysa, and their three children in the Minneapolis-St. Paul (Twin Cities) area.

a civilized society would never condone assassinations, even in instances where it involved national security." Rapp points out that people are overly concerned over individual killings. When asked, Flynn sarcastically noted that "there is no difference between a sniper and firing a drone. Someone needs to explain the difference between shooting a terrorist in the back of the head in a Paris alley, and firing a missile into a mud building in

Pakistan."The characters are very well developed. There is a definite distinction between the good guys and bad guys. It was interesting how the enemy was presented, moving from America's old adversary, Russia to America's new adversary, the radical Islamists. Flynn showed through the antagonists the tie in between the Cold War ending and the new war, the War on Terror, beginning.

The protagonists of the book are Vince Flynn reader's favourite characters, Mitch Rapp, Irene Kennedy, and Thomas Stansfield. These characters are young, not the powerful intelligence leaders the fans have come to respect, but those whose personalities are being developed. For example Kennedy is seen in this book as emotional at times and is chastised by Stansfield for not following his instructions of being publicly stoic and unemotional as seen in later books.

Rapp is also not the self assured, independent worker but a raw recruit that is learning and refining his skills. A somewhat new likeable character is Stan Hurley who made a cameo appearance in the previous book, Pursuit of Honor. Hurley has a gruff, black and white view of the world and as Flynn states, "Stan Hurley stands for a lot in this book. He is an old school guy who feels like the world is going to hell around him." Vince Flynn waited over twelve years to write the prequel to the Rapp-Kennedy series which he plans on continuing with two more books. This book shows that the wait was well worth it. There are insightful comments, characters whose personalities are clearly defined, and a fast paced plot. If you are a fan of this series you will definitely be happy with American Assassin and if you have never read Flynn, this novel is a good start.

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Australian Government
Department of Defence

DEFENCE FIELD FIRING RANGES

WARNING NOTICE

Residents of areas adjacent to Singleton Training Area are warned it is an Army Live Firing Range. Singleton Training Area is described generally as the area bounded to the south by Pokolbin State Forest, to the east by commercial vineyards and to the west by a combination of rural developments and open cut coal mines. The northern boundary is defined by the Golden Highway which separates the range area from the Singleton Military Area. Firing practice using live ammunition are conducted continuously on this training area. Low power laser range finders are also used. Death or serious injury may result from being struck by a projectile. Eye damage may occur when viewing laser beams from within the training area boundary. Unexploded ammunition is extremely DANGEROUS and should NOT be handled, but should be reported immediately to the nearest Police Station or Army unit. No reward will be paid for the reporting of ammunition which may be located on the training area. Persons found trespassing on Army Training Areas will be prosecuted. Enquiries regarding the Singleton Training Area should be directed to: The Range Control Officer, Range Control, Directorate of Operations and Training Area Management, Range Road, Singleton Training Area, Singleton NSW 2331.

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JR ~ Well Done

NSW for over 18 months as well as performing my Group Officer role for the Lower Hunter district. However, I have now been offered and appointed to a full time role as a District Officer attached to Mid-Coast District. So sadly, and with some mixed emotions, and relocation, my decision to retire has been made and accepted," said JR.



JR began his volunteer firefighter service in 1979 at the age of 14 as a member and 'equipment officer' at North Rothbury Bush Fire Brigade (it was known as then). From there he progressed through all ranks to Captain 3 Rural Fire Brigades in the Lower Hunter. Those Brigades being Headquarters BF Brigade Cessnock stationed at Cessnock Fire Control Centre, Lovedale BF Brigade stationed at Cessnock Corrective Centre and were it all started at his old Brigade North Rothbury RFB. In 1995 he was appointed by the District Fire Control Officer to the position of Deputy Group Officer and in 2000 appointed to Group Officer responsible for 6 RFS stations in the Lower Hunter

District which is the highest rank that can be obtained by a RFS volunteer Fire Fighter.

"I have had the privilege and pleasure of working alongside and leading the best fire fighters in the world both in NSW, and on interstate and oversees deployments during some of the worst bush fire and emergencies incidents in Australia's history. I will always have proud and moving memories of our local fire fighters, and the efforts and sacrifice they and their families made to achieve positive outcomes for communities effected during those times and protecting life and property," said JR.

"I would like to personally acknowledge the support you have given to myself and our local Brigades throughout the years, and for the support of all the local businesses in Branxton, Greta & North Rothbury that have always provided any assistance to our local fire fighters.

"I often get asked what some of the highlights of my service as a fire fighter are, or what do I remember most, and obviously other than acknowledging our fire fighters and having the privilege of leading the worlds very best fire fighters I would have to say being acknowledged by my peers as one of the first to be recognised alongside my good mate, and fire fighter, the late Paul 'Sando' Sanderson for the honour of life membership of the North Rothbury Rural Fire Brigade were it began for me all those years back," said JR.

On behalf of the local community we wish you 'bon voyage' & acknowledge & thank you for the 38 years service you have given to our community ~ well done.

• Photo Above: John Ryan 'JR'.

As of 2 August & after 38 years volunteer service with the NSW Rural Fire Service North Rothburys' John Ryan (JR) has retired from the position of NSW RFS Group Officer attached to the Lower Hunter District. "After giving careful consideration about my decision I will no longer be responsible for the local RFS Brigades within the Cessnock LGA and Lower Hunter. As you may not be aware I have been working for the RFS in a temporary role throughout

Welcome boost for Hunter Valley Wine Country

Cessnock City Council has been allocated \$1.25 million under the Building Better Regions Fund (BBRF) for a \$2.5 million Hunter Valley Wine Country Tourism Signage Implementation Project. The \$481.6 million BBRF supports the Australian Government's commitment to create jobs, drive economic growth and build stronger regional communities into the future.

This Federal grant was the result of a successful application to the BBRF and Council will leverage from previous funding to match the grant dollar for dollar.

This exciting project involves implementing new signage across the Cessnock local government area (LGA), including information bays, city gateway signs, precinct and directional signage. The new infrastructure will also include braille and QR coding technology which will assist visitors to explore key tourist areas. Cessnock City Mayor, Councillor Bob Pynsent welcomed this much-needed funding boost and said it's the perfect opportunity to progress the new signage strategies Council has in place.

"Welcoming 1.5 million visitors per year, it's no secret Hunter Valley Wine Country is a major tourist destination and the concentration of drive-visitors makes effective wayfinding and informa-



tion signage a necessity." "Tourism is our largest employing sector and generates high economic activity across the region and it is vital we continue to support the growth of this important industry" "I am proud of Council staff who continue to apply for and win grants which not only benefit and support our region, but the whole

of the Wine Country, which crosses LGA boundaries," added Cr Pynsent. Once complete, the signage will guide visitors to, through and around the region and strengthen our position as a premier tourist destination in Australia. For more information about the Cessnock LGA and Hunter Valley Wine Country Signage Strategies, visit www.cessnock.nsw.gov.au/planning-and-development/publications/signage

• Photo: Artist impression

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Thursday

Badge Draw \$1000 as at
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Baby Oli's Day

24th September 2017
 At Branxton Golf Club

25 Cessnock Rd

02 49 382155

\$50 per player- 9 holes
 2 person ambrose
 Tee off 8.00am
 Snag and steak Burgers at
 Halfway house

Win (47) Schooners
 Badge Draw \$2100
 As at 11/8/2017

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A position is available for a casual bar person. Limited hours with the possibility of additional hours, depending on function bookings.

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 Applications close Wednesday 23/8/2017



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TAKE SOME GOOD ADVICE

SSD vs HDD

Most people now buy laptops for their computing needs and have to make the decision between getting either a Solid State Drive (SSD) or Hard Disk Drive (HDD) as the storage component. So which of the two is the better choice, an SSD or HDD? There's no straight-forward answer to this question; each buyer has different needs and you have to evaluate the decision based on those needs, your preferences, and of course budget. Even though the price of SSDs has been falling, the price per gigabyte advantage is still strongly with HDDs. Yet, if performance and fast bootup is your primary consideration and money is secondary, then SSD is the way to go. For the remainder of this article, we will make a comparison of SSD and HDD storage and go over the good, the bad, and the ugly of both.

What is an SSD?

We'll make no assumptions here and keep this article on a level that anyone can understand. You might be shopping for a computer and simply wondering what the heck SSD actually means? To begin, SSD stands for Solid State Drive. You're probably familiar with USB memory sticks - SSD can be thought of as an oversized and more sophisticated version of the humble USB memory stick. Like a memory stick, there are no moving parts to an SSD. Rather, information is stored in microchips. Conversely, a hard disk drive uses a mechanical arm with a read/write head to move around and read information from the right location on a storage platter. This difference is what makes SSD so much faster. As an analogy, what's quicker? Having to walk across the room to retrieve a book to get information or simply magically having that book open in front of you when you need it? That's how an HDD compares to an SSD; it simply requires more physical labour (mechanical movement) to get information.

