



The News

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WEDNESDAY
30 August 2017

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Mayoral Statement; Bus Services



Police Report!



Wonderful Music



School Reports

It's on again; free drop-off service for old mattresses and ensembles



Cessnock City Council is once again offering residents a free drop-off service for old mattresses and ensembles. It will be held from 8am to 12pm on Saturday 23

September 2017. Each year over 1 million mattresses go to landfill in Australia. If these mattresses were stacked on top of each other they would reach the

International Space Station. Mattress disposal no longer means waste into landfill. Cessnock City Council alternates this popular service between Cessnock and Kurri Kurri every six



months and this time around it will be held at the **Hunter Business Enterprise Centre car park in Kurri Kurri.** Something many people

might not know is approximately 96% of mattresses and ensembles can be recycled as they contain valuable materials like steel, timber and foam.

With this, everything collected will be stripped and separated for recycling. Cessnock City Mayor, Councillor Bob Pynsent said he was overwhelmed

when he found out the mattress drop-off figures from these events since they started in 2015. "Over the past two years, we have collected a whopping 3,931 mattresses and ensembles at these drop-off events." "Research suggests these type of events reduce the likelihood of illegal dumping, which is why we started holding them in the first place and it's great to see the community taking advantage of this service," added Cr Pynsent. This free service is available to Cessnock City Council residents only and proof of address is required. Mattress drop-offs must be made using a vehicle as there will be no pedestrian access and there is a limit of four items per household. This project is funded by the Domestic Waste Management Service Charge.

© Photo above: Cessnock Mayor Bob Pynsent at the last mattress & ensemble Drop-off day

New Gp Surgery in Branxton...

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After Hours Emergency 4940 7816

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4940 7816

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PO Box 152, Cessnock 2325 NSW

SECTION 101 NOTICE, ENVIRONMENTAL PLANNING AND ASSESSMENT ACT, 1979, APPROVED DEVELOPMENT APPLICATIONS AND COMPLYING DEVELOPMENT CERTIFICATES

The public are hereby notified pursuant to Section 101 of the Environmental Planning Assessment Act, 1979 (as amended) that the following applications have been granted consent during the period from 1 July 2017 to 31 July 2017.

Locality	Reference	Decision Date	Property Address	Application Description
GRETA	008/2017/00000337/001	11-Jul-2017	47 York ST	Single Storey Dwelling with Attached Garage
GRETA	008/2017/00000299/001	18-Jul-2017	41 Evans ST	Garage
LOVEDALE	008/2017/00000244/001	31-Jul-2017	737 Lovedale RD	Neighbourhood Shop
NORTH ROTHBURY	008/2017/00000235/001	5-Jul-2017	16 Bendeich DR	Single Storey Dwelling With Attached Garage
NORTH ROTHBURY	008/2017/00000366/001	20-Jul-2017	6 Chapell ST	Single Storey Dwelling and Detached Garage
NULKABA	008/2017/00000248/001	3-Jul-2017	3 O'Connors RD	Change of Use of Managers Residence to Tourist Accommodation
NULKABA	008/2017/00000316/001	18-Jul-2017	14 Occident ST	Single Storey Dwelling with Attached Garage
NULKABA	008/2017/00000340/001	18-Jul-2017	5 Branxton ST	Secondary Dwelling
POKOLBIN	009/2017/00000125/001	5-Jul-2017	358 McDonalds RD	Installation of a 50kW Roof-Top Solar PV System
POKOLBIN	008/2017/00000199/001	13-Jul-2017	211 Oakey Creek RD	Alterations and additions to existing dwelling, demolition of existing pool and construction of new pool
POKOLBIN	008/2017/00000323/001	13-Jul-2017	43 Paperbark DR	Two Storey Dwelling and Attached Garage
POKOLBIN	008/2017/00000356/001	18-Jul-2017	5 Barnhill PRIV	Two storey dwelling and attached garage
POKOLBIN	008/2017/00000363/001	18-Jul-2017	6 Turpentine CL	Single Storey Dwelling with Attached Garage
POKOLBIN	008/2017/00000243/001	20-Jul-2017	LOT: 89 DP: 755255 McDonalds RD	Commercial Vineyard and Four (4) Advertising Structures
ROTHBURY	008/2017/00000286/001	18-Jul-2017	447 Old North RD	Farm Buildings x 2
Unique Number of DAs: 55		Number of DAs: 55		

Copies of development consents are available at Council's Customer Service Centre for public inspection, free of charge, during the Council's ordinary office hours

P.O. BOX 152
CESSNOCK

Stephen Glen
General Manager

Mayoral Statement re: new bus services for passengers travelling from Singleton to Maitland



Sue Moore, Mayor Singleton Council

The announcement by the Minister for Transport, Andrew Constance today is a good first step towards improving public transport in Singleton and a practical acknowledgement by the State Government of the issues that exist for our community in terms of connectivity to other parts of the Hunter.

Council has been working closely with community groups, including Two More Trains for Singleton and the Singleton Business Chamber, to highlight the issue with the State Government. We were pleased to meet with the Minister when the NSW Cabinet was in Singleton earlier this year and thank Mr Constance for making the trip to Singleton today for this announcement.

The news of two new inbound and two new outbound bus services between Singleton and Maitland – with stops at Branxton, Greta and Lochinvar – will be an opportunity for commuters to show their support for more public transport options in Singleton, and to continue the conversation particularly for more rail services to connect Singleton with health and education services in Newcastle and the Lower Hunter.

The new bus services are a great example of the outcomes that can come from Council working together with the community and the State Government.

However, the shortage of public transport options in Singleton has long been a significant issue for our community. As Mayor, I will continue to work with my fellow councillors, the General Manager and our community to advocate for more services, in particular rail, to best meet the needs of the people of Singleton.

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

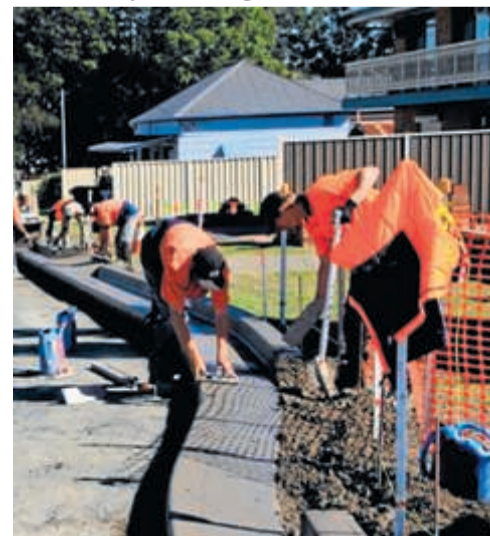
Dalwood Road west of the Wyndham Street intersection will be closed periodically during construction as required and will not be available as a drop-off or pick-up point. Council will work with residents directly affected by the closure to provide access to their properties.

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 25th August 2017



Waste Transfer Station due to open in October

You may have noticed construction of the new Waste Transfer Station is almost complete and with just a few finishing touches to go, Cessnock City Council can confirm the site will be up and running in October. Left on the 'to do' list is the final construction of the

intermediate weigh bridge, installation of a new transformer to power the site, installation of instructional signage, arrival of additional plant, implementing new weighbridge software and the recruitment and training of key staff. Once complete, this

modern, state of the art facility will feature: a series of drop off areas to dispose of different recyclable materials including oil, green waste, masonry, steel, mattresses, e-waste, paints, oils and batteries one way traffic flow with

slip lanes around individual drop off areas a sealed pavement and undercover load/unload area a separate road network for operational vehicles. Cessnock City Mayor, Councillor Bob Pynsent said he is looking forward

to the facility opening so our community has access to a modern, safe and more convenient service. "This new facility marks the start a new era of waste management in our



LETS PLAY NETBALL



CESSNOCK DISTRICT NETBALL ASSOCIATION

Online Registrations Now Open, closes Sunday 10th September. Paper Registration Forms available from our Website.

Registration Assistance available Wednesday 23rd and 30th August, 6pm - 7.30pm at the Clubhouse.

Round 1 will begin Wednesday 13th September (12 Rounds)

NEW JUNIOR MIXED SUMMER COMPETITION

Players must be turning 8 - 15 years in 2017.

Mixed teams only.

1-2 Boys on court at all times.

All Junior Mixed Teams to supply an umpire. CDNA will supply positional patches and ball.

2017 JUNIOR MIXED REGO FEES:

Existing 2017 Registered Player \$20

New Junior Player \$60

SENIOR SUMMER COMPETITION

Ladies from 14yrs+. Mixed from 16yrs+.

ALL TEAMS are to supply a competent umpire, Positional Patches and Ball.

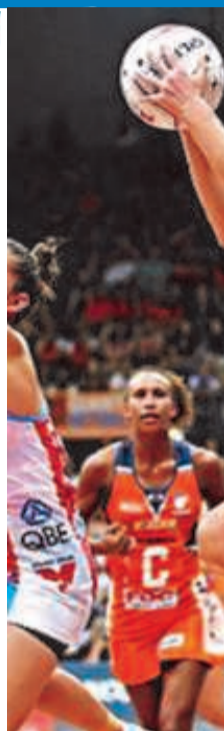
2017 SENIOR REGISTRATION FEES:

New Senior Player 18yrs+ \$110

New Junior Player 14-17yrs \$90

Existing 2017 Registered Player \$40

NPM Upgrade \$55



See Website for further details cessnockna.nsw.netball.com.au

letsplaynetball.com.au

local government area, delivering a much higher rate of resource recovery and recycling opportunities."

"I am also pleased to see the degree of community interest in this project and while there has been some grumblings around the cost and process of a trip to the landfill, it is important to understand the reasons why."

"All waste facilities in NSW are licenced by the Environment Protection Authority and every transaction is recorded via

a weigh bridge, which attracts a State Waste Levy charge of \$138.20 per tonne."

"Council's current levy contribution to the NSW Government amounts to \$6.8 million per year, so to provide the fairest cost recovery, each load received will be based on a user pay, weight based transaction," added Cr Pynsent.

For more information about the new Waste Transfer Station, visit www.cessnock.nsw.gov.au/wastecentre.

Op Shop Parade a wonderful day



Over 100 people attended the Annual Anglican Op Shop Parade at the Branxton Community Hall on Saturday 26th August.

Models volunteering from the Parish, Community and the Girl Guides displayed a variety of casual, dressy and more formal outfits, which had been sourced from the Op Shop over a period of 12 months. This assures the organisers that there is a wide selection of new or used clothes to choose from nearer the time of the next parade. At the beginning of this year the Anglican Parish employed Helen Scott to manage the Op Shop so this was her first experience organising such a successful afternoon. Such an event requires commitment, time and energy as well as a good team of supporters so after such an event, everyone can enjoy the benefits.

A beautiful afternoon tea was prepared and served by the Parishioners followed by the sale of all the clothes, shoes, bags and jewellery brought to the hall for the occasion. The proceeds raised at this event will go toward future renovations in the Anglican Op Shop in Cessnock Road below St John the Divine Anglican Church. Hours of operation are Tuesday to Friday 9am to 3pm and Saturday 9am to 1pm

■ Photo above: Joy Bootes on the 'catwalk'

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What's Happening & other matters

with Mike Lowing

TONIGHT our local area will be well represented at the 2017 Hunter Business Awards presentation evening at a gala function at NEX (West City), Newcastle West.

Australia's most prestigious regional business awards program has named almost 70 companies and individuals as finalists & in that mix we have the Branxton Greta Business Chamber up against Bulahdelah Chamber of Commerce & Tourism Inc., Hamilton Chamber of Commerce, Scone Chamber of Commerce Inc & Throsby Basin Business Chamber to take the 'Chamber of the Year' award.

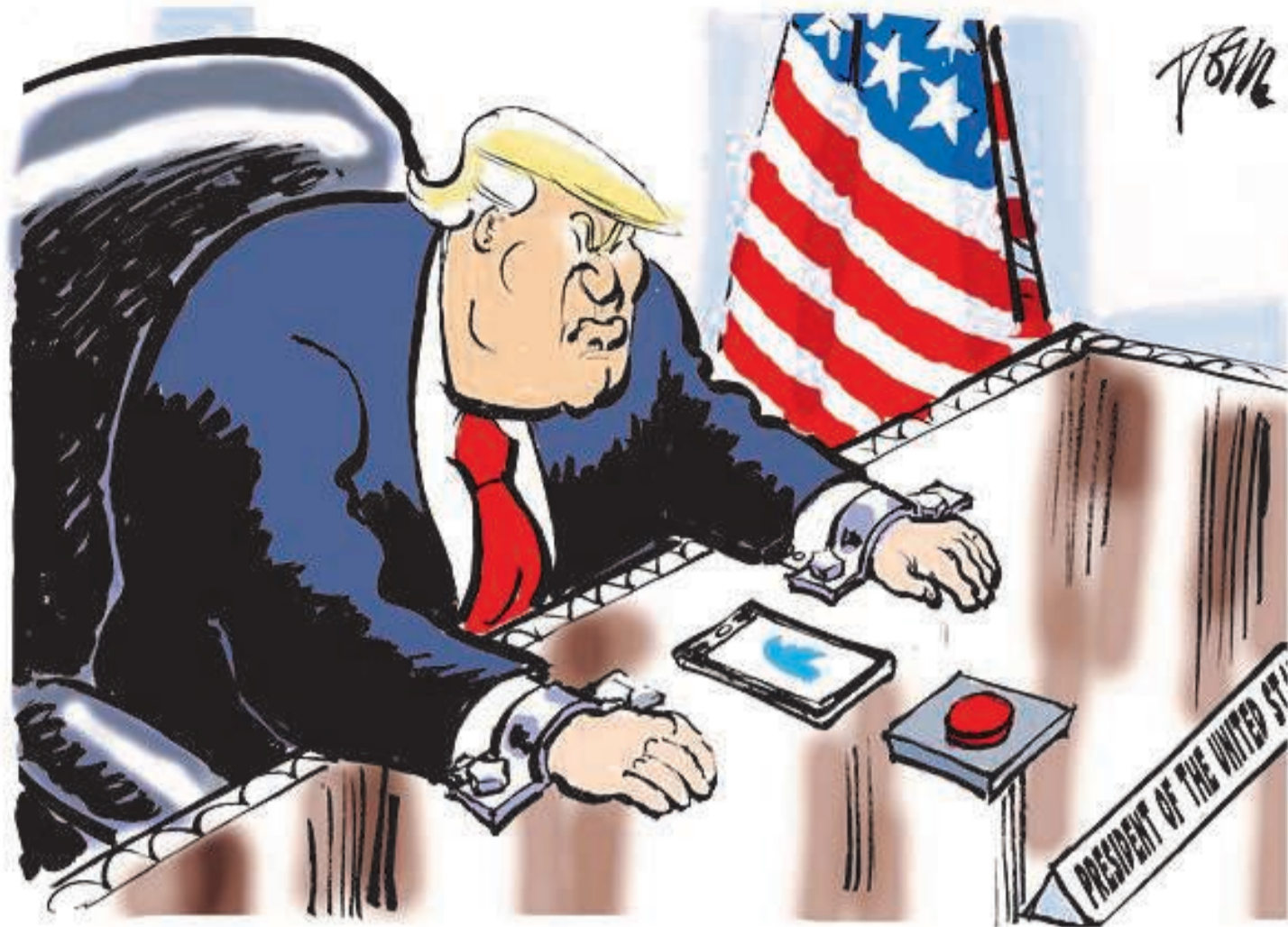
The Hunter Pet Motel has excelled being a finalist in two categories; Excellence in Small Business (20 or less employees) & 'Customer Service' (20 or less employees).

Hunter Business Chamber CEO Bob Hawes said that it was exciting to see such a high number of finalists as the Chamber prepares to acknowledge the region's most successful organisations and business people. He said that the finalists reflect the diversity of business in the Hunter and their determination to succeed.

Awards will be presented for Hunter water savers, small business and large business excellence, customer service, local chamber excellence, the contribution to the region and President's award as well as individual awards for young business executive and business leader of the year.

More than 500 people are expected to take part in the awards ceremony & we wish our local finalists all the best for tonight.

It's back. For those of us that travel to Singleton you have, most probably, noticed a teepee on the southern side of the New England Highway just a short distance east of the



Hermitage Road turn-off. It was in-situ for some time some time ago but then disappeared. I assumed that the natives who owned the teepee had gone 'walkabout' which is part & parcel of the Native Americans nomadic lifestyle!

I made some enquiries about its reappearance and have gleaned that it is not the same one but an identical one.

Apparently the initial tee pee was chewed by a very hungry horse & was beyond repair.

I do remember a visit to that area by our former PM, Julia Gillard, when the original tee pee was in place & she asked about its provenance; she said it made her day.



According to our good friend Wikipedia® a *teepee* (also *tepee* or *tipi*) is a cone-shaped tent, traditionally made of animal skins upon wooden poles. A tipi is distinguished from other conical tents by the smoke flaps at the top of the structure. Historically, the tipi was used by Indigenous people of the Plains in the Great Plains and Canadian Prairies of North America, as well as by indigenous peoples of northern Europe and Asia under other names. Tipi lodges are still in use by these peoples, though now primarily for ceremonial purposes.

Tipis are stereotypically and incorrectly associated with all Native Americans in the United States and Aboriginal people in Canada, despite their usage being unique to the peoples of the Plains. Native American tribes and First Nation band governments from other regions have used other types of dwellings. The tipi is durable, provides warmth and comfort in winter, is cool in the heat of summer, and is dry during heavy rains. Tipis can be disassembled and packed away quickly when people need to relocate and can be reconstructed quickly upon settling in a new area. Historically, this portability was important to Plains Indians with their at-times nomadic lifestyle.



You can fool some of the people some of the time

In your last edition of 'The News', Joel Fitzgibbon attempted to argue that inequality was on the rise in the community and then specified wages as an example. So, in the last 40 years wages of the top 10% of wage earners has

increased by 72%. This is wrong. The mean wage for Australian employees in 1977 was \$10,332 annually. This figure does not include bonus or overtime but does include part time workers. (See ATO figures). By 2010 the median wage had reached \$55,005 annually. That is a 540% increase. Joel's

percentage is a bit out – perhaps he should move the decimal point to the right a bit. However, as this increase has occurred over 33 years the cumulative or compound increase is only 200%.

