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WEDNESDAY
8 November 2017

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Safety top priority

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Members Say

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School News

The Royal Federal Hotel celebrates 90 years

ON Sunday 29 October the Royal Federal Hotel in Branxton had an official celebration marking its 90th birthday.

150 patrons turned out to help Mick & Kim Starkey make the occasion memorable with a number of 'give-aways' & other. One of the major giveaways was a boat valued at \$4500.

As part of the celebration Mick & Kim assembled the large crowd to the front of the hotel & had some professionally taken photos done which will be displayed with many other historic photos currently scattered throughout the hotel.

"With the photos that were taken on the day they will be displayed in the hotel. It is Kim & I doing our bit in preserving and adding to the rich history of the hotel," said Mick.

"I would like to think that in another 90 years descendants of those in the photo will be here looking back at their granddad or whoever it was," said Mick.



Ξ 2017 ~ celebrating 90 years at The Royal Federal Hotel in Branxton

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Mixed billing practice
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Ξ 1927 ~ the construction of The Royal Federal Hotel in Branxton





Cessnock City Council Statutory Notices

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Address all communications to:- The General Manager,
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 October 2017 to 31 October 2017.

Locality	Reference	Decision Date	Property Address	Application Description
BRANXTON	008/2017/00000506/001	17-Oct-2017	2082 New England HWY	Inground Swimming Pool
EAST BRANXTON	008/2017/00000478/001	6-Oct-2017	67 Yates ST	Storage Shed
EAST BRANXTON	008/2017/00000547/001	11-Oct-2017	3 Wyndham ST	Demolition of Garage & Construction of Storage Shed
GRETA	008/2017/00000523/001	9-Oct-2017	410 Tuckers LANE	Demolition of a Dwelling & Outbuilding
GRETA	008/2017/00000540/001	19-Oct-2017	51 Whitburn ST	Patio Cover
GRETA	008/2017/00000084/001	23-Oct-2017	LOT: 2 SEC: 7 DP: 758474 Anvil ST	Change of Use from Church to Dwelling
GRETA	008/2017/00000573/001	23-Oct-2017	28 Evans ST	Dwelling Additions & Strata Subdivision
LOVEDALE	008/2017/00000489/001	4-Oct-2017	348 Talga RD	Patio Cover
LOVEDALE	008/2017/00000484/001	6-Oct-2017	101 Talga RD	Detached Dwelling Additions
LOVEDALE	008/2017/00000599/001	27-Oct-2017	197 Londons RD	Inground Swimming Pool
NORTH ROTHBURY	008/2017/00000528/001	4-Oct-2017	3 Slattery RD	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	009/2017/00000201/001	9-Oct-2017	8 Moylan VSTA	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2017/00000570/001	12-Oct-2017	14 Rampling AV	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2017/00000577/001	19-Oct-2017	18 Innes ST	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2017/00000579/001	23-Oct-2017	38 Harkin RD	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2017/00000563/001	26-Oct-2017	55 Tooze CCT	Single Storey Dwelling With Attached Garage
NORTH ROTHBURY	008/2017/00000590/001	27-Oct-2017	39 Tooze CCT	Inground Swimming Pool
NORTH ROTHBURY	008/2017/00000586/001	31-Oct-2017	5 Haverty AV	Single Storey Dwelling with Attached Garage
NULKABA	008/2017/00000486/001	6-Oct-2017	8 Occident ST	Dwelling Addition - Glass Enclosure
NULKABA	008/2017/00000561/001	26-Oct-2017	68 O'Connors RD	Single Storey Dwelling with Attached Garage
POKOLBIN	008/2017/00000490/001	5-Oct-2017	31 Verdale PRIV	Swim Spa & Deck
POKOLBIN	008/2017/00000521/001	10-Oct-2017	26 Paperbark DR	Swimming Pool
POKOLBIN	008/2017/00000550/001	11-Oct-2017	6 Verdale PRIV	Single Storey Dwelling with Attached Garage
POKOLBIN	008/2017/00000470/001	24-Oct-2017	2144 Broke RD	Earthworks & Access Road
POKOLBIN	008/2017/00000301/001	26-Oct-2017	358 McDonalds RD	Wine Storage Facility (Warehouse)
POKOLBIN	008/2017/00000564/001	31-Oct-2017	11 Mahogany PRIV	Inground Swimming Pool

Unique Number of DAs: 77

Number of DAs: 77 Total Value of DAs:

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

PO BOX 152
CESSNOCK 2325

STEPHEN GLEN
GENERAL MANAGER

Safety a top priority at Cessnock City Council

For the month of October, Cessnock City Council celebrated National Safe Work Month and its own safe work culture by hosting a number of events for staff to both learn from and enjoy. The events held during October included a presentation by one of Australia's leading mental health advocates, Cancer Council information sessions, ergonomics workshops and assessments, along with snake & spider safety seminars. National Safe Work Month coincided with Mental Health Week and Council staff were lucky enough to hear from one of Australia's leading mental health key note speakers, Craig Hamilton. In any given year, 20% of the population is experiencing a mental health issue and Craig opened up to staff about his own personal battle with mental illness. When asked about mental health in the workplace, Craig said,

“workplaces are becoming a lot more proactive and I commend Cessnock City Council for having mental health as a key priority.”
Cessnock City Mayor, Councillor Bob Pynsent is proud of the safe work culture at Cessnock City Council and hopes the staff can continue to develop and improve on this into the future. “National Safe Work Month is a great opportunity for staff to focus on taking responsibility for their own safety, whether it be their mental health, staying safe in the sun or sorting out their desk arrangement to avoid those aches and pains.”
“I think it's important for Council to set a great example in the community by making safety a top priority and that's exactly what we're doing and will continue to do.”
National Safe Work Month takes place in October each year, to find out more about how you can make your workplace safe, visit www.safeworkaustralia.gov.au.



© Cessnock City Council staff alongside Craig Hamilton after a great presentation.

CESSNOCK

Library News



avid DIY-er find themselves in need of a tradie from time to time. "This seminar will give people the knowledge and tools to help ensure they have

a positive tradie experience, but will also cover off on consumer law protections and dispute resolution." The seminar will also give participants a heads up on dealing with travelling con men who pressure residents to have work done on their house for cash up front, yet often leave the job unfinished or poorly done. **What:** Hiring a Tradie – Everything You Need to Know presented by Newcastle Fair Trading **When:** Friday 24 November, 2017 | 10.30am-noon **Where:** Cessnock Library Morning tea provided. Bookings essential. Phone 4993 4399 to reserve your place.

Tradie Talk @ Cessnock Library
You've got a new roof but it starts to leak in a storm, the mechanics swear they've fixed your car but it still won't go, your new backyard fence falls over in the first wind... We have all heard the horror stories of what happens when work done by shonky tradespeople goes wrong. Thousands of complaints roll into the NSW Department of Fair Trading every year about renovation disasters and repair work. Head to Cessnock Library for a free NSW Fair Trading seminar on "Hiring a Tradie – Everything You Need to Know. This seminar will cover selecting a tradesperson, getting quotes, licenses required and essential questions to ask your tradie. Library Services Co-ordinator, Rose-marie Walters said even the most

Garden Organics service reaps rewards and awards as Singleton leads the way in waste avoidance

Singleton's dedication to recycling has again been recognised after the Garden Organics service took out the Waste Less Recycle More category in the Blue Star Sustainability Awards run by Keep NSW Beautiful. Operated in partnership with Maitland and Cessnock councils and introduced earlier this year, the Garden Organics service saw the rollout of a

new green bin for most households to dispose of green waste material such as grass clippings and tree branches to be made into mulch. Singleton has shown to be one of the most dedicated services to reusing green waste, recycling 96 tonnes in the month of September alone and registering one of the lowest rates of contamination in NSW at 0.05% compared with the State

average of 4%. Mark Ihlein, Council's Director Infrastructure and Planning, said the Blue Star Sustainability Awards considered civic pride, community spirit and future planning in recognizing the best projects and programs running in NSW communities. There are nine different award categories, each with a regional and metropolitan winner. "This award is a fantastic result because it recognises that our green bin rollout

has been very successful and is recognition that Singleton is actively diverting waste from landfill," Mr Ihlein said. "Last month we recycled 96 tonnes of green waste which this time last year would have gone straight to the Waste Management Facility. "This award is a great credit to the people of Singleton who continue to lead the way

when it comes to recycling and reducing waste, and the fact it is sponsored by the NSW EPA is a nice reinforcement that our community is making a fundamental difference in waste avoidance."



Protect your home

Home should be a place where you and your family can enjoy safety and security. Criminals are often opportunists, and will target homes with poor home security to steal belongings. You can secure your home by taking a few simple steps which will significantly lower the risk of your home being the target of thieves. Here are some simple steps we all can take to help protect our home.

Secure your home

- * **Fit** quality security doors, windows, locks, alarms, lighting and warning signs
- * **Secure** all windows and doors.
- * **Activate** your alarm, smoke detectors and security lighting.
- * **Lock** your gates, sheds and garages.

Check your home

- * **Ensure** your street number is clearly visible.
- * **Keep** trees and shrubs trimmed to improve visibility around your home
- * **Lock** away items such as ladders, tools and gardening equipment.
- * **Don't** leave spare keys outside the home.
- * **Don't** leave valuables, mobile devices or keys (home or vehicle) in clear view.
- * **Mark** valuable property and record details.

When away from home

- * **Use** a timer to activate an internal light or radio to give the impression someone is home.
- * **Have** family, a trusted friend or neighbour check on your home. Inform them of your travel plans, park a vehicle in the driveway, collect the garbage bins and mail.
- * **Consider** redirecting your mail, newspapers and deliveries.
- * **Never** advertise your travel on social media sites.

Home Security

FREE Community Walking Group

The 'Walking Group' was established 5½ years ago in Branxton

WHERE: Miller Park Branxton
WHEN: Monday, Wednesday & Friday are the main walking days. 7am start; walk as little or as much as you like.

Beginners always welcome & it is FREE

On the first Thursday of the month we have a coffee morning after walking. We also enjoy social outings together.

For more information contact Sonnie on 0455 683 607

A 'Quotable Quote'

'Justice will not be served until those who are unaffected are as outraged as those who are'

~ Benjamin Franklin

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Husband Creche

Is he getting under your feet
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Would your morning be stress free without him

Ladies we have the answer

The Branxton Greta Menshed is organising a husband crèche every Wednesday and Friday mornings.

Drop him off at our husband crèche. We'll take good care of him and he may even learn something

Just pay \$2.00 for his morning coffee
'Branxton Greta Menshed' 49 Branxton Street
Greta in the grounds of the old St Marys Primary School

To Kill or not to kill

with Steve Lind

As with all these invented problems the Euthanasia question is not the province of Government to become involved. To attempt to prescribe what circumstances justify euthanasia of people is beyond the ability of civilized society. Every situation is different and there cannot be a one size fits all and there will always be doubts as to the appropriateness of any one case. The laws of each state still attempt to prevent assisted suicide and that must remain. It implies that the person attempting suicide does so in the full knowledge of the consequences of their actions. Any other person who assists in this is a criminal. It is a citizen's duty to prevent attempted suicide if that is possible. When a person reaches the end of natural life, that is, they will die without extreme intervention and there is no prospect of recovery or improvement, the general idea is to comfort the person and be with them until they expire.

The natural tendency of all life is to fight to survive. Even if this person is unconscious the will to live is very strong and the automatic functions of the body will continue even under extreme difficulties of breathing. This final fight for life is extremely distressing for the person dying and also for the carers and loved ones who are present and this can continue for hours, even days. It is in this situation where the administration of morphine will relax the patient and stop the fight. To do this is only a matter for the carers and relatives present. Nobody else, and certainly not a bunch of politicians, can prescribe rules for this.

In the event that a third party objects and fears a crime may have been committed then the matter is decided at an inquest. With the full facts considered as an individual case & the magistrate then deciding if any action should be taken.

In the case of an individual who decides that suicide is the option they wish to take there are no laws that will prevent this. Only advice and counselling can help if it is sought.

Restricting access to the means of ending life is simply a case of government (Nanny State) interference in the individual's freedom to live as they choose.

Be good, Steve



Singleton Writers Group Hello, I am Erwin Zehentner, one of the members of this erudite group. As our regular reminder in the community events column seems to have become lost, I have been tasked with letting people know that we still exist, as

the proverb "the more the merrier" applies to our group as much as to every other group. The group originally evolved from various Poetry groups, and has been around for some 9 years, meeting every first Saturday of the month at the Singleton



What's Happening & other matters

with Mike Lowing

North Rothbury Tidy Towns are a very active community organisation whose members continue to do what is necessary to improve & maintain the public facilities of the small hamlet. In less than 12 years they have had the park totally revitalised viz., renovated tennis court, a new shelter & lock-up storage room, a new children's play ground with all new play equipment & hopefully the park will be getting a sprinkler system (one member spends in the order of 10 hours per week watering the lawn & new tree plantings). They regularly have 'clean-up' days & keep the bus shelters neat & tidy.

To be able to continue their work they are always seeking funding to do further improvements to the village. Most of the funding that is available is on a \$for\$ basis which means they need to raise funds for their \$ contribution &, in that regard, the committee have been working very hard to promote their next fundraiser which is a 'Twilight Market' to be held in the park (Ayrfield Miners Memorial Park) on Saturday 25th November from 6pm until 8pm.

At this stage the number of stallholders has not been confirmed but expect good numbers. Stall fees for the evening are \$25 of which Cessnock City Council will receive \$21 leaving \$4 for Tidy Towns. Tidy Towns will be doing a food stall with the obligatory sausage sizzle & other good food (rolls & bread to be buttered!). If you would like to book a stall you can call Maureen on 0412 432 508 & she will gladly take the booking & your money. They would like to see a good community turn-out so put the date on your calendar & be prepared for an entertaining evening.