A typical SSD uses what is called NAND-based flash memory. This is a non-volatile type of memory. What does non-volatile mean you ask? The simple answer is that you can turn off the disk and it won't "forget" what was stored on it. This is of course an essential characteristic of any type of permanent memory. During the early days of SSD, rumours floated around saying stored data would wear off and be lost after only a few years. Regardless, that rumour is certainly not true with today's technology,

as you can read and write to an SSD all day long and the data storage integrity will be maintained for well over 200 years. In other words, the data storage life of an SSD can outlive you!

An SSD does not have a mechanical arm to read and write data, it instead relies on an embedded processor (or "brain") called a controller to perform a bunch of operations related to reading and writing data. The controller is a very important factor in determining the speed of the SSD. Decisions it makes related to how to store, retrieve, cache and clean up data can determine the overall speed of the drive. We won't get into the nitty-gritty details for the various tasks it performs such as error correction, read and write caching, encryption, and garbage collection to name a few. Yet, suffice to say, good controller technology is often what separates an excellent SSD from a good one. An example of a fast controller today is the SandForce SATA 3.0 (6GB/s) SSD controller that supports burst speeds up to 550MB/s read and write speeds. The next gen SandForce 3700 family of controllers was announced in late 2013, and is quoted to reach a blistering 1,800MB/s read/write sequential speeds as well as 150K/80K random IOPS.

The form factor of the SSD is actually the same as a regular hard drive. It comes in a standard 1.8", 2.5", or 3.5" size that can fit into the housing and connectors for the same-sized hard drives. The connector used for these standard sizes is SATA. There are smaller SSDs available that use what's called mini-SATA (mSATA) and fit into the mini-PCI Express slot of a laptop.

What is an HDD?

Hard Disk Drives, or HDD in techno-parlance, have been around for donkey's years relative to the technology world. HDDs were first introduced by IBM in 1956 - yes folks this is nearly 60-year old technology, thank goodness vacuum tubes for TVs didn't last so long! An HDD uses magnetism to store data on a rotating platter. A read/write head floats above the spinning platter reading and writing data. The faster the platter spins, the faster an HDD can perform. Typical laptop drives today spin at either 5400 RPM (Revolutions per Minute) or 7200RPM, though some server-based platters spin at up to 15,000 RPM! The major advantage of an HDD is that it is capable of storing lots of data cheaply. These days, 1 TeraByte (1,024 gigabytes) of storage is not unusual for a laptop hard drive, and the density continues to grow. However, the cost per gigabyte is hard

to calculate now-a-days since there are so many classes to consider, though it is safe to say that all HDDs are substantially cheaper than SSDs. As a comparison, the popular WD Black (1TB) goes for roughly \$69 on most websites while the OCZ Trion 100 (960GB) and Samsung 850 EVO (1TB) SSDs go for \$199 and \$319 respectively, three to five times the price of the WD Black. So if you want cheap storage and lots of it, using a standard hard drive is definitely the more appealing way to go.

When it comes to appearance, HDDs essentially look the same from the outside as SSDs. HDDs predominantly use SATA interface. The most common size for laptop hard drives is the 2.5" form factor while a larger 3.5" form factor is used in desktop computers. The larger size allows for more platters inside and thus more storage capacity. Some desktop hard drives can store up to 6TB of data! Below is an example of what an HDD looks like using the Hitachi Deskstar 7K4000 4TB hard drive:

If we tally up the checkmarks, the SSD gets 9 and HDD gets 3. Does that mean the that an SSD is three times better than an HDD? Not at all. As we mentioned earlier, it all depends on individual needs. The comparison here is just to lay out the pros and cons for both options. To aid you even more, here are some rules to follow when you decide which drive is best for you: An HDD might be the right choice if:

- You need lots of storage capacity, up to 10TB
- Don't want to spend much money
- Don't care too much about how fast a computer boots up or opens programs - then get a hard drive (HDD). An SSD might be the right choice if:
- You are willing to pay for faster performance
- Don't mind limited storage capacity or can work around that (though consumer SSD now go up to 4TB and enterprise run as high as 60TB) HDDs are still the popular choice for the majority of average consumers, usually choosing the HDD as the storage option in their new computer simply due to the much cheaper cost. However, more and more consumers desire top computing performance and are opting for an SSD inside their new setup or as an upgrade to their current one. As such, SSDs are well on their way to becoming the mainstream, standard storage mechanism, especially for laptops given the advantages they present for a mobile device (they are currently the default storage

device in the Ultrabook category). That said, there will always be a market for both HDDs and SSDs. The advent of mSATA SSD devices and hybrid drives that include both SSD and HDD features is another option for consumers seeking a bit of the best of both worlds.

How to Improve Your Computer's Performance

Few things are as frustrating as dealing with a slow, sluggish computer. When a computer is brand new, it works wonderfully well. Over time, though, its performance can slowly begin to worsen. **Strategy #1: Clean Your Computer's Windows Registry**

Invest in a high-quality Windows registry cleanup program and configure it to run once per day - you won't believe the difference that it makes.

Strategy #2: Remove Unneeded Files

Use a PC cleaning tool that's designed for the purpose. Try to do so about one time per week to keep your computer humming along with ease.

Strategy #3: Remove Unneeded Programs

You can optimize your computer in this way by using its Add/Remove Programs feature. Its location varies by operating system, but you should be able to find it somewhere in the Control Panel.

Strategy #4: Empty the Recycle Bin

This small but important strategy can make a huge difference.

Strategy #5: Perform a Disk Defragmentation

Windows isn't very efficient when it comes to storing files. It actually splits them up, depositing them into whatever spaces are available. The more spaced apart the pieces of a file are, the harder your computer has to work to make them run. The Windows disk defragmentation system tune-up utility works to piece all of those files back together again. The process is a long one, though, and only needs to be done about four times per year. Set it up to run automatically once every three months. By doing so, you'll be able to keep your computer running in tiptop shape.

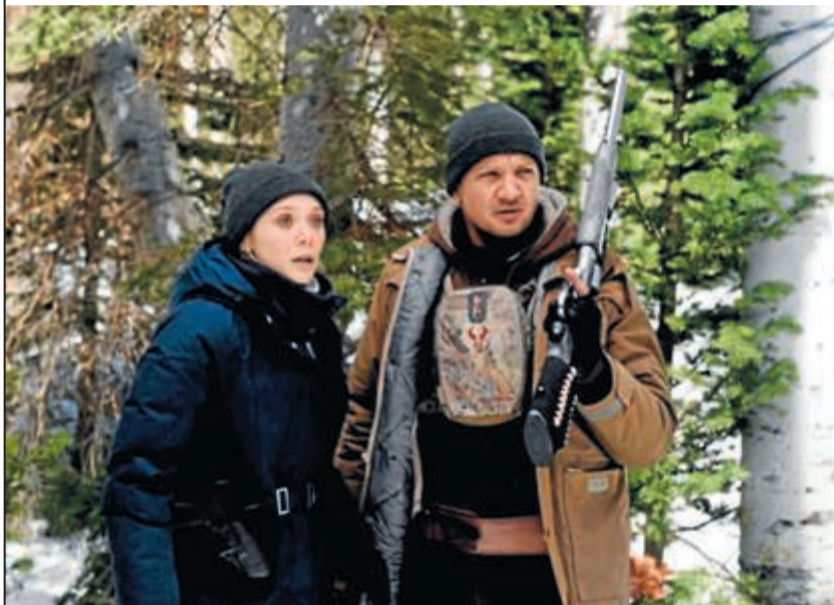
When it comes to keeping your computer running optimally, small but regular maintenance is the best way to go. Protecting your PC only does so much; even the most careful Internet users in the world unintentionally download malicious software from time to time. By using basic system tune-up tools, cleaning your computer's Windows registry regularly, performing regular file-cleaning maintenance and otherwise optimizing your PC, you should be able to keep it in like-new condition for a lot longer.

MOVIE REVIEW

Wind River

MOVIE INFO

WIND RIVER is a chilling thriller that follows a rookie FBI agent (Elizabeth Olsen) who teams up with a local game tracker with deep community ties and a haunted past (Jeremy Renner) to investigate the murder of a local girl on a remote Native American Reservation in the hopes of solving her mysterious death. Written and directed by Taylor Sheridan, WIND RIVER also stars Gil Birmingham, Jon Bernthal, Julia Jones, Kelsey Asbille, and James Jordan.