Now to compare the top 10% of employee's wages to the bottom 10% is not an honest argument as any statistician will tell you. The top percentile of wage earners average take home pay is grossly distorted by the top 1% of people whose annual take home pay, after tax is in the multiples of millions. The other 9% of this group would be in the 100's of thousands i.e. senior public servants,

politicians and professionals such as engineers and administrators. The bottom percentile of wage earners are either

part time employee's in a two income family or sustenance workers supported by the dole. So Joel may be correct in that the top percentile of wages have increased four times more than the bottom 10% but remember, CEO type remuneration has exploded in the last 20 years to the point now where company boards are looking for excuses to cut bonuses and base rates. Particularly where shareholders have voted down remuneration increases. The median wage has more than kept up with inflation if we take a simple example; in 1977 the

standard postage rate for all Australia was 18 cents. In 2017 the rate is \$1.00. That is a 500% increase. I know this because I am an avid stamp collector. The price of a house in

1977 was \$37,000. I know this because I bought a house in Adelaide at the time. In 2006 the median house price was \$299,000 and by now is close to \$400,000.

This 1100% is an anomaly because Sydney and Melbourne metropolitan prices have distorted the market. In country towns reasonable affordable accommodation is available. Back in 1977 a Big Mac was 75 cents and a Cheeseburger 40 cents. A pie and sauce was 75 cents, now \$4.00. Take any simple benchmark prices that are not distorted by TAX and EXCISE (Grog and Fags) as examples. Ajax 15 cents? Wages earners are holding their own against inflation, the tax man and their own excesses fairly well. If we look at wages growth against productivity growth, there is no direct correlation between the two because most productivity gain has been achieved sans work-

ers. As for collective bargaining, most enterprise wage deals were to the detriment of workers interests. As these agreements terminate workers going onto award rates because they are better off. See Shorten's deals when he was a 'union heavy' in the AWU.

Despite the Union movement and Labours anti worker policies people will find work how they can. Note; Joel has no plan for improving anything. He and Shorten just create a bogus problem such as the sale of Medibank in the hope of confusing the people. As Abe Lincoln said; "You can fool some of the people some of the time and you can fool some people all of the time but you cannot fool all the people all the time." On another matter ~ how to tell lies with simple arithmetic. In the last edition of our paper the State Member for Cessnock, The Honourable Clayton Bar has claimed that the Liberal State Govern-

ment has reduced the funding of all State Governments by 9% over the last six years. This is a lie in my opinion.

The expenditure by all Governments at all levels of Government (Commonwealth, State and Local Councils) has increased by five times the inflation rate (a conservation estimate). When the state budget is negotiated with the Cabinet a forecast is made for the likely expenditure and a figure agreed upon. Each year that figure grows by 5% -7% to keep abreast of rising population and increases in the need for services. To give an example, in 2011 the education department's budget was X minus 1.5% of X. In 2012 the same department was allocated X plus 7% minus 1.5% leaving the budget overall 5 1/2% bigger than the previous year (this is a crude calculation).

The efficiency dividend is therefore just that and no department has been required to cut services or raise cost more than normal inflation. Steve Lind, North Rothbury NSW

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Lochinvar..... 4930 7209
Ambulance..... 131 233
NSW Fire Brigade
Branxton..... 4938 3396

Rural Fire Brigades

Belford..... 6574 7149
Broke..... 6579 1491
Greta..... 4015 0000
Bishops Bdg 4015 0000
Nth R'bury... 4015 0000
Rothbury.... 4015 0000
Pokolbin.... 4015 0000
Rothbury.... 4991 1733
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Scotts..... 136 240
Flat..... 6574 5186
Central..... 132 011
(Cessnock)... 4015 0000

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Letters to the editor can be sent to:

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12 Clift Street, Branxton
NSW 2335

or

emailed to

thenews@hotkey.net.au



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Development boom continues



Cessnock City Council blew forecasted development and building approval figures for 2016/17 out of the water, which was highlighted in a performance report at Wednesday's meeting.

The Hunter Regional Plan outlined Cessnock City Council will have a projected increase in dwelling approvals of 6,350 between 2016 and 2036, which averages out to be 318 applications per year. Council exceeded this figure by a whopping 44% in the 2016/17 financial year by approving approximately 459 residential buildings across the region.

With this, the total number of DAs determined (excluding s96) was up 7.7%, reaching 784 and the total value of Council's DAs was \$207,097,876, an increase of 23% on the 2015/16 financial year.

Complying development value for the same period was another \$61 million on top of this.

This boom is reflective of an increase in housing activity across the region, in particular the growth occurring in greenfield Urban Release Areas, including Huntlee and Cliftleigh.

Council staff have also been working hard to improve both processes and timeframes when it comes to building approvals and in 2016/17, the

average processing time was 52 days, yet the median time was just 28 days.

Cessnock City Mayor, Councillor Bob Pynsent, said these figures are a combination of our reputation as a thriving, attractive and welcoming place to live, along with the dedication and fantastic work of Council staff.

"We are going through a period of rapid growth and our staff are committed to working closely with key stakeholders to continuously improve processes to ensure we are meeting increased demand effectively and efficiently."

"I recently went out to Huntlee and the progress of this site from when development started to now is just incredible."

"I will continue to promote and support the growth of our wonderful region and look forward to welcoming newcomers to Cessnock City," added Cr Pynsent.

Cessnock City Council will continue to strive for excellence in its development assessment performance and processing times in the 2017/18 financial year.

Photo above: Cessnock Mayor Bob Pynsent at Katherine's Landing Huntlee

Community Notice from Greta Tidy Towns Committee

GRETA CAMP FAMILY GET-TOGETHER

Local families and individuals connected to the Greta Migrant Camp are invited for an informal gathering to share memories and food.

On Saturday 21st October 2017

At 11am to 3pm in the Greta Community Hall, behind the Museum.

Please bring a plate, sweet or savoury to share. Tea and coffee provided. Purchase raffle tickets to win a money prize.

Enquires – please call into the Greta Museum or phone Neridah on 0427657150 or Peter: 0478896722

Or email: gretamuseum@gmail.com

This is the second of any number of potential yearly get-togethers, depending on response, so come and be counted. If you can't make it this time leave your contact details at the Greta Museum so we can tell you about the next one.



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Bob Pynsent, Mayor Cessnock City Council

At the Mayors desk

Firstly, I would like to commend the Cessnock City Supporters Group who both raised and donated \$10,000 to the Children's Medical Research Institute. These are a great bunch of community minded people and to donate this amount of money to a worthy cause is just fantastic.

We held the heats of our annual Mayoral High School Debate last Wednesday and I have to say, it is one of the highlights of the year for me. Students continue to impress me with their confidence and courage to get up and speak in front of a crowd of people. Mount View High went up against Kurri Kurri High School in the heats to debate that 'money motivates us more than any other factor' while St Philips Christian College and Cessnock High School debated that 'video surveillance is an invasion of our privacy'. While the debating game was strong for all teams, it will be St Philips Christian College and Mount View High who will compete in the final today debating that 'Australia would be more effectively governed without a Senate' and I wish both teams the best of luck.

We received a welcome boost for Hunter Valley Wine Country recently, with the news we have been allocated \$1.25 million under the Building Better Regions Fund for a \$2.5 million tourism signage implementation project. This exciting project involves implementing new signage across the Cessnock local government area (LGA), including information bays, city gateway signs, precinct and directional signage. I am proud of Council staff who continue to apply for and win grants to benefit our region and this project will be the perfect opportunity to progress the new signage strategies Council has in place.

While I'm on the topic of funding, there is \$50 million up for grabs under the 2017/18 Resources for Regions program and Council has decided to put six projects forward for consideration. The projects include the Branxton to Greta 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.

It was also announced we will receive \$1.49 million under the Roads to Recovery program to complete 11 projects across the region. This is yet another welcome boost to achieve safer roads and bridges for our community.

On a more serious note, Councils of the Hunter Region, including Cessnock City Council, are urging the State Government to delay the introduction of flawed changes to biodiversity conservation legislation. While we were originally welcomed the opportunity to comment on the proposed changes, a review has revealed that rather than maintaining and enhancing our environment, the package would contribute to undermining the hard won protections our communities have called for. We lodged a detailed submission pointing out the many weaknesses in the State Government's approach and for the sake of regions across the state; we hope they listen to our concerns.

I am certainly looking forward to the 2017 Spring Awakening event which is taking place on Friday 8 September. The event will kick off with the popular lantern parade and I encourage everyone in the community to come down to the Cessnock Performing Arts Centre at 5pm on the day to join the dazzling procession of lanterns

to the TAFE grounds. As always, this is shaping up to be a fun-filled family-friendly evening of delicious food, fire displays, live music, roving performers, creative workshops and more! Finally, I would like to let the community know that Council's after hours emergency contact number is now the same as Council's main number. If you have any issues that need urgent attention after hours, please call 4993 4100.
Cheers, Bob



Sue Moore, Mayor Singleton Council

The 60th charter anniversary celebration of Branxton Lions at the weekend was a perfect time to reflect on what our community has achieved over a significant period of time, but perhaps more importantly to consider the foundations we've set for where we're heading in the future.

I was happy to attend the special anniversary lunch on Saturday, not least because it was a great opportunity to thrust people usually happy to work behind the scenes into the spotlight and recognise the contribution they have made to the people of Branxton over six decades.

Look back 60 years and 1957 was the year Slim Dusty won his first Gold Record for *the Pub with No Beer*; the winning design was unveiled for the Sydney Opera House; and former Prime Minister Kevin Rudd and former Treasurer Peter Costello were born. And of course, the Branxton Lions as we know it today came into being, driven by a band of passionate locals for no other purpose than to support their community. Needless to say, that community has changed and grown significantly in 60 years, most tellingly in the past few years with the arrival of the Hunter Expressway, the emergence of the Huntlee residential development in our neighbouring Cessnock LGA and rural residential development on the Singleton side of the border.

The result has been vocal conversations about the provision of services and infrastructure to support a rapidly growing population, and particularly added to calls for increased public transport options to connect the people of Branxton and the wider Singleton local government area to health and education services in Newcastle and the Lower Hunter.

So, it was pleasing to see the announcement by the Minister for Transport and Infrastructure, Andrew Constance, last Friday for two outbound bus services, and two new inbound bus services between Singleton and Maitland - with stops at Branxton, Greta and Lochinvar - to take passengers directly to Maitland Railway Station and rail services through to Wickham and Broadmeadow.

It was also a great example of the outcomes that can come from Council working together with the community and the State Government, and a great display of commitment from the Minister to make the trip to Singleton for the announcement.

However, I make the point that while it's a good first step towards improving public transport in Singleton and a practical acknowledgement by the State Government of the issue, there is still a way to go before the shortage of public transport has been solved. As Mayor, I will continue to work with my fellow councillors, the General

Manager and our community to advocate for more public transport services, in particular rail services, to best meet the needs of the people of Branxton and the wider Singleton LGA now and into the future.

Because, as the anniversary of the charter of the Branxton Lions shows, it will be future generations who pause to look back and judge whether we have truly been successful.

Cheers, Sue



Member for Cessnock Clayton Barr MP

Raising the BARR

"WATER NOT COAL" – I DIDN'T REALISE THAT I HAD TO CHOOSE

Protestors stood outside, peacefully and respectfully, of the mining conference and awards event just a few weeks ago. Their signs had a number of slogans, but the one that struck me was "Water not Coal". I was dumbstruck. I didn't know that I had to choose. For about 200 years now coal has been mined in the Hunter Valley and to the best of my knowledge, apart from normal droughts, we have managed both resources. So, in 2017 is there a new, different challenge?

Now, before the many wise and astute environmentalists reading this column turn to their pens or keyboards in outrage, bear with me for a moment please. I think that we would all agree, in the honesty of our hearts, that we don't really need to choose between water and coal. Sure, we have to be ever careful, but we don't really need to choose. Both resources have been managed during these past 200 years and surely, as our knowledge increases, we should expect the co-existence to improve, not get worse. Which begs the question – why use the slogan?

The reality is that the slogan is intended to create an emotional response, not a rational or informed response, by using 3 simple words to try to sum up a complex issue. The trouble is, the 3 simple words don't fairly, equally or intelligently cover the truth of the issues. So in effect, the 3 word slogan is being deceptive and misleading. The developers of the slogan will never fess up, but they know this to be true – but then the developers of the slogan aren't standing roadside, holding the signs, their integrity at stake. First you couldn't trust Politicians and now you can't even trust the protestors! What a crazy time we live in.

I 100% respect the right of people to protest, or to take a position on an issue. But surely a starting point is to be honest; to tell the truth. Complex issues, like coal and fossil fuels, have people taking extreme positions both at the stop coal, and, the let it rip, ends of the spectrum. Both sides are using more and more extreme language to try to win the public opinion – and most of the language is about creating fear. The truth is in the middle. It cannot be summed up in 3 words. It is complex. Anyone who tries to convince you otherwise, is not telling you the truth. *Cheers Clayton*



MICHAEL JOHNSEN MP Upper Hunter

Improved Justice for Victims of Stock Theft

I wish to advise that the NSW Government will strengthen laws concerning stock theft, trespass and illegal hunting following a review of the current law by former NSW Police Force Assistant Commissioner Steve Bradshaw.

The Bradshaw Review identified a number of areas for improvement in responding to rural crime from both an operational and legislative perspective. The unique features and challenges of crime in rural and regional areas demands a tailored response. We must ensure that the police respond to reports of crime in a timely fashion and have the necessary skills and knowledge of their local communities to hold those responsible for these crimes to account. That is why the NSW Liberals & Nationals Government appointed, for the first time, a dedicated NSW Police Force Deputy Commissioner for Regional Field Operations, Mr Gary Worboys APM. Mr Worboys said the NSW Police Force is committed to improving outcomes for the victims of rural crime.

The NSW Police Force has already taken a number of steps to improve officer training and education when it comes to rural crime, including the updating of the rural crime manual and the introduction of workshops led by the Department of Primary Industries, and experienced regional officers. The Bradshaw Review highlighted a number of common concerns amongst victims, including that the costs associated with rural crime are often not reflected in the penalties delivered by the courts, as well as deficiencies in the law regarding trespass.

In response to these issues raised in the report, the NSW Government will propose:

- a new aggravated trespass offence where there is an enhanced biosecurity risk, intent to engage in stock theft, or the presence of hunting equipment;
- a specific reference to a victim's geographical isolation as an aggravating factor on sentence;
- the ability to apply to the Local Court for a forced muster order, which will assist victims of stock theft;
- a deeming provision that will help to provide certainty of ownership to those who harvest rangeland goats for commercial gain;
- increased flexibility for police to seize vehicles connected with a game hunting offence; and the doubling of the maximum penalty for illegal hunting on private land from \$1,100 to \$2,200.

These measures will ensure that the NSW Police Force has the right legislative tools to address theft, trespass and illegal hunting and the courts have appropriate penalties available.

The NSW Liberals & Nationals Government will continue to consult with key stakeholders and will always strive to improve the response to rural and regional crime.

The Bradshaw Review Report can be found on the NSW Department of Justice website:
<http://www.justice.nsw.gov.au/>
Cheers, Michael



JOEL FITZGIBBON MP Member for Hunter

In my twenty-one years in the Federal Parliament I've experienced some very interesting sitting weeks. For balance, many of them occurred during the forty-third Parliament when Labor was in minority-government and Tony Abbott was making the most of every opportunity.

But I believe the last sitting takes the prize as the most bizarre. Behind all the political battlelines lay some very serious issues. When the two Greens declared their dual citizenship they immediately left the Parliament. The Prime Minister admonished them for their "sloppiness" and declared their departure the right thing to do.

But he was happy to embrace somewhat of a lower standard for the National Party's Senator Matt Canavan. He was asked to step-aside from his Cabinet post and declared he would not exercise his vote in the Senate until the High Court determined his fate. For the time-being, he remains in the Senate.

When Barnaby Joyce rose to his feet in the Parliament to declare he is a Citizen of New Zealand, the Prime Minister adopted a different and lower standard. Joyce was allowed to retain his roles as Deputy Prime Minister and Cabinet Minister. No satisfactory explanation was given to explain the different treatment for Canavan and Joyce.

Of course the difference can only be their respective parliamentary chambers. Governments are made and un-made in the House of Representatives. It's where the numbers matter most. Subjecting Barnaby Joyce to the same standard as Matt Canavan would have cost the Government a vote in the House where it was the barest of majorities, 76 of the 150 seats. After providing the Speaker the number is just 75 seats. Allowing the number to fall to 74 seats poses an existential threat to the Government. The Prime Minister was not prepared to take that risk.

This political expediency puts the Government's political interests ahead of the national interest. We already have somewhat of a crisis-of-confidence and a lack of community trust in our political system and institutions. Allowing Members who appear to be in breach of the Constitution to continue to exercise their vote threatens to undermine that trust further.

It is likely to be late October before the High Court rules on the validity of Barnaby Joyce's election. In the meantime, he plans to vote on a number of crucial Bills which affect all of us. He should not. I'm yet to speak with a constitutional lawyer who believes Joyce's prospects in the Court are good. Like Matt Canavan, he should not exercise his vote until the verdict is known.

Just when we thought the Parliamentary sitting week could not grow crazier, Pauline Hanson donned the Burqa and Senator Fiona Nash declared herself a Scot! Like her Leader, the Deputy Leader of the Nationals has no intention of giving up her vote or her Cabinet post. And we wonder why people are shaking their heads!