Library at 9.30 am, and spending 3 or so hours reading on the topic du jour, sometimes light hearted, sometimes reminiscing about what came before us or events from the distant or recent past, and can be factual or perhaps not so. We have members from all walks of life, some ensconsed in the valley for generations, others recent arrivals. Members come from Aberdeen

down to Branxton, and all points in between. The thing that unites us is the love of writing. Our names are not Shakespeare, Malouf or King, however some of us have written and published Poetry, Short Stories or Memoirs either as complete books or a part of an Anthology, with Childrens Books proving a popular Genre. The group has published anthologies of work of our members in the last 2 years, under the title of "Hearts of the Hunter" volumes One

and Two, and will endeavour to publish volume three in the new year. The editor of the last volume has now decamped to Mudgee, so we all help will be appreciated. We are also planning a mini workshop on creative writing and how to get started, so there will be plenty of activity on the go. We have also held the "Junior Writing Competition" as part of this years Singleton Festival, attracting 70 entries. A resounding success, you must agree. I would ask that the following be inserted into your paper on a monthly basis:

Singleton Writers Group, meets first Saturday of the month except on holidays as follows: 6th January, 3rd February, 3rd March, 7th April, 5th May, 2nd June, 7th July, 4th August, 1st

September, 6th October, 3rd November, 1st December. Meetings commence at 9.30 am at the Singleton Library, and are planned to finish at 1.00 pm or when we run out of things to read, or talk about. The group is non political and non denominational, we just like to hear your story. Thank you for publishing my little missive to remind the community of our existence and hopefully come and talk to us.

Erwin Zehentner, Singleton NSW 2330

Enough is enough The recent citizenship deliberations of the High Court saw the exit of a number of senators and Federal MPs. More recently, the President of the Senate, Stephen Parry, fell on his sword. This is a joke. When you apply for a job, you ensure your skills, abilities and qualifications match that of the role. It's not rocket science. The job pays well, it has reasonable perks, but most of all it is a huge privilege to serve the people as an elected official. Sure, the hours can be demanding, but none of that justifies getting into the position by

methods that basically cheat the system. It is time to end all the speculation and conduct a full audit of all members of the parliament's upper and lower houses. It is the only way the people can be confident that those who are their representatives have been elected fairly and in accordance with the rules.

The government has an obligation to do it – and do it now. If they can splurge over \$100m on a postal survey, they can stump up the small amount required to do this. The costs would be minimal and should be borne by the individual parliamentarians, not the taxpayer. One Nation has been calling for such an audit for decades. We always lead the way in calling for what is fair and right.

Senator Brian Burston

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Greta.....	4015 0000	
Bishops Bdg	4015 0000	
Nth R'bury...	4015 0000	
Rothbury.....	4015 0000	
Pokolbin.....	4015 0000	
Rothbury.....	4991 1733	
Bishops Bdg	4015 0000	
Nth R'bury...	4015 0000	
Rothbury.....	4015 0000	
Pokolbin.....	4015 0000	
Rothbury.....	4991 1733	
Scotts		
Flat.....	6575 1200	
Central		
(Cessnock)...	4015 0000	
Electricity		
Energy		
Australia.....	131 388	
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Maitland.....	4939 2000	
Cessnock.....	4991 0555	
Singleton.....	6572 2799	
SES.....	132 500	
Crime Stoppers		
	1800 333 000	
Poisons Info.....	131 126	
Hunter Water		
	1300 657 000	
Ausgrid.....	131 388	
Gas Emergencies.....	131 909	
Lifeline.....	131 114	
Mental Health Line		
	1800 011 511	
Domestic Violence Support		
	4990 9609	
Centrelink Self Service		
	136 240	
Medicare.....	132 011	
Native Animal Rescue		
	0418 628 483	



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

or
emailed to
thenews@hotmail.net.au

Greta Museum's Old Style New Wares & Sweet Shop

Has a new range of Bulk Sweets -



Buy as little or as much as you want!
Great for gifts or just to indulge
Any profit goes back into the museum to keep it open.

All escaped serious injury



A car and trailer that flipped over at high speed on the Hunter Expressway last Sunday just east of Wine Country Drive entry at around 3 pm. Amazingly the 2 occupants of the car did not seem too badly injured. A good lesson to all ~ please slow down!

Nine killed over weekend

Nine people have died on NSW roads over the weekend, prompting senior police to issue a warning to all road users to take responsibility on our roads. Over the past two days (Saturday 4 November – Sunday 5 November 2017), seven people lost their lives in five separate crashes across the state.

About 11.10am on Saturday (4 November 2017), a 62-year-old woman died after she was struck by a car while crossing Fern Street at Gerringong.

About 11.30am on Saturday, a 28-year-old man died after the utility he was driving and a truck crashed head-on on Pheasants Nest Road, Pheasants Nest.

About 4pm on Saturday, an 85-year-old woman died after the car she was driving left the roadway and hit a tree on South Road,

Tuncurry. About 5.50pm on Saturday, a 45-year-old man and his passenger, a 48-year-old man, both died after the utility they were in left the roadway and rolled on the Cobb Highway, Wanganella.

About 7am yesterday (Sunday 5 November 2017), a 30-year-old man died, after the car he was driving left the roadway and hit a tree, on the Old Hume Highway at Berrima.

About 10.30am yesterday a 64-year-old man died after the motorcycle he was riding left the roadway and crashed at Smith Creek Road, Stokers Sliding.

About 5.30pm yesterday, an eight-year-old boy and a 27-year-old woman both died after they were struck by a

truck on the M1 at Cameron Park.

Investigations into the crashes are continuing. Acting Assistant Commissioner Stuart Smith, of the Traffic & Highway Patrol

Command, said the loss of nine lives in one weekend must serve as a reminder for people to take personal responsibility for their actions. “To lose nine lives in the course of two days on our roads is nothing short of a tragedy. “Nine more lives lost means that we have now lost 332 lives on our roads already this year. “The greatest tragedy is that many of the lives lost on our roads were avoidable if people took personal responsibility for their actions, and drive to the conditions especially in wet weather. “All road users need to slow down, take a break when they are tired, wear a seatbelt, avoid distractions, and avoid drinking and driving, or I fear that many more lives will be lost,” Acting Assistant Commissioner Smith said.



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Bob Pynsent, Mayor Cessnock City Council

FROM THE MAYORS DESK

Postie Bikes will be roaring to the finish line this coming Sunday as the fourth Australian Postie Bike Grand Prix is held in Cessnock. It is certainly a very entertaining event and gets the adrenalin pumping. Best of luck to any local entrants and most of all stay safe on race day.

The growth and expansion of these types of events is vital for our community. The variety of unique events we have in our local government area makes our home a very attractive place to live and importantly a fantastic place to visit. As locals we are very privileged to have such a broad range of events on our doorstep. To find out more about race day visit <https://www.cessnockmotorcycleclub.com.au>.

It is an exciting time for our tourism operators as the Hunter Valley Wine and Tourism Alliance (Alliance) is committed to reaching its \$300,000 goal, which is crucial to establishing a major destination marketing campaign for the region worth around \$600,000.

The Alliance will approach Destination NSW with \$300,000 in pledges, and ask them to match the funding dollar-for-dollar, and develop a campaign that will thrust Hunter Valley Wine Country into the limelight as a premier tourist destination.

The support of our local operators has been absolutely fantastic. Our tourism operators are thinking strategically about our future as a region and understand the power of collaboration to achieve positive outcomes for the whole industry.

The Kurri Kurri community has been very busy celebrating at the Kurri Kurri Community Festival and their 115th birthday. It has been wonderful to celebrate alongside the community and fantastic to see so many smiling faces out and about in Rotary Park. We have a lot to be proud of in our community, not only our past but also our future. Happy Birthday Kurri Kurri! The 11 November, 2017 marks the 99th anniversary of Armistice which ended the First World War. I encourage all members of our community to consider attending a commemoration service, these are a time of reflection to remember those who have died or suffered in armed conflicts. Despite everyone's many commitments, it is very important we take this time out of our busy lives and pay our respects on Remembrance Day.

The Cessnock Leagues Club is hosting the Lions District Convention this Saturday, seeing Lions from everywhere come together. This is an opportunity to recognise the important role volunteers and clubs like these play in our community. The Lions are always on hand to provide support and I thank all of our local clubs for their contribution to our community.

Cheers, Bob



JOEL FITZGIBBON MP Member for Hunter

What an explosive time it has been in Canberra. First the politically motivated AFP raids on Trade Union offices, then the denials and eventually, the confession.

Then came the High Court's decision on the dual citizens still sitting in the Parliament. While not a surprise, the unanimous decision of the Court sent shivers through the political establishment.

Some say it all seems a bit unfair for the politicians involved but I couldn't disagree more. Rules are rules and we've all known what they are for a very long time. Why any politician would chose to ignore them or take the view they are above them is beyond me.

Rarely has Canberra looked so chaotic and disappointingly, at a time we need to be just the opposite. So we are now off to a by-election in New England which of course, includes the Upper Hunter Shire, the towns I represented until the last election. No doubt then I'll be reacquainted with many of my former constituents over the course of the next month. I'm looking forward to it!

Two government reports released recently delivered bad news in areas important to our electorate. The Productivity Commission (PC) expressed significant concerns about the speed at which the National Disability Insurance Scheme (NDIS) is being rolled-out and that this could undermine its overall effectiveness. The PC's conclusion is consistent with my own experience in our region.

The NDIS is a critically important project, not just for people with disability and their families but the whole community. It offered so much hope to so many. But too many people are feeling let down. That is the key message I receive at my NDIS forums and when dealing with individual cases. It's an unacceptable situation. The second report came from the Telecommunications Industry Ombudsman. It reported a 160 per cent increase in complaints about services under the National Broadband Network. I wasn't surprised and few who have switched over to the NBN will be.

My office is constantly bombarded by complaints about the NBN roll out. Once again it is a scheme which offered so much but is failing people and businesses. Slow speeds, drop-outs and landline problems are the common complaints. Many report that the speeds they are experiencing are slower than their old ADSL2 service.

The decision to scrap the fibre-to-the-premises was a bad one. We needed to do the job once and properly. And the way the cost continues to blow-out while service levels fall beggars belief. I continue to speak out in the Parliament on both the NDIS and the NBN and we are doing all we can locally to fix the problem.

Senate Estimates revealed a shocking 55 million phone calls to Centrelink went unanswered in the 2016-17 financial year. That's up from the 26 million missed calls from the previous year. It means that every hour, around 27,000 calls to Centrelink are going unanswered. Centrelink is in crisis. Those affected are our aged pensioners, disability pensioners, and young people negotiating youth allowance rules while studying, the unemployed and families with children with disability or with elderly loved ones in need of help. Something has to be done about it.

Cheers, Joel

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4938 1773



Member for Cessnock Clayton Barr MP

Raising the BARR WHEN CUSTOMER SERVICE IS SACRIFICED FOR PROFIT

You know, the play book is pretty straight forward for the big corporates. And we, the customers, lose out every single time. Step 1 is to appoint a new CEO on \$millions per year plus a nice little bonus if the share price goes up. Step 2, the new CEO slashes the workforce, and anyone that actually serves the customer. Step 3, as a result of all of the sacked workers and the fall of customer service, the profits go up and so does the share price. Step 4, the CEO gets a massive bonus payment because the share price has gone up. Step 5, the CEO leaves the business, with a bumper golden-handshake payout, before the complaints from frustrated customers rise to the surface. Step 6, repeat Steps 1-5.

During this past week I have had the great misfortune to need some help from one of our major telecommunications companies, formerly owned by the people of Australia. To say that the customer service was hopeless, would be a compliment to just how terrible it was. It starts with them trying to hide their phone number and goes backwards from there. After searching around their website and trying some of their "self-help" tips, I finally uncover the elusive phone number. I then spend 2.5 hours on the phone and the internet, being passed around to 10 or 12 different staff. I still didn't get a result. In the end, I was given a secret pin code that would fix everything; I just had to enter it into my phone. Needing to hang up the phone, to enter this pin code, I was set to lose my current staff contact that I had spent more than 2 hours getting to. He assured me that he would ring back almost immediately to check that everything was okay. Predictably, the secret pin code didn't work at all. I waited for the call back. I waited. I went to bed several hours later, no call. I spent the next day waiting for that call, no call came. While waiting for that call, I went back online to try to solve my own enquiry. This "self-help" approach is what they really want me to do, because talking to a staff member requires them to have staff. Online "self-help" is much cheaper, uses far less staff and the staff undoubtedly works under much poorer conditions. The many many many pages, within the company website, that I explored, I found to be all equally hopeless, unless of course the purpose of them is to send you around in circles. So again I rang the secret phone number hidden deep within their website. My phone call experience this second time was identical to the previous afternoon (see above). More than 5 hours later, I still don't have the help that I needed. I just want a copy of my bill/payment history for one of my devices. Time to change providers I guess, to go to another corporate with the same business model.

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

search @claytonbarrmp or check out my website at www.claytonbarr.com.au
Cheers Clayton



Sue Moore, Mayor Singleton Council

There are a lot of things I've been proud to be involved in as a Councillor, and one of them was the establishment of the Singleton Youth Venue. So I was really happy to see the centre celebrate its 10th birthday recently.

I was disappointed not to be able to attend all the birthday celebrations on Friday 27 October, but the good work that happens at the Youth Venue should be something we celebrate everyday. The importance of this facility not only to the young people in the Singleton LGA, but our community generally, can be exemplified simply in the numbers of people who attend.

In the last financial year 3,810 young people used the venue, and in the first quarter of this new financial year we've had 1,104 people come in – that's 368 young people a month so far.

They drop-in for a range of reasons: from playing Dungeons and Dragons and board games and outdoor sports through to taking part in programs such as Singing with Hayley, Cooking with the CWA. They are part of the Broken Leg Drama Group and get involved in art therapy, youth perspectives, self defence and the Youth Action Team, case management and referral service.

Most of these activities come about through the enthusiasm, talents and expertise of the Youth Venue staff and I've got to say, it's amazing to see them in action – particularly the way they encourage and support the ideas our young people come up with, such as the first-ever Singleton's Got Talent show a few months ago.

It's one of the many ways Council supports our community, and a very hands-on way we support the next generation of leaders in our community.