In 'Wind River,' Taylor Sheridan takes us to a new place

To talk about the story of "Wind River" doesn't tell you much about why it's a superior movie. The story deals with a murder on an Indian reservation and an FBI investigation by an officer that comes from out of town, and if you've made it this far into the sentence I congratulate you, because I might have stopped either at the Indian reservation or the part about the FBI. "Wind River" sounds like the usual thing, but it's not. Yes, the story here performs its function. It's interesting and at times even exciting and suspenseful, but its emotional effect has much to do with the characters and our investment in them. Taylor Sheridan, who wrote screenplays for "Sicario" and "Hell and High Water," wrote and directed this with an unmistakable commitment to the place and the people he was depicting. He takes us somewhere. We learn the customs, and the world, and the weary philosophy that everyone seems to share, and come away almost feeling as if we've been there, or that these people and places have somehow become part of our interior landscape. The movie is set in Wyoming, on an Indian reservation during the winter, at a time when everything isn't just covered in snow, but practically buried in it. Everyone is slowed down.

Going outside requires preparation and proper clothing. Walking is difficult. Driving is dangerous and complicated. So what looks peaceful from a distance is actually perilous, and everything awful in human nature that you might expect to be suppressed by the temperature and the landscape is just bottled up and looking for ways to explode. A young woman's body is found in the snow, miles from shelter. Her feet are bare and frostbitten, and she has died from something most of us have never heard of, a process by which the lungs crystallize and hemorrhage from the cold. An autopsy reveals that she was raped, so she was running from something. Jeremy Renner plays the hunter and tracker that finds her body, and it turns out that he knew her. She was a friend of his daughter, who died two years earlier and in pretty much the same way. If this sounds like a crazy coincidence, a contrivance of the plot, it actually speaks to something far worse. Native American women have the highest rates of rape and assault in the country. So it's not far-fetched that two girls who knew each other might suffer the same horrible fate. Graham Greene plays the local police chief, but he has only a handful of officers tasked with policing an area the size of Rhode Island. So the FBI is brought in, but inevitably, it's just one officer, young and practically in training wheels, who knows nothing about Indian reservations or even cold weather. But as played by Elizabeth Olsen, she's tough and wants to do a good job. Most of the movie deals with the tracker and the agent and

their collaboration to find the person responsible. The plot gives the story propulsion, and there is never a sense of things slowing down, and yet Sheridan finds time to expand into the character's lives. Renner's performance isn't so much about presenting a certain kind of professional or illustrating a certain kind of person within a certain kind of environment as it is about presenting a portrait in grief. Better still, it's a portrait in living with grief and having it transform, in the words of Aeschylus, into "wisdom, through the awful grace of God." Renner is moving in this, and Olsen has a nice contained ferocity, which is a good and unsentimental choice for the character. But in some of the supporting and featured roles, there are stray moments that are hit too hard, that take "Wind River" into the realm of melodrama and almost past it, into absurdity. This is probably just a consequence of Taylor's directing his own material and having no buffer between his impulses and what appears on screen. All the same, "Wind River" is an impressive effort and an impressive result that opens up a world that most of us have never thought about and renders it with sorrow and vividness.

Mick LaSalle is The San Francisco Chronicle's movie critic.

4/5



Wines & Vines

'Let us celebrate the occasion with wine and sweet words' **Plautus**

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



This article was first published in September 2011.....
Today marks the tenth anniversary since I was begrudgingly employed to write for this illustrious and ingratiating publication.....
"Andrew.....what is your greatest talent?"
"Drinking!"
"Noooo....."

"Yes.....it really is!"
"No, it's not! It's writing! I have been reading your stuff for many years and I would like you to come and write for us....."
"No thanks!"
"I will pay you ten cents per article."
"No....really....no!"
"I'll throw in an orange each week."
"Uuuuummm.....will it be a big orange?"
"Yes."
"Yeah.....OK.....I'll do it!"
Ten years! I knew I was completely full of s***, but not ten years worth! How one surprises one's self. I think it's time I asked for a raise. Ten cents and an orange was very generous back in the day but by today's standards, that ten cents is comparatively worth five cents and the orange between a grape and a cherry. Then again, it's amazing how far an orange can go if you're clever with the portions. Look, it's still better pay than the wine industry so I better just shut up and toe the line.
I guess the one benefit of having to sit week-in, week out writing this article is that it allows you some space to really focus on what you're doing and.....sorry.....where were we? Aaahhhh yes..... actually, no.....lost it again..... uuummm.....a bit wet outside, don't you think? Aaaahhhh.....a convenient distraction. My four year old is crashing his way through the door as we speak.
"That's it little man.....it opens and shuts when you turn that small handle...just like it did yesterday...and the day before....and the two billion times before that.....CRASH!!.....don't worry mate.....handles are overrated."
Hold on a second, so sorry about this.....
"Hey little man.....what are you doing with Mummy's phone?"
"Uuummm.....I'm going to put it in the toilet."
"WAIT!!! Make sure you flush it properly and wash your hands well afterwards!"
"OK!"
"WAIT!!!.....make sure you dry them properly as well....."
I do apologise for that. So, where were we? Yes, it's a bit like that today, isn't it? Everything seems a bit pointless. And that is a great place to be. Someone asked me the other day how I come up with all this twaddle for these articles (did I mention it was ten cents?) and my answer was simple...I don't know! It's all just pointless and meaningless. Why I ask, is my four year old currently in the adjoining room attempting to flush his mother's very expensive mobile phone down the toilet? I don't know! It's pointless! It's meaningless! But it just could be ingenious.....
You see, the problem with being an adult is that you've lived long enough to form opinions and have experience of sorts. People see this as a benefit. What if I were to tell you that it just could be a disadvantage? We all seem to spend an amazing amount of valuable time we will never get back, intently weighing up situations which allow us to make 'decisions' or in my language, 'committed assessments'. I don't know. The moment I have to weigh up a situation is the moment a shade of doubt creeps in. There is nothing wrong with doubt, it creates a space where dreams are possible, but if you weigh up any situation for too long, that doubt can have you making decisions based on logic. Logic to me is like a set of brake pads, one of life's safety nets. It stops you from living beyond yourself. This was recently brought home to me during a conversation I had with a friend. In what I thought was a relatively innocent chat, it suddenly presented itself in a very deep and confronting situation I really did not specifically want to entertain. As I hesitated, doubt and logic crept in yet I was able to identify them quickly and put them aside. The ensuing conversation was then allowed to take place. At the time, I saw it as one of the hardest situations I've found myself in but upon reflection, it was more courageous than hard. But even then, I conversed for half an hour when in all fairness, the conversation could have entwined within three words.
And that's just it! That last paragraph became all poignant and meaningful from an 'adult's perspective'. Adults, whether we like it or not, are merely just children who are taller and uglier and hold beer bottles and scream at the television. Adult's problems begin when they think they have figured it all out.

We think we know, but that is precisely when we are not quick enough to work out that that is the exact moment we haven't figured it all out. Evidently, the first mistake adults make is trying to make sense of something. The second mistake we make is then giving it meaning. The third and final mistake, the one that ultimately skews the final nail in the coffin is that we see that meaning as truth and use it as a barometer for future situations. Adults, my arse!!!
Young children do not display these traits. There is no agenda, hidden or otherwise. One minute they're playing with a dolly, the next on a bike and the next breaking a door to go and put a phone in a toilet. They don't question it, they 'just do it'. Nike has spent hundreds of millions of dollars trying to convince us of this point but do you think we get the message? We can all talk the talk, but can we walk the walk? (or run the run....as we have all just surrendered to Nike's alluring and prolific range of footwear!). Adults are all smoke and mirrors. We brand ourselves to our jobs or our sporting ability or our looks or whatever and form precarious relationships with ourselves due to what happened in the past, which subconsciously then rules our future. Kids don't have a past. They don't remember how to open a door (maybe that's just mine) let alone have to battle through layer upon layer of cognitive barriers, in order to be comfortable in their own skin. Another concerning aspect of the human adult is that we like to be right.....a lot of the time! In fact, we find it excruciatingly difficult to be wrong. To give up the 'right' of being right is the most challenging. Kids don't think they're right. In fact, they probably only think they're wrong because we're always reinforcing the fact.....
"Stop playing with that! Don't touch that! Naughty! Keep away from that! Listen!"
If you ask me, adults are all completely bonkers. But you know what? That's not such a bad place to be. Maybe we can make things easier for ourselves however, by simply acknowledging the fact that we don't know! It's okay not to know.....it is a good sign! In other words.....stop f***ing knowing everything and actually live life! We go to extraordinary lengths to make everything 'normal' but there is no normal. Children display a reckless spontaneity, masterfully creating an infinite space to explore life and be courageous in the face of it. They live in the moment. They laugh when they're happy. They cry when they're sad. They run around with an excited expression and a twinkle in their eye. There is an indescribable and serenely culpable pointlessness to it all. They are just beautiful little people running around.....just because! I don't know.....just because! They only seem to have one main problem. One day they are going to turn into adults. What happened to us?
Anyway, I'd better go as I can hear my beautiful, adoring, patient and understanding wife alighting the staircase.....
"Hi, what are you doing?" she asks.
"I don't know."
"Writing again hey.....you're always writing.....what are you writing about?"
"I don't know."
"Do you think this weather is going to clear up for the weekend?"
"I don't know."
"Did you eat all the orange at lunch? We need it for dinner.....and breakfast tomorrow."
"I don't know."
"Have you seen my phone? I'm waiting on a really important call! Hold on..... what's that strange gurgling noise coming from the bathroom?"
"Aaaaahhhh.....yes.....now that I just might know....."