Office of the Hon Joel Fitzgibbon MP
Shadow Minister for Agriculture, Fisheries and Forestry & Shadow Minister for Rural and Regional Australia
Federal Member for Hunter
Parliament House: P: [02 62774500](tel:0262774500)
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Cheers, Joel

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2017 Mayoral Debate the best yet

Mount View High School and St Philips Christian College went head-to-head in this year's Mayoral Debate Final at the Cessnock Performing Arts Centre last Wednesday.

The teams debated the topic, 'Australia would be more effectively governed without a Senate' with Mount View arguing for the affirmative and St Philips for the negative.

While the debating game was strong, the Adjudicators' final decision saw St Philip's Christian College take out the title and \$250 prize for the third year in a row. Mount View didn't go back to school empty handed as they took with them the runner-up prize money of \$150, which was generously donated by the Cessnock Rotary Club just last week.

Cessnock City Mayor, Councillor Bob Pynsent, along with the Adjudicators, agreed it was the best debate to date. "The debating just gets better and better

each year, but the students really stepped it up a notch in both the heats and the final this year," said Cr Pynsent.

"It was a tough topic for the final, but you could tell the students did their homework and they certainly did rise to the challenge and should be very proud!" "I would like to congratulate all students who took part this year from Mount View, St Philips, Cessnock and Kurri Kurri High Schools, I'm very much looking forward to what next year



brings," added Cr Pynsent. The Mayoral Debate has been running for eight years, with local businesses Rover Coaches and the Cessnock Achievement Centre sponsoring the event
■ Photo above: Mayor Bob Pynsent presents the big cheque to St Philips debating team



A memorable, fun filled day began with the singing of the stirring national anthem, "Advance Australia Fair".

Branxton VIEW Clubs' 29th Birthday celebrations brought together many friends from all walks of life.

Cessnock councillor, Melanie Dagg, Singleton Councillor, Val Smith and her husband, Richard, Nance Adams from VIEW NA1, Ann Louise from Cessnock VIEW NA2, Maitland and Cessnock VIEW Club members, and Julie and Laurel representing Greta Workers Club were some of the guests and friends in attendance.

President Bethany presented Judy Groves with her 10 year membership badge and our newest member, Margaret Driscoll with her membership badge. Congratulations, Judy and Margaret! Our very talented local bush poet, Heather Searles, captured the audience with her renditions-so wonderful-of her many award winning poems. One lady remarked "that she had never laughed so much for ages". Thank you so much, Heather-laughter really is the music of the soul and there were many happy people smiling at the memories evoked by your poems.

Well done to Joan Nightingale and Sandie, Smith for managing the very popular Trading table. Thanks to all those ladies who worked so hard to make our day so successful. Special thanks to all our supporters.

"Doctor Thrift", a most unconventional man, surprised our audience who were encouraged to ask the knowledgeable doctor health related questions. The replies from the doctor were somewhat obscure, maybe even controversial and resulted in much hilarity. Great show, Evelyn!

Next year is our 30th Birthday and we are already planning for another great VIEW birthday celebration. Meanwhile, our next meeting will be held on Thursday, 14th September at Greta Workers Club.

Guest speaker is our well travelled member, Yvonne Bell, who will be speaking about her travels to Canada and Alaska. Everyone welcome to attend -just ring our secretary, Evelyn 4938 1513 if you would like to join us.

Our popular donna-lou Fashion Parade will be held on 21st September at the Branxton Community Hall-10 am start. Cost is \$15 which includes a light lunch. Latest Spring/Summer fashions are available for purchase on the day in sizes 8-26. Everyone welcome-come along and bring a friend!

Spring - A Pamela Summers quote- "A happy time is in the air. For nature starts her loveliest fair. Soon you shall hear blossom trees sing: "What colours may we wear for Spring?"

Peace and love to everyone, Judy Spillard

PHARMACY ADVISOR



Lee Grundy, Pharmacist & proprietor of Branxton Pharmacy

The general symptoms of migraines include:

- * a headache that lasts anything from four up to 72 hours
- * pulsating or throbbing pain, often just on one side of your head
- * a headache that gets worse when you're active or stops you from being active
- * feeling sick or vomiting
- * increased sensitivity to light and noise.

Most people don't need to see their GP when they get a migraine. However, it's a good idea if:

- * your migraines become more frequent or get worse over time
- * you're over 50 and haven't had a migraine before
- * you get aura symptoms lasting more than an hour.

People who get migraines generally don't get any symptoms between attacks.

Complications of migraine
Occasionally, a migraine may last for more than 72 hours and doesn't go away by itself. This type of migraine is known as status migrainosus. It's important to see your GP if your migraine lasts longer than 72 hours.

If you get frequent migraines on more than 15 days a month for an average of three months out of the year, this is known as a chronic migraine. When describing an illness, the term chronic refers to how long a person has it, not to how serious it is. About one percent of people have chronic migraine and may require increasing amounts of medication to help control the attacks. Over time, this may lead to further headaches, known as medication-overuse headaches.

If you get frequent migraines, you may be at an increased risk of depression, anxiety, panic disorders and stroke. Causes of migraine
It's not fully understood what causes migraines, but they may be caused by a chemical called serotonin. Low levels of serotonin cause changes to the blood vessels in your brain. It's not known exactly what causes the serotonin levels to change. You may find it useful to keep a diary to track what might be triggering your migraines or making them worse.

Common triggers include:
* stress
* changes in sleep patterns

*poor posture or tension in your neck and shoulders

- * certain food or drink - commonly chocolate, cheese, alcohol, caffeine
- * loud noises
- * bright or flickering lights
- * certain smells
- * strenuous exercise if you're not used to it
- * skipping meals
- * not drinking enough fluid.

Women may get migraines around the time of their periods, during pregnancy and menopause, or as a result of taking oral contraceptives or hormone replacement therapy (HRT). It's possible that these hormonal changes may affect the frequency and severity of migraines.

Other less common triggers may include high blood pressure, smoking, toothache, eye strain or taking certain sleeping tablets.

Diagnosis of migraine
There isn't a specific test that can diagnose migraines. Your GP will ask about your symptoms and look for a pattern with possible triggers. This is where your diary can be useful. They will also examine you and may ask about your medical history.

Treatment of migraine Self-help
Keep a diary of your migraines. Record your symptoms, how bad they get, how long they last and what medication you use, if any. This can help you to spot things that may trigger or make your migraines worse.

It's best to rest in a quiet, darkened room and sleep if you can. You may want to try using a cold compress, such as an ice pack or ice wrapped in a towel to ease your headache. Don't apply ice directly as it can damage your skin. A hot compress may also help. You may want to try applying pressure to the pulse points on the side of your forehead or neck. Medicines

Different types of medicine are used to treat migraines, depending on your symptoms and the severity of your migraines. If you use any type of painkiller too frequently, it may become less effective and cause further headaches called 'medication overuse headaches'. This can happen if you regularly use painkillers for 10 to 15 days a month, for more than three months.

CONT PAGE 10

About migraines

Migraines are a type of severe headache that can have a major impact on quality of life. They are often accompanied by feeling sick, vomiting or increased sensitivity to light

Migraines are one of the most common types of headache in adults, affecting about two million Australians. Women are three times more susceptible than men. You can get migraines at any age but they're most common before the age of 40. About half of all people who get migraines have a family history of them.

Types of migraine

A classic migraine follows a set of warning symptoms called aura. These symptoms usually come on before the general symptoms of a migraine and last for about an hour. Around one in three people will experience aura symptoms. A common migraine strikes without aura. Less frequent types of migraine include abdominal, hormonal and hemiplegic.

Aura symptoms

- Common aura symptoms include:
- * visual disturbances - such as flashing or flickering lights, zigzag lines, blurred vision, temporary blindness
 - * numbness or a tingling sensation - common in the hands, arm or face, similar to 'pins and needles'
 - * slurred speech
 - * poor concentration
 - * problems with your co-ordination.

Symptoms of migraine

You may get a migraine at any time. Sometimes you may be able to sense when a migraine attack is about to start. This is different from aura, and includes signs such as irritability, lack of concentration, food cravings and tiredness.



INGREDIENTS

- 1 tbs olive oil, plus extra to drizzle
- 2 French-trimmed 8-cutlet lamb racks
- 8 eschalots, halved
- Rhubarb compote, to serve
- Caper and herb crust**
- 2 tbs salted capers, rinsed, drained
- 4 rosemary sprigs, leaves picked
- 1/2 cup flat-leaf parsley leaves
- 1/2 cup mint leaves
- 8 garlic cloves
- 2 tbs olive oil
- Finely grated zest and juice of 1 lemon
- 2/3 cup (100g) chopped peanuts

SPRING LAMB RACK WITH CAPER AND HERB CRUST AND RHUBARB COMPOTE

METHOD

1. For the crust, place the capers, herbs, garlic, oil, lemon zest and juice and a generous amount of freshly ground black pepper in a food processor and whiz for 1 minute or until very finely chopped. Add the peanuts and process until just combined. Set aside.
2. Heat the oil in a frypan over medium heat. Season lamb, then in 2 batches, cook, turning, for 1 minute each side or until browned. Rest for 15 minutes, then press crust onto each lamb rack.
3. Preheat the oven to 200°C.
4. Place eschalot on a baking tray, drizzle with oil and place the lamb on top. Roast for 35 minutes for medium-rare or until cooked to your liking. Rest for 10 minutes.
5. Carve the lamb and serve with the roasted eschalot and rhubarb compote.





Report

High range PCA, Branxton

The accused in the matter is a 53 year old female from Branxton.

About 00:00

on Saturday 12th August 2017, the accused was the sole occupant of a Silver Holden Viva Sedan, travelling in a southerly direction along Russell Street Branxton. At this time, the vehicle was stopped for the purpose of a breath test. Police approached the vehicle and the accused opened the driver's side door and immediately stated "Youse have got me. I'm going to be over". The accused was subjected to a breath test, which returned a positive result.

The accused was subsequently placed under arrest and conveyed back to Singleton Police Station for the purpose of a further breath analysis, which returned a High Range reading of 0.171 grammes of alcohol in 210 litres of breath.

The accused has her licence suspended and was issued Field Court Attendance to appear before the Singleton Local Court on 14th September 2017.

Police officer charged – Specialist Command

Tuesday, 22 August 2017 12:11:41 PM

A police officer will face court next month over an alleged drink driving offence at Greta, in the state's Central Hunter.

The offence allegedly occurred about 4.15pm yesterday (Monday 21 August, 2017).

The female senior constable, who is attached to a specialist command within the Northern Region, was issued with a Field Court Attendance Notice for refuse breath analysis, state false details, refuse road side breath test and drive while suspended.

She is due to appear in Singleton Local Court on 14 September 2017.

The senior constable has been suspended without pay.

UPDATE: Operation Fragar – Commercial Explosives Amnesty – *** less than one month remaining ***

The NSW Police Force today reminded the public there is less than one month remaining for explosives to be legally surrendered under the Commercial Explosives Amnesty.

The amnesty commenced on 15 March 2017 and will end on 14 September 2017.

Acting Commander of the Counter Terrorism and Special Tactics Command, Acting Assistant Commissioner Mick Willing said the Commercial Explosive Amnesty provides a safe avenue for members of the community to hand in explosives and related hazardous materials to police, but there are only three weeks remaining.

"Five months into the amnesty and we have seen a wide variety of explosives surrendered, but we're sure there's more out there.

"I'm renewing the appeal to members of the community that if they have explosives on their property or in their house, to dispose of them legally and safely.

"Apart from being illegal, the explosives can be dangerous as they become older and more unstable," Acting Assistant Commissioner Willing said.

Acting Assistant Commissioner Willing added the amnesty is not the result of any threat.

Below is a breakdown of the types of explosives surrendered to date:

- Commercial Explosives – Excess of 110kg
- Black Powder – Excess of 20kg
- Detonators – Excess of 3600
- Safety Fuse – Excess of 800 metres
- Detonating Cord – Excess of 1700 metres

Acting Assistant Commissioner Willing said members of the public who have explosives should contact their local police who will obtain details, including a photo of the explosives and forward this information to the Rescue and Bomb Disposal Unit.

"The member of the public will be contacted and an appropriate time for collection of the material will be arranged."

"Under no circumstances do we want members of the public moving the explosives, or taking them to a police station.

"The Amnesty does not authorise the transportation of explosives and it is an offence to do so.

"The Amnesty is limited to the possession and storage of explosives. It does not authorise any person to move or transport explosives without the required licence or security clearance," Acting Assistant Commissioner Willing said.

The types of explosives covered by the amnesty include:

- Black powder
- Nitro-glycerine based explosives
- Watergel and Emulsion explosives

- Detonating cord
- Detonators
- Other commercial explosive items

Remember, there is less than one month left. On 14 September the Commercial Explosives Amnesty will cease and members of the public who have the illegal explosives can face prosecution.

NSW Police say it is public fear, not police agenda behind new terrorism powers

Public perceptions about safety and the fear of terrorism are behind the push for tough new police powers in NSW, Police Commissioner Mick Fuller has said. Speaking at a NSW Law Society forum, Commissioner Fuller said it was the public's belief they were unsafe that was driving legislative change, rather than an agenda by police.

Nevertheless, police do welcome the state's new anti-terrorism laws, Commissioner Fuller said, which include the "lethal force" powers.

"The fear of crime drives a lot of public policy, rather than the reality of crime," he said.

"I think if the community started the conversation about how safe they are, and we spoke more about how safe we are, then there would be less pressures perhaps on stronger, harsher legislation."

Commissioner Fuller said people need to start appreciating that they are safer than ever before.

"I think if we could overcome that and say 'crime's down, it's the lowest it's been in 40 years and I feel safe' perhaps police don't need new powers."

The Commissioner did say however that the terrorism powers, which allow police to pre-emptively target terrorists with intentional kill shots, are needed to keep up with the realities of modern crime.

"When you talk about modern policing around organised crime and terrorism — they are new types of crimes," he said.

"It is very difficult to police new crimes with old laws ... new types of crimes will often require new legislation for us to address it effectively."

However, Commissioner Fuller was sharply criticised by the NSW Council for Civil Liberties president Stephen Blanks, who told the forum the recent bolstering of anti-terrorism powers appeared to be the result of lobbying by the police force.

"The way in which these laws have been enacted look as though they've been pushed by a police agenda trying to get maximum power with minimal accountability."

The new "lethal force" powers passed State Parliament less than a month after they were announced by Premier Gladys Berejiklian.

But Commissioner Fuller defended the process, telling the forum the new laws had the same parliamentary oversight as other new legislation.

"Legislation may get rushed through but it still has to go through both sides of Parliament, there's a whole process that needs to occur," he said.

"Yes, sometimes police want new legislation for issues but our voice at the table is no greater than anyone else."

The NSW coroner recommended police be given greater legal protection to shoot terrorist suspects dead when he handed down his findings into the Lindt Cafe siege earlier this year.

Teen dies in motorbike crash – Hunter Valley

Monday, 28 August 2017 02:04:06 AM

Police are investigating the circumstances surrounding a crash in the Hunter Valley yesterday that killed one teenager and seriously injured another.

About 2.30pm (Sunday 27 August 2017), two 17-year-old males were riding their motorcycles south along Commission Road, Jerry Plains.

A Nissan Patrol was travelling north on Commission Road and as it rounded a bend the Nissan and the two motorbikes have collided head-on.

One of the riders was thrown from his bike and died at the scene; while the second rider suffered serious injuries including fractures to his skull, arm and lower legs, as well as internal injuries.

He was flown to John Hunter Hospital where he remains in a serious condition.

The 59-year-old driver of the Nissan was taken to Singleton Hospital for mandatory tests.

Officers from Hunter Valley Local Area Command attended the scene and commenced inquiries.

Investigations continue however no charges are expected to be laid.

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 Hunter Local Government areas and the NSW Rural Fire Service (NSW RFS) is urging Hunter Valley residents to prepare for the fire season now. 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 fire safety permit. 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.

Elderslie Hall
Bush Dance
9TH SEPTEMBER 2017
6pm
 Adults: \$20
 Teens: \$10
 Primary School: \$5
 BYO FOOD & DRINKS
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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

Branxton & Vineyards Real Estate

12 Clift Street, Branxton 2335

4938 3300

FROM PAGE 8

Over-the-counter medicines

You may find that over-the-counter painkillers (such as aspirin, paracetamol and ibuprofen) help to relieve the symptoms of your migraines. Your body absorbs soluble painkillers that you dissolve in water quicker than non-soluble ones so they may be more effective.

You could also try a combination painkiller (paracetamol) and anti-nausea medicine (metoclopramide). This can help relieve pain and may stop you vomiting and feeling sick. Make sure you don't take additional paracetamol with this combination product because too much paracetamol can harm your liver.

Always read the accompanying consumer medicines information leaflet and if you have any questions, ask your pharmacist or GP for advice.

Triptans

If over-the-counter painkillers don't help to ease your migraines, your GP may prescribe other medicines called triptans (also known as 5HT agonists). These work well in about two thirds of people and you may need to try more than one before you find which medicine works best for you.

Triptans stop the effects of serotonin,

which is thought to cause migraines. They are more effective if you take them when the headache is beginning to develop. Triptans are available as tablets, dissolvable wafers, nasal sprays or injections. Triptans are not recommended in people who:

- * have uncontrolled high blood pressure
- * have had a stroke
- * have had a heart attack
- * are taking certain medicines – for example ergotamines, lithium or some antidepressant medicines.

Check with your GP if you are pregnant or breastfeeding.

Common side effects of using triptans may include dizziness, feeling sick, vomiting, tiredness or sensations of tingling, heat, heaviness or pressure in any part of the body.

Other prescription medicines

If you can't take triptans or over-the-counter painkillers don't work for you, your GP may prescribe non-steroidal anti-inflammatory drugs or a combination of anti-nausea medicine and painkillers.

Other treatments

Although the cause of migraines is unclear, stress and anxiety are thought to make migraines worse. Relaxation techniques such as yoga, meditation, muscle stretches and controlled breathing exercises can be useful in the management of

stress and anxiety.

Another option is a talking treatment called cognitive behavioural therapy (CBT). A trained therapist can help you challenge negative thoughts, feelings and behaviour to help reduce stress and anxiety that may cause or make your migraines worse.