Council is also aware of the importance of recognising those people who make significant contributions to our community, which came with the recent announcement of three new inductees to the Wambo Coal Singleton Hall of Fame. Dot Clayworth, Peggy Moore and Campbell Marshall (dec'd) are most worthy additions to our prestigious paved footpath and I congratulate Dot and Peggy, and the Marshall family on the honour they have received.

And with Australia Day just around the corner, I encourage anyone who knows someone who does amazing work in our community to nominate them for Citizen of the Year or the Young Achiever of the Year. Visit www.singleton.nsw.gov.au/australiadayawards for all the information you need and make sure your nomination is received by 1 December.

I must also acknowledge and thank Deputy Mayor, Cr Godfrey Adamthwaite for the wonderful job he's done in my stead during my leave of absence. Singleton is fortunate to have a team of hard-working

councillors, and together we've achieved a great deal in the past year. I look forward to the community coming together to celebrate the year that was at Christmas On John Street on 24 November.

Cheers, Sue



MICHAEL JOHNSEN MP Upper Hunter

SIMPLER PLANNING RULES FOR PRIMARY PRODUCERS AND RURAL DEVELOPMENT

Our Upper Hunter electorate is set to benefit from the proposed changes to planning rules which will make it simpler for rural and primary production industries in regional NSW, helping farmers to get on with their jobs.

Consultation is due to start on the proposal which will look to combine five primary production and rural development planning policies into one. The NSW Nationals in Government are committed to simplifying the process for our regions to enable a streamlined approach to planning as Primary production is one of NSW's biggest industries, generating millions in export income and employing tens of thousands of people, particularly in regional areas.

Our Government's proposals will remove confusion about the kinds of intensive livestock operations requiring planning approval so commercial operators, councils and the community all understand the requirements. I encourage interested stakeholders to review the proposal and submit their comments for consideration.

The State's primary industries have grown more than 30% since this Government was elected and are now worth a record \$15.44 billion.

These proposed changes would allow a more simplified process, meaning our farmers would be able to get on with the day-to-day job of running a farm. I encourage producers and industry to provide feedback on the proposal.

The changes will mean approvals are not needed for essential small scale, low impact activities like temporary housing or feeding of animals, routine maintenance of irrigation infrastructure, and stock containment facilities. The changes will also support feral goat depots.

The proposed policy changes are now on public exhibition for an extended eight-week period until 18 December. Any of our interested local landowners, individuals, and industry operators are encouraged to make a submission and share their views on the proposed changes.

To view the proposed changes or make a submission, visit <http://www.planning.nsw.gov.au/PrimaryProductionSEPP>.

HOTLINE ON BOXING DAY TRADE

As there have been changes regarding trading on Boxing Day, I wish to advise that there is a dedicated hotline available for workers and businesses to help ensure they are aware of their rights and responsibilities in the lead up to Boxing Day trade. New laws provide strict safeguards to protect workers, with retailers who force staff to work on December 26 facing fines of up to \$11,000 per employee. Penalties of up to \$22,000 will apply for landlords that force tenants to open on Boxing Day.

For information on dates and locations visit www.industrialrelations.nsw.gov.au. Hotline: 13 16 28 (Monday to Friday 08.30am to 5pm) Cheers, Michael

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Snake bites

Australia has some 140 species of land snake, and around 32 species of sea snakes have been recorded in Australian waters. About 100 Australian snakes are venomous. Although only 12 are likely to inflict a wound that could kill you. These include Taipans, Brown snakes, Tiger snakes, Death Adders, Black snakes, Copperhead Snakes, Rough Scaled snakes as well as the many sea snakes. Most snake bites happen when people try to kill or capture them. If you come across a snake, don't panic. Back away to a safe distance and let it move away. Snakes often want to escape when disturbed.

Different types of snake bites

Dry bites
A dry bite is when the snake strikes but no venom is released. Dry bites will be painful and may cause swelling and redness around the area of the snake bite. Because you can't tell if a snake's bite is a dry bite always assume that you have been injected with venom, and manage the bite as a medical emergency. Once medically assessed, there is usually no need for further treatment, such as with antivenoms. Many snake bites in Australia do not result in envenomation, and so they can be managed without antivenom.

Venomous bites
Venomous bites are when the snake bites and releases venom (poison) into a wound. Snake venom contains poisons which are designed to stun, numb, or kill other animals.

Symptoms of a venomous bite include: severe pain around the bite, tingling, stinging, burning or abnormal feelings of the skin, feeling anxious nausea (feeling sick) or vomiting (being sick), dizziness, breathing difficulties, problems swallowing stomach pain, irregular heartbeat, muscle weakness, confusion & paralysis, coma or death (in the most severe cases).

In Australia, there are approximately one to four deaths a year from venomous snake bites.

Snake identification
Identification of venomous snakes can be made from venom present on clothing or the skin using a so called 'venom detection' kit. For this reason do not wash or suck the bite or discard clothing. It's not recommended to kill the snake for purposes of identification, because medical services do not rely on visual identification of the snake species. Antivenom is available for all venomous

First aid for snake bites
For all snake bites, provide emergency care including cardiopulmonary resuscitation (CPR) if needed. Call triple zero (000) for an ambulance. Apply a pressure immobilisation bandage and keep the person calm and as still as possible until medical help arrives.

Avoid washing the bite area because any venom left on the skin can help identify the snake. DO NOT apply a tourniquet, cut the wound or attempt to suck the venom out.

Cardiopulmonary resuscitation (CPR) Learn how to perform CPR. **Pressure immobilisation bandage**
A pressure immobilisation bandage is recommended for anyone bitten by a venomous snake.

This involves firmly bandaging the area of the body involved, such as the arm or leg, and keeping the person calm and still until medical help arrives. If



possible, mark the site of the bite on the bandage with a pen.

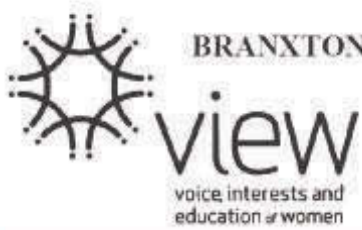
A guide to pressure immobilisation bandages can be found on the Australian Venom Research Unit (AVRU) website.

Anaphylactic shock
Snake bites can be painful. Occasionally some people have a severe allergic reaction to being bitten. In cases of severe allergic reaction, the whole body can react within minutes to the bite which can lead to anaphylactic shock. Anaphylactic shock is very serious and can be fatal. Symptoms of anaphylactic shock may include: swelling of the mouth, throat or tongue, difficulty swallowing, difficulty breathing or shortness of breath or wheezing, difficulty talking, a rash that may appear anywhere on the body, itching – usually around your eyes, ears, lips, throat or roof of the mouth, flushing (feeling hot and red) stomach cramps, feeling or being sick, feeling weak, collapsing or falling unconscious.

Call triple zero (000) for an ambulance. If the person has a 'personal action plan' to manage a known severe allergy, they may need assistance to follow their plan. This may include administering adrenaline to the person via an autoinjector (such as an EpiPen®) if one is available.

The Australasian Society of Clinical Immunology and Allergy recommends that for a severe allergic reaction adrenaline is the initial treatment.

The St John Ambulance Australia first aid fact sheet for bites and stings can be found on their website. For more information on anaphylaxis, including setting up a personal action plan, go to www.allergy.org.au.



Green and gold-the colours of our nation and how great those contrasts have been in this month of October!

Life giving rain magically turning the parched gold earth to green. Branxton VIEW club welcomes Paul from Fire and Rescue NSW as our next guest speaker on Thursday, 9th November at Greta Workers Club. Paul will speak about Fire Safety in the Home.

Everyone is most welcome to attend –12 noon if you wish to have lunch with us or just come for the talk which follows after lunch. Evelyn Thrift, our Secretary 4938 1513 will be happy to give you further information. Congratulations to Branxton Guides Management Team for their fun filled Bring & Buy Luncheon held last Thursday.

VIEW club members who attended enjoyed the company of the many local organisations and friends. There was a great

variety of goods superbly auctioned by Lynneve which added to the fun and the finances of our Brownies & Guides. What a great community we live in! Well done!

At our September meeting, guest speaker Captain Peter Bennett from Singleton Salvation Army gave a most interesting and informative about his career and current involvement with the Salvation Army. Peter has focussed on providing

children and young people with a Kids Club. This has been a great success as he started with 5 and now has 55 – 60 "on the books". Homelessness, generational welfare and work ethics continue to

cause concern amongst the wider communities today.

Peter spoke about the relationship of the Salvation Army and his first appointment at the Army base where he was dealing with soldiers. Uniforms and ranks-the Army and the Salvation Army, not forgetting the bands !

William Booth founded the Salvation Army 100 years ago after the first wars. There was always a need to look after "the last, the least and the lost". Wonderful rewarding work helping people with coping skills which continues today thanks to the dedicated people such as Peter. Thank you Peter and the Salvation Army.

Our VIEW club receives invitations from other VIEW clubs attend their functions –busy season ahead-and it is always a pleasure to catch up with friends. Gloucester, Gwandalan, Cessnock and Denman all have special days in October to December.

A reminder to our members to bring items for our Christmas Hampers next meeting. These will be raffled at our Christmas lunch to be held at the Old Maitland Inn, Rutherford. RSVP 29th November. Phone Evelyn if you would like to join us on this day.



All monies raised will provide education expenses for our four Learning for Life students through the Smith Family.

To all those folk not feeling well may you soon recover and to those experiencing sadness or loss of a loved one our thoughts are with you. In the 13th Century, Dame Julian of Norwich wrote some magical comforting words which when repeated today bring relevance and peace. "All shall be well; And all shall be well; And all manner of things shall be well."

Peace and love to everyone
Judy Spillard

PHOTO ABOVE: Captain Peter Bennett and Evelyn Thrift

Tattersalls Hotel Social



October Tatts Fishing Club Update

The Weekend of 20/21/22nd of October saw a number of members head up to Hawks Nest for the Fishing Club Weekend away. A chilly weather system meant we were all rugged up like it was the middle of winter. Red weed, strong wind, and southerly currents made fishing off the beach quite difficult. Glen "Brooksey" Beckett on home

turf managed the heaviest bag of Bream 0.82kg for his 2 fish. Daniel Mordue weighed in a stonking tailor 1.91kg and Steve Nevin could only manage a few Bream and released a handful of undersize Jewy (pictured).

Fishing the River inland proved to be more successful with Robert "Barney" Barnes weighing in a 0.49kg flatty and his young bloke Blake weighing in 6 flatty (2.33kg total), biggest one 0.6kg and racing to a lead in the Junior category for 2017.

A healthy turnout back at the Tatts on Sunday was pleasing to see, for the weigh in and meeting followed by a few beers and Finchy's ever so popular Sunday meat raffles.

The next outing will be an Open outing and held over the weekend 10/11/12th November.

Any enquires about the Club please forward to Steven.nevin@coalandallied.com.au or call/text Nevo on 0402762199.



Indian-spiced lamb with pumpkin and zucchini couscous

Pair juicy lamb chops with a fresh pearl couscous, pumpkin and zucchini salad. Serve with fresh pita bread and lemon wedges.

Method

Step 1 Preheat oven to 180C. Line a baking tray with baking paper. Place the pumpkin, zucchini and onion on the lined tray. Drizzle with 2 teaspoons olive oil. Season. Bake for 25-30 mins or until golden and cooked through.

Step 2 Meanwhile, combine the yoghurt and curry paste in a shallow glass or ceramic dish. Add the lamb and turn to coat. Set aside for 15 mins to develop the flavours.

Step 3 Cook the couscous in a saucepan of salted boiling water for 5-6 mins or until tender. Refresh under cold water. Drain.

Step 4 Heat a greased barbecue grill or chargrill on medium-high. Cook the lamb for 3 mins each side or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 mins to rest.

Step 5 Combine the couscous, pumpkin mixture, coriander and remaining oil in a large bowl. Season.

Step 6 Divide the couscous mixture among serving plates. Top the lamb with a dollop of extra yoghurt. Sprinkle with extra coriander and serve with the bread and lemon wedges.



Ingredients

- 500g pkt Coles Australian Diced Butternut Pumpkin
- 1 zucchini, coarsely chopped
- 1 red onion, cut into thin wedges
- 1 tablespoon olive oil
- 1/4 cup (70g) Greek-style yoghurt
- 1 tablespoon korma curry paste
- 4 Coles Australian Lamb Forequarter Chops
- 1 cup (200g) pearl couscous
- 1/2 cup coriander leaves
- Greek-style yoghurt, extra, to serve
- Coriander leaves, extra, to serve
- 4 pita breads
- Lemon wedges, to serve



Report

witnesses believed to be in the area at time to come forward and contact Maitland Police Station on 4934 0200 or Crime Stoppers

Two charged after break-ins –

East Maitland

Friday, 03 November 2017 11:30:03 AM

Two men have been charged following multiple break-ins in the Hunter region earlier this week.

It is alleged, between 10pm and midnight on Monday 30 October 2017, three shops, including a bank, cafe, and newsagency, in East Maitland were broken into after having windows smashed. Security saw two men flee and notified police.

Police have been told a computer was also allegedly stolen from a car parked in Turton Street, East Maitland. Officers from Central Hunter Local Area Command attended and following a foot pursuit, a 20-year-old man was arrested.

He was taken to Maitland Police Station and charged with aggravated break & enter commit serious indictable offence, aggravated break & enter dwelling etc in company - intend steal, enter enclosed land not prescribed premises without lawful excuse, larceny, goods in personal custody suspected being stolen, possess house-breaking implements, and custody of knife in public place.

Following further investigations, officers attended a Metford home on Wed (1 November 2017), and arrested a 19-year-old man. He was taken to Maitland Police Station and charged with aggravated break & enter commit serious indictable offence, aggravated Break & enter dwelling etc in company - steal, aggravated break & enter dwelling etc in company intend steal (x2), and destroy or damage property. Both men were refused bail and appeared at Maitland Local Court on Wednesday (1 November 2017).

Man dies after car rolls down driveway – Hunter Valley

Thursday, 02 November 2017 11:11:59 AM

A man has died after being struck by his vehicle as it rolled down the driveway of his Hunter Valley home last night.

About 9.30pm (Wednesday 1 November 2017), a 40-year-old man went to get into his car, a Kia 4WD, that was parked in the lock up garage of his East Branxton home. It's believed the man decided to roll the car forward before starting the engine in order to not wake members of his household.