Cheers,
Andrew

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You can e-mail, fax or simply drop your or into our office:- 12 Cliff Street, Branxton or Fax: 4938 3301 or E-mail: thenews@hotmail.net.au
All contributions welcome

and

To the person who stole my sons tools from his ute Thursday night the 10th August. You have left him devastated. He is a first year apprentice, without these tools of trade he is unable to perform his job and the replacement cost of the tools is around \$2000, which on apprentice wages is an extreme burden to bear. We hope you utilise the tools as much as he was!

To the local police officers who had to expend at least 6 shots to put down a seriously injured kangaroo in North Rothbury on Sunday 6th August.... Just cruel.

To John Ryan 'JR' for your 30+ years service to the local community with the Rural Fire Service. You'll be missed ... Thank you.

To Clr Mel Dagg, Clr Ann Sander, Brian Furner, Brett Wild, the Branxton and Greta RSL Sub-Branched and the Branxton-Greta Business Chamber. Their support, drive and dedication has been instrumental in us getting this far in fighting for the Branxton Greta Memorial Cycleway (*Ed.*)

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

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: Old collectable rabbit traps from \$10ea. Also 180amp welder as new with gloves & helmet \$50 P: 0421 102 717
For Sale: Tractor & Slasher. Fiat 415, 4 cyl, roll bar, hi & lo range, spare PTO shaft & original operators manual. Recently serviced \$5500 P: 0428 684 400
For Sale: Ride-on Greenfield mower. 16HP, 4-stroke OHV. Operators manual plus tilt trailer to suit. \$3750P: 0428 684 400
For Sale: 325 Litre Kelvinator Fridge Freezer. 12 years old & in good condition \$100 P: 4938 1836
For Sale: Free range eggs. \$4/doz Greta 0412 976 809
For Sale: Firewood. Ironbark & well seasoned. 6x4 trailer \$80 - pickup P: Greg 0411 315 548
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.mtaltravel.com.au/sfenton
E: sfenton@mtaltravel.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: agjstment, 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: Contract stock work with horses & dogs. Design & building wooden stock yards - rural fencing P Shaun: 0416 226 538
GO TO FOR FURTHER DETAILS
<https://www.facebook.com/groups/>

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

Dates for your diary >

Sun 20 Aug ~ St Brigid's Markets 9am ~ 1pm
Tue 22 Aug ~ Branxton Public School Book Week Costume Parade
Thur 24 Aug ~ Kirkton Public School 'Kindergarten Orientation Program 9am ~ 12 noon. Phone 6574 7152 for further details
Thur 24 Aug ~ Cessnock Prostate Cancer Support meeting @ Cessnock Leagues Club 3pm. Guest speaker- Dr Paul Ainsworth- Urologist- Offices Maitland- Hamilton. Topic- Information on Prostate MRI scans - Laparoscopic radical prostatectomy. Members of the public welcome. Cost: FREE- Tea/coffee provided. Contact- Co Conveners- Barry 49904554 - Rose 0439404554.
Fri 25 Aug ~ The Newcastle & Hunter Jazz Club is celebrating the 30th NEWCASTLE JAZZ FESTIVAL from Friday 25 August to Sunday 27 August 2017 with a great jazz party at Wests Leagues and Bowling Club. **Don't miss the fabulous line up** - great variety - 40 bands Full details and program available on web site newcastle-jazz.com.au
Sat 26 Aug ~ the Parents & Friends of St Phillips, Nulkabah Art Show. The theme is 'To Infinity And Beyond'. Entry is free. Entry forms can be obtained by phoning Jacquie on 0417 009 912.
Sat 26 Aug ~ the Spring Fling Charity Fashion Show. Brxt Community Hall at 2pm - Anglican Op Shop
Tue 29 Aug ~ Brxt Public School Book Week Celebration with Costume Parade
Sat 2 & Sun 3 Sept ~ Open Gardens & Art Trail sponsored by Lake Macquarie Garden Club to raise funds for HMRI
Tues 5 Sept ~ Lions Club of Branxton monthly meeting: 4pm at Branxton Golf Club
Thur 7 Sept ~ Kirkton Public School 'Kindergarten Orientation Program 9am ~ 12 noon. Phone 6574 7152 for further details
Tues 12 Sept ~ B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Fri 15 Sept ~ Brxt Public School Infants' Athletics Carnival

Sat 16 Sep ~ Join us in watching the Movie ~ For Refreshments & Nibbles. Reading Cinemas Ken Tubman Dr, Maitland Tickets \$20 - available at op shop Please contact Margaret - 0428 838 434
Sun 17 Sep ~ St Brigid's Markets 9am ~ 1pm
Thur 21 Sept ~ Kirkton Public School 'Kindergarten Orientation Program 9am ~ 12 noon. Phone 6574 7152 for further details
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
Wed 11 Oct ~ Brxt Annual 'Dress in Pink High Tea' & fashion extravaganza. 10am Brxt Community Hall
Sun 15 Oct ~ St Brigid's Markets 9am ~ 1pm
OCT/NOV B/G CWA Land Cookery/Product Promotion (Native Finger Lime) Day, Venue and Date TBA.
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
Fri 8 Dec ~ 2017 Christmas Spectacular at Branxton Golf Course
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

SAT 21 October 2017 Opera in the Vineyards
SAT 21 October 2017 Midnight Oil: *The Great Circle* with special guests Birds of Tokyo & Ash Grunwald



Branxton Public School

Our Education Week award recipients were presented their awards at Rutherford Technology High School. Congratulations to Mrs Kelly Thomas, Miss Lisa Kracyla, BPS PBL Program, Mrs Leigh Lovell, Matthew Wenham and Mia Paget. Students from Branxton Public School attended the annual School Leaders Breakfast at Cessnock. This year's guest speaker was Jamila Gordon, who spoke about her life growing up in war torn Somalia and becoming a refugee, and how she went on to have a highly successful career as an IT specialist. An inspiring story! Congratulations to all our Public Speakers who competed at the zone competitions at various schools in Week 4. Two of our students, Lucy (ES1) and Asher (S2), will compete in the finals later this term. Well done!

Our PBL reward afternoon was lots of fun in Week 4 with students participating in sport activities, arts and crafts, library games and computers and disco dancing – something for everyone! Our Book Week Celebration has been moved to Tuesday 29th August with a picnic lunch, Book Fair in the library and a Book Character Parade. This year the theme for book week is "Escape to Everywhere". Still plenty of time to plan your costume! The P&C's Outdoor Movie Night was a great night with lots of happy families watching Cars 3. It was perfect weather for the evening and a big crowd gathered in the playground for this great community event. We can't wait for the next one.

Please support our school's Earn and Learn sticker collection through Woolworths. Sheets to fill have been sent home and extra stickers can be sent into school. This program helps our school to purchase extra resources for our classrooms. Kindergarten enrolments are currently being accepted. Please pop in to see the friendly Office Staff or phone the school on 49381214 for more information if you have a little person to enrol for 2018.

Dates for the Calendar

Tuesday 29th August – Book Week Celebration with Costume Parade

Friday 15th September – Infants' Athletics Carnival

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



↻ Caitlin & Lucy Early Stage 1



↻ Ayvah & Aden



↻ Harry & Jack Stage 3



↻ School Leaders Breakfast



↻ Disco dancing



↻ Art & Craft



↻ Reward Afternoon



Greta Public School

With Sarah-Jane Hazell
Relieving Principal, Greta Public School

Smart Starters at Greta PS!

We were all very excited to welcome our Smart Starters to school recently. The program is for students who will start kindergarten at our school in 2018 and will run each Friday



morning until early next term. The children came to school with a carer and participated in story reading, art and craft, and social activities. We look forward to seeing our kindy kids for next year at school in the coming weeks so that we can help them to get ready for a 'Smart Start' in 2018. If you have a child enrolling in kindergarten at our school next year and would like to get involved, please call us on 49 387331.