You may wish to try acupuncture to help relieve some of your symptoms, but there is little evidence to show that it's effective for migraines.

Before trying it, speak to your GP and check that your acupuncturist belongs to a recognised professional body.

If you're pregnant

Many medicines for migraines aren't suitable if you're pregnant or breastfeeding. Speak to your GP before taking any medicines for your migraines, even if they were prescribed to you previously, as they may be harmful to your baby.

Prevention of migraine

It's important to learn to spot the signs and triggers of your migraine to help prevent them. The easiest way of doing this is by keeping a diary about your migraines.

Keeping active by doing 30 minutes of exercise of moderate intensity on five or more days a week may also help prevent migraines.

Preventive medicines

If you get frequent or severe migraines, your GP may prescribe medicines to help prevent them.



Congratulations to residents of 10 Mayne Street, North Rothbury who have been awarded North Rothbury Tidy Town 'House of the Month'. They have created a wonderful landscape both front & back.



First home buyers returning to housing market



The latest housing finance figures released by the Australian Bureau of Statistics show that first home buyers are returning to the market as finance approvals for investor housing trend downward, according to the Real Estate Institute of Australia (REIA). "The proportion of first home buyers, as part of the total owner-occupied housing finance commitments, increased to 15.0 per cent and is the highest since February 2014. The number of first home buyer commitments

increased by 1.6 per cent for the month, following a 28.9 per cent increase the previous month and is the highest since October 2014," REIA President Malcolm Gunning said. "By contrast, the value of investment housing commitments decreased by 0.9 per cent in June in trend terms following falls in the previous two months and is well down from its 2015 peak. "Overall the figures for June

2017 show, in trend terms that the number of owner-occupied finance commitments decreased by 0.2 per cent. If refinancing is excluded, in trend terms, the number of owner-occupied finance commitments increased by 0.3 per cent and is the tenth consecutive month of increases.

"In trend terms decreases were recorded in New South Wales, South Australia, Western Australia, Tasmania and the Northern Territory with South Australia having the largest decrease of 1.2 per cent. Increases were recorded in Queensland, Victoria and the Australian Capital Territory which had the largest increase of 1.0 per cent.

"In trend terms, the number of established dwellings purchase commitments decreased by 0.5 per cent while new dwelling construction increased by 1.9 per cent and the purchase of new dwellings increased by 1.3 per cent.

"The June figures show that the market is adjusting with owner occupiers and first home buyers returning to the market as investor activity decreases in response to the actions of the regulators and banks to limit bank lending to dampen investor demand for property," Mr Gunning concluded.

Which renovations offer the best return when you sell?

Not all renovations will make

you a tidy profit when you come to sell your property. Some projects will cost more than they will ever give you back. So what are the most lucrative projects to add value to your home and give you the best return come sales day?

Kitchen

Updating or replacing the kitchen is one of the top renovations for profit recommended by Dan Mulcahy, founder and managing director of Mulcahy's Construction Group (MCG) in Melbourne, which specialises in pre and post auction renovations. "Modular kitchens can be a cost effective and fast way to update the livability of a house or apartment," says Mulcahy. "Although we suggest using a custom kitchen builder wherever possible as he will supply and install the cabinets as well as offer a warranty. Costs for a basic custom kitchen installed will all plumbing, electrical and tiling can be as little at \$10,000. This can add enormous appeal and value to a property, with the increase in value sometimes being as much as \$50 to \$60,000."

Builder Dean Harris who has been renovating homes for nearly 30 years in Sorrento, Victoria, agrees that well designed kitchens and bathrooms will bring a good return as "buyers don't have to do any work, they can just move in".

"The emotional connection between buyers and imagining living in the house they are buying is a big driver so when renovating it

is vital to spend the money on the design of how the occupant will live in the area. For example kitchens are now a lot larger areas with bigger fridges and ovens for entertaining and more casual dining." However when setting aside a budget for renovating it has to be consistent for a good return. For example when renovating a kitchen it doesn't work fitting a \$9000 Smeg stove and having DIY cupboards. There needs to be consistency

across the renovation. Be realistic and look at the big picture.

Bathroom ~ Update or add bathrooms. "The average number of bathrooms in new dwellings has been increasing over time and this is being reflected in the renovation market as well," says Greg Weller, spokesperson of the Housing Industry Association. "There are now on average 2.6 bathrooms per new home," he says.

If you are going to renovate or add a bathroom it is important to have a clear budget set out from the beginning of the project and always work to a fixed price, advises Mulcahy. "Bathrooms are an area that buyers and tenants

demand to be modern and up to date with clean and stylish fixtures and fittings," he says. "As there are many components to a bathroom it is easy to over capitalise."

Repainting

"Renovations that help show off a home's qualities rather than detract from it have the best chance of providing a good return," says Weller. "Painting is always a great option to give a home a lift, with modern colours and shades."

"Paint is the most powerful renovation tool," agrees Bernadette Janson, director and head renovator at The

School Of Renovating in Sydney. "You can instantly modernise and refresh a tired property with a coat of paint in a contemporary colour scheme. If you need help with the colour scheme Dulux has a colour consultancy service for less than \$200."

Street appeal

When renovating a home with resale in mind, improvements that add to the street appeal of a home are always beneficial, says Weller. "Maximising the number of potential buyers that are enticed through the door is the first step towards ensuring that the sale price meets your expectations. With this in mind, considering elements such as the garage or modernising cladding materials or colours are a good place to start." The front door is an important element in the street appeal,

SEE UNUSUAL CATS



Norwegian Forest Cat

Snowshoe



Bengal



as well as Perfect Persians

Beautiful Burmese Sensuous Siamese Alert Abyssinians British Shorthairs Birmans &

beautiful desexed domestic cats/kittens

CAT/KITTEN SHOW

Greta Arts & Sports Community Hall

Cnr. New England Hwy & Water Street Greta

Saturday September 2nd

11.00am – 4.00 pm

admission: – \$2.00 adults/children, \$5.00 family



Branxton Wine Country Cat Club

further information contact DEEANNE 0429 636 925



Members say



INCREASED POLICE PRESENCE REQUESTED

As most would know, the State Government is close to completing its expansion of Cessnock Gaol. The decision to expand and increase the inmate population was made after the then Baird Government amended the law to allow such changes without proper debate in the Parliament. Consultation with the community has been lacklustre and requests made by Council ignored. This is something we as Labor candidates campaigned and doorknocked on in the lead up to the last local government election. Residents were unequivocal in their demands for improved facilities and increased staffing of both Cessnock Hospital and Cessnock Police Station, to properly meet the increased demand that the expansion will no doubt have.

In light of this, Council recently resolved to formally request an increase to resources and Police numbers in the LGA together with consideration being given to moving Branxton and Greta into the Central Hunter Area Command.

I note there has been a physical and online petition running for a couple of years regarding Branxton Police Station. Also, Clayton Barr has long advocated for our community on the various policing issues relating to our area, however so far such advocacy has fallen on deaf ears. The safety of people and property is paramount so I am hopeful the Premier will seriously consider Council's requests. I will provide an update on this issue in a future edition.

TRAIN SERVICES IN THE SPOTLIGHT

There has been a long-running campaign to increase the number of train services between Singleton and Newcastle, with the issue featuring on a recent *Four Corners* program as part of a report on Huntlee. The story made special mention of the minimal services from Branxton Station with the help of lobbyists from the Two More Trains campaign. Maitland Mayoral Candidate, Loretta Baker also entered the fray recently, demanding more train services and the recommencement of passenger trains between Maitland and Cessnock.

NSW Minister for Transport, Andrew Constance, was in the Hunter on Friday announcing increased bus services from Singleton to Newcastle, which will make stops in Branxton and Greta along the way. Whilst not announcing more trains, the fact he was here shows the Government is listening.

With the population exponentially rising in our townships this issue will no doubt become increasingly important. A continued and coordinated campaign will ensure pressure remains on Macquarie Street to deliver the adequate and convenient public transport that city folk take for granted.

LOCAL GOVERNMENT ELECTIONS

With the upcoming local government elections fast approaching I have received a number of calls from people unsure if they need to vote. In short, if you pay your rates to Singleton or Cessnock Councils, then no - **you do not need to vote.**

Cessnock and Singleton were spared the farce of the State Government's forced council amalgamations, which meant we went to the polls in September 2016. Elections for all other councils who faced a potential merger were postponed to allow the Government time to sort out the mess. Whilst the final decision on mergers is yet to be made, these councils including Maitland, Dungog, Port Stephens and Newcastle will now head to the polls on September 9.

If you need assistance with local government issues, contact me via email

melanie.dagg@cessnock.nsw.gov.au or phone 0409 404 898.

Cheers, Mel

Controlling local Camphor Laurel

Last week, Cessnock City Council commenced the removal of Camphor Laurel trees from key sites in Abermain and Swamp Creek, with the help of a \$13,000 grant from Hunter Local Land Services.

This Camphor Laurel Containment Project forms part of Hunter Local Land Services Regional Strategic Weeds Program which focuses on managing weed biosecurity risks across the region.

While Camphor Laurel trees may appear to be beautiful and shady, they are actually very invasive and

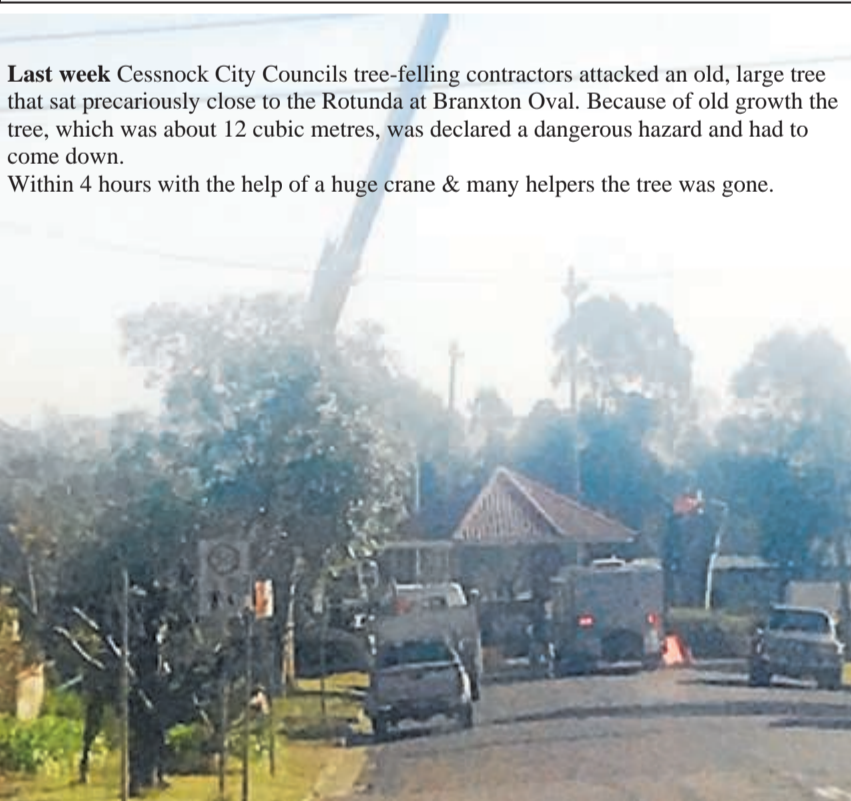
tend to inhibit large areas of land, replacing pasture and native vegetation, much like lantana. Camphor Laurel, or *Cinnamomum camphora*, is native to Taiwan, Japan and parts of China, but was introduced to Australia in the 1800s and has since become an environmental weed.

Because its high volume of seeds are spread by birds, the trees readily establish along riparian zones of creeks and waterways, as well as along fences and under powerlines, which has become a major problem



for many local authorities. Conservationists are also concerned about competition between Camphor Laurel and native vegetation and the possible exclusion of regenerating native rainforests. Cessnock City Council's Weeds Control Staff are pleased with the outcome of this project so far and look forward to seeing the improvement to these two areas, including the regeneration and return of the local native flora and fauna. "Camphor Laurel trees are long-lived, with some being over 100 years old and these mature trees are usually large and expensive to remove, which is why we were pleased to receive funding to carry out this project," said Council's Weeds Coordinator, Barry Shepherd. Cessnock City Council will continue to work in partnership with Hunter Local Land Services to manage problem weeds across the region.

AGM
20th September 2017
Mid Hunter Palliative Care Volunteers
Mid Hunter Palliative Care Volunteers
PO Box 91
Singleton 2330
T: 6572 2121
F: 6572 2126
M: 0407 072 610
Sue Pope
Coordinator



Last week Cessnock City Council's tree-felling contractors attacked an old, large tree that sat precariously close to the Rotunda at Branxton Oval. Because of old growth the tree, which was about 12 cubic metres, was declared a dangerous hazard and had to come down.

Within 4 hours with the help of a huge crane & many helpers the tree was gone.

Lake Macquarie City Council

Toronto & District Garden Club

Tea or Coffee & Homemade Biscuits at some locations

Ticket Sales at your First Garden, or at each garden

Facebook: Lake Macquarie Garden Club
Email: artandgardenslakemac@gmail.com

HMRI

Hunter Medical Research Institute

If you have experienced a parent with dementia, a friend with an incurable cancer, a child with leukemia, stroke, heart disease. Then now is the time to open the purse and contribute to the incredible research programs being undertaken at our very own world class premier research facility.

Every Dollar makes a difference

Tea or Coffee & Homemade Biscuits at some locations

Ticket Sales at your First Garden, or at each garden

Facebook: Lake Macquarie Garden Club
Email: artandgardenslakemac@gmail.com

Open Gardens & Art Trail

Sat 2nd & Sun 3rd September, 2017
10am - 4pm

Lake Macquarie Garden Club

10 Open Gardens

\$5 for each garden
\$25 for All Garden Exhibitions

All proceeds go to
Hunter Medical Research Institute

Art for sale by local artists

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

Sunday 17th September
Sunday 17th December

Helen 0427 047 024
www.facebook.com/stbrigidsmarkets

Music Lessons
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Queen Victoria & Abdul Movie Fundraiser

Just us in with King the Movie

Saturday, 16th September
at 3:00 pm

For Refreshments & Tickets
Reading Cinemas
Ken Tubman Dr, Maitland

Tickets \$20 - available at op shop
Please contact Margret - 0418 838 434

VICTORIA & ABDUL

For Sale

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P: 4938 3300

**For Lease
BRANXTON**

5 bedroom modern family home on 3 acres
\$450/week

**For Lease
BRANXTON**

Lovely renovated Federation family home
\$430/week

**For Lease
GRETA**

Modern 3 bedroom home
\$330/week

**For Lease
BRANXTON**

3 bedroom older style home
\$370/week

**We have had an extraordinary number of enquiries for home units & rental properties.
If you can help please call Helen on 4938 3300**

SOLD



SOLD



SOLD



SOLD



SOLD



SOLD



SOLD

FERNHILL ROAD, DALWOOD



JUST LISTED

**14.7HA Vacant land on Fernhill Road, Dalwood NSW 2335
Lots 12 & 19.**

It appears that you can obtain building permission but must make own enquiries with Singleton Council. The only improvement is an old well from previous residence which is no longer.
ASKING \$320,000

BRANXTON



'Down Town' Location

This weatherboard & terracotta tile family home has so much to offer. 3 large bedrooms main with built-ins, large lounge room with slow combustion fire & reverse cycle air conditioning, large eat-in kitchen, double garage & annex for the men & covered entertainment area for all your outdoor events. All this on a 950square metre block

ASKING \$365,000

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

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

GRETA

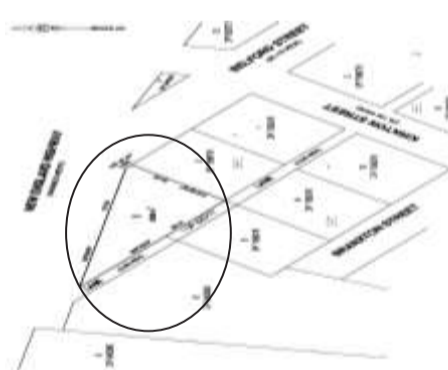


**OLDER STYLE HOME IN
NEED OF SOME TLC**

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.

ASKING \$285,000

BELFORD



**Vacant Land
2559m²**

Vacant Land with building approved
Lot 1 DP 1205549
Well over half an acre of good level block.

ASKING \$160,000 ONO

BRANXTON



JUST LISTED

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 1011square metres; a quarter acre block.

ASKING \$365,000

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300



MILO T20 BLAST comes to BRANXTON

The progressive Greta-Branxton United Cricket Club has established the first MILO T20 Blast Centre in Cessnock and is set to run this Summer. MILO T20 Blast is a super fun, social and safe cricket program for boys and girls aged 7-12. After learning the basic skills in MILO in2CRICKET, MILO T20 Blast allows kids to experience modified games using light weight equipment in a format that promotes non-stop involvement and equal participation.

The national program was developed to ensure young cricketers can progress with confidence from MILO in2CRICKET through to junior hardball cricket. Greta-Branxton has been at the forefront of providing young members of the community with opportunities to play cricket having run the MILO in2CRICKET program for many seasons. MILO T20 Blast is like a game of backyard cricket involving teams of 8 playing games on modified fields. A soft ball is used reducing the need for protective equipment to be worn. "MILO T20 Blast plays an important part in the Australian Cricket Pathway providing the transition between MILO in2CRICKET and junior competition" Cricket NSW Hunter Manager Neil McDonald said. "I am very confident that Greta-Branxton United Cricket Club volunteers will run a fantastic MILO T20 Blast centre for the local community this season" he added.

MILO T20 Blast has proved very popular across the nation and the Hunter is no different with hundreds of players participating each season. The program provides a contemporary format of cricket with a maximum of 90 minutes playing time. All equipment is supplied and the games take place on Wednesday afternoons at Miller Park Branxton. The establishment of a centre at Branxton will create the opportunity for boys and girls from surrounding areas to join in the fun and excitement generated by the program which is professionally coordinated and aligned with the Big Bash League and includes all the music, dancing, colour and excitement of this popular competition.