About 11pm, the man's wife went to check on his welfare and found the man lying next to his vehicle deceased.

Early investigations suggest the man may have got caught behind the vehicle as it rolled down a gradient in the driveway and struck his head on a brick wall.

Officers from Hunter Valley Local Area Command will prepare a report for the information of the Coroner. At this stage the mans name has not been released.

Good Samaritan sought – Hunter Valley

Thursday, 02 November 2017 11:40:06 AM

Police are appealing for a Good Samaritan to come forward after he came to the assistance of a woman in the Hunter Valley.

About 7pm on Wednesday 11 October 2017, a man stopped on Oakey Creek Road, Pokolbin, to offer assistance to a woman who had been assaulted.

Officers attached to Central Hunter Local Area Command would like to speak to the man who was last seen wearing a high visibility work shirt and driving a white work utility. Police are also urging other

Cricket Report – Week 4

Week 4 of district cricket once again only saw a handful of matches played due to the freak storms late in the week washing out most games. Third grade White had a victory, Second grade and Third grade Blue both suffered defeats, with both first and fourth grade being washed out. Second Grade's ordinary start to the season continued, this time being thrashed by 10-wickets at the hands of Peden's Hotel at Miller 1. Batting first Greta/Branxton were skittled for just 46, with Pat Nugent (13) and James Shoulders snr (12) the only batsmen to reach double figures. Peden's Hotel cruised to victory inside 11 overs in reply, with the Blues looking to gain some motivation from skipper Peter MacKenzie's "spade's a spade" address to his players at the completion of the match. Third Grade White had a comfortable 100-run victory over Supporters Club at Miller 2, thanks to an unbeaten century by 32-year-old Adam Kerry on debut for his new club. Coming in at the fall of the first wicket, Kerry blasted eight boundaries and nine maximums,



© Adam Kerry who scored a third grade century on debut for our club in week 4

Cricket Report – Week 5

Week five of district cricket was yet again affected by rain, with just the one game played.

Third Grade Blue jumped back into equal second on the ladder with a 62-run victory against Laguna at Laguna. Batting first Greta/Branxton posted 151, with skipper Sean Wright returning to form with a well-timed 59no. Mal Hedger (18), Stewart Ison (17) and Brett Bridge (12) also made starts. Laguna were all out for 89 in reply, with Steve Peace doing the majority of the

Local Cricket Results



one of which to bring up his century over deep mid-wicket. He finished unbeaten on 116 in a fine innings. He was well supported by opener Mitchell Bird (49) who fell just one run shy of his maiden half-century. Jamie McNamara (36) was the other batsman to make an impression in Greta/Branxton's healthy total of 2-216. Supporters were all out for 116 in reply, with Aaron Stephenson the pick of the Greta/Branxton attack with 3-15 off 3.1. McNamara (2-16 off 8), Zach MacBeth (2-22 off 6) chipped in nicely, with Kerry capping a fine all round game with 2-11 off 3. Third grade Blue were soundly beaten by 89-runs at the hands of Bellbird at Carmichael 2. Bellbird made 6-150 batting first, with Zac Watkins the pick of the Greta/Branxton bowlers with 2-25 off 7. Greta/Branxton were all out for 61 in reply, with skipper Sean Wright (15no), Ben Lahey (11) and Andrew Wright (11) making starts.

damage with 7-9 off 7. Adam Holmberg (1-16 off 7) also kept things tidy, with Zac Watkins and Jason Varley proving lethal in the field with a run out apiece.

Points Tables

First Grade Mulbring 23, Supporters 23, Wine Country 23, Bellbird 19, Greta/Branxton 19, Peden's Hotel 19.
Second Grade Bellbird 29, Chelmsford Hotel 25, Mulbring 25, Supporters 25, Denman Hotel 22, Peden's Hotel 21, Wine Country 18, Greta/Branxton 17.
Third Grade Bellbird 29, Greta/Branxton Blue 25, Greta/Branxton White 25, Denman Hotel 22, Peden's Hotel 22, Laguna 21, Wine Country 19, Supporters 17.
Fourth Grade Greta/Branxton 26, Bellbird 22, Mulbring 22, Supporters 22, Wine Country 22, Peden's Hotel 18.
Club Championship Bellbird 216.83, Supporters 201.77, Wine Country 183.77, Peden's Hotel 179.53, Greta/Branxton 177.63, Mulbring 176.27.

Cheers, Mark

FROM BACK PAGE

Saturday 4th November 2017

Saturday Comp – Stroke/Monthly Medal Ben Lott benefit weekend

...weekend dedicated to supporting local 39 year old school teacher, Ben Lott, who has been diagnosed with stage 4 brain cancer. The weekend included night golf on Friday night, darts on Saturday afternoon and a 3 person Ambrose on Sunday. On top of the funds raised from the event, local club champion, Mark Hale said that a number of local businesses and golf clubs from across the state had chipped in with swag to be auctioned off. "There's helicopter flights to the vineyards, tasting sessions at Brokenwood and Wynwood wineries, and there's a golf and accommodation package from The Vintage," "We've had rounds of golf with carts and all sorts donated from golf clubs across NSW. We've got golf gear, signed footy jumpers, the works." In addition to the Golf weekend, Hale also mentioned the efforts of the Gundagai community, where Lott grew up. "They're holding a huge cattle auction in Gundagai. Everyone down there has chipped-in. I reckon there could be over 100 cows and sheep donated," he added. On top of this wonderful effort to assist Ben and his family, the club also had its Melbourne Cup Calcutta on Saturday night, with bands playing on Friday and Saturday night. It has certainly been a busy weekend at Branxton, with all club members involved with its organisation deserving some rest on Sunday night.

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Branxton Greta Business Chamber successful AGM

BGBC Committee 2017/18

President	Brett Wild
Vice President	Andrew Thomas
Secretary	Louise Cairns
Treasurer	Grant Gibson
Public officer	Neil Thomas
Social Media	Stewart Ramsey
Cycleway Representative	Brian Furner
Member Representative	Lynneve Sueddon
Community Representative	Helen Scott – Branxton Community Hall
Board Member	Brian Thomas – Lions Club Branxton

The Branxton Greta Business Chamber held its AGM on the 2nd November 2017 at the Branxton Golf Club. It was well supported with a very good attendance.

“I am very pleased to announce the AGM went very well and all positions were filled (see top right). I am very excited to have some very talented local business’s being involved this year,” said President Brett Wild who was re-elected unopposed. “Any board can only be as good as its members & this year we have moved to the NSW Business Chamber Alliance programme thanks to Mr Duncan Burck, LCC Relationship Manager, NSW Business Chamber. This was achieved quickly and smoothly & is a great enhancement for all chamber members”.

“I look forward to working with the new board members to advance the cause for all in the Branxton, Greta, Huntlee and North Rothbury areas. “We should also not forget our close neighbours, the Lovedale Business Chamber, who we are looking forward to even closer ties in 2018. “I would also like to acknowledge the great working repour the BGBC has with Cessnock City Council and Singleton Council & we look forward to building on this to enhance and promote business in our area and wider Local Government Area.” said Brett.

The newly re-elected President of the BGBC, Brett Wild, also gave a report as to the activities of the chamber over the past 12 months. Brett said that it has been an extremely busy year with a lot of issues that have required attention. Brett said that first and foremost he wished to thank the efforts of Cessnock City Council for ‘taking on board’ a number of chamber and community concerns that the chamber has brought to their attention. Some examples:-
* Branxton Pool: the BGBC was 100% behind the efforts of community groups to have the pool heated. The chamber support alone did not achieve the result of Cessnock City Council funding this

vital improvement that will increase the pool usage and hopefully enabling the pool to increase the revenue raised to at least cover the annual operating costs.

* The lobbying of Cessnock City Council to enable the continued use of Branxton Oval as an RV Park as part of the ‘RV Friendly Towns’ programme. At one stage Cessnock City Council was going to close this facility due to potential flooding issues. The RV Park has been a tremendous economic benefit to the local business in the main street. The BGBC is planning to work with Cessnock City Council to expand this very important driver of visitation to the area. To date the BGBC has spent, from Government grants, \$41,000.00 on improvements that have enhanced the RV Park,

* Undertaking discussions with RMS (Roads & Maritime Services) and Cessnock City Council regarding the ‘handover’ of the main street in Branxton (New England Highway) to Cessnock City Council. This will result in the potential future running of community events such as another Umbrella Festival which would be based in the main street.

* Liaison with Cessnock City Council regarding a number of key infrastructure needs in the area. These include:

The provision of bus shelters for school children at the expanded Lions Park – cnr Dalwood Road. These shelters were to be installed in 2014 but an administrative error at Cessnock City Council end somehow resulted in the shelters not being provided and installed. The BGBC took the issue directly to the NSW Transport Minister Hon. Mr.

CONT PAGE 13

WHAT'S THE FUTURE? OF MAITLAND HOSPITAL?

The government recently announced it is seeking tenders from the not-for-profit (NFP) sector, to build and run the new Maitland Hospital. This still means the Hunter will lose a public hospital. So how is it different to privatisation (PPP)?

PPP v NFP

HOW THE CONTRACT WORKS

A long-term relationship between the state and a contractor is entered, whereby the government relinquishes its responsibility to provide the community with a quality, affordable healthcare model

In this joint arrangement, the hospital is owned by the organisation/company that will deliver private services but is under a **CONTRACTUAL** agreement with the NSW government to deliver public services

Despite receiving government funding, there is no obligation to provide open and transparent details on costs of services, metrics on service quality or mandated staffing and skill mix

PPP

NFP

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

This is still privatisation of a public health service.

Everyone in NSW will get better care in a hospital if we grow our public hospital system to match our community's growing health needs

We want a fully-funded PUBLIC hospital. Maitland deserves it!

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How to remove mould once and for all



It's as big a mystery as the Bermuda Triangle. We've all seen it at some stage in our lives, but why it's there and why we can't get rid of it (in some cases) remains a mystery. Yes, I'm talking about mould – and in case you didn't know, it's bad for you. I spoke to Shaun Primmer from Ventilate Your Home about how

to clean mould and what you should do if you discover mould in your house. Shaun kindly even shared a natural mould killer with us...
What is mould?
Mould is part of a group of common organisms called fungi. It comes in many forms but is typically white, green, grey or black. Mould

spores generate in moist, damp, humid conditions and live off the proteins from timber, leather, ceilings and walls.

The spores tend to germinate in the sub-floor area and evaporate up into homes where there is a high moisture content. Mould thrives in damp, dark areas. That's why you can often find it in cupboards, behind furniture and on the underside of dresser drawers.

How can I remove mould from my home?

1. Try to locate where the source of the problem is. Mould can generate in many ways, so make a list of what causes moisture in your home.
2. Speak to an expert and assess how bad the problem is. Do you need to get a professional in to kill and clean the mould?
3. Look to eliminate the problem for good by using preventative measures such as sub-floor ventilation systems and moisture barriers.

What kills mould?

You can kill mould naturally by using a diluted mixture of 4 parts natural brewed vinegar to 1 part water. After applying simply wash the area with a damp cloth and leave to dry.

How do I get rid of mould in the bathroom?

Firstly establish where the mould in your bathroom is and the damp areas and try to eliminate or ventilate the moisture. Mould is an environmental problem so you need to alter the environment in which its breeding. Make sure you

have adequate ventilation in the sub-floor of your bathroom.

To remove mould in bathrooms, try running your exhaust fan for longer to get rid of the excess moisture in the air. If your fan is venting into the ceiling space, call a handyman to install a flue (a duct for conveying exhaust gases to the outdoors). It's far more effective to have the bathroom fan exhausting to the atmosphere rather than your roof space.

Any tips for getting rid of mould for renters?

If you're renting and your home has mould, immediately advise your landlord in writing. Do some research and try to understand where you're introducing moisture into your home, then work backwards to eliminate it. For example, is it mould in the bathroom, or do you need to get rid of black mould on walls? Understanding what causes mould to grow will help prevent the problem from reoccurring.

How else can I prevent mould in my house?

Air purifiers are devices that filter the air and help keep a house dry. They're usually quite costly options but if required are well worth the investment.

What to know before putting in a pool

Thinking about investing in a

swimming pool before summertime's big heat descends? Before 'taking the plunge', here's some foolproof pool pointers every prospective owner should know. What's the function & purpose of your pool? Is it for cooling off in the summer, for entertaining friends and family or a splash pool for the little ones?

One woman's lagoon is another woman's bird bath so be very clear about how you see yourself using your future backyard body of h2O – before you turn a sod.

How much does a pool cost?

The cost of excavation works mean installing an in-ground pool is more costly than an above-ground pool. According to hipages: Concrete pools can cost between \$35,000 to more than \$100,000 to install – the average being around \$50,000, Fibreglass pool shells cost between \$6,500 and \$25,000 & to have a fibreglass pool installed in-ground costs between \$25,000 and \$75,000 or more

Size matters...

It's easy to have an inflated view of your own backyard. "Pace out and mark the ideal space for your pool in your backyard with tape or spray paint," suggests Neil Veitch, pool category manager at Clark Rubber. Make sure you have these dimensions with

you when you start visiting pool builders to talk price. ... so does shape, depth and type

As well as size, have you considered the shape and depth of the pool you want? What material will you use? Have you considered fibreglass, poured-concrete, vinyl-lined or gunite?

Make sure these qualities are a good match with the functionality and purpose of your ideal pool, Neil says.

Know the lay of your land

Unfortunately your infinity pool-three-storey-waterfall vision may not lend itself to your flat-as-a-tack block. Before you set your heart on a particular design, it's advisable to assess the slope of your backyard to determine if your space suits an above-ground, partial in-ground or in-ground pool.

What's the theme & style of your outdoor room?

The days of the standard bright blue kidney-shaped pool are over. Now if you want some splash with your cash, lagoons, pebble finishes, stone, all-hues of green and blue and myriad texture variations are on offer. It means we can now seamlessly match the colour and style of our backyard pools to their outdoor settings so ask yourself, does my chosen design complement my entire backyard space?