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You need to
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'The News'

4938 1773



Land Management Grants Open



Local Land Services has released a media statement that applications for the 2017-2018 Hunter Land Management Grants are now open. If you are a Hunter Valley land manager, you may be eligible for a grant to improve the sustainability and productivity of your land. The grants will be provided to landholders and land managers in the Lower Hunter, Upper Hunter and Manning Great Lakes districts. Grants support eligible grant applicants to manage stock impacts and reduce threat from pest and invasive species by enhancing the state of riparian, estuarine and remnant native vegetation zones. The grants also provide funding to instigate and implement sustainable grazing practices and sustainable land management for commercial beef, dairy, poultry and sheep. Grants are used to deliver on-ground projects and to instigate changed management practices in priority areas, the agency stated in its media release. General Manager Brett Miners encouraged landholders and land managers to apply for funds, with \$1.7 million in grants being offered throughout the region. "Hunter Local Land Services works closely with landholders and land managers to identify the agricultural and natural resource management issues facing our region and to establish what work is needed to address them," Mr Miners said. "We are offering a range of grants for landholders in priority areas which support the implementation of sustainable agriculture practices and enhance native and riparian vegetation management," Mr Miners said. "Landholders play a vital role in land management efforts. By working in partnership with them, we are improving land productivity while also protecting and enhancing native vegetation and habitat for threatened species across the Hunter." Eligibility criteria and guidelines apply. Applications close on 28 August 2017. If you require assistance from Hunter Local Land Services staff prior to submission, requests for assistance must be lodged by 1 August 2017. Further information about the grants programs is available from the Hunter Local Land Services website at www.hunter.lls.nsw.gov.au or contact your Local Land Services office.

On The Track



THE LONGINES WORLD'S BEST RACEHORSE RANKINGS
The official listing of the world's best racehorses (For 3yos and upwards which raced between 1st January and 9th July 2017)
As both ARROGATE (USA) [134] and WINX (AUS) [132] continue their preparations for upcoming campaigns, GUN RUNNER (USA) [125] has moved into the third spot in the fifth edition of the LONGINES World's Best Racehorse Rankings for 2017. In his first start since finishing second to Arrogate in the Dubai World Cup Sponsored by Emirates Airline (G1), Gun Runner pulled away in the stretch of the Stephen Foster Handicap (G1) to win by seven lengths. Meanwhile, Royal Ascot also produced a number of significant results in regards to the rankings. Leading the

way was RIBCHESTER (IRE) [124], who equaled the rating he earned in the Al Shaqab Lockinge Stakes (G1) when he won the Queen Anne Stakes (G1) over MUTAKAYYEF (GB) [120] to kick off the famed race meeting. Sitting just behind him in co-fifth position is HIGHLAND REEL (GB) [123], who defeated DECORATED KNIGHT (GB) [120] by 1 ¼ lengths in the Prince of Wales's Stakes (G1). With his victory, Highland Reel improved the rating of 121 he had received for winning the Investec Coronation Cup (G1). In the sprint division, the filly LADY AURELIA (USA) [122] scored in the King's Stand Stakes (G1), and CARAVAGGIO (USA) [121] remained undefeated whilst winning the Commonwealth Cup (G1). The Gold Cup (G1) went to BIG ORANGE (GB) [121], who just bested Order

of St George (IRE) [120] by a head, and the St James's Palace Stakes (G1) was won by BARNEY ROY (GB) [120]. Barney Roy then finished second by a nose to ULYSSES (IRE) [121] in the Coral-Eclipse (G1) in his next start. Elsewhere, another horse making his first start since Dubai was MIND YOUR BISCUITS (USA) [120], who followed his win in the Dubai Golden Shaheen Sponsored by Gulf News (G1) with a score in the Belmont Sprint Championship Stakes (G2). MOR SPRIT (USA) [120] also impressed in the United States by winning the Mohegan Sun Metropolitan Handicap (G1) by 6 ¼ lengths. SATONO CROWN (JPN) [121] improved his rating by taking the Takarazuka Kinen (G1) in Japan, while MARINARESCO (SAF) [120] is ranked after winning the Vodacom Durban July (G1) in South Africa, and Thewizardofoz (AUS) [120] found glory in Hong Kong with his victory in the Premier Cup (G3).

Detailed saleyard report



Saleyard report - cattle

Singleton report date 9/8/17

Yarding 650 ~ **Change 170** (Comparison Date 2/8/17)
Change 205

There was an increased penning of 650 mostly good quality cattle available with good lines of very good butcher yearlings. There were again, mostly young cattle penned, a shortage of grown steers, heifers and cows. The usual buyers attended. Local butchers operated along with good feeder orders. Apart from good competition for the well finished stock, the overall trend tended cheaper. Weaners back to the paddock showed cheaper trends of up to 15c to 20c/kg. Best yearling steers averaged 8c cheaper, the heifer portion was down 6c/kg. Grown cattle also showed a cheaper trend, however lack of numbers made a report difficult to quote.



Score report date 8/8/17

Yarding 703 ~ **Change -327** (Comparison Date 1/8/17)

Numbers dropped and the quality in the penning was mixed, with the bulk of the younger cattle suitable for the restockers. There were good percentages of prime conditioned younger drafts suitable for the butcher orders. The heavy weight grown steers in prime condition mainly went to lot feeder orders, and around 45 cows were in the market. One restocker order was absent in the competition and the market trend was variable. The over 200kg vealer steers returning to the paddock eased 3c, making from 320c to 364c/kg. The same weight heifer portion also to the restockers lifted 15c, with breed and quality contributing in places, as prices ranged from 274c to 346c/kg. Yearling steers sold at similar prices, with the medium weights to the restockers making from 290c to 318c/kg. Yearling heifers sold 8c cheaper, the lighter end made from 264c to 290c/kg. The prime conditioned younger cattle to the butchers lifted 8c, with the higher yielding pens selling in the 330c/kg range. Heavy weight grown steers sold to the lot feeders averaged 264c, with the best older heifer topping at 240c/kg. Cows were back by 9c, with the plainer 2 scores averaging 187c, and the better covered heavy weights ranged from 195c to 220c/kg. The best heavy weight bull topped at 245c/kg.



TRLX Tamworth report date 7/8/17

Yarding 617 ~ **Change -688** (Comparison Date 31/7/17)

Useful rain late in the week saw numbers fall by more than half. All categories represented with well finished heavy cattle in good supply. Overall the quality was good. The usual buyers were in attendance. Restocker confidence was boosted by the rain with demand stronger for young cattle. Weaners sold to a dearer trend with the steer portion showing strong price gains. Market trends varied throughout, the yearlings to restock and feed with breed and quality playing a role in price change. Medium weight yearling steers saw a firm to slightly dearer market trend. Heavy weight feeder steers were slightly cheaper with breed and weight a factor. Light and medium weight yearling heifers met varying trends with the 2 scores a little dearer and those carrying an extra fat score cheaper. That was reversed in the heavy weights with the well finished lots needing a shorter finishing time. Well finished heavy grown steers sold to a dearer trend with improved quality. There was a fair range in price with weight for age a determining factor. The cow market was dearer with competition stronger due to low numbers.



LONGINES World's Best Racehorse Rankings Leading Horses

Rank	Horse	Rating	Trained
1	ARROGATE (USA)	134	USA
2	WINX (AUS)	132	AUS
3	GUN RUNNER (USA)	125	USA
4	RIBCHESTER (IRE)	124	GB
5	CHURCHILL (IRE)	123	IRE
5	HARTNELL (GB)	123	AUS
5	HIGHLAND REEL (IRE)	123	IRE
5	JACK HOBBS (GB)	123	GB



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Jazz on the Rectory Lawn

September 9th 2017 12 Midday to 3pm
 Anglican Rectory Lawn, Cessnock Road Branxton

The grounds of the historic rectory just up the road from St John's Anglican Branxton will come alive to the sounds of jazz, and the smells of sausages and onions on the barbeque on Saturday afternoon, 9th September.



The community event will be free to all fans of trad jazz as the Sydney band "JustInTime" entertain with a long list of well known and not so well known tunes including "Sunny Side of the Street", "Pennies from Heaven", "When You are Smiling", "Basin Street Blues" and many many more.

The group is made up of trombone, fiddle, banjo, saxophone, and tuba with some players doubling on more than one instrument. Well known Sydney jazz musician and group member Jim Elliot has created some arrangements featuring three trombones as highlight numbers during the three-set performance.