Register today with Greta-Branxton United Cricket Club at www.playcricket.com.au



GET YOUR KIDS INTO THE FUN OF **MILO T20 BLAST**

FUN, SAFE & ACTIVE
IT'S CRICKET & IT'S A BLAST!

ALL KIDS RECEIVE A BONUS PLAYER PACK WHEN THEY REGISTER

GRETA-BRANXTON UNITED CRICKET CLUB

When: Starts Wednesday 25th October

Time: 5:00-6:30pm

Where: Miller Park No.1 Oval

Format: 6 weeks before Christmas, 4 weeks when school resumes

Cost: \$99 (equipment supplied, professional delivery, participant pack)

Have heaps of fun at Greta-Branxton United CC - the family-friendly cricket club

VISIT PLAYCRICKET.COM.AU TO FIND OUT MORE



in2 CRICKET **GET in2 FUN** **GET in2 CRICKET**

MILO in2CRICKET introduces girls and boys, aged 5 - 8, to Australia's favourite sport. It's great fun, kids learn the basic cricket skills and is available for kids of all abilities.

All kids receive a BONUS PLAYER PACK when they register!

GRETA-BRANXTON UNITED CRICKET CLUB

When: Starts Saturday 14th October

Time: 9:00-10:30am

Where: Miller Park No.1 Oval

Format: Weekly sessions before and after Christmas

Cost: \$80 (equipment supplied, professional delivery, participant pack)

For more information contact Joshua Dagg (m) 0402675882

Have heaps of fun at the family-friendly club, Greta-Branxton United.



Visit PLAYCRICKET.COM.AU to find out more



Branxton Lions Club has had another successful fund raising event coming after a very recent & very successful 'Trivia Night' held at the Branxton Golf Club. Just on \$7000 was raised on the night. Their last fund raising endeavour was a 'sausage sizzle' at Bunnings in Singleton & all proceeds from the day will be donated to some local organisations. "We would like to thank Bunnings for their ongoing support which allows our club to raise necessary funds for the benefit of our local community", said Brian Thomas current President of Branxton Lions Club. "Our little club is always looking for new members to assist us to do what we do best; raising money for our local community. Please give me a call if you want to help our community on 6574 7186. We hold a monthly meeting at Branxton Golf Club on the first Tuesday of the month at 4pm. Please accept our invitation to come and join us", said Brian.

At Friday night services, Morris went to his friend Irving and said, "Irving, I need a favour - I'm having an affair with the Pastor's wife. Can you hold him in the church for an hour after services for me?" Irving not very fond of the idea, but being Morris' lifelong friend, he reluctantly agreed. After services, he struck up a conversation with the Pastor asking him all sorts of stupid questions in an effort to keep him occupied. After some time, the wise Pastor became suspicious and asked, "Irving what are you really up to with all this?" Irving, filled with feelings of guilt and remorse, confessed to the Pastor "I'm sorry Pastor, my friend Morris is having an affair with your wife right now and asked me to keep you occupied." The wise Pastor smiled and, putting a brotherly hand on Irving's shoulder, said "Irving I think you'd better hurry home, my wife died two years ago!"



Family friendly celebration at the Broke Village Fair!
Sunday, 10th September,
9am – 3pm



Artist's Among the Vines

Cessnock Regional Art Gallery is proud to announce their Spring Art Fair is on again this September! After last year's successful launch in Hunter Wine Country the committee is expecting an even bigger and better show this year. The exhibition will showcase the works of over 100 artists over 3 days at **The Barrel Room, Roche Estate at Pokolbin**. This year the theme is OPEN with over \$6000 in awards and prizes to be won. Two new prizes have been announced, the Cessnock LGA Art Prize and the Simon Eade Memorial Landscape Prize. The Spring Art Fair will kick-off with a Cocktail Party Opening at 7pm **Friday 15th September** with pre-purchased tickets available from Cessnock Regional Art Gallery. Attendees to the cocktail party will have first choice at purchasing artworks on display, with the show being open to the general public from 10am to 4pm Saturday 16th and Sunday 17th September and 10am to 1pm on Monday 18th September. Janine Matthews the Event Coordinator would like to thank their generous sponsors: **The Barrel Room, Jurds, Cessnock City Council, The Royal Oak Hotel, Sally Sneddon Graphic Design, Hunter & Coastal Lifestyle Magazine, The Advertiser Cessnock, and Margaret Sivyer OAM** for their support of this fabulous event. The Spring Art Fair is CRAG's major fund-raising event, providing an opportunity for artists to showcase their talents and to raise much needed funds to continue the work of the Gallery. Tickets to the Opening Night Cocktail Party are \$25 p.p. and can be purchased by calling the Gallery on **4991 6619** or emailing info@crag.net.au. All welcome to what will surely be a wonderful night in the Valley!

Photo: Janine Matthews 'on the job'



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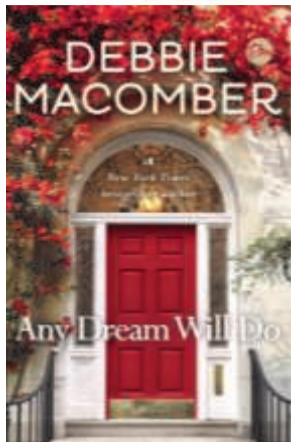
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About ~ Debbie Macomber (born October 22, 1948 in Yakima, Washington) is an American author of romance novels and contemporary women's fiction. Four of her novels have become made-for-TV movies. Macomber was the inaugural winner of the fan-voted Quill Award for romance in 2005 and has been awarded both a Romance Writers of America RITA and a lifetime achievement award by the Romance Writers of America. *Starlight* was the first of her novels to be published, as part of the Silhouette Special Edition romance line, now owned by Harlequin. Macomber continued to write romances for Silhouette, and later Harlequin. In 1988, Harlequin asked Macomber to write a series of interconnected stories, which became known as the Navy series. Before long, she was releasing two or three titles per year. By 1994, Macomber began releasing single-title novels. Her first hardcover was released in 2001.

In 2002, Macomber realized that she wanted to write books focusing more on women and their friendships. *Thursdays at Eight* was her first departure from the traditional romance novel into contemporary women's fiction. In most years since 1986, Macomber has released a Christmas-themed book or novella. Macomber's novels focus on delivering the message of the story and do not include detailed descriptive passages. Her heroines tend to be optimists, and the "stories are resolved in a manner that leaves the reader with a feeling of hope and happy expectation." Many novels take place in small, rural towns, with her Cedar Cove series loosely based on her own hometown, Port Orchard, Washington. Because of her Christian beliefs, Macomber does not include explicit sexual details in her books, although they do contain sensuality. Over 170 million copies of her books are in print throughout the world. *This Matter of Marriage*, became a made-for-TV-movie in 1998. Three of Macomber's novels have been made into Hallmark television movies: "Debbie Macomber's Mrs. Miracle", "Call Me Mrs. Miracle", and "Trading Christmas", based on Macomber's novel "When Christmas Comes". Macomber also now writes inspirational nonfiction, including cookbooks and children's books. Macomber owns a yarn store in Port Orchard, Washington and there is a Debbie Macomber line of knitting pattern books. In July 2013, the Hallmark Channel began airing its first-ever original, scripted series based on her *Cedar Cove* book series. Macomber is the series developer and executive producer.



REVIEW
Debbie MACOMBER
"Any Dream Will Do"
&
The Top 10 Fiction Bestseller List
© Nielsen BookScan

Shay's past and a secret threaten to end her dreams of a future for good. I don't typically read a lot in the romance genre, although I used to. It's just not my favourite anymore. However, I do make an exception for Debbie Macomber, as her characters and stories are usually so engrossing. *Any Dream Will Do* was no exception, and Shay has a dark past that left her struggling to find herself in her present. These characters face many obstacles as they slowly grow to love each other, and their struggles are believable and realistic. If you're looking for some light reading with a great message, *Any Dream Will Do* is a great choice.

Flawed characters find joy in 'Any Dream Will Do'

By Jean Marie Brown
Debbie Macomber's latest, "Any Dream Will Do," greets readers with an inviting front door framed with gorgeous blooms. But this is a nod to the adage of not judging a book by its cover. "Any Dream Will Do" doesn't create the antiseptic

world of rainbow perfection that Hallmark has created in bringing Macomber's works to the screen. Instead, Macomber offers readers a gritty tale of redemption and hope. Her flawed characters stumble through issues of class as they struggle with the growing attraction and eventual relationship between Shay Benson and pastor Drew Douglas. Shay grows up poor in Seattle with many of the problems that seem a prerequisite to modern-day poverty: violence from an abusive parent and an abusive boyfriend and more bad choices than good ones. She spends three years in prison for embezzlement, but she was basically stupid enough to believe her younger brother was going to get the money back to her before it was discovered missing. She is released at midnight and takes a bus back to Seattle with no clue on how to restart her life. The bus drops her in front of a church and Shay wanders in seeking answers and a place to keep warm. While in a pew in back of the church, Drew is at the front, trying to find a way out of the cloud of grief from his wife's death that has shrouded his life and that of their two children. He is in crisis, his ministry is lagging and he doesn't know how to turn it

patiently waiting for Drew to emerge from mourning and it seems everyone has the ideal woman for him. No one is backing Shay, except Drew and his children. There is chemistry between Drew and Shay, though neither has enough experience to truly know how to explore it. Watching them test the waters is delightful. Each is surrounded by supporting characters who enrich the storyline. Macomber doesn't sugar-coat the classist and judgmental rejection Shay receives from Drew's congregation. Their hypocritical refusal to accept Shay because she has a prison record is stinging. Shay's transformation from cynical felon to a woman with hopes and dreams is key to the narrative, but so is Drew's emergence from grief. In one deft scene, Drew's children are surprised to see him smiling because he has been sad for so long. Macomber introduces readers in the prologue to the hard knocks of Shay's life. It's bleak and depressing. Shay's bitterness with her lot in life is palatable. There's never an effort to hide Shay's past. Instead, the skeletons of her life refuse to stay in the closet and help push the story

The New York Times
Combined Print & E-Book Fiction
August 27, 2017

New this week

1. ANY DREAM WILL DO by Debbie Macomber
2. THE GOOD DAUGHTER by Karin Slaughter
3. THE LATE SHOW by Michael Connelly
4. THE WHISTLER by John Grisham
5. BARELY LEGAL by Stuart Woods and Parnell Hall
6. CAMINO ISLAND by John Grisham
7. THE WOMAN IN CABIN 10 by Ruth Ware
8. THE GUNSLINGER by Stephen King
9. THE LAST TUDOR by Philippa Gregory
10. BEFORE WE WERE YOURS by Lisa Wingate

THE NEWS No. 461 WED 30 Aug 2017 9 16

Top 10 - Fiction UK				
Pos	ISBN	Title	Author	Publisher
1	9781871110010	Three Sisters, Three Queens, Three Months!	Gregory, Philippa	Simon & Schuster Ltd
2	9780552176284	Never	Cooper, Jilly	Corgi Books
3	9781784754343	Never Detained	Esterline, James	Arrow Books
4	9780099579128	Summer at Sea	Erde, Katie	Arrow Books
5	9781809146551	Tandys Three: The Promise	Burley, Elizabeth	Orion (an imprint of The Orion)
6	9781808876947	Once Work If You Can Get It	Leane, Celia	Bloomsbury Publishing PLC
7	9780099112170	Trouble With Goals and Sheep: The Kitchen	Cannon, Joanna	The Fourth Deadly Sinners
8	9780791564106	Summer Secrets	Colgan, Jenny	Sphere
9	9781872210743	Straying Wife	O'Loughlin, Sarah	Headline Rivers
10	9780741561482	Out of Bounds	McDonnell, Val	Sphere

Top 10 - Fiction AUSTRALIA				
Pos	ISBN	Title	Author	Publisher
1	9781760142906	Big Little Lies: TV Tie-in	Liane Moriarty	Pan
2	9781509800100	Daughters of Men	Danielle Steel	Miramax
3	9781925481199	Truly Madly Guilty	Liane Moriarty	Pan
4	9781742013949	The Husband's Secret	Liane Moriarty	Pan
5	9781743330002	Big Little Lies	Liane Moriarty	Pan
6	9781760005208	10th Suburban	Diana Swanson	Century
7	9781925481172	The Day	Jane Harper	Pan
8	9781460751112	The Fifth Lesson	Nicola Murray	HarperCollins
9	9781760298929	Hazel Jones (Blueberry)	Craig Silvey	Allen & Unwin
10	9781760142182	A Dog's Purpose	W. Bruce Cameron	Pan

The above 'best selling' lists are from USA (NY Times), the UK & Australia: diverse & different but good reading in all.

Australian Government
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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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There's more to Chopin than his wonderful music



Adelaide, Perth and Newcastle to appreciative audiences and rave reviews. It was researched, written and performed by local Branxton man - Phillip Aughey. Phil has been operating his theatre company, Anvil Creek Theatre, for 16 years & currently, there are three of his plays in production. He has lived at Branxton since 1991. He is also the initiator and director of the Newcastle Fringe. A classically trained pianist, Phil has given numerous classical recitals in Singleton, Cessnock and Maitland for charity. He also has a BA in Communications, majoring in Theatre. Phil said that writing is his greatest talent with 3 plays, a novel (another on the way) and a screenplay to his credit. Asked why he wrote a play about Frederick Chopin Phil said that besides the fact that he is his favourite composer, he find his

question ... "What was this man, who wrote such wonderful music, like as a person? What were his circumstances, where did he come from, what influenced him, who were his lovers and what was he doing in Scotland in 1848?", said Phil. This production, which has now been performed 69 times, has been to Edinburgh, Sydney,

music both soothing and interesting to play & he did lead a very interesting life. Critique "Accomplished actor/pianist Phil Aughey delivers an impressive performance on two fronts with Chopin's Last Tour - performing six of the great man's most iconic compositions with impeccable precision, and in between, regaling the audience with impassioned dramatic monologues "in character" as Chopin himself. The musical highlights include a strident treatment of "Etude No 12, Opus 10: Revolutionary" and a melancholy rendition of "Nocturne No 20 in C Sharp Minor". The very familiar "Fantasie Impromptu", probably Chopin's most famous composition, also makes an appearance,

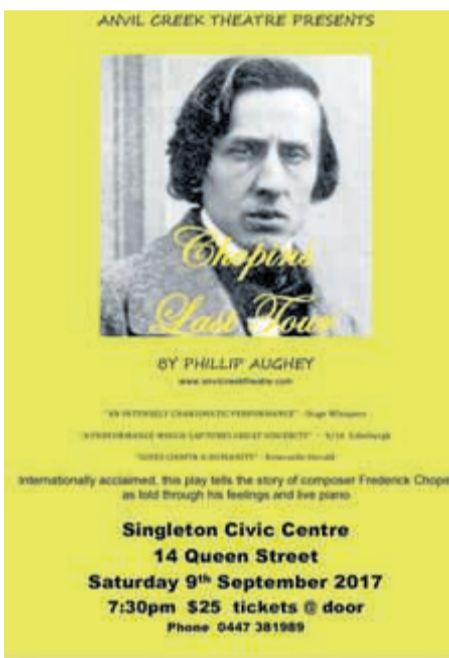
albeit in an abbreviated form. Aughey's performances of "Prelude In E Minor", "Waltz In C Sharp Minor" and "Etude No 3, Opus 10: Tristesse" are more conventional, though no less technically impressive. The dramatic component of the show, in which Aughey relates Chopin's struggles with illness, difficulties in forming long term relationships, the mixed critical reaction to his work and the political turmoil of the times in which he lived contain a surprisingly balanced mix of

pathos and dry humour. Though his Polish accent sometimes slips when Chopin is angry, this is a small nitpick in what is overall an intensely charismatic performance. For fans of the composer, Chopin's Last Tour is a must see event at this year's Adelaide Fringe Festival. Benjamin Orchard"

Photo above - Accomplished actor/pianist Phil Aughey

Internationally acclaimed, "Chopin's Last Tour" (a play about classical composer Frederick Chopin), is being performed at the Singleton Civic Centre, 14 Queen St on Saturday the 9th September at 7:30 - {tickets \$25 at the door}. This play tells the life story of Chopin through his 'feelings' and "live" piano. It answers the

question ... "What was this man, who wrote such wonderful music, like as a person? What were his circumstances, where did he come from, what influenced him, who were his lovers and what was he doing in Scotland in 1848?", said Phil. This production, which has now been performed 69 times, has been to Edinburgh, Sydney,



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TAKE SOME GOOD ADVICE

A year later you can still upgrade to Windows 10 for free

Although Microsoft concluded its free Windows 10 upgrade program on July 29, 2016, the company has yet to close some of the loopholes that it originally opened for folks running Windows 7, 8 and 8.1. If you thought about taking advantage of the launch promotion but never got around to it, there's still nothing stopping you from downloading a free copy of Windows 10 from Microsoft's servers.

Free Upgrade for Assistive Technology Users

Microsoft has continued to offer free Windows 10 upgrades to those who use the operating system's assistive technologies. You may not think you qualify for that, but according to the company's list of accessibility features, this includes anyone who uses keyboard shortcuts, the magnifier, Cortana, or apparently even users who feel like they would benefit from Windows 10's reduced animations.

Further, the upgrade page explicitly says that "We are not restricting the upgrade offer to specific assistive technologies. If you use assistive technology on Windows, you are eligible for the upgrade offer."

Note: The terms "assistive" and "accessibility" appear to be used interchangeably and an MSDN blog post about this subject points to the above-linked accessibility page for further information about assistive technologies. Assuming your conscience is clear enough to continue and you're coming from a copy of Windows 7, 8 or 8.1, the upgrade process couldn't be simpler: Just head to Microsoft's accessibility website, download the program listed on their upgrade page, and install your free copy of Windows 10.

As of writing, there is no end date to the free Windows 10 upgrade program for assistive tool users, but Microsoft says it will make a public announcement before stopping the offer.