The days of the standard bright blue kidney-shaped pool are over.

What are the local rules & regulations?

Before you fire up the excavator, pick up the phone. When building a new pool, or renovating an existing one,

have a chat to your local council early in your pool planning. You must find out what you'll need to do to comply with local building and safety regulations and state and national fencing and water legislation.

For example, if your pool will be more than 30cm deep, you must ensure your pool barrier meets the Australian Standard for Swimming Pool Fences. Approved barriers must be in place before the pool is filled.

Approved barriers must be in place before the pool is filled.

"Each council is different so make sure your pool is compliant with your local laws," Neil says.

Can I DIY my pool?

According to Simon Gainey of Capital Fibreglass Pools, hypothetically you can go-it-alone. Some above-ground pools may be suitable for assembly by a handy homeowner-builder.

But the owner/operator of the Canberra-based company stresses most DIY pools are not advisable.

"Yes, you can install a pool yourself but we wouldn't recommend it," Simon says. "You use a builder to build your house because he is a specialist at what he does; the same goes for building a pool".

5 things to ask your pool builder

When you're ready to lay down some serious cash on a watery dream, here are five things to look for in your chosen builder:

1. Warranties – Do you know what you're purchasing
CONT NEXT PAGE

The benefits of walking; in a group it is even better



Two local examples of the benefit of group walking

⊖ Cheryl Schofield of Branxton who acknowledges that the walking group has given her more confidence & independence.

⊖ Debbie Stratton of Branxton said that her doctor said that if she had not taken up walking she would, most probably, be much worse off.

Every parent knows that a child's first step is a landmark event. It takes many months for that halting step to develop into a sturdy gait, but as toddlers become walkers, they open the door to independence, exploration, and, eventually, productivity. And just as walking is a signal achievement for each person, the two-footed upright gait is a banner accomplishment for our species. In fact, walking is one of the things that distinguishes man from all other animals. Walking is an automatic, intrinsic human function, and it serves many practical roles. Strange as it seems, though, modern man appears determined to walk as little as possible. Not many men would walk five miles to work — but remarkably few choose to walk even a half mile to a friend's house or neighbourhood store. And it's not just a question of walking for transportation; moving walkways whisk us through airports, and elevators and escalators lure many able-bodied men away from stairways. If the Segway "walking" machine ever catches on, walking will suffer yet another setback. Walking doesn't get the respect it deserves, either for its health benefits, its value for transportation, or its role in recreation. More than 2,400 years ago, Hippocrates said, "Walking is a man's best medicine." To find out if he was right, two scientists from University College London performed a meta-analysis of research published

between 1970 and 2007 in peer-reviewed English-language journals. After sifting through 4,295 articles, they identified 18 studies that met their high standards for quality. In all, these studies evaluated 459,833 participants who were free of cardiovascular disease when the investigations began. Each of the studies collected information about the participants' walking habits along with information about cardiovascular risk factors, including — in most studies — age, smoking, and alcohol use and, in many cases, additional health data as well. The participants were tracked for an average of 11.3 years, during which cardiovascular events (angina, heart attack, heart failure, coronary artery bypass surgery, angioplasty, and stroke) and deaths were recorded. The meta-analysis makes a strong case for walking. In all, walking reduced the risk of cardiovascular events by 31%, and it cut the risk of dying during the study period by 32%. These benefits were equally robust in men and women. Protection was evident even at distances of just 13k's miles per week and at a pace as casual as about 4k's per hour. The people who walked longer distances, walked at a faster pace, or both enjoyed the greatest protection. This meta-analysis included studies from seven countries on three continents. At the risk of being chauvinistic, here is a brief summary of three Harvard studies of walking

and cardiovascular health:

- Among 10,269 male graduates of Harvard College, walking at least nine miles a week was linked to a 22% lower death rate.

- Among 44,452 male health professionals, walking at least 30 minutes a day was linked to an 18% lower risk of coronary artery disease.

- Among 72,488 female nurses, walking at least three hours a week was linked to a 35% lower risk of heart attack and cardiac death and a 34% lower risk of stroke.

One of the nice things about walking is that you don't need special skill, much less lessons. The main thing is to walk naturally and comfortably. But if you want to aim for an ideal stride, a few tips may help. Try to keep your posture erect with your chin up, your eyes forward, and your shoulders square. Keep your back straight, belly flat, and butt tucked in. Keep your arms close to your torso, bent at the elbow. Take a natural stride, but try to lengthen your stride as you improve. Land on your heels, and then roll forward to push off with your toes. Swing your arms with each stride, and keep up a steady, rhythmic cadence.

Having now proven beyond any reasonable doubt that walking does not get the respect it deserves & is a natural talent all people have & with that in mind, you can, locally, do something about your sedentary life if it applies to you. Our local area, fortunately, has a 'community walking group' which was established about 5 years ago.

As Sonnie, the facilitator says, 'walk as little or as much as you like'. They meet Monday, Wednesday & Fridays at Miller Park in Branxton at 7am &, apart from their regular walking, on the first Thursday of the month they have a coffee morning after walking. They also enjoy social outings together. Sonnie is very proud of what they have achieved over the 5 years.

"Of the people who have joined our group I have two marvellous examples of the medical benefit," said Sonnie.

"Two of our group, both ladies, have been helped so much by joining. "Cheryl Scofield was diagnosed with Parkinson's disease in 2013 & hadn't driven for 3 years because she had lost all confidence. "She joined the volunteer brigade at the Anglican Boutique Op Shop & the

VIEW Club in Branxton after she started walking with the group & when not with the group on her own. She walks most days. "Since she started walking she has put her walking stick away and only uses her 'walker' at night as she puts her mobile phone on it in case she has a fall. "The walking group has helped her with being able to walk in a straight line & has given her so much confidence & independence. "The other example is Debbie Stratton who was diagnosed with bacterial pneumonia on the 23rd September this year. "In early October, when she was feeling a little better, she asked her doctor if walking would help. Because she had been so ill her doctor was a little hesitant but agreed but if she had any ill effects to desist. "The result was just marvellous & her doctor said that he was amazed at her recuperation & that she would have, most probably, taken much longer to regain her health," said Sonnie. As Sonnie says 'walking for walking's sake shows you are giving exercise the priority it deserves.' "It will also get you away from the demanding routines of daily life, a nice plus for mental health.

FREE Community Walking Group



The 'Walking Group' was established 5½ years ago in Branxton

WHERE: Miller Park Branxton

WHEN: Monday, Wednesday & Friday are the main walking days. 7am start; walk as little or as much as you like.

Beginners always welcome & it is FREE
On the first Thursday of the month we have a coffee morning after walking. We also enjoy social outings together.

For more information contact Sonnie on 0455 683 607

Anglican Boutique Op Shop

Thurs 7th Dec till 7.00pm

Late Night Shopping

Come in and visit us

FROM PAGE 10

What to know before putting in a pool

and what you're covered for? "If it sounds too good to be true, it often is," Simon says.

2. Insurance – Ask your state body of the Swimming Pool and Spa Association of Australia (SPASA) if it is your responsibility or a builder's.

In South Australia, for example, state law requires that building insurance must be issued for all domestic building work (which includes pools and spas) worth more than \$12,000 in total value.

"The purpose of this insurance is to ensure that you end up with a completed pool and/or spa holding a five-year structural warranty, without it you are totally unprotected and exposed to risk," states the SPASA South Australia.

3. Track history – Ask for testimonials, word of mouth anecdotes, do your research. "You are about to invest a large sum of money and should know who you are dealing with. Search your potential builder on the internet. Fair trading is also a good reference if there's been any legal action," says Simon.

4. Detailed quote – What's included and what's not? If it isn't set out in writing in your quote at the start it could end up a hidden extra cost to you at the end of the job... you don't want a nasty budget blowout when you should be busy blowing up your inflatable pool toys!

5. Professional credentials – Is your pool builder a member of SPASA, and can show proof of being licensed?

"SPASA has a very strict code of ethics for their pool builders and to be a member of SPASA you need to be licensed, insured and have had a credit rating check," Simon says. Finally, is everyone under your roof a competent swimmer?

If not, try to start lessons asap; you can use your future home pool to practice growing skills in a safe and technically sound way. "Attend lessons and use the home pool to practice what they learn at lessons," advises Di Palmer of State Swim.

"Without this, children will quickly learn to navigate their way around their own pools but can develop bad habits, finding themselves unable to get out of a dangerous situation later in life."

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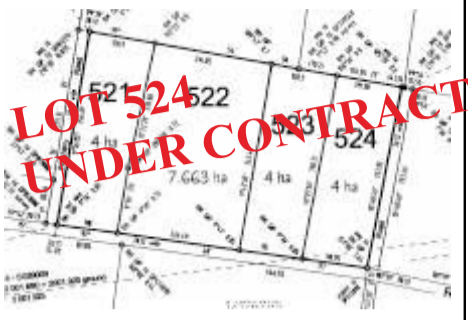
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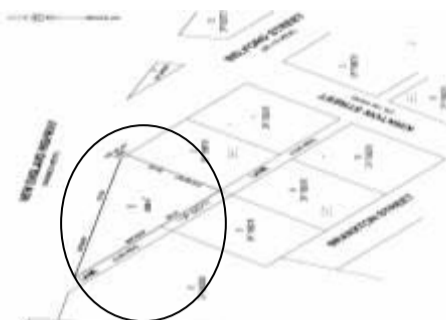
Vacant blocks

4ha (10 acres) very private bush blocks.

Fully Fenced & within minutes to Hunter Wine Country

ASKING: \$420,000 each

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

North Rothbury



Lovely family home in quiet rural hamlet

This brick & tile 3 bedroom home is on a large fully fenced block. The design is 'open plan' with beautiful lead-light windows, large deck at rear with secure parking & garden shed. Great village & a great place to rear your family.

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East Branxton



Your own little 'Hobby Farm'

A very spacious five bedroom family home + large office; main bedroom with en-suite & walk-in robe. All other bedrooms have good built-ins + fans. There are two large living areas plus a large, under cover, entertainment area.

The property is fenced into 3 paddocks with a good garden shed & dog yard.

There is also a triple lock-up garage. All the benefits of urban living with the benefit of a large semi-rural lot.

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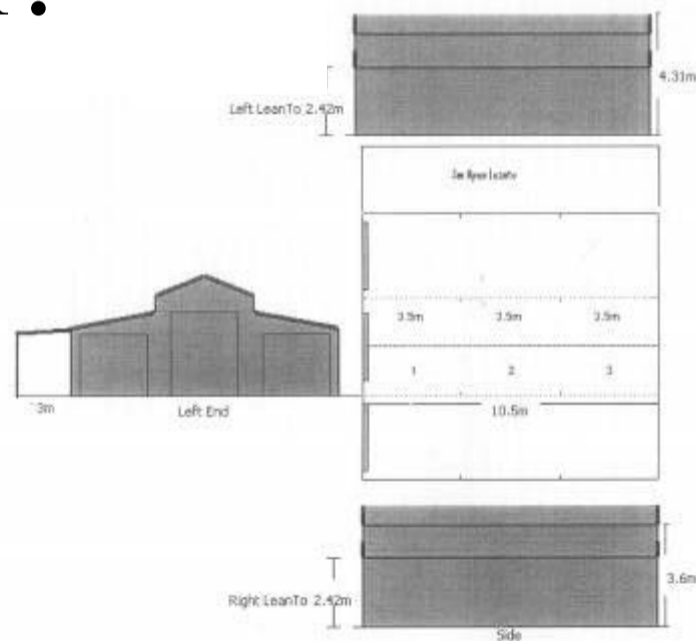
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90% flat country. Bitumen to front gate.
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800mm annual rainfall. Fully fenced 2 paddocks + barn area.
20% Kikuyu & 80% native grasses (paspalum, rye, couch etc.).
13.5m x 10.5m 'American Barn' with 3 equal 3.5m bays & a 3m x 10.5m workshop.
3phase 100amp/phase underground power from front gate to barn.
Barn has ample fluro lighting & GPO's, ceiling fans, instantaneous gas Hot Water Service, electric upright stove & oven, small kitchen with sink & microwave + pantry.
Bathroom with shower, toilet (flush), laundry tub.
Barn has council occupation certificate whilst building new house.
Council approved in-situ water treatment plant (enviro-cycle).
Phone cable installed underground to barn but not connected.
DA approved new residence (Colonial style 4 bedroom with all plans & engineering certificates available).
Honda pump on Webbers Creek with underground piping to barn.
2 x 30,000 litre fresh water tanks with pressure pump.
2 x horse stables with underground water from barn & horse proof yards attached.
All weather gravel road from front gate to barn & Bushfire free.

ASKING \$750,000



We have had an extraordinary number of enquiries for home units & rental properties.

If you can help please call Helen on 4938 3300



THIS Saturday November 11th 2017 there will be two National Pole Dancing Championships; Grass Roots Pole Dancing Championships and the 2017 Hunter Valley Pole Perfection.

The venue is the Singleton Civic Centre in Queen Street.

In the past, this major event attracts not only a large following from the local community but also surrounding communities and abroad attracting competitors from Central Coast, Sydney, Melbourne, Western Australia, Tasmania and Canberra. Local, national and international sponsors have jumped on board including Xpole Australia, Luna Polewear, Rarr Designs,

Salt Dance Company, The Makeup Wardrobe, Clique Styling, LeBrocq's Looks and Beauty, and many more.

This is an event not to be missed with many local athletes competing including Rachel Cadman and Sharon Schultz (2016 doubles champions), Kim Perfrement, Tayla Wynyard, Saoirse Trench, Amanda Cook, Taleah Ditz, Libby Cadman, Tylar Meyn (2016 Junior National Champion and NSW pole sports intermediate champion), Chloe Schultz, and Jessica



Woods. Tickets for the event are available via trybooking.com

Last year they held a single competition and sold out our available audience within a day at 170

people. This year they have moved to a bigger venue and have triple the number of competitors with holding two competitions back to back. What the competitions aim to do is to showcase the art and sport of pole dancing across different levels right from our youngest competitor at 7 years old competing in her first competition, through to our oldest and most experienced competitor at 47 years old. They also have International fitness and pole dancing champions Amy Hazel, Amber Ray, Bailey Hart, Katy Eve and Deb Roach performing on the night and lending their expertise to the competition through their judging panel.