Trombone player Geoff Appleton and local musician and St John's parishioner Rod Heard met during their mutual involvement with another Sydney group, the "Carols Afloat" singing group on Pittwater. The group gets together to sing carols to the local community a couple of weeks before Christmas each year, as often as not from a floating platform such as the local barge! Performances take place at Lovett Bay and then at Church Point on the same night.

With the inducement of a weekend in the beautiful Hunter, Rod persuaded Geoff to bring his band of musicians to Branxton for the inaugural "Jazz on the Rectory Lawn". Rod will also join in on piano on a few numbers.

Bring your blanket, drinks and nibbles, grab a free sausage sandwich and enjoy a great afternoon on September 9th 12 to 3pm.

St John's contact phone number is 4938 3277. Service times are 10am in Branxton except on the third Sunday which is 9am with the new "Messy Mass" service which features a relaxed format that includes the kids and often an interesting visiting speaker.

Lochinvar services are at 8am except on the third Sunday when they join with Branxton for Messy Mass. All welcome.

NSW RFS declares start of 'Bush Fire Danger Period'



Friday 1st September marks the official start of the statutory Bush Fire Danger Period (BFDP) for the Muswellbrook and Singleton Local Government areas and the NSW Rural Fire Service (NSW RFS) is urging Hunter Valley residents to prepare for the fire season now.

While 1 October is the official commencement of the 2017 bush fire season, some areas have already commenced their danger period due to continuing dry conditions.

NSW RFS Inspector Mick Holland is urging residents to have a Bush Fire Survival Plan and ensure all members of the household know what to do on days of increased fire danger and if their home is threatened by fire.

Residents should prepare their property by removing materials that can burn around your home and yards, mow your grass and have a cleared area around your home, trim overhanging branches, clear and remove leaves and debris from your gutters and around your home, prepare a study hose that reaches all around your home, and, where appropriate, conduct hazard reduction activities.

"While it is important to continue hazard reduction we have all seen the devastation that bush fires can bring to a community, so I strongly urge people to exercise caution when carrying out these activities," Inspector Holland said.

"Residents can ask their local Fire Control Centre for assistance in carrying out safe hazard reductions and for advice about whether they need a Bush Fire Hazard Reduction Certificate.

"With summer conditions becoming more conducive to the spread of fire, people need to be extremely careful when using fire."

"Never leave a fire unattended and if a fire does escape, it is essential to call Triple Zero (000) immediately so that emergency services can respond accordingly and minimise the damage."

During the Bush Fire Danger Period any person wishing to light a fire will require a permit in the following local government areas:

On days of Total Fire Ban all Fire Safety Permits and Bush Fire Hazard Reduction Certificates are automatically suspended. To check the Fire Danger Ratings for your area visit www.rfs.nsw.gov.au or contact your local Fire Control Centre.

Reading the Future



• Sarah-Jane Hazell, Relieving Principal, Greta Public School

At Greta Public School, students are reading their way into the future in our newly refurbished 21st Century Library. As a result of the refurbishment and the generous contributions of our P&C, the library has become the heart of the school. In addition to having a wonderful time learning with our library teacher, students are lining up to spend their own time in

the flexible learning space each day. We are excited to celebrate the official opening of our library on Monday, 21st August at 10am.

Greta Public School families and members of the local community will come together for morning tea and a tour. Library monitors from year five will show our special guests a range of features including the laptops and charging station donated by our P&C Association, the flexible furniture that can be moved and altered to suit learning needs, our new interactive touch screen device, and our wonderful selection of new books. Guests will include Katrina McKelvey and Kirrili Lonergan, the author and illustrator of the children's book 'Dandelions', the Mayor of Cessnock City Council and members of our community. Later in the day, Katrina and Kirrili will host a workshop for selected students in writing and illustration.

The opening will kick off the week's celebration of the Australian Children's Council Book Week, which will include a book fair, a parade where all are invited to dress as their favourite book character, and a book based performance by Maitland Library.

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Branxton Veteran Golfers

Results 3-10-17 Stableford

Div 1 Winner I Harris 28 pts (c/b) R/u G Anderson 28 pts 3rd R Moylan 26 pts
 Div 2 Winner P Kelly 36 pts (SOD) R/u R McMillan 32 pts 3rd J Atton 29 pts
 Ladies Winner R McCarthy 29 pts R/u N Craig 28 pts 3rd T Martin 26 pts
 NTPs Ladies R McCarthy Gents P Kelly
 Members draw - Won (P Anderson)

Results 10-8-17 Stableford

Div 1 Winner E Munzenberger 33 pts (SOD) R/u G Anderson 29 pts 3rd G Gazzard 26 pts
 Div 2 Winner B Turner 32 pts R/u R McMillan 30 pts P Tracey 28 pts
 Ladies Winner M Hunt 26 pts R/u T Martin 25 pts 3rd R Friis 22 pts
 NTPs Ladies R Friis Gents P Tracey

Members draw - Not won
 The great Winter days keep coming and again our hardy band of players gathered for another round of golf at Branxton's "Ultimate 9" Golf Course. Congratulations to Errol Munzenberger on winning his division and achieving the 'Score of the Day' and a well done to all other winners and placegetters.

LN Bootes, Hon Sec

Branxton Lady Golfers Results

Wednesday 2nd August, Stableford event.

Winner Jan Scobie with 31 points Runner up Robyn Hoffman with 30points on count back from Ruth McCarthy.
 Nearest to the Pin Carol Miller
 Results
 Wednesday 9th August PAR Event: Winner: Robyn Hoffman -1 on count back.

Runner-Up : Toy Martin -1
 Toy Martin had a birdie on the 5th.
 Nearest to the pin: Trish McMillan
Hunter Valley Golf Club

Sunday 30th July Inform Steve Piggot has claimed the Weekly Challenge with a solid 41 point return from Jason Cowburn 38 and Michael Watson completing the placings with 37 points. Ball winners were: Matt Plumridge v36, Grahame Mankelov 34, Jeanette Jordan v32, Mark Fullbrook 32, John Brown 32 and Christine Harrison 32.

Tuesday 1st August Dean Morison has produced the 'round of the week' to easily win the Tuesday Stableford shooting an amazing 11 shots under his handicap of 16 to record 47 points, runner up went to Chris Taggart 37 with Rick Turmchini 3rd with 36points. Ball winners were: Ian Newell 35, Lindsay Self 35, David Peel 35, Ray Hodson 35, Bob Prentice 35, Ken Wright 33 and Jenny Macklinshaw 33 on countback. Nearest-the-Pins went to Dan Taylor (3rd) Steve Piggot (4th & 17th) Paul Smith (8th) and Graeme Flynn (10th)

Wednesday 2nd August The Ladies Stableford resulted in a win for Jan Hovey with an excellent 40 point return from Lorraine Clack with 36 and Robyn Dunlop 3rd with 35 points. Ball winners were: Christine Tancred, Sue Peel, Jill Ramsden, Jenelle Jurd, Kerrie-Anne Skinner and Lynette Russell. Next week the Ladies will play Stroke HRDGA Distict Medal and the 6th round of Golf NSW Medal.

Thursday 3rd August Ideal condition greeted the Vets for this week's Medley Stableford resulting in some great scoring with Ian Newell leading the way with 41 points from Dale Macklinshaw with 39 on countback to Darrell Preston in 3rd. Ball winners were: Ken Springbett 38, Robyn Dunlop 37, Garry Marsden 37, John Harrison 36, Ken Wright 36, Wayne Barber 36, Peter Wilson 36, Kevin Smith 36 and Rex Talbot 35 c/b. Nearest-the-Pins went to Keith Dunlop (3rd) David Peel (4th) Ken Springbett

(8th) and Ray Hodson (17th). Next week the vets will play a Medley Stableford.
Saturday 5th August The strong Westerly winds which arrived early on Saturday morning did not hamper defending Club Champion Angello Korlevic who shot another even Par 71 to take a stranglehold on the 2017 title with one round remaining, Ben Bradley has his nose in front in the handicap section of A Grade with a 1 shot lead over 3 others, B Grade has seen Eddie Barrett shoot to the scratch lead with Ken Springbett taking a clear lead in the handicap section and Clarke Sturman taking a one shot lead in scratch to Peter Attewell who is leading the handicap section by a big margin. The daily Stroke competition results were: A Grade Angello Korlevic 70 net with Justin Preece runner up with 73 on countback, B Grade to Ryan Cremer 68 net on countback to Stuart Robinson and C Grade to Peter Attewell with 67net from Simon Nicholson with 69 net. The Weekend Ladies Champioship title will be fought out between Tracy Morison and Julie Van Den Berg with 2 shots separating them in Scratch with Tracy getting the edge. Ball winners were: Eddie Barrett 70, Bruce Chambers 70, Anthony Bower 71, Ken Springbett 72, Darren Crear 73, Graeme Flynn 73, Kevin Smith 73, Mathew Merlow 73, Ben Bradley 73, Sean Kerry v74, Ken Smith 74, Shannon Attewell 74, Steve Piggot 75, Troy Wallis 75, David Preece 75 and Matt Killick 75 c/b. Nearest-the-Pins went to Russ Lightfoot (3rd) Angello Korlevic (4th) Graeme Flynn (8th) Ken Smith (10th) and Wade Attewell (17th) Next week will be the final round of the 2017 Championships playing Stroke.