Use an Old Windows 7 or 8.1 Key

Another known and still available loophole to score a free Windows 10 upgrade is to enter valid Windows 7 or Windows 8 product keys into the Windows 10 installer -- or later in the operating system.

We expected Microsoft to close this activation workaround soon after it was uncovered (a year ago), but as it turns out, it's still wide open. I created a virtual machine and installed

Windows 10 using an ISO image obtained from the official Windows 10 media creation tool. Armed with an old Windows 7 Ultimate key, I entered it during installation and voila: free Windows 10 upgrade.

Android performance 'tips & tweaks'

Android phones have a habit of getting bogged down after 6 to 12 months of use (or do they?). A phone that was once a speed demon starts to feel a bit sluggish; apps don't load as quickly, the keyboard takes a while to pop up, and animations become laggy. Many people put this down to the realities of their phone getting older, and start thinking about upgrading to something new.

But before you hand over some hard-earned cash for a new smartphone, there are some things that can be done to speed up your phone experience, and some things that do utterly nothing.

What Doesn't Work

Clearing apps from the app switcher

Some people seem to think if they clear the apps from the app switching screen, which shows the apps you've been recently using, that this will free up system resources like RAM. However it's no longer 2008: Android has been managing RAM usage and system resources extremely well for years now. The OS automatically suspends and closes apps you're not using, freeing up RAM for whatever apps you are using. The process requires no user intervention and consistently works away in the background.

In fact by closing apps in the app switcher, you *can* actually slow down your phone. Apps suspended in RAM are much faster to resume than apps you've closed entirely. If you keep closing everything, your phone will have to spend more time slowly re-launching apps from scratch, and you're not actually freeing up system resources as Android already does this in the background. The only legitimate reason to close an app in the app switcher is if it's not working correctly. Boot it from the app switcher, re-launch it, and the system will have to load everything from scratch, hopefully correcting whatever issue you were experiencing.

What Works

Uninstalling and/or disabling junk apps

Many Android apps like to run background processes. The more apps you have installed on your smartphone, the more background processes you'll likely be running. Background processes consume CPU cycles, potentially slowing your phone down and reducing its battery life.

The best way to resolve this problem is to uninstall any apps you don't regularly use. Go through and remove all those games you played once or twice, and all the apps you installed as a test. If your phone is only running background processes for apps you actually use, you'll have a smoother experience.

It's also worth disabling any system apps or bloatware you don't use. Did your phone come with Evernote, Microsoft Word, or Facebook installed but you never use these apps? Head into the 'apps' menu in the settings screen, find whatever apps you don't use, then click on the 'disable' button to rid them from your life.

Disable animations

One way to make your phone feel faster to use is to remove all system animations. You'd be surprised how much of a difference this makes, as many phones use long and attractive animations to improve the visual feel of their software implementation. Speed demons will want to remove these animations to make loading apps and screens feel faster.

To do so, you'll first need to activate the developer options. Head to the 'About' section of your phone and find the *build number*. Tap on the build number seven times to unhide the developer menu.

Then head into the developer options, and find the following three options: *window animation scale*, *transition animation scale*, and *animator duration scale*. Set all three options to 'off', and without much fuss your phone will feel a good bit faster to use.

Free up storage space

If you're running low on internal storage space, your phone can start to slow down as flash storage performance typically degrades when the storage approaches capacity. And flash storage performance can be the biggest limiting factor in how fast apps load, and how fast your phone is in general.

On top of that, lots of Android apps rely on data caches to speed up the experience; if apps are fighting for cache space, you'll also see slowdowns. It's typically a good idea to keep 10 to 15 percent of your phone's storage free at all times. But even if your phone isn't that full, removing junk can help performance at times. The best way to free up space is to uninstall apps you don't use (as we talked about earlier) and offload your captured photos and videos to a PC or to the cloud. If you'd rather not do either of those things, you can clear out your cache data. Those with plenty of storage space probably shouldn't clear out cache files that do help performance at times, but those struggling to keep

that last bit of storage free can swiftly start fresh.

To clear your cache data, head to the storage section of your phone's settings menu. From there, tap *cached data* and click *clear* or *OK* to wipe away the cache for every app. Often this can free several gigabytes of storage space.

Use a fast microSD card

Installing apps on your microSD card is a bad idea, and almost always leads to a slower experience. But sometimes apps themselves store data on the microSD card automatically, rather than on your phone's faster internal storage. To speed up these apps, you should install a fast microSD card in your phone if you wish to expand its storage.

For the best performance, you should opt for a microSD card with a UHS Speed Class of 3. This is denoted on the card by a U icon with a 3 in the middle. U3 microSD cards are rated for 30 MB/s sequential writes, and that's typically fast enough for smartphones.

Remove widgets

This tip is straightforward. Home screen widgets can hog system resources and keep apps open in the background. If you have a ton of widgets, remove them and you should see better performance in some circumstances.

Use Chrome's Data Saver mode

This is a tip that can not only speed up your phone, but also save you valuable mobile data. Chrome's Data Saver mode compresses web pages by approximately 30 percent, reducing web page loading times on slow connections, especially on handsets with fast processors. It's a handy feature to enable if you use Chrome as your main web browser.

To enable Data Saver, head into Chrome, open the settings screen, find the *data saver* menu, and turn it on.

Resetting your phone

This is a last resort option. Before you get frustrated and throw away your slow phone for something newer, it could be worth giving it a factory reset to see if it speeds up again. Often this works wonders, and restores your phone to how it operated out of the box. The downside? It deletes all your apps and (optionally) your data as well, so be sure to back up everything before you proceed.

The factory reset feature can be hidden in a variety of settings menus, however on most phones it's under the *Backup and Reset* heading. In there, you'll find the factory data reset function. Click on it and follow the prompts to wipe your phone, then set it up from scratch once more.



MOVIE REVIEW

American Made



American Made (15)

★★★★☆

Doug Liman, 115 mins, starring: Tom Cruise, Caleb Landry Jones, Domhnall Gleeson, Jesse Plemons, Sarah Wright, Jayma Mays

Tom Cruise gives one of his finest screen performances in *American Made*, a film which allows the normally clean-cut star to show his delinquent side. For once, he is not the action hero who saves the day in the final reel. Instead, Cruise plays a gleefully amoral, reckless and sleazy opportunist who prides himself on "having a finger in every pie". He takes drugs, moons for the camera and hangs out with Pablo Escobar in Colombia. In the 1970s, Cruise's character Barry Seal became one of the youngest pilots in TWA history. Barry had plenty going for him -- good looks, a decent job, a beautiful and devoted wife in Lucy (Sarah Wright). Bored and with bills to pay, he dabbled in a little low-level cigar smuggling. This was what brought him to the attention of the CIA and of his very straitlaced, office-bound handler Monty Schafer (Domhnall Gleeson). It was a period when the Cold War was in full swing.

In no time at all, Barry was spying in Central America for the CIA, smuggling cocaine into Florida for the Medellin cartel in Colombia and helping to arm the "Contra" rebels President Reagan hoped would topple the Communist regime in Nicaragua. As he flew his missions, Barry excelled in pitting every side against the other and in taking as much money as possible both from Uncle Sam and from Escobar and his cronies. It is easy to see

why screenwriters were so drawn to him. (Barry also features in the Netflix series *Narcos*.)

Director Doug Liman is telling two separate stories here. On the one hand, this is a cautionary tale about America's bungled foreign policy and war on drugs ("just say no!") in the Reagan era. On the other, it's a closely focused study of an American anti-hero who had outrageous amounts of chutzpah. The irony is that Barry has all the traits of the characters Cruise usually plays. He is an expert pilot who is enterprising and very courageous. Barry can land a plane on a tiny runway deep in the Colombian jungle. (It goes without saying that Cruise did all his own stunts.) He is chivalrous, generous and reliable, "the crazy gringo who always delivers" as he is characterised. Liman plays on Cruise's biggest quality as a movie actor, his likability, but then shows the character behaving in a despicable fashion. We always root for him anyway, whichever paymaster he is trying to please at any given time. Barry is the kind of charismatic sleazeball that James Woods used to portray in films like *Salvador* and *The Boost*. "Goddam, you're CIA!" he exclaims when he gets stung by Schafer for the first time. A more conventional movie hero would be utterly dismayed at being caught smuggling. Barry, though, reacts with a child-like glee at actually meeting a real spy... and then he begins to play the angles. The film is set in the late Seventies and early Eighties. That allows Liman to throw in lots of disco, cheesy graphics and newsreel footage of Reagan's folksy and eccentric TV addresses to the nation.

American Made is an example of the idea of "six degrees of separation" in action. Barry is the humble ex-

TWA pilot whose circle of acquaintance ends up stretching all the way from Escobar in Colombia to Panamanian military hardman Manuel Noriega in Panama and Lieutenant Colonel Oliver North, the figure at the centre of the Iran-Contra affair. (Coincidentally, Liman's father, lawyer Arthur L. Liman, led the Senate investigation into that particular scandal.)

Barry is blithely uninterested in his role as an important pawn on the geopolitical chess board. Nor is he particularly concerned with money, of which he ends up having so much that the local bank keeps it in a special vault.

One of his most engaging qualities is that he lives entirely in the present. He's not prey to remorse. He rolls with the punches. If he is beaten up, arrested, threatened at gunpoint or forced to take off from a runway that's far too short to be safe, he'll accept whatever misfortune comes his way and simply move on.

The story comes with many layers of irony. Barry is self-motivated, hard working and always cheerful. He is indeed "American made" and that's why so many US government agencies end up competing with each other to sling him behind bars.

Cruise still has that smirking, mischievous quality he first brought to the screen in *Risky Business* all those years ago. We soon realise that Barry isn't such a departure for him after all. It's a role that nobody else could have played better.



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

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



This article was first published in The News in 2005; still pertinent

Thommo smiled ever so slightly, lifted his head from the glass and replied, "I don't know I had my nose in the glass.....what do you guys think?" Remember the painted "ducks crossing" on Broke Road near the entrance to what is now Hunter Valley Gardens? Remember that twenty foot high blown up promotional beer bottle situated at the pub that amazingly disappeared and was last seen driving down Broke Road? Remember that really, really, really drunk bloke who would be all over the shop every AFL grand final down at the old Tallawanta?

It is understood in the winemaking world that wine is made in the vineyard. The vineyard is the be all and end all when it comes to the finished product. Good wine simply cannot be made from poor fruit. The winemaker is there to nurture and guide what they naturally receive from the vineyard. Some winemakers are lucky and have very good vineyards to start with while others are forced to do their best with a varying degree of quality fruit from a varying degree of quality vineyard.

The wine contracting game is now a very big concern in Australia. There are so many vineyards and wine labels who, because they don't have their own wineries and are not winemakers, rely upon the services of contract winemaking companies to make their wine. Regardless of the opinion of many that this activity should be illegal, or certainly taxed in a higher bracket than those with their own winery, especially considering the current climate of the industry, the Australian Government or any other body does not regulate the Australian wine industry in this regard.

Many, if not most wineries in the Hunter Valley contract winemake. There have been a lot of new labels born in the last five to eight years in the Hunter, all made by contractors. There is an old saying that "if you can make wine in the Hunter, you can make wine anywhere." I won't go into that but I will say this. There is one winemaker that in my personal opinion has seemed to defy the odds when it comes to the "Wine is made in the vineyard" motto.

Originally from McLaren Vale in South Australia and born into a winemaking family, Andrew Thomas understands the game of winemaking like few others. It will probably not surprise you to learn that "Thommo" is ex-Tyrrell's, working alongside the great Andrew Spinaze, as head red winemaker. Tyrrell's is a breeding ground for exceptional talent and I truly believe Thommo has taken his winemaking to a seriously new level in his new life as a contract winemaker.

This article is probably a little overdue as Thommo has been contracting for a few years but it is difficult for me to write about someone on a professional level when their personality is on par with their chosen field. I've always wondered how I would divide an article about such a passionate and gifted being, coupled with such staunch larrikinism (which is such a Hunter legacy that I should be used to it). Do I write about Andrew Thomas or Thommo. I still don't know!

During a serious wine tasting several years ago, a group of us were assessing some Shiraz and I was thoroughly keeping a check on Thommo who spoke quite candidly about the wines yet with pinpoint precision. He was asked to comment on the final wine aloud to the group and with an intense and very serious and convincing pose he swilled his glass, stuck his nose in for a second, swilled it again, only to put his nose back and let out an absolutely ripping "fart" to which we all laughed uncontrollably. Thommo remained as serious as ever and after a few more seconds of assessing the wine the winemaster asked Thommo "So what do you think?"

Remember that guy who would turn up to a white wine tasting, look at the bottles lined up, hhhhuuuuppphh, then go to his car and produce a bottle of red? Remember about 80% of every drunken and debauched story you've ever heard in the Valley? No? I just thought you might because Thommo doesn't seem to know anything aboutwell....anything! An avid fan and former AFL player, ask Thommo about this years Swans win and he grins from ear to ear. I'm forever debating the rugby union versus AFL thing with Thommo but he knows what he likes and what he thinks is best and it shines throughout his life. Thommo is confident yet that little boy from McLaren Vale is rife within him. That little boy grew up around vineyards and wineries and winemaking and that confidence evolves from that upbringing. Thommo has a great sense of humour and can have people in stitches while he himself just sports a very cheeky smile. One minute he's playing the clown, the next he's in deep conversation about whether the 1987 reds or whites were better. Which brings me to why Thommo is undoubtedly in the top 5 winemakers in the country. He spent years at Tyrrell's making predominantly red wine after growing up in an area where red wine prevails. To then begin a wine contracting business, making not only standout red wines but mind-blowing whites in the formative years of his business, from such a wide scope of different vineyards of varying quality, is testament to his skill or as I rightly put it before – gift. I do not believe wine shows are always a direct indication of quality but Thommo's record in the last few years on the show circuit vindicates my reasoning that very few share his talent.

Last Christmas Thommo sat down next to me and ever so humbly told me that a Semillon he made had received a very prestigious award. "You're the best red winemaker I know ... you can't also be the best white as well!" I enthused, patting him hard on the back. While most would glow red and shuffle their feet in modesty, Thommo simply looked back at me with that cheeky grin... "Why not?"

Cheers Andrew



The North Rothbury Fire Brigade recently had 7 calls in 4 days in North Rothbury. Three have been close to the village on Wine Country Drive. It appears there is a fire bug. Please keep an eye out for anything suspicious and let's catch them before he/she causes loss of life or property!
In our last issue we published the following ... 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! Just after it was published an elderly gentleman from Greta, Bob, came to our office and offered any tools he has in his shed. "A lifetime of tools are there & I'm too old to make use of them," he said. I contacted them and they did exactly that. I received a note of appreciation ~ "Thank you to Bob from Greta. You are a wonderful and interesting man, your generosity it will never be forgotten"



Classified's

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

Classified's

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: 40ft. shipping container in excellent condition, for sale \$3000. Inspect at John street. Rutherford. Ph. 49345913 1491nofrackingway@gmail.com
For Sale: Old collectable rabbit traps from \$10ea. Also 180amp welder as new with gloves & helmet \$50 P: 0421 102 711
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. \$4/12 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.mtatravel.com.au/sfenton E: sfenton@mtatravel.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 c170 st70 & atc70. Contact Drew 0435814841
Work Wanted: HAVE UTE WILL CARRY. Need something moved? Phone Phil on 0447 381989
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. Very reliable P: 0458 606 804
Work Wanted: Lawn & Garden Maintenance, P: 4938 3753
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 >

Dates for your diary >

Tue 29 Aug - Brnx 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
Sat 2 Sept - Cat/Kitten Show at Greta Arts & Sports Community Hall
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
Sat 9 Sept - Elderslie Hall Bush Dance
Sun 10 Sept - Online Registration closes for Cessnock District Netball Assoc Summer Comp
Tues 12 Sept - B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Fri 15 Sept - Brxt Public School 'Infants' Athletics Carnival
Fri 15 Sept - Opening night of Spring Art Fair at Cessnock Regional Art Gallery (3 days)
Sat 16 Sept - Join us in watching the Movie - For Refreshments & Nibbles. Reading Cinemas Ken Tubman Dr, Mailland Tickets \$20 - available at op shop Please contact Margaret - 0428 838 434
Sun 17 Sept - St Brigid's Markets 9am - 1pm
Wed 20 Sept - AGM Mid Hunter Palliative Care Volunteers Mid Hunter Palliative Care Volunteers. PO Box 91, Singleton 2330 T: 6572 2121 F: 6572 2126 M: 0407 072 610 Sue Pope Coordinator
Thur 21 Sept - Kirkton Public School 'Kindergarten Orientation Program 9am - 12 noon. Phone 6574 7152 for further details
Thur 21 Sept - Branxton VIEW Club donna-lou Fashion Parade @ Branxton Community Hall
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
Sat 21 Oct - Greta Camp Family Get-Together
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

Last week students in Stage 2 and Stage 3 participated in activities for the Premier's Spelling Bee. Well done to all those students who did their personal best. Two representatives from each Stage



Happy Campers

have been chosen to compete at the Regional final at Rutherford PS on Wednesday 13th September. Representing Stage 2 will Cooper and Jason and Stage 3 will be represented by Blake and Zander. We wish them the best of luck and we know that they will represent our school with pride and honour.

On Friday 11th August, 47 BPS students travelled to Fred Harvey Oval at Woodberry for the Zone Athletics Carnival. Well done to all the students who competed and achieved their personal best. Thanks must go to Mr

Brecard and Mr Foster for accompanying the team, and to the parents and caregivers for their support and transportation. Branxton PS has nine students joining the Maitland Zone team for the Hunter Regional

Carnival on Friday 1st September at Glendale. We wish these students every success on that day. Congratulations to our Stage 2 students who showed Respect, Responsibility and their Personal Best during the Great Aussie Bush Camp excursion last week. It was great to see the students challenging themselves and working together as a team. A big thank you to the parent helpers who accompanied the students (especially the 3 dads who celebrated their birthdays at camp). Thank you also to the staff who coordinated this excursion and attended with the students. There are some wonderful pictures from the excursion posted on our school Facebook page.