© Amy Hazel who has just won 'Miss Pole Dance Australia'

A LATE LETTER TO EDITOR

TO BE OR NOT TO BE ... a citizen of this politically blighted land. (Apologies to Shakespeare) How can the High Court of Australia make the judgement they have concerning the Citizenship or otherwise of certain politicians? A part of the Constitution of Australia refers to the loyalty of persons nominating themselves for election to the Federal Parliament. This was to ensure the elected Members were free of any dual loyalty and their vote in Parliament would not be compromised i.e., they had no sympathy for Germany, France or any other entity outside the British Empire. However, if you were a British subject from anywhere you would have been eligible. As I have stated before, a condition of our own Constitution made in 1899 for the purpose of insuring the integrity of elected

Parliamentarians has been used to disenfranchise Members of the Federal Parliament, who would have been, prior to 1949, eminently eligible. This is totally outside the scope of Section 44. That a decision by a foreign power can have any effect on Australian citizens, short of declaring war on us, is simply absurd. So is the High Court's decision. Of course the present Government has not the will to challenge this and it is in the interests of the opposition, Greens etc, that the current absurdity continues so they can challenge what's left of the Liberal National Party. This continues whilst the country goes deeper into debt and becomes more and more uncompetitive in the global economy. If you are dependent on the Government for your job or your income you had better start looking for an alternative means. Have a nice day. Steve Lind, North Rothbury

WHAT CAN YOU MAKE? MONEY FOR CHRISTMAS?

NORTH ROTHBURY TIDY TOWNS TWILIGHT MARKETS

Persons selling food stalls will need a Temporary Food Business from Council.

It is a condition of this approval to meet the following consent conditions:

- The Temporary Food Business is only permitted to operate at Council approved events
- Temporary Food Business meets the minimum standards of the:
 - NSW Food Act 2003
 - Food Regulation 2010
 - Australia New Zealand Food Standards Code - Standard 3.2.3 Food Premises
 - Hunter Central Coast Food Surveillance Group "Temporary Event Guidelines"
- All Food Handling is to be conducted in accordance with the:
 - NSW Food Act 2003
 - Food Regulation 2010
 - Australia New Zealand Food Standards Code - Standard 3.2.2 Food Safety Practices and General Requirements
- The Food Business Notification to the NSW Food Authority must be correct.

The approval is valid for one year from the date of approval. The approval must be displayed within the stall.

We can have twenty stalls, stall holders must prepare for wet weather conditions

Phone Maureen 49 38 1130 / 0412 43 25 08 to register (Before 5pm)
18 Mitchell Street North Rothbury. Please pay on registration: BSB 032516 Acc 216685 Ref TWM (- your name)

Persons with only a small amount of stall might join neighbors and friends to get a stall up and running

North Rothbury Tidy Towns (encompassing Hanwood, North Rothbury, Tuckers Lane and Huntlee) will be holding a **TWILIGHT MARKET** in the Ayrfield Miners Memorial Park **Sat 25 Nov 2017. 6pm to 8pm.**

Mark it on you calendar! Villagers / Visitors will be able to rent a stall site for price of \$25.00 to sell of their handiwork and Christmas gift ideas

❖ This year too we look forward to having some market stalls with produce from local people and those with connections to our village.

NRTT will run the BEST SAUSAGE sizzle.

PLEASE NOTE NO PARKING ON GRASSED AREAS.

NO PRE ARRANGED STALL POSITIONS

FROM PAGE 10

Branxton Greta Business Chamber successful AGM

1. Andrew Constance, working then with Cessnock City Council the BGBC was able to convince the transport minister of the importance from a safety and welfare issue resulting in the provision of bus shelters to be installed on the site. The concrete slabs have already been installed – just awaiting the shelters.
2. Urgent upgrade of the footpath from the Elderslie Road end of Miller Park to the traffic light opposite the Branxton Pool. The chamber again in detailed discussions with Cessnock City Council have resulted in this valuable upgrade.
3. The replacement of the bus stop shelter in Greta. The shelter was written-off after a motor vehicle accident. Replacement of this shelter was long overdue.

Raising the profile of the Branxton – Greta Memorial Cycle and walkway. Working with Cessnock City Council we have managed to raise the profile of the significance of this vital piece of infrastructure that will enable connectivity of both towns viz., Branxton & Greta, also providing a safe way for people from Greta, for example, to access the Branxton Memorial Pool and Miller Park sporting fields. This project is in the top 5 priorities for Cessnock City Council. Cessnock City Council has submitted a grant application under 'Resources for Regions' to enable this to be built & at the same time the BGBC has submitted a grant under the same programme to enable the memorial aspects to be installed. Both Cessnock City Council and the BGBC are yet to hear the outcome. However, after discussions with Clayton Barr MP Member for Cessnock we should hopefully hear before the end of this year.

BGBC has also raised the need to upgrade the corner of Elderslie Road. The site is currently used by water trucks and Cessnock City Council trucks as a stockpile site. The BGBC has raised safety concerns – discussions continue, and

Other issues are the general connectivity with all the local communities with kerb and guttering including the provision of footpaths – discussions continue.

Throughout the past 12 months the BGBC has attended meetings with Cessnock City Council, Singleton Council, the NSW Business Chamber and both state and federal politicians. Part of these discussions resulted in not only the bus-shelters but also the visit of the Hon Mr John Barilaro to Branxton to see firsthand some of the challenges facing the business's in our communities. As a result of the opening of the Hunter Expressway and the failure of the state government to fund a main street redevelopment.

In regards to the cycle/walk way. It was exciting to have the NSW Governor accept the invitation to be the official patron for this piece of what the chamber calls 'legacy infrastructure'. An official luncheon will be held in early 2018.

In closing his brief report he said that it only provides a brief overview of the efforts of the BGBC over the past 12 months and, not wanting to take away from the efforts of other board members, he spends a considerable amount of time weekly, some weeks up to 30-40hrs, on chamber matters. As he said we are getting results and that makes it all worth it.

"The community can be assured that the BGBC, although its key mission is to enhance and develop business and business opportunities within our area, sees a role to also support and help & grow a sense of community," Brett said.

"Without a strong community business will not survive or flourish. The work of the chamber in 2018 will continue to peruse these and many other key drivers of visitation that underpin a strong economic environment and create a vibrant community. Our doors are always open, via email or phone," he said.

WANTED

RESIDENTIAL PROPERTIES TO LEASE

There is a strong demand for residential rental accommodation in the local area & our office needs more properties to sate the current demand. If you are contemplating renting your property please contact either Helen or Mike on **4938 3300**

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His Dance Hall, prominent on the corner of High and Water Streets, Greta for the greater part of this century, was no doubt one of the most influential buildings to grace this small town and played a major role in the day to day life of our community. Charlie, one time publican and councillor, lived locally from 1910 to 1942, watching many dramatic social changes taking place. From vaudeville to silent and movie pictures, through the Great World war and serious depression, onto another world war. His town weathered those great tides of change with fortitude and good humour. Beswicks' was a safety valve, unwinding the many frustrations of all those changes, offering fun and frolic, in the day to day pursuit of life's often difficult journey.

Earliest vaudeville's days of the stage and live entertainment fostered home grown talented artists, with comedy and drama feeding art expression, flourishing beneath the surface of this small coalminer's town. Self taught musicians vented their considerable skills at every opportunity in the home, at family gatherings, at wakes, weddings or birthday celebrations. Nothing could stop singers good and bad, standing bolt upright beside a piano, to rattle the rafters with heart wrenching dirges of **'The Old folk at Home'**, **'Danny Boy'** or **'Take Me Home Again**

Kathleen'. Many were frustrated artists hungering to express a latent talent. Community singing flourished when hundreds gathered in the **Hall** and sang their hearts out.

Life in the twenties moved on to the new phenomenon **Moving Pictures**, when Charlie Beswick invested in a projector. Across the screen heroes mouthed all sorts of unheard sweet nothings, and piano player **Lily Sinclair** belted out a range of sentimental old favourites, setting the need for an audience totally struck with the apparent reality of it all. With their appetites whetted, **Al Jolsen** exploded into life with his **'Mammy'** son in the **Jazz Singer** and talking movies were off and running.

Just about then the 1930's Depression came to blight our lives, jobs disappeared, money was tight, but the hunger for entertainment lived on. Saturday nights outside Charlie's Picture Show, young **'Dole'** faces stood in groups planning free entry to the inside. An assortment of used tickets gave them hope. Wait for lights out, rush forward in a group and confuse Charlie at the door. In that confusion everyone made it to a seat for a moment or two, until his old eyes unearthed the ticket scam. His flashing torch searched out a number of villains crawling under seats, desperate to evade capture. Such was the influence of cowboy hero **'Hopalong**

Cassidy', that his followers would try anything for a hard uncomfortable seat inside, **and all because they were penniless.**

It wasn't as though the show ran smoothly, for Charlie's single projector, stopped to change the spool every twenty minutes. While waiting we chatted in the dark for minutes, until the frantic galloping shooting cowboys were off and chasing once more, making **Saturday night at Charlie's dream castle**, a once a week cloud nine journey. Accompanied with a half time blistering hot pie from **Mrs Mackinnon's shop** next door, brought the whole world of make believe so close, you could almost touch it.

With the paint long worn from its exterior, the dusty well trodden gravel footpath circling it to the dingy lit dunny out back, three big sandstone steps to the front porch door, the pokey little ticket box with Mrs Beswick's face wanting sixpence, foot stamping kids on long hard stools, the flea infested back rows of torn and worn seats, passionate lovers dreaming nonsense in a hot embrace, the scratchy sound and dust rising through the glare of the projection light, outrageous laughter and shock horror when the villain kidnapped a pretty girl, all made for a once a week trip to **Heaven in High Street**. Regretfully vanishing when the lights went on, and cold reality

stalked the night as we walked the disillusioned long streets home, **at midnight.**

Charlie's Central Hall lived on throughout the 30's bleak years, dances fully patronised, were strictly **'no drink'** affairs, even though the fellas shared a bottle of Bill Walker's cheap wine under the peppercorn trees out front. The cop stood at the door, warning young males taking out their frustrations on one another, in a friendly punchup on the grass, middle of unlit High Street.

Parents chaperoned their daughters inside, sat on stools beside the dance floor, the men shuffled around the doorway ready to charge in, when **M.C. Ernie O'Donnell** announced **'gentlemen take your partners for the Barn Dance'**. The floor scarred from winter skating, clagged with chewing gum from picture night, kero and sawdust swept slippery for another terpsichorean boy meets girl fling, set the stage of romance fun and whatever. It was here many of today's long relationships blossomed as touching hands held, starting something only this dance hall was privy to. This friendly social meeting place, this Alladin's cave, this unhallowed hall of mirrors, now unhappily gone from the centre stage of town, helped so much in the making of a world, the memories of which, few of us will ever forget. *(Charlie Beswick and his wife left Greta about 1942 to retire to Newcastle, having been a part of our Greta through thirty years of good and bad times. Vale to the Beswicks and the part they played in our lives.)*

WANTED
Croquet players wanted to join friendly, established club at 8 John Rose Avenue, Branxton. Come and try for free, no experience or equipment needed. You'll have lots of fun! Phone Carole on 0249387234 or call at grounds between 9am and 12am on Tuesday or Saturday.

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100 Years of ANZAC – The Spirit Lives On

In honour of this year's Remembrance Day, Kurri Kurri Library will be hosting a free talk with two local authors and historians. John Gillam and Yvonne Fletcher will share amazing true stories of courage and resilience from World War I, including the extraordinary story of Kurri's own Maud Butler. This uniquely Australian, long forgotten story, tells of how Maud Butler rose to national prominence. Maud, a resourceful 16-year-old waitress with a sense of adventure, was desperate to be a part of Australia's war effort. Rejected and humiliated at the recruiting station, she cut her hair, dressed as a boy soldier, and stowed away on a troop ship. John and Yvonne will also tell the incredible story of Digger the dog and his handler Sergeant James Martin.

Digger, served from 1914-1918 as an AIF mascot and was gassed and wounded at Pozieres. Digger was brought back to Australia by Company Sergeant Major James Harold Martin of the 2 Division Signals Company AIF. Martin served at Gallipoli, France and Belgium and was discharged in 1918.

John and Yvonne will also have their books "You Can't Fight, You're a Girl!", inspired by the exploits of Maud Butler and "A Tail of Two Diggers", inspired by the stories of Digger available for purchase (\$20) and signing on the day.

What: 100 Years of Anzac – The Spirit Lives On
When: Friday 10 November 2017 | 11.30am-noon
Where: Kurri Kurri Library



© Maud Butler

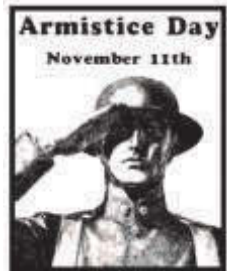


Local service details ...

The Armistice day, remembrance service will be held this year at the Branxton Rotunda on Saturday 11th November. The Service will start a 10:45 am sharp. At the end of the service, a soil collection will take place at the site. This will involve local school pupils taking soil samples at the rotunda, that will be forwarded to the Dept. of Veteran Affairs in Sydney. The samples will be interned in the "Upgraded Anzac Memorial at Hyde Park", to signify the enormous sacrifice of our WW1 enlistments from Branxton.

Originally called Armistice Day, this day commemorated the end of the hostilities for the Great War (World War I), the signing of the armistice, which occurred on 11 November 1918—the 11th hour of the 11th day of the 11th month. Armistice Day was observed by the Allies as a way of remembering those who died, especially soldiers with 'no known grave'. On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. In London, in 1920, the commemoration was given added significance with the return of the remains of an unknown soldier from the battlefields of the Western Front. The Flanders poppy became accepted throughout the allied nations as the flower of remembrance to be worn on Armistice Day. The red poppies were among the first plants that sprouted from the devastation of the battlefields of northern France and Belgium. 'Soldiers' folklore had it that the poppies were vivid red from having been nurtured in ground drenched with the blood of their comrades'.