2017 Champions decided at HVGC
 The 2017 A grade and Club Champion is Angello Wood after the completion of the 3rd round on Saturday where Angello signed for 69 scratch giving him a 3 round total of two under Par 211 and a massive win to regain the title he won in 2016, becoming the first member to defend the Championship . B Grade belonged to Veteran Edward Barrett who produced another solid round to add to his first two rounds for a 251 scratch total and a clear cut win, Eddie credits a few lessons of late for his good form. C Grade went to Clarke Sturman with 3 consistent rounds to card 286 and another huge win. The handicap sections were much closer with Graeme Flynn emerging from the pack in A Grade to take the win on 222 net . B Grade provided the 54 hole Net winner with Ken Springbett holding on in countback to Ken Smith who won the B Grade handicap section when both finished with 217 Net and C Grade went to Colin Mills on 230 net by 1 shot to Wayne Cowan after odds on favorite Peter Attewell suffered an accident at home and was unable to take his place in the field. The Ladies event has been won by Tracy Morison with 300 neat 'off the stick'. The Club extends congratulations to all of the winners and to all who competed.
Sunday 6th August The Weekly Challenge has been won by Jodie Dunn with 36 points on a countback to Arthur Ling from Cessnock GC.
Tuesday 8th August Gary Arnold has produced a fine round of 42 points to end run of 'outs' to win the Tuesday Stableford from Maitland visitor Mitch McPhee who returned 37 points and Ken Scott-MacKenzie in 3rd with 36 on countback. Ball winners were: Bob Prentice 36, Ray Hodson 36, Steven Abel 35, Ray Newton 35, Rick Maybury v34, Lachlan Peacock 34, Andrew Parsons v33, Paul Smith 32 and Chris Taggart 32 c/b. Nearest-the-Pins went to Steve Piggot who holed the 3rd, David Peel (4th) Ray Hodson (8th) Andrew Parsons (10th) and Bob Prentice (17th)
Wednesday 9th August Leesa Robinson matched her handicap for a even Par round of 71 net to win the Ladies Stroke round from Kay Dunn 74 and Mary Fortey 3rd with 76 net on countback. Ball winners were: Jeanette Irwin 76, Jan Hovey 76, Dale Hamilton 77, Isabel Skeates 78, Jill Slatter 78 and Christine Tancred 79 c/b. Next week the Ladies will play

individual Stableford.
Thursday 10th August Wayne Barber shot an impressive 40 points to claim the Vets Stableford event from Graeme Flynn 39 and Grahame Sheldon 38 points in 3rd. Ball winners were: Darrell Preston 36, Dal Macklinshaw 36, Wayne Cowan 36, Ken Springbett 35, Maurice Peters 34, Peter Wilson 34, Paul Ireland 34, Robyn Dunlop 33, Ray Newton 33 and Keith Dunlop 33 c/b. Nearest-the-Pins went to Lorraine Clack (3rd) Mark Barrow (4th) Darrell Preston (10th) and Eric Smith (17th). Next week the Vets will play Stroke.
Saturday 12th August The Monthly Medal Stroke round played along with the final round of the 2017 Championship winners were: A Grade Angello Wood 68 net with Graeme Flynn runner up on 72 net c/b, B Grade and Medal winner John Stewart 66 net from Ken Smith 71 and C Grade to Wayne Cowan with 74 net on countback to Clarke Sturman. Ball winners were: Edward Barrett 72, Nathan Sweeney 72, Dale Macklinshaw 72, Tony Lamb 73, Andrew Chalker 73, Ray Hodson 73, Shannon Attewell 74, Garry Marsden 74, Grahame Sheldon 74, Colin Mills 74, Steven Abel 75, Steve Piggot 75, Nick Nancarrow 75, Wayne Barber 75, Garry Hedges 76,David Preece 76, Lachlan Peacock 76 and Nick Looby 76 c/b. Nearest-the -Pins went to Corey Lamb (3rd & 4th) Tony Butler (8th) Tony Lamb (10th) and Angello Wood (17th). Next weeks event will be a Medley Stableford

BRANXTON GOLF CLUB SAT 5TH AUGUST MONTHLY MEDAL -51 PLAYERS MEDAL WINNER – LEE HUNT 69 NETT

A GRADE WINNER LEE HEUSTON 71 NETT
 A GRADE RUNNER UP GARY WILTON 72 NETT
 A GRADE THIRD TROY FELAN 73 NETT
 B GRADE WINNER STEPHEN ROSS 70 NETT
 B GRADE RUNNER UP NEIL JORDAN 71 NETT
 B GRADE THIRD ADAM KERRY 74 NETT
 C GRADE WINNER LEE JACKSON 70 NETT
 C GRADE RUNNER UP MICK LUTOVAC 71 NETT
 C GRADE THIRD BRUCE MURPHY 72 NETT
 BALLS TO 76 NETT
NTPins: 2nd/11th: Peter Wilton 255 cms 4th: Reece Caldwell 37 cms 9th/18th: Chris Zawirski 181 cms 13th: Lennie Porter 750 cms
 Saturday's Monthly Medal proved to be a very difficult day for most players with only a 76 nett needed to win a ball and only one player, Lee Hunt, playing better than his handicap. Lee's 69 nett score was good enough to secure him the monthly medal, with the day's DSR a 71 nett score. Lee Heuston won A Grade with a very sound 71 nett. His round was achieved whilst playing the singles match play final against Tom Foster, which he won 4-3. Lee has played very consistently of late culminating with his singles win. Local veteran, Gary Wilton, finished runner up in A Grade with his 72nett, with Troy Felan third with his 73 nett score. Steve Ross continues to demonstrate an improved golf game by winning B Grade with an excellent 70 nett, just ahead of Neil Jordan with a 71 and Adam Kerry's 74 nett score. Lee Jackson won C Grade with a fine 70 nett score as well, with Mick Lutovac and Brice Murphy filling the minor placings. The shot of the day belonged to Reece Caldwell, with his tee shot finishing only 37 cms away on the 4th.

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Those legs were made for walking!

I am passionate about helping you achieve your health and fitness goals. I see SO many people frustrated that as they get older they no longer have the level of fitness they had when they were younger! Does this sound familiar? – Between marriage, children, longer hours at work and changes in hormones, looking after your own health and fitness has taken a back seat. Instead of going for long walks on the beach, you spend your time on the sand busily scanning the surf to make sure your children still have their heads above the water? Have you stopped going for bushwalks on the weekend because you are worried about stumbling and falling? Or maybe you no longer walk to the shops because it just takes far too long (or at least longer than it used to). If this sounds like you it is time to get some strength (and stability) back into your legs. Are you ready to make a change in the way your legs look and feel?
It's the old adage – you get out what you put in – put in the right actions, you will get the right results! And if you only have a few minutes a day, make those few minutes count!



I have so many people tell me that they want lovely strong legs (and it would be a bonus if they look good in a pair of shorts), but they do not want to have legs like tree trunks! They also don't want to have to run a million miles (or even a kilometre or two) or spend hours on a stairmaster! By doing some specific leg exercises, you can improve the strength of your legs as well as their shape, without doing high impact exercises like running. Doing some basic bodyweight exercises a few days a week will give your legs definition and strength without bulk. Everyone already has leg muscles, we are going to work on getting them stronger, with better definition.
Best of all, you can do these exercises in the privacy of your own home, with no equipment! And you won't even need to get out of your jeans!
 Your legs are awesome

No matter what size or shape they are, your legs are already awesome. First of all, for most of you, your legs get you from A to B. OK, sometimes they complain, but imagine what your life would be like without legs! Have you ever pushed a pram around town? All the steps and stairs, the narrow corridors in shops, the lack of elevators when you need them? You don't want to be moving around in a wheel chair! So it is time to look after your legs!
 I want you to work on these exercises and think about what is important to you. Strong legs that let you squat in the garden, or walk to the shops, or lovely toned legs which look good in a pair of shorts? If you follow the exercises below, you should be able to have both!