Stage 3 Spelling Bee



Greta Public School

With Sarah-Jane Hazell
Relieving Principal, Greta Public School

Book Week 2017 at Greta Public School

What a week it has been! Our celebration of books and reading has been a great success. We kicked off our week with a wonderful launch of our refurbished library attended by a range of community members. We were



very surprised and grateful to receive a donation to the library from Dr J. Jyoti who attended the event.

We had an author, Katrina McKelvey and illustrator, Kirrili Lonergan work with groups of students, a performance from Maitland library, and a book parade that was attended by a large group of parents, grandparents and friends. Many thanks to our amazing families for their support of the Book Fair – we sold lots of books and the profits will be used to continue to enhance our library.

Congratulations to our fairy godmother, Mrs Orr (she also plays the role of teacher librarian when not weaving magic) who has done an excellent job of co-ordinating a wonderful week for our students.



At Camp

In Week 6 we had a visit from Bronwyn as part of the Commonwealth Bank's Start Smart program. She and Captain Cash talked to the students about how to make clever decisions with money – "Speed to your needs and wait for your wants!" Please support our school's Earn and Learn sticker collection through Woolworths. Sheets that 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. Our Parent Information session for Kindergarten 2018 was well at-



Just hanging around at camp



Capt. Cash (Bronwyn)



At Camp

tended and it was lovely to both new and familiar faces in the crowd. Our first school visit is on Friday 3rd November so make sure your enrolment forms are returned by the end of term. Kindergarten enrolments are still being accepted. Just 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 Friday 15th September – Infants' Athletics Carnival

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



Annual Land and Stock Returns vital for market access

Land managers across the Hunter region have been reminded to lodge their annual land and stock return by the end of the month or face additional charges on next year's rates notice.

More than 19,000 land managers across the Hunter region who pay Local Land Services rates or have a Property Identification Code received their annual return notice during June.

The information collected from more than 150,000 annual returns helps Local Land Services build a statewide picture of agricultural use and livestock numbers. General Manager Brett Miners said it was important to complete a land and stock return—even if land managers have no stock.

“Collecting this information is an essential part of understanding the state's biosecurity risks and ensuring that domestic and export livestock markets remain open for NSW producers,” Mr Miners said.

“Along with the stock identification and traceability systems Local Land Services manages, the information is invaluable in the event of an emergency disease outbreak, such as avian influenza or Hendra virus.”

The returns are essentially a census for livestock on 30 June each year and include all stock six months of age or older, regardless of whether they belong to the landholder, are agisted or on the property for any other reason.

“NSW produce is free of many of the pests and diseases found in other parts of the world,” Mr Miners said.

“That is why Local Land Services works with land managers to monitor herds and flocks and share up-to-date advice and information.

“In the Hunter region, the range of stock includes, but is not limited to cattle, sheep, goats, pigs and poultry flocks.

“This information helps us go directly to the people whose land or stock may be affected in an emergency in our region.”

Pigs of any age should be counted, as well as flocks of 100 or more poultry.

Land managers can lodge their returns online at www.lls.nsw.gov.au

If the Annual Land and Stock Return isn't lodged by 31 August, an animal health rate and meat industry levy will automatically be applied to next year's rates notice.

For more information land managers should contact their nearest Local Land Services office on 1300 795 299 or visit www.lls.nsw.gov.au

Assisting cattle producers with farm biosecurity planning

Cattle producers are invited to attend a series of free information sessions over coming weeks to help ensure their farm is ready for the new Farm Biosecurity Planning requirement.

Hunter Local Land Services is offering advice to assist livestock producers to be prepared for the new Johne's Beef Assurance System (J-BAS) and changes to the Livestock Production Assurance (LPA) system, both of which require producers to have a documented Farm Biosecurity Plan.

From 1 October, producers will need to complete a Biosecurity Plan for accreditation under the Livestock Production Assurance program (LPA). Accreditation with LPA is a crucial part of Australia's red meat food safety system and is required for continued use of National Vendor Declarations (NVDs).

The need for a farm Biosecurity plan is also a part of the new industry-driven approach to managing Bovine Johne's Diseases in Australia. Producers who opt to have a J-BAS score will need to have a farm Biosecurity plan in place. The JBAS is an important tool to help producers manage the risk of introducing Bovine Johne's Disease into their herd and to communicate their herd's status to buyers of their cattle.

As a third incentive, a farm Biosecurity plan will also help producers fulfil their General Biosecurity Duty under the new Biosecurity legislation that came into force last month. The workshop will explain these three changes and help producers to find and use available biosecurity planning resources.

Most producers already practice good farm biosecurity by selecting where they buy stock, drenching new stock on arrival and quarantining these animals in yards for a period of time. These, along with other steps, are important Biosecurity practices used by farmers as they recognise it makes sound farm business sense to prevent the entry of pests, disease and weeds onto their farm.

“This biosecurity approach now just needs to be put on paper in a plan,” said Dr Lyndell Stone, District Veterinarian with Hunter Local Land Services.

“Producers will leave the information session with all the resources needed to complete their own farm biosecurity plan.”

UPPER HUNTER:

Gundy Hall 5th September 2-4pm
Denman RSL Hall 7th September 2-4pm
Murrurundi RSL Hall 12 sept 2-4pm
Numbers are limited, RSVPs essential please call 65402419

LOWER HUNTER:

Bellbird Community Hall - August 30 10am-12
Gresford Bowling Club -4th September 2-4pm
Wallerobba Hall - 6th September - 10am-12
Numbers are limited, RSVPs essential please call 49328866

MANNING-GREAT LAKES

Nabiac Showground Hall, 21 August 1.30-3.30pm
Gloucester Golf Club - 19 September 10.30am-12.30
Cooloongolook Hall - 23 September 10.30am-12.30
Wingham RSL Club - 26 September 10.30am-12.30
Hannanvale Hall - 28 September 10.30am-12.30
Caffey's Flat. date TBA. Please register interest
Numbers are limited, RSVPs essential please call 6553 4233

Councils of the Hunter urge State Government to delay introduction of flawed changes to biodiversity conservation legislation

Early in 2017, councils of the Hunter Region welcomed the opportunity to comment on proposed changes to biodiversity protection legislation, however

have since been extremely disappointed with the result. A review of the changes has revealed rather than maintaining and enhancing the environment,

would interact with other key Acts including the Mining Act and the Environmental Planning and Assessment Act; the failure to consider impacts on Local

the package would contribute to the dismantling and undermining of long term and hard won protections our communities called for and the State Government previously supported. The Hunter's Councils, in association with Central Coast Council, therefore lodged a detailed submission pointing out the many weaknesses in the State Government's approach and also warned of the consequences if it did not change course. The concerns detailed in the submission related to the lack of time to provide adequate feedback; the weakening of local planning processes; the weakening of a raft of environmental safeguards; the failure to consider how the revised legislation

would interact with other key Acts including the Mining Act and the Environmental Planning and Assessment Act; the failure to consider impacts on Local

Environmental Plans and Controls; and the imposition of an unmanageable administrative burden on already under resourced councils.

Unfortunately, according to Cessnock City Mayor and Chair of The Hunter Joint Organisation of Councils, Cr Bob Pynsent, there is little to suggest that the concerns raised have been addressed or are likely to be addressed by the Government as it rolls out its change package. “The councils of the Hunter Region have a long history of biodiversity protection and it is highly concerning that we see legislation being introduced that directly contradicts the proven effectiveness of conservation efforts and reduces the ability of Councils to manage local biodiversity issues.”

“It would seem the State Government is not ready for the changes, nor does it understand how complex and risk laden they are,” added Cr Pynsent.

“Even more concerning,” Cr Pynsent stressed, “is the fact none of the promised eight staff positions to support councils in addressing the legislative change have been appointed. The changes begin in less than two weeks and there is no coherent support framework in place and no obvious mechanism to work through the many problems that are bound to arise.”

Detail ed sal eyard report



Saleyard report - cattle

Singleton report date 23/8/17

Yarding 478 ~ **Change -142** (Comparison Date 16/8/17)

Change 205

Numbers were hard to source this week, with many local cattle sold earlier in the season when prices were higher. The bulk entered the younger categories and quality was mixed. There were ample percentages in prime condition and suitable for the butcher orders. The market trend overall was firm, with only quality in places contributing to any price variations. The over 200kg vealer steers returning to the paddock averaged 286c before topping at 302c/kg. The same weight heifer portion to the restockers and backgrounders eased 4c, making from 234c to 284c/kg. Medium weight yearling steers also to restocker orders remained firm at 254c to 284c/kg. The prime conditioned younger cattle to the butchers sold to solid competition, with prices for the higher yielding pens consistently in the 320c to 360c/kg range.

Cows improved in quality and numbers lifted, week-on-week, as prices gained 8c/kg. The plainer 2 scores averaged 201c, with the better finished heavy weights making from 202c to 222c/kg.

Score report date 22/8/17

Yarding 899 ~ **Change - 41** (Comparison Date 15/8/17)

Consignments dropped for a fair to good quality offering of mainly younger cattle, with a far better selection of grown steers and bullocks this week. Trends on average for the lot feeder and restocker cattle were cheaper, with the drawing area remaining dry, however competition was solid for the heavy weight grown steers and bullocks.

Vealer steers slipped 3c to 12c, with the 200kg plus drafts ranging from 268c to 328c, depending on breed, as the heavier pens topped at 304c/kg. The over 200kg vealer heifers also to the restocker and backgrounder orders lost 20c making from 244c to 295c/kg. The medium weight yearling steers to lot feeder and restocker orders dropped 20c in price to average 270c to 274c, before reaching 304c/kg. The lighter end of the yearling heifers to the restockers lost 12c, making from 228c to 280c/kg. The prime conditioned young cattle to the butchers eased 11c, the best at 325c/kg.

The better selection of grown steers and bullocks sold to solid competition and made from 230c to 265c/kg, with some pens carrying plenty of weight. The best heifer reached 255c/kg. Cows lost 2c to 5c, with the better covered heavy weights selling from 198c to 215c/kg. The best heavy weight bull reached 245c/kg.

TRLX Tamworth report date 21/8/17

Yarding 1188 ~ **Change -47** (Comparison Date 14/8/17)

There was very little change in numbers with young cattle well supplied. The overall quality of the offering was fair to good.

Condition showed signs of improvement with a greater percentage of 3 and 4 scores, mostly coming forward off crops and supplementary feed. All the regular buyers were in attendance with increased processor activity, particularly the Southern orders.

Demand was generally weaker through the young cattle, with a level of uncertainty in the season and the direction of forward markets. This resulted in cheaper trends for the most part. The well-bred good quality cattle held their prices reasonably well, however the secondary quality cattle were harder to sell. Medium and heavy yearling steers to restock and feed averaged 11c to 23c/kg cheaper with some of the price change quality related. Light weight yearling heifers to restock and feed sold slightly dearer for the C muscle lots. Medium weight feeder heifers were mostly cheaper with the best lots least affected. Increased supplies of well finished heifers suitable to the trade saw a firm to cheaper market trend.

Well finished grown cattle saw the best of the market; however all showed a cheaper trend. The heavy grown steers were 3c to 6c/kg cheaper. The medium weight 2 and 3 score cows remained close to firm. The well finished heavy 3 and 4 scores saw a trend firm to 3c/kg cheaper with a reduction in quality from the previous week.

Winx has produced a storming finish to record her 18th consecutive victory with a dramatic win in the Warwick Stakes at Royal Randwick.

On The Track



The mare, making her first appearance since winning the Queen Elizabeth Stakes at Randwick in April, was made to work for her latest triumph after missing the start by four lengths.

In front of a crowd used to cheering her home down the straight, there was silence as Winx made her move and finally wore down Foxplay to score by a mere half neck. The trouble started at the barriers when a fractious Winx missed the jump. Trainer Chris Waller prepared himself for an upset but Bowman did not panic, easing the mare onto the back of the field then bringing her wide around the turn.

She responded like the champion she is. As she left the gate she knocked the timing device out of her saddle cloth but with Foxplay running 32.42 seconds for her last 600m, Winx obviously ran faster with one data company clocking her at 31.88.



The Councils of the Hunter Region are therefore calling on the State Government to hold back its implementation of the Biodiversity Conservation reforms until it has thought through the possible impact of the changes and has appropriate plans and resources in place. Regions are woefully unprepared to confidently address the new requirements and a potential crisis is facing NSW as a result of the State Government's rushed actions and ill-considered legislative reforms.

There is an urgent need for the State Government to listen to the feedback it has received from a broad spectrum of stakeholders and act before it is too late.

There is an urgent need for the State Government to listen to the feedback it has received from a broad spectrum of stakeholders and act before it is too late.

SPORTS RESULTS

1st B Hain & G Gazzard 42 pts, 2nd J Atton & B Ward 37 pts
3rd E Munzenberger & P Anderson 36 pts (c/b), 4th R Hebbe & S Condran 36 pts (c/b) & 5th G Beeton & S Dunker 36 pts
NTPs; Ladies ~ M Hunt & Gents ~ J Flynn

Members draw - Not won

Another pleasant Winter's day with a little chill in the air, but it didn't deter our eager group of players, from getting in some practice for our "Away Day" Hawks Nest tomorrow. Congratulations to Bob Hain and Gary Gazzard on winning the event, with an impressive score of 42 pts and a well done to placegetters.

Results 25-8-17

"Away Day to Hawks Nest" – Stableford

Regrettably this event had to be abandoned due to precipitation of epic proportions. *LN Bootes, Hon Sec*

BRANXTON GOLF CLUB –SAT 12TH AUGUST STABLEFORD

A GRADE WINNER; RILEY McCLUNG 34 C/B, A GRADE R/UP; RAY McGUINNESS 34 C/B, A GRADE THIRD; DAN TURNER 34

B GRADE WINNER; DAN RODGERS 40, B GRADE R/UP; DOUG MUNCASTER 38 C/B B GRADE THIRD; PETER MACKENZIE 38 C GRADE WINNER; COL HUGHES 39 C GRADE R/UP; ROGER YANDLE 38, C GRADE THIRD; BARRY TURNER 36 BALLS WENT TO 31 POINTS

NTPins: 2nd/11th: Steve Eccles 68 cms 4th: Peter Wilton 300 cms 9th/18th: J.Davey 183 cms 13th: Lennie Porter 145 cms

Saturday's windy conditions ensured all players would struggle around the tricky Branxton course, with only 31 pts needed to win a ball. This was no more evident in A Grade where only 34 pts was needed to win, with local promising 14 year old junior, Riley McClung, winning on a countback with 34 pts, just ahead of Ray McGuinness and Dan Turner.

Last year's C Grade Club Champion, Dan Rogers, showed he is ready to perform again at this year's championships in winning B Grade with a superb 40 pts on a day when the DSR rating was a 71. Runners up were Doug Muncaster and Peter McKenzie, both recording a very respectable 38 pts. Col Hughes' 39 pts was good enough to win C Grade, just ahead of Roger Yandle with 38 pts and Barry Turner with 36 pts. The shot of the day belonged to Steve Eccles, with his tee shot finishing only 68 cms away on the 2nd/11th whilst Lennie Porter's shot to the 13th. One of our local juniors, the very talented Corey Lamb, won the Singleton Junior Open on the weekend with an excellent one over par 70. Uncle Mark Hale is very proud as are his parents—Corey has the talent to go a long way in this game—well done!

BRANXTON GOLF CLUB –SAT 19TH AUGUST MENS FOURSOMES CHAMPIONSHIPS

SCRATCH WINNERS- TROY FELAN/TROY MCCAW 124 SCRATCH RUNNERS UP-MICK TRACEY/JOSH TRACEY 124 C/B. NETT WINNERS-PETER MATHEWS/GARY WALSH 105.75 NETT. NETT RUNNERS UP-MICHAEL MADDOCK/RICHARD BARRINGTON 109.75 NETT

NETT 3RD- DAVE HOLLIS/ TOM FOSTER 111 NETT NETT 4TH- TONY SEAMER/ BARRY TURNER 112 NETT. NETT 5TH- GREG GILLARD/ DAVID MATT 112.5 NETT. NETT 6TH- DAVID BULL/ DAVID MUDD 113 NETT. NETT 7TH- TED ZAWIRSKI/ NOEL HUGHES 114 NETT

NTPins: 2nd/11th: Peter Wilton 327 cms 4th: Peter Wilton 363 cms 9th/18th: Michael Maddock 138 cms 13th: no one

The Yearly "Sorry mate" event, the club's Foursomes Championships were played on Saturday on a slightly windy day, but the overall conditions were quite good. In this event, where each player hits alternate shots, can be very testing on friendships and emotions. Many of us approached it as a fun day where many shots would be played from interesting positions—as they were. The two Troys, Troy McCaw and Troy Felan, finished on top with a scratch score of 124 over the 27 holes. They only won on a countback from the father and son pair of Mick and Joshua Tracey—with Joshua currently playing on one leg due to a recent knee accident. The nett winners were Matthews and Gary Walsh with 105.75, well clear of runners up Michael Maddock and Richard Barrington with 109.75. Third place went to Dave Hollis and Tom Foster with 111 nett, which included a 36 off the stick for the last nine. Tony Seamer and Barry Turner finished 4th with 112, just ahead of Greg Gillard and David Matt who recovered well after a shaky start. 6th place went to David Bull and David Mudd with Ted Zawirski and Noel Hughes claiming 7th place with a 114 nett score. The sharp shooter of the day belonged to the ever consistent Peter Wilton, hitting the best shots to the 2nd/11th and the 4th. The difficult 13th was the winner on the day with no one hitting the green—a true example of the nature of this long, narrow hole.

HUNTER VALLEY GOLF CLUB

Sunday 13th August Inform Steve Piggot has won the Weekly Challenge with a solid 39 points from Jason Cowburn 38 and Nicholas Pethers 3rd with 35 pints. Ball winners were: Paul Neuss and Tobias Lowe from the Kooindah Waters GC.