After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.



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"LEAD BELLIES"

MEMBER'S BADGE DRAW

WEDNESDAY

8th NOVEMBER - \$2,500

SUNDAY

12th NOVEMBER - \$900

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4.00 – 7.00pm

GRETA THURSDAY

4.00 – 6.00pm

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MEMBERS BADGE DRAW

THURSDAY 9th NOVEMBER

\$2,500

SUNDAY 12th NOVEMBER

\$5,000

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CLUB PRICES

RAFFLES

FRIDAY

MEAT RAFFLE

7.00pm

SUNDAY

MEAT RAFFLE

6.00pm

MILLER PARK



Da Vinci Code. Scientific enlightenment engages in another battle with religious fundamentalism, fought out in glassy labs, glossy luxury hotels and devilish cathedrals, with Gulfstream jets and Tesla self-driving cars to ferry the characters between locations. In *Inferno* Brown threatened mankind with extinction by reactivating the bubonic plague; here the human race is warned of its imminent redundancy, as machines with synthetic brains prepare to take control of us. A personified supercomputer with a British accent manages the plot of *Origin* by issuing instructions from an iPhone. Brown's hero, the professorial brainbox Robert Langdon, is not much more human: he has a head full of electronic files and copes with emergencies by consulting his "eidetic memory". The heroine, a future Spanish queen, could be Amazon's Alexa equipped with a "slender figure" and squeezed into a "form-

REVIEW
ORIGIN
 by Dan Brown ~
 Doubleday
 &
 The Top 10
 Fiction Bestseller
 List
 © Nielsen BookScan

I used to think Dan Brown was merely a crackpot. Now I wonder if he might not be a prophet. What once seemed to be his deranged fantasy increasingly looks like our daily reality. In our myth-maddened world, we are befuddled by bloggers peddling conspiracy theories and menaced by transactions on the dark web; we can't cross a road without dreading some runaway act of messianic terror, and we experience an implosion of identity if we lose our smartphones or forget our passwords. In listing those perils I have summed up the plot of Brown's new novel *Origin*: whether or not we read his apocalyptic thrillers, we are living inside them. *Origin* stirs up again the witches' brew that Brown first concocted in *The*

fitting dress". Brown's dialogue makes all his characters, whether or not they have bodies, sound like cyborgs. "Tonight's crisis impacts us far more deeply than you can imagine," says one of the plot's functionaries. "Roger that. Keep us apprised," she adds. This isn't speech: it's vocalised word processing.

Dan Brown: cracking the code of his enduring appeal
 Everyone makes fun of these books – and film versions like *Inferno*. Yet the author of the *Da Vinci Code* is still hugely popular. How the hell does he do it? As usual with Brown, the end of history approaches at high speed. An Elon Musk-like futurist – who happens, in a quick commercial endorsement, to be wearing "a sleek Kiton K50 suit and Barker ostrich

ABOUT
Daniel Gerhard Brown (born June 22, 1964) is an American author of thriller fiction, most notably the novels *Angels & Demons* (2000), *The Da Vinci Code* (2003), and *Inferno* (2013). Brown's novels are treasure hunts set in a 24-hour period, and feature the recurring themes of cryptography, keys, symbols, codes, and conspiracy theories. His books have been translated into 52 languages, and as of 2012, sold over 200 million copies. Three of them, *Angels & Demons* (2000), *The Da Vinci Code* (2003), and *Inferno* (2013), have been adapted into films. Brown's novels that feature the lead character Robert Langdon also include historical themes and Christianity as motifs, and as a result, have generated controversy. Brown states on his website that his books are not anti-Christian, though he is on a 'constant spiritual journey' himself, and says that his book *The Da Vinci Code* is simply "an entertaining story that promotes spiritual discussion and debate" and suggests that the book may be used "as a positive catalyst for introspection and exploration of our faith".

Early life
 Dan Gerhard Brown was born on June 22, 1964 at Exeter Hospital. He has a younger sister, Valerie (born 1968) and brother, Gregory (born 1975). They were raised in Exeter, New Hampshire, where Brown attended Exeter's public schools until the ninth grade. He grew up on the campus of Phillips Exeter Academy, where his father, Richard G. Brown, was a teacher of mathematics and wrote textbooks from 1968 until his retirement in 1997. his mother, Constance (née Gerhard), trained as a church organist and student of sacred music. Brown was raised an Episcopalian. He played squash, sang in the Amherst Glee Club, and was a writing student of visiting novelist Alan Lelchuk. Brown spent the 1985 school year abroad in Seville, Spain, where he was enrolled in an art history course at the University of Seville. Brown graduated from Amherst in 1986.



shoes" – is murdered while announcing a scientific discovery that will update Darwin and foretell our next evolutionary phase. The "reveal", as they call it in Hollywood, is delayed for 400 pages, but I doubt that I'll spoil anyone's enjoyment if I disclose that it turns out to consist of gobbledegook about "nucleotides" and "obligate endosymbiosis". Despite the chemical jargon and technical data, Brown remains a gothic novelist who is best when sending his characters to grope through mazy architectural spaces, his personal versions of Northanger Abbey or Hogwarts Academy. The action here hurtles from the titanium-scaled leviathan that is Gehry's Guggenheim museum in Bilbao to the skeletal carcass of Gaudi's Sagrada Familia in Barcelona, with a detour to the fascist mausoleum built by Franco in the Valley of the Fallen outside Madrid. Such caves of occult unreason are where Brown feels at home. Though his denouement


piously drones on about the scientific amelioration of human ills and the need to replace warring religions with an all-purpose spirituality, Brown's true aims are more devious and deviant. His cryptic hints about malevolent global forces ratchet up our anxiety; blending the testimony of actual scientists such as Hawking and Dawkins with his own dotty or loony inventions, he produces a mentally corrosive mixture of truth and falsehood. Why should we trust a writer who thinks that Spain has a president not a prime minister, and who spells one of his favourite adjectives "collosal"?

Here, to set beside the fake news that warps election results in what's left of the real world, is a specimen of phoney fiction, expertly designed to confuse the credulous. Yes, Brown is a prophet, and a false one – a Nostradamus for our muddled, crazed and probably terminal times.

NY Times Best Seller list ~ FICTION

- 1.3 weeks on the list
 ORIGIN by Dan Brown ~ Doubleday
- 2. New this week
 DEEP FREEZE by John Sandford ~ Putnam
- 3.3 weeks on the list
 THE SUN AND HER FLOWERS by Rupi Kaur ~ Andrews McMeel
- 4.11 weeks on the list
 IT by Stephen King ~ Scribner
- 5. 2 weeks on the list
 THE SNOWMAN by Jo Nesbo ~ Vintage
- 6.2 weeks on the list
 FAIRYTALE by Danielle Steel ~ Delacorte
- 7.5 weeks on the list
 THE CUBAN AFFAIR by Nelson DeMille ~ Simon & Schuster
- 8.4 weeks on the list
 DON'T LET GO by Harlan Coben ~ Dutton
- 9. New this week
 UNCOMMON TYPE by Tom Hanks ~ Knopf
- 10.6 weeks on the list
 A COLUMN OF FIRE by Ken Follett ~ Viking

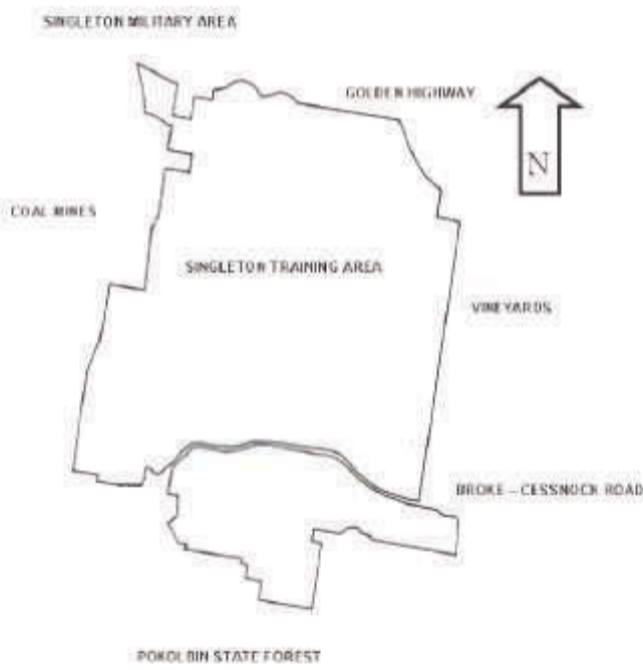
NY Times Best Seller list ~ FICTION



Australian Government
 Department of Defence

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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 practices 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:

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FREE PROPERTY MARKET APPRAISALS

Search for more on call firefighters for Branxton Greta Fire Station



If you're looking for a new challenge the Fire and Rescue NSW (FRNSW) wants to hear from you. FRNSW is now recruiting retained (on call) firefighters to be on call from home or work to respond to fires and other emergencies at Branxton Greta Fire Station. There are currently three vacancies for retained firefighters. Superintendent Andy

Cozens, Zone Commander of Metro North 3, urges Branxton and Greta residents from all walks of life to consider becoming a retained firefighter. "If you enjoy being part of a team, are physically fit, and want to give something back to your community contact us and find out how to become a retained firefighter," Superintendent Cozens said. "The majority of retained

firefighters have other jobs and community minded employers are usually supportive for them to leave work to attend call outs. "The roles of firefighters are varied, interesting and rewarding one. Firefighters not only fight fires and respond to a wide range of emergencies, they also educate school children, seniors, business people and the wider community about fire safety.

"Retained Firefighters are on call, however this does not mean that you have to be available every minute of every day. Sharing availability with other retained firefighters can reduce potential impact on work and private life". Retained firefighters are paid a fortnightly payment for being on call and receive an hourly rate for attending incidents, training sessions and other activities. FRNSW Commissioner Paul Baxter said that retained firefighters were a crucial part of providing fire protection to NSW communities. "Retained firefighters play an important role protecting people, property and the environment across regional and rural NSW," Commissioner Baxter said. They are trained and equipped to deal with the same emergencies as permanent firefighters and are dedicated and passionate about what they do. The skills retained firefighters gain are also used in their everyday work life". For information about becoming a retained firefighter, Phone Admin in the FRNSW Zone Office in Rutherford on (02) 4932 6411 or visit:

www.fire.nsw.gov.au

Hunter Valley Wine and Tourism Association welcomes new Chair

The Hunter Valley Wine and Tourism Association (HVWTA) has appointed Lindy Hyam as its new Independent Chair following the Association's AGM at Oaks Cypress Lakes Resort on Wednesday. Ms Hyam, the former General Manager of Singleton Council, takes the reigns following the expiration of the term and retirement of the Hon George Souris AM, who had chaired the Board since 2014. She said she was looking forward to the role. "I was involved in the reformation of the present Association two and half years ago," she said. "The Hunter Valley is the most visited wine region in Australia and economically significant



for the State. We aim to capitalise on its potential and as Australia's oldest wine region – and one of its most picturesque – its potential is enormous. "It is my vision to make it the State's leading tourism destination outside Sydney." Mr Souris said it had been a pleasure to serve the Hunter Valley. "The HVWTA is firmly positioned as the peak representative body for Hunter

Wine Country's wine and tourism industries," he said. "A major destination marketing campaign to the tune of \$600k is being prepared in combination with Singleton and Cessnock City Councils." "Lindy is highly qualified for the role and I wish her all the best." Mr Souris will continue in his role as President of the State Library of NSW, as well as in his corporate positions.

© New Chair HVWTA Ms Hyam

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Couple.....\$30.00 Admits 2 Adults

Single.....\$15.00 Admits 1 Adult

Each person receives a sausage sandwich and a can of soft drink



Twilight golf every
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Everyone welcome.

Mr Js Kiddy Golf
Every Tuesday at
4.30pm

Monster TOY Raffle

Friday 1st Dec

Ticket Sales 6.00pm

Raffle 7.15pm

Friday Raffles

Meat, Seafood ,

Fruit & Vegies trays

47 Schoolers to be won

In the Schooner Draw

Donnie's Childrens Disco

1st Sunday of the Month

Free

click



TAKE SOME GOOD ADVICE

Top Internet tips and tricks

The Internet is a vast and powerful resource and can be overwhelming for some users. Below we have provided my top tips and tricks for utilizing the Internet and an Internet browser.

Take advantage of tabbed browsing

Take full advantage of tabbed browsing on all Internet browsers. While reading an article or browsing a website, you may come across a link that interests you. Any link to another page can be opened in a new window. To perform this action, hold down the **Ctrl** key and left-click the link. If you have a mouse with a wheel, click the link by depressing the wheel instead of rolling it. Either of the methods opens a link in a new window. Tip: To open a new blank tab, press **Ctrl+T** at the same time.

You don't need the http:// portion of a web page

When entering an Internet address, you do not need to type **http://** or even **www** in the address. For example, if you wanted to visit The Branxton Greta Vineyards News, you could just type the www.branxtonnews.com.au and press Enter. To make things even quicker, if you are visiting a .com.au address you can type [branxtonnews](http://www.branxtonnews.com.au) and then press **Ctrl+Enter** to type out the full <http://www.branxtonnews.com.au> address.

Quickly move between the fields of a web page

If you are filling out an online form, e-mail, or other text field you can quickly move between each of the fields by pressing the **Tab** key or **Shift+Tab** to move back a field. For example, in the example form below you can click in the "First Name" field type anything and press tab to switch to the next field.

Example Form

First Name:

Last Name:

E-mail:

Tip: This tip also applies to buttons, if you press tab the buttons can also be highlighted. Once a button is highlighted press the spacebar or enter to push the button.

Tip: With a drop-down box that lists dozens of options you can press the first letter to scroll down to that letter. For example, click the drop

down box below and then press "u" to quickly scroll to Utah.

Bonus Tip: You can also use the autofill feature to fill in common form fields.

Know your Internet browser shortcuts

There are dozens of different shortcut keys that can be used with Internet browsers. Below are a few of our top suggested Internet browser shortcuts.

- Press **Alt+D** or **Ctrl+L** to move the cursor into the address bar.

- Hold down the **Ctrl** key and press the **+** or **-** to increase and decrease the size of text. **Ctrl+0** will reset the text.

- Press the **backspace** key or press **Alt** key + **left arrow** to go back a page.

- Press **F5** or **Ctrl+R** to refresh or reload a web page.

- Press **F11** to make the Internet browser screen full screen. Press **F11** again to return to the normal view.

- Press **Ctrl+B** to open your Internet bookmarks.

- Press **Ctrl+F** to open the find box to search for text within the web page you are reading.

Use Internet search engines to their full potential

Get the most out of every search result. If you are not finding what you want try surrounding the text in quotes. For example, searching for 'computer help' without quotes returns results with "computer" and "help" anywhere on the page. However, if you search for "computer help" with the quotes it only return pages with "computer" and "help" next to each other. Tip: In every search box you can press enter instead of using the mouse to click the Search button.

Try alternative browsers

Most computer users use the default browser that comes included with the computer, with Microsoft Windows this is Internet Explorer. There are many great alternative browsers that are all free to download and use and may have features your current browser does not include. Below are a few of my favourites, try one or try them all.

- Google Chrome
- Mozilla Firefox
- Opera

Install plugins and add-ons

All of the above alternative browsers also have a large community of volunteers who develop add-ons and plugins that can be added into the browser. Each of these browsers has hundreds of add-ons that can do such things like the current weather in your browser window, changing its colour, and adding additional functionality.

Make sure your browser and its plugins are up-to-date

An Internet browser can have

many plugins that give it additional functionality. For example, Adobe Flash is a great way to bring movies and other animated content to the Internet. Keeping these plugins up-to-date is vital for your computer stability and also security. You can quickly verify if your plugins are up-to-date and get links to where to download the latest updates.

Top Facebook tips

Hide users, games, polls, etc.

It quickly gets annoying seeing some users posts, game invites, polls, etc. Hovering your mouse to the right of the post and clicking the Hide button as shown below can hide any post. After pressing the button, you'll have the option to hide that user or in the case of a Facebook application the option to hide that application from ever showing up on your profile.

To **unhide** someone or **unblock** an application click the **Edit Options** link in the bottom right corner of the news feed as shown below.

Greasemonkey and FB Purity

Although Facebook does not give you the option to hide friends, friend requests, or various notifications, these can be hidden using browser add-ons. If you're running Mozilla Firefox, Chrome, Opera, or Safari, we suggest installing the [Facebook Purity add-on](#).

Update your privacy settings

Click **Account** in the top right corner of the Facebook window and then click **Privacy settings** to adjust who is capable of seeing what on your Facebook profile. We highly recommend going through all the privacy settings to verify your privacy is properly protected. Anything that is not set to friends only or friends of friends can be seen by anyone searching on the Internet. Below is a few things we recommend for most users.

- * Under **Search** in Privacy settings uncheck **Public Search Results**. Adjusting the settings prevents users from finding your account and profile picture in search results such as Google

- * Under **Application settings**, make sure you're only allowing applications you want to have access to your information. Applications that you grant rights to can have access to your Facebook profile information.

Use the Facebook top bar for navigation



Knowing how to properly navigate is vital if you want to get the most out of Facebook. Below is a brief description of each of the available options in the top bar as shown above.

Home (Facebook logo) -

Clicking this logo takes you to your wall (News Feed) that shows all friends recent posts.

Friend requests - If any friend requests are waiting to be approved this icon shows a notification of how many friends are waiting for approval. This icon can also be clicked when you want to view any friend recommendations or search for friends on Facebook.

Messages - This section allows you to send and receive private messages between one or more of your friends'.

Notifications - Any time a friend or Facebook application creates a new post you'll be notified in this section. Clicking this icon shows all recent notifications. To change notifications including any Facebook applications or games click the See All Notifications link at the bottom and check or uncheck what you want to be notified on.

Search - Finally, the Facebook search box can be a powerful tool that can be used to quickly find any current friends or people on Facebook. Also, searching for terms such as a company name, product, sports team, music band, etc. will find fan pages and groups that can be joined.

Modify your account notifications

Keep your e-mail and your cell phone clean by updating or eliminate Facebook notifications or keep more up-to-date by adding new notifications. Facebook notifications can be added and removed by clicking **Account** link in the top right corner, then **Account Settings**, and then clicking the **Notifications** tab.

Top News and Most Recent

By default, Facebook displays your wall postings in the News format, which means it only displays posts it believes are most relevant to you. These results are based on your past interaction with your friends'. If you want to see every post made by your friends that is not hidden, click **Most recent** in the upper right of your news feed, as shown in the above picture example.

If you want to adjust who shows up manually, click the **Edit Options** in the bottom right corner of your news feed.

View High School work friends

If you've added your High School or previous Work locations to your profile, quickly see all classmates and co-workers on Facebook by clicking the link in your **Info** tab under your profile.

Quickly change profile picture

Your profile picture can be changed by visiting your profile, hovering the mouse

MOVIE REVIEW

BAD GENIUS

Film review: Bad Genius – exam cheating meets heist caper in thrilling Thai crowd-pleaser

Synopsis

Thai with English Subtitles

'Ocean's Eleven' meets 'The Breakfast Club' in this multi award winning crime thriller about a straight-A student who devises an exams-cheating scheme which eventually rises to international levels. Based on true events!

Lynn, a genius high school student who makes money by cheating tests, receives a new task that leads her to Sydney, Australia. To complete the million-dollar task, Lynn and her classmates have to finish the international STIC(SAT) exam and deliver the answers back to her friends in Thailand before the exam takes place once again in her home country



3.5/5 stars

A highly entertaining and surprisingly tense Thai caper revolving around a quartet of students who devise a test-cheating scheme for profit, *Bad Genius* is deserving of the rave reviews and commercial success it has won in its native country – even if the finale suggests it was written to appease government censors. The story begins when Lynn (Thai model Chutimon Chuengcharoensukying, making her acting debut), a straight-A maths prodigy, befriends Grace (Eisaya Hosuwan) on her first day at an elite secondary school. Grace needs to pass the next test in order to be allowed to perform in the school play, and since the answers come so easily for Lynn, what's the harm in hooking a friend up?

But word soon spreads of Lynn's gesture, and before long other students want in

– and they're willing to pay. Initially reluctant, Lynn is convinced after realising the school routinely requests "donations" from the wealthy parents of her classmates. Why shouldn't she profit from her genius, especially since her single father is struggling for money?

Structured like a Hollywood heist film – the cheating becoming more and more ambitious – *Bad Genius* is shot with style, mixing technically impressive cinematography with just the right number of quick edits. And unlike other films with this subject matter, there is genuine weight to the actions of Lynn and her partner Bank (Chanon Santinatornkul), who are both from lower middle class backgrounds.

But the finale flips the film on its head when characters pull an about-face. It's an odd narrative departure,

considering the film had done a good job convincing the viewers that these students' actions are harmless, and that we should root for them. "To me 'cheating' means someone gets hurt. What we do doesn't hurt anyone. It's win-win," Lynn even tells Bank at one point.

Thai blockbuster Heart Attack merges deadpan humour with an art-house 'slow cinema' vibe

It certainly gives the impression that Thailand's film censorship system is as strict with moral guidelines as is its mainland Chinese counterpart

Genre: Art House & International, Mystery & Suspense
Directed By: Nattawut Poonpiriya
Written By: Nattawut Poonpiriya, Tanida Hantaweewatana, Vasudhorn Piyaromna
Runtime: 130 minutes



over your current profile picture, and clicking the **Change Picture** link in the top right corner.

Don't post private information on friend's walls on in comments

When you make a post on a friend's wall or in any of their comments, realize that any of their friends are going to be able to see that post. If you want something to remain only between you and a friend send them a Facebook message instead.

Suggestions and random friend invites

As you get more friends on Facebook, it will begin making friend, groups, and fan suggestions. These are suggestions made by Facebook and not your friends'. Unless these are something you're interested in they can be ignored.

This same rule can be applied to people who may want to be your friend that you don't know. If you don't know someone do not accept his or her friend invite. Once someone becomes your friend,

they'll have access to any information your friends' are capable of seeing.

Tag your Facebook friends in your photos

Always make sure to tag any of your Facebook friends that are in pictures you upload. However, never tag someone who is not in the picture. When someone is tagged in a photo that picture is automatically added to that persons profile and is a great way to share pictures with all friends.

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

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@hotmail.net.au
All contributions welcome

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

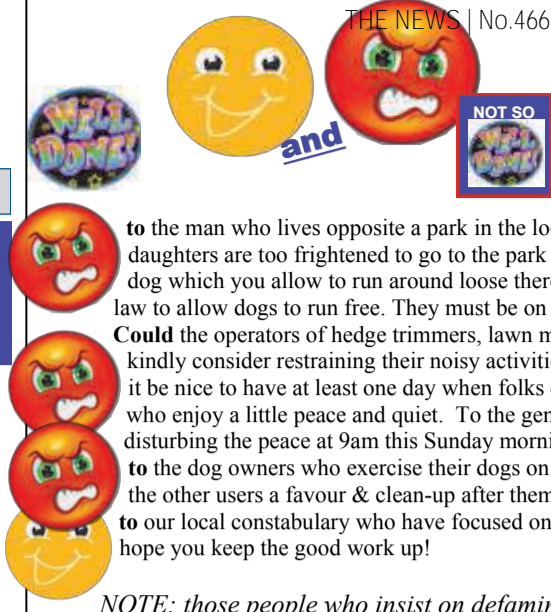


I had an unusual upbringing. I guess everyone of us had an unusual upbringing as there are no two upbringings alike, so please excuse this obscure and reticent statement; let's just say I had an

unusual-unusual upbringing. My parents, having given birth to three boys within four years, were in hindsight never afforded the opportunity of any perceptively normal family moments, as we were all born with 'on' buttons, yet devoid of an 'off'. My mother Robyn, who was the best mother in the entire world, didn't deserve the cards she was dealt. Put it this way, when Holly and I had little Poppy, the first girl born into the family for six generations, Mum seemed content for the first time. As hard as it is to admit these insightfully lurid reflections, they are in essence jam-packed with delightful melodrama and sentimentality which make for a good story. Christmas was just another opportunity for my family to get drunk. My family drank a lot. A lot! I often joke that the reason we are winemakers is because it was just cheaper for us to make our own. People often joke with winemakers 'You better be careful or you'll drink all the profits!' With slight hesitance I can say from the heart..... I actually think we did! The only positive was that we were happy drinkers, as any negativity or aggression or violence was just not a part of our psyche. People were funny, conventions were to be poked fun at and nothing was sacrosanct. But all the while our laughter was in the bounds of a decent sort of Australian ethos – a do-unt-others Christian attitude within a Perce-the-Punter type of morality. It was always fun when the family partiedthat was when we felt like a family. Every year we would spend Christmas Day with my Mother's sister and her family. They are still my favourite people. Now that Mum is no longer with us, I feel even closer to them. Christmas Day became a bit of a recipe from year to year. Instead of jumping from one reckless happening to another, I might take you through a typical (predictable) Christmas Day, starting as we walked through the door carrying boxes of wine and presents and excitedly downing our first ale. Within minutes, my brothers and my cousins would be embracing our third beer and laughing about the events of the previous Christmas Day, such as when my youngest cousin Anto, fell asleep in the sun at Avoca Beach, only to wake up painted green from head to toe and dried vomit covering one side of his face. After a few more beers, we would sit down for a Champagne tasting, where my uncle would pull out some rare and treasured bottles of highly regarded labels, for us to peruse. As generous as his intentions, many bottles (and sometimes all of them) had been stored far too long in questionable cellaring conditions, yet every year he would ask for critical comments. The fact that my family is in wine and very fond of Champagne, forced a biased notion that in order for any positive comments, the product would have to be pretty special. Every single year, my uncle would sulk away from the table, with a translucent and dejected frown on his face. We had great pleasure seeing him like this and hearing his catch-cry "That's the last time I'm going to waste this stuff on you ungrateful buggers"only for the next Christmas to roll around and on it goes. Lunch would consist of prawns and oysters and delicious turkey and ham and all the Christmassy delights you can think of. My brothers and I were never big eaters, as we would rather leave more room in our stomachs for beer, wine and Cognac but we picked here and there just to be polite. Lunch really was a formula and every year was the same. We would 'pop' those what-cha-ma-call-its and pull the little package out of them, containing a paper hat, a small toy and a small sheet of jokes and spend the next ten or so minutes in child-like fashion, utilising this window of opportunity to cling to the past and familiar territory of Christmas Day. They're a catch 22, those things. You almost embarrassingly don the hat and sit there feeling like

a bit of a goose, wrestling with yourself to take it off, yet, when you do, you realise everyone else is still donning theirs and so you feel even more self-conscious and a bit of a party-pooper, so you put the bloody thing back onhmmmmmm! Following this, the well utilised and predictably enigmatic sarcasm would begin..... 'Hey Marshy what did you buy Uncle Tony for Christmas this year?' my cousin Johnny would ask, in front of everyone. My uncle Tony was one of the more prominent figures in the church (of England) and a hard person to buy presents for. One year, I decided to buy him a 'bong' for a bit of a laugh and did we get a laugh! Not because of the obvious ironic nature of the item but because he thought it was some kind of 'trendy candle-holder'. When he passed away some years ago, my mother and aunty and a few elder ladies from the church's hierarchy were packing up his things from his house when they stumbled upon this thing. Apparently it was sitting on a small tray, covered in melted wax. One could just imagine my uncle and some of the other church figures (including George Pell) sitting there discussing the serious issues of the church with a bong sitting on the table in front of them. By the end of lunch, my eldest brother Simon would be pie-eyed and need to have a rest and every year he would consequently lose an eyebrow (and maybe a bit of skin....and a litre or two of blood). The fun started though, when the Cognac came out. Cognac is one of the most spiritual beverages and a pleasure to consume in small amounts. What a shame we could never enjoy it in this manner on Christmas Day. One minute you're sitting there relaxed and enjoying the afternoon chatting away and the next, you're tripping off your head on Cognac. The civilised look of brandy balloons and intelligent banter disguised the drunken façade of