How to make your legs STRONGER:
 Anyone who has travelled knows how much walking is involved! If you want to see as many sights as possible in the shortest amount of time, you need to walk! When you have been walking all day, which part of your legs are tired? For me it is usually my calves (especially if there have been a lot of stairs) and my quads!!

There are a lot of ways to make your legs stronger. Even people who run regularly do leg exercises in between runs. To walk or run effectively, you need strong glutes and quads. I will share some glute specific exercises with you next time. In the meantime we are going to focus this week on the major muscles in your legs, the Quadriceps (Quads) and calf muscles.

What muscles are in my legs?
 Your legs have a lot of muscles but the ones we usually concentrate on are in our upper legs (our thighs). The main muscles here are the quadriceps! Because these muscles are also affected by the muscles in our hips and our glutes (bottom), we pay particular attention to the muscles there as well when we exercise. If we didn't, we would leave ourselves open to injury. It is also important to exercise the muscles in our lower legs – our calves and our ankles! Our calves are usually the ones that are sore after we have climbed up lots of stairs, or gone for a walk on the beach.

So how do I improve my leg strength?
 Start by doing the leg exercises included here once every other day. As you get stronger and more confident with these exercises, you can do two or three sets each day. You can also choose if you want to increase the number of repetitions. Your legs WILL get stronger and more toned if you stick with this.

Exercise descriptions (SEE BELOW)
 The number of repetitions are guides only, if you want to do more, then please do! Remember though. More is not always better. You want to feel like you have worked your legs, but not to the point that you are not able to sit on the toilet the next day! It is also important to realise that all of these exercises balance you out – don't significantly increase the number of one exercise until you are confident with all of them.
 Lunges - Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Engage your core. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, in line with your toes, and not pushed out too far (and not past your toes). Make sure your back knee doesn't touch the floor. Lower yourself slowly and keep the weight in your heels as you push back up to the starting position. Do all of the reps on one leg, then repeat with your alternate leg. Later you can alternate legs with each repetition (ie do one lunge on one leg, then change and do one lunge of the other leg, then back to the first leg and so on).
 If you are unsteady to start with, do the lunges next to a fence or wall so you can use the support to steady yourself. Soon you will be strong enough to do the lunges unassisted.
 Once you feel comfortable with the lunges, you can increase the number of repetitions, or increase the degree of difficulty – try doing walking lunges, or add a bicep curl or chest press to your lunge. This will challenge your strength and balance.

Narrow squats – The ability to squat well is essential in many activities, and it's a great exercise for shaping and toning almost every muscle in your lower body. Engage your core. Stand with your feet shoulder width apart, about 30 centimetres in front of a bench or chair. Lower yourself as though you are going to sit down, but instead of sitting down, come back up. Put your weight in your heels rather than your toes. Come back to standing. Hinge at the hips. Your bottom is reaching behind you, but your upper body is leaning forward. Over time you should be able to lower your hips so your upper legs are below parallel. You should not feel any pain in your knees.
 Static lunges – As for normal lunges, but instead of coming back to standing with feet together between lunges, stay in the lunge position and lower and raise your hips for the required number of repetitions.

For those who really want to challenge themselves, try doing a "split lunge" – put your back foot on a bench or chair, and do static lunges.

Sumo Squats – As for normal lunges, but start with your feet wider than hip width. If you want to challenge yourself hold a weight in front of your chest as you squat.
 Backward lunges – As for normal lunges, but instead of stepping forward into the lunge, step backward and then lower your hips. This challenges your balance and coordination. Some people also find that doing a reverse lunge instead of a forward lunge also helps reduce knee strain.

Single leg squat – standing on one leg, engage your core and slowly bend your knee so you are squatting on one leg. Focus on control to start with, rather than trying to go too low. As you get more control, challenge yourself with how low you can go. Can you do a "pistol squat"?

Calf Raises – Engage your core. Raise yourself on tippy toes then back to standing. Try doing on one leg and then the other. When you are comfortable doing this, try doing them on the edge of a step or stair so you get a greater range of motion, then progress to single leg calf raises for an extra challenge!

What else is happening at Louise Cairns Fit for Life?
 We have finished the WOW Wipe Out Winter 6 week Challenge. Congratulations to Kim Wilton for working hard and being the most improved overall! There were some frosty mornings at the park, but all the ladies saw results from turning up regularly! I am busy planning the next 6 week challenge which will kick off on 4th September.

About Louise
 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. Louise also helps Leaders and Managers set and achieve their own goals at work and home, and is available for work shops and speaking engagements (they can be related to Fitness or Personal Development). Find me on Facebook or check out my website at www.louisecairns.com.au

Exercise	Beginner Level	Intermediate	Advanced Level
Alternate lunges	10 reps (5 each side)	12 reps (6 each side)	16 reps (8 each side)
Narrow Squats	10 reps	12 reps	15 reps
Static lunges	10 reps	12 reps	15 reps
Sumo Squats	10 reps	12 reps	15 reps
Backward lunge	10 reps	12 reps	15 reps
Single leg squat (right leg)	10 reps	12 reps	15 reps
Single leg squat (left leg)	10 reps	12 reps	15 reps
Calf raises	10-12 reps	10-12 reps	15 reps (single leg – each leg)

BRANXTON GRETA VINEYARDS

The New **SPORT**



Wallabies spend training week in Hunter Wine Country and applaud the facilities



• Photo above: Cessnock Mayor Bob Pynsent with Australian Wallaby coach Michael Cheika & Clr Jay Suvaal after a scheduled training session at Cessnock Sportsground

The Qantas Wallabies held a week-long training camp at Cessnock Sportsground and the coaches, players and managers had nothing but praise for our local facilities. Ahead of the training camp, Wallabies Coach Michael Cheika said he had already been up here a number of times and was looking forward to sharing the gold jersey with the locals and taking advantage of the great facilities. The team held an open training session on Tuesday evening and despite the cold, more than 300

people showed up for the opportunity to rub shoulders with our national team. Wallabies' prop, Scott Sio said he really enjoyed the experience. "I have heard great things about the Hunter Valley as a whole and I'd really like to come back in some time off and check out the region. Having all the fans come see us in Cessnock was unreal, it's been a very different spin on the year for us." There was also talk of the Cessnock training camp being great for the team as it was a 'one stop shop', with all the facilities they needed close by. Wallabies scrum half, Will Genia explained, "I love it. It's an amazing place, just to be somewhere quite isolated, you get to be with your teammates a bit more and bond." Cessnock City Mayor, Councillor Bob Pynsent said he was so proud to hear the positive feedback from the Wallabies' staff and players. "The Wallabies' visit was yet another fantastic opportunity to show off our top notch sportsground and we can only



• Australian Wallabies Captain Steve Moore, relaxing after their final training session last Friday in Cessnock Sportsground. He said the training was gruelling, plenty of it but did enjoy the week in Hunter Wine Country.

hope this helps us to attract more quality teams to the area." The Qantas Wallabies will face the New Zealand All Blacks in the 2017 Bledisloe Cup opener on Saturday 19 August at ANZ Stadium, Sydney.

Adam Woodcroft joins 'Hundred Club'



• Adam Woodcroft receiving his 100 game plaque from former mentor Luke Thomas

Long serving Greta/Branxton Colts grade stalwart Adam Woodcroft became the twelfth player to rack up 100 grade games when he took the field against Scone at Greta Oval on Sunday 23rd July. Adam came through the Colts' junior ranks, starting in the U/11's when the club was reinstated back in 2001. This team made it through to the grand final in which they drew with Kurri. He continued through to U/16's, then in 2007 was part of the Colts' first Group 21 U/18's team, winning through to the grand final in which they were beaten by Singleton. The following year Adam again played U/18's, and again they made it through to the grand final, defeated again by Singleton on the big day. First and reserve grade were also defeated by Singleton in their first ever grand finals. The robust prop had a real knack of making grand finals during this era, playing reserve grade in 2009 and finally shaking the bridesmaid tag with a premiership victory in what was a memorable day at Greta Oval. The club won both first and reserve grade that day, and coincidentally who was it against - Singleton in both grades. The Colts went back to back in 2010 in reserve grade, with Adam once again part of the premiership side which again defeated Singleton on the big day at Aberdeen. He made his first grade debut in 2012, before settling back into reserve grade and claiming his third premiership ring in 2013 when the Colts defeated razor king rivals Singleton at Denman Oval. Having not missed a season of footy since he started back in 2001, he brought up his 100 game milestone in true clubman style, playing both reserve grade then backing up for first grade against Scone. Reserve grade were beaten soundly, with first grade squandering a 24-6 lead to eventually be run down 34-28.

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• Woodcroft in action

Congratulations Adam!

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