Tuesday 15th August Chris Taggart has claimed the Tuesday Stableford with a very good 41 points from Steve Abel who beat playing partner Nick Wilson on countback after both had 38 point returns. Ball winners were: Rex Talbot 37, Col Bradley 37, John Stewart 36, Ray Newton 36, Gary Arnold 35, Steve Piggot 34, Grahame Sheldon 34 and Jenny Macklinshaw 33 on countback. Nearest-the-Pins went to Steve Abel (3rd & 4th) and Rex Talbot (17th)

Wednesday 16th August The Ladies Stableford resulted in a win for Jeanette Irwin from Jill Slatter with Christine Tancred, Robyn Dunlop, Ann Grace-Smith and Jan Hovey ball winners. Next week the Ladies will play Individual Stableford

Thursday 17th August Paul Ireland played a solid round in the Vets Stroke event to finish on top with 66 net from Bruce Chambers 69 and Ray Newton 3rd with 70 net on countback. Ball winners were: Garry Hedges 70, Ian Newell 70, Ray Hodson 71, Grahame Sheldon 72, Steve Piggot 72, Michael Watson 74, Peter Wilson 74, David Irwin 74 and Keith Dunlop 74. Nearest-the-Pins went to Keith Dunlop (3rd) Grahame Sheldon (4th & 10th) David Peel (8th) and Rex Talbot (17th). Next week the Vets will play Par.

Saturday 19th August The cool change which arrived early on Saturday took the edge from the scoring for most of the field with A Grade going to Nathan Nancarrow with an even Par 36 from Mark Harry with 35, B Grade to Patrick Maher with the days best round a 42 from Christian Moller of Toronto GC with 36 on countback and C Grade to Mark Faulkner with 36 from Scott Jones on 34 Points. Ball winners , : Shannon Attewell 35, Greg Baker 36, Glenn Mann v35, Steve Piggot 35, Graeme Flynn 35, Bruce Chambers 33, Dale Macklinshaw 33, Wayne Barber 33, Chad Michison 33, Stuart Robinson 33, Vince Galluzzo v32, Ray Hodson 32, Anthony Bower 32, Dean Morison 32 and Ray Newton 32 c/b. Nearest-the-Pins went to Darren Thomson (3rd) Wade Attewell (8th) Russ Lightfoot (10th) and John Parish (17th). Next week will be a Tiger Tee Challenge Medley Stableford.

Sunday 20th August. Ben Pickering has won the Weekly Challenge with a solid 39 point return from Ryan Stig from the Belmont GC who carded an even Par 36

Tuesday 22nd August Maitland visitor Adam Goldfinch shot a solid 40 points to claim the Tuesday Stableford from Ray Hodson 38 and Luke McArthur with 37 on countback in 3rd place. Ball winners were: Ian Newell 37, Gary Arnold 36, Lachlan Peacock 35, John Stewart 35, Steve Piggot 35, Bob Prentice 35, Ken Scott-MacKenzie 34, Adam Lettice 34 and Ray Newton 34 c/b. Nearest-the-Pins went to Peter Wilson (3rd) Lachlan Peacock (4th) Ray Hodson (8th) Dean Morison (10th) and Mark Barrow (17th)

Wednesday 23rd August The Ladies Individual Stableford has been highlighted by an 'Ace' by Dale Hamilton on the CONT. NEXT PAGE



Branxton Veteran Golfers

Results 17-8-17

Stableford

Div 1 Winner I Harris 31 pts R/u

G Anderson 30 pts 3rd P Anderson 29 pts

Div 2 Winner P Hocking 35 pts (SOD) R/u

B Smith 33 pts 3rd R McMillan 29 pts (c/b)

Ladies Winner M Hunt 30 pts R/u R Friis 26 pts 3rd R McCarthy 22 pts NTPs; Ladies ~ T Martin & Gents ~ P Hocking

Members draw - Not won

Not even the August blustery winds could detract our intrepid group of players, from enjoying a round of golf, which turned out to be quite competitive as the scores attest. Congratulations to Phil Hocking on winning his division and achieving the "Score of the Day". And a well done to all other winners and placegetters.

Results 24-8-17

Stableford - Two Ball Best ball



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Do you REMEMBER when.....



Found this photo in our library but no details. The cheque date is 22/2/06, drawer is “Minister for Community Services Minister for Youth”, amount \$15,000 to Colts Rugby League Club. I did notice that the cheque is not signed. The photo below is a Pokolbin Reds Junior Rugby player scoring a try; when? I have no idea.



SPORTS RESULTS GOLF

FROM PREVIOUS PAGE
135 metre Par 3 10th hole. Neither Dale nor her playing partners had any idea of the feat until they reached the green and after a short search found the ball in the bottom of the cup! Dale having a good day out also won the daily competition from Sue Williams and Jan Hover 3rd, while balls were won by Jenny Chambers, Robyn Dunlop and Kay Dunn. Next week the Ladies will play Round 1 of the 2017 Championship playing Stroke.
Thursday 24th August Dale Macklinshaw has come out on top in the Vets Par event with a +2 result from Darrell Preston with +1 on countback to Ken Harris also on countback. Ball winners were: David Peel +1, John Stewart sq, Ray Hodson sq, Dave Fury sq, Ian

Newell sq, Bruce Chambers sq, Grahame Sheldon -1, Kevin Smith -1 and Ray Newton -2 c/b. Nearest -the-Pins went to Doug Wand (3rd) Ken Harris (4th) Ray Hodson (8th) and David Peel (10th). Next week the Vets will play 4BBB stableford.
Saturday 26th August Results not known at time of writing, will add to next week's report. Next Saturday's event will be a Medley Stableford.
BRANXTON LADY GOLFERS 16th August Stableford Event. Winner: Ruth McCarthy with 37 points. Runner-up: Kasey Heuston with 35 points. Nearest to the pin: Kasey Heuston 115cm. Birdies to

Caren Caldwell on the 9th and Kasey Heuston on the 18th.
23rd August Stableford Event
Winner: Robyn Hoffman 38 points
Runner up Kerrie O'Connell 33 points on count back from Trish McMillan
Nearest to the pin: Trish McMillan

Greta Museum's Old Style New Wares & Sweet Shop

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You're sitting on it!

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 walking at lunch time you spend long hours sitting at your desk. You park as close as you can to the office so you can maximise your time at work. You no longer walk up the stairs at work, you take the lift, because otherwise your legs ache, or you get out of breath. If this sounds like you it is time to get your glutes activated and some strength back into your legs.
Even active people need strength in their glutes – for example this gives runners the “pushing power” they need so that they stop relying on their large quad muscles to do all the work and pull them along.
Are you ready to make a change in the way your glutes 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!
Lots of people tell me that they want a toned backside, but they do not know where to start! Stronger glutes will also help you if you take part in specific sports such as snow skiing, running and horse riding. By doing some specific leg exercises, you can improve the strength of your bottom as well as its shape, without doing hours of squatting. Doing some basic bodyweight exercises a few days a week will give your derriere definition and strength.
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!
Making new habits takes time, and commitment. By making one small step each day, you WILL reach your goal.
What do my Glutes do?
The “glutes” are 3 separate muscles: gluteus maximus, gluteus medius, and gluteus minimus. The gluteus maximus is one of the strongest muscles in the human body and is one of the primary movers in running. It gives runners their “push.”
The Glutes:
Extend the hip
Laterally rotate the hip
Abduct and adduct the hip
Posteriorly tilt the pelvis (ie tilt the pelvis backwards)

Tight, weak and short glute muscles can contribute to lower back pain. Hips depend on the glutes. If the glutes are not strong, your hips flexors (the muscles that pull the thigh forward) get tight and your hips will not have a full range of motion. When your hips lose hip mobility your back has to work harder. The best thing to help your lower back is to activate your glutes.
How to strengthen and tone your GLUTES:
Many of us spend a lot of time each day sitting down, either at a desk or in a car. Activating your glutes means first loosening up tight muscles and then getting them activated by using specific exercises which target your glutes.

Exercise	Beginner Level	Intermediate	Advanced Level
Deadlifts	10 reps (5 each side)	12 reps(6 each side)	16 reps (8 each side)
Single Leg Deadlifts	10 reps	12 reps	15 reps
Side Leg Lift	10 reps	12 reps	15 reps
Donkey Kick	10 reps	12 reps	15 reps
Super Mans	10 reps	12 reps	15 reps
Glute Bridges/Hip Raises	10 reps	12 reps	15 reps

There are a lot of ways to make your glutes stronger. Start by doing the glute exercises included here once every other day. If you are coming to classes at Branxton, then try doing them on the alternate days (Monday, Wednesday and Friday). If you are doing classes at Windella, then you could do the exercises on Tuesday, Thursday and one day on the weekend. It really is up to you.
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 glutes WILL get stronger and more toned if you stick with this.
Exercise descriptions
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 glutes, but not to the point that you are not able to sit on the toilet (or your horse!) the next day!

Deadlifts
With your arms beside you, hold a dumb bell in each hand and stand with your feet hip width apart, and your knees a little “soft” (ie not locked). Keeping your back straight, bend forward at the hips until your arms hang forward like dead weights in front of you. Hold for a count of three, then squeeze your bottom and stand up straight in one motion. Repeat. To increase the intensity, you can increase the weight of the dumb bells, or try doing it with a bar bell (if you have one). Great for your ham strings and glutes. Remember, you are really just bending at the hips, so make sure you don't lose your form while you are doing them.
Single leg deadlift
This is a balance exercise which will challenge your core while you work your glutes! Stand on your left leg, with your right leg out behind you, and your left arm out to the side. Place a drink bottle (or a weight, or a can) on the floor in front of you. Bend at the hips and reach forward with your right hand as low as you can go, ideally until you touch the floor or whatever you have placed on the floor in front of you. Return to the upright position and as you do, stretch your right arm up above your head (at this point your right foot should still not have touched the floor). Repeat on this side for the suggested number of reps, then change sides (ie stand on your right leg with your left leg extended behind you). To increase the degree of difficulty, try doing this exercise with a weight in your hand.
Side leg lift (like a dog lifting its leg on a tree!)
Start on your hands and knees. Place your hands underneath your shoulders and your knees underneath your hips. Flex your feet. Then with your knee bent to 90 degrees, raise one leg out to the side (like a dog lifting its leg on a post!). Lift with your hip and keep your lower leg parallel to the ground as you lift. Don't let your foot or knee get higher up toward the ceiling. Keep your arms straight as you lift as high as possible. Really squeeze your glutes as you lift. Lower your leg down and repeat on the same side for the required number of repetitions, then change to the other side.

Donkey Kick
Start on your hands and knees. Keeping your feet flexed, kick one leg back with the knee bent close to



90 degrees, as though you are trying to lift the sky with the sole of your foot. Don't let your lower back arch as you drive your heel up and back, kick as high as you can while keeping your back straight. Make sure you are squeezing your glute at the top of the kick and keep your abs engaged. Your foot should be driving straight up toward the ceiling.
Bring your knee back down and repeat on the same side for the required number of repetitions, then change to the other side.
Glute Bridge/Hip Raises
Lie on your back and bend your knees to place your feet down on the ground about hip width apart. You should be able to touch your heels with your fingertips when you reach your arms down by your side. Play around with the position of your feet so that you feel your glutes working. Bring your elbows to 90 degrees so your upper arms are on the ground.
Push up your back and heels to bridge up off the ground. Make sure your knees do not fall apart or come together as you lift. Squeeze your glutes as you raise your hips up. Make sure to raise straight up and not push yourself backward. You want to feel like you are driving your knees forward over your toes even though you are driving through your heels. Make sure to extend your hips and do not hyperextend your lower back just to bridge up higher. Lower yourself down and repeat. If you want to increase the degree of difficulty, try placing both feet on a step, then doing the exercise as described. To make it harder still, try using one leg at a time.

Super Mans
Start on your hands and knees. Reach your right arm out in front of you as you extend your left leg back behind you. Reach your arm and leg as if trying to touch a wall in front and behind you. As you extend your leg straight back, keep your foot flexed and squeeze your glute. Your extended leg should be parallel to the ground. Keep your core tight. After holding for a second at the top of the move, lower your right arm and left leg then repeat with your left arm and right leg.
To increase the difficulty, after holding for a second at the top of the move, tuck your knee and elbow under your body and touch the two together then extend back out. Keep your core engaged and squeeze your glute at the top. Repeat on the same side for the suggested number of repetitions.

What else is happening at Louise Cairns Fit for Life?
We are about to kick off the Bring on Sunshine and Spring (BOSS) 6 week Challenge on 4th September. There have still been some frosty mornings at the park, but we are starting to enjoy daylight again at 6am! The wind has also been a bit of a “challenge” but thankfully there are some sheltered areas at Miller Park. No one has been blown away yet!

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 Executives 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

BRANXTON GRETA VINEYARDS

The NEWS SPORT



Greyhound Racing... Local Report with Sam

CLARK'S COMEBACK WITH A BANG After a two year break, Kath and Cliff Clark are back at the track with three pups from their top broodbitch TEENAGE DREAM. SMILE GOOD and CLIFF NUMBER ONE won their maiden at their first attempt, SMILE GOOD backed up the following week at Maitland with another win. Kath is hoping her bitch KATHLEE can produce the same result when she makes her debut.

Darryl Thomas from Sawyers Gully has two from the litter, RUMORS and REALITY CHECK, both running a place at Albion Park at their first start. The litter is TEENAGE DREAM'S fourth litter, the previous three litters produced thirteen individual winners, the most notable being HAPPY HASWELL (15 wins) SPRING DREAM (14 wins) and GOOD CALL PAUL (12 wins). Her second litter to SPRING GUN produced a pup named BULL EAGLE for Jason Preston. He showed a heap of promise with two wins and a second from his



■ A very proud Cliff Clark with the champion

first three starts for trainer Don Kirk before an injury cut short his career, this latest litter could be her best and last.

SOUND ADVICE FROM WISE OLD TIMERS After 32 starts trainer Luke Ellis was pulling his hair out and wondering if his dog NEVERLAND PIRATE would ever break his maiden, so he decided to get some advice from a couple of old timers. He sat down with his handler Robbie Neville and the dog's original owner Garry Kedwell to work out a way of breaking his maiden. After heeding the advice he entered his blue dog at The Gardens where he broke his maiden at start 33. The dog is out of TESS VELLA

and was bred by Chris and Sarah Kedwell, their kids called the dog Jake hence the name NEVERLAND PIRATE.

LOCALS WINNING Local trainers who enjoyed success in August were Lindsay Davis (ZINKEY, and VOLKEY) Ian Darcy (EZY MOVER) Ken Cheetham (FLETCH IS FLYING) Neville Broadbent (BLACK VIERI) LOUISE MCGEE (LAST LINE) and Chad Garrard (NILE QUEEN). All at The Gardens. NILE QUEEN backed up to win again over 731m. at Gosford and JEP DARK KIDZ won at Richmond for Chad. Lindsay Davis enjoyed success at Wentworth Park with LEKEY. Thomas Campbell landed back to back

wins at Maitland with CHEEKY CHAPTER. OUT CRY and WET WEEKEND out of Peter Slack's bitch GUNNA HOOT saluted the judge at Tamworth, both starting odds on after being heavily backed by Slacky's money.

NIGHT RAID IN SYDNEY Last Wednesday five local trainers headed down the M1 to Wentworth Park for a crack at the bigger prizemoney on offer. The trip was well worth their effort, all returning to the Hunter with the city slickers cash. Robert Howard won race 2 (BLACK JU JU) James Porter won race 9 (CHUNKY BUT HUNKY) with Gary Ernst claiming second with SHAKES. Lindsay Davis won race 10 with AUDI KEY and collected third prizemoney in race 5 with LEKEY. Bradley Sabotic missed out on prizemoney in race 3 but landed the first 4 on the tote by boxing his bitch MIDNIGHT MYSTIC (started at the odds of \$81) with the top three selections.

MEXICANS NO MATCH FOR THE HUNTER Victoria's leading trainer Seona Thompson from Australia's leading Thompson Kennels had two starters in the BLACK TOP held at The Gardens on Friday night. AQUA CHEETAH from box 1 and ASTON BOLERO

from box 2, both well fancied in betting. Seona had to settle for second with AQUA CHEETAH, the \$10,000 prizemoney did however cover travel expenses. The \$40,000 winner's cheque went to MISTER TWISTER trained by the Hunter's leading trainer Jason Mackay who only had to travel a few kilometres from Richmond Vale.

GRETA GBOTA WINNERS Members of the Greta G.B.O.T.A. had a quiet month during August (maybe the cold weather) with only 8 winners, some at real good odds. Frank Cini had two wins with MR PADDINGTON, one at Gosford and the other in the big smoke at Wentworth Park paying the juicy odds of \$22. Chris Kedwell came up with three wins, RED ONES winning a double at Maitland and HONEYBADGER DOLL at The Gardens. It was a big night for the Kedwell clan when HONEYBADGER DOLL won the \$1500 Maiden Final, they also picked up the Ladbroke's \$3,300 bonus and got the odds of \$22 on the tote. (DRINKS ALL ROUND). James Porter had two wins with BIG ZEE and CHUNKY BUT

HUNKY but did manage 16 placing's. The dog we tipped last month, SHAKES, went on to win for Gary Ernst at Maitland and was so heavily supported it started odds on. Jonny Sledzianowski's dogs are in the spelling paddock whilst Jonny recovers from a knee operation, hopefully a quick recovery. Gary Kedwell and Barry Howell are confident they can add their names to the winners list next month. The next GRETA GBOTA meeting has been moved from the 1st to the 2nd Sunday of the month as not to clash with Father's Day.

GRETA WORKERS CLUB. 7PM. SUNDAY 10TH SEPTEMBER. NEW MEMBERS WELCOME, COME ALONG. SEE YA AT THE TRACK AND HAPPY FATHER'S DAY TO ALL THE GREYHOUND DADS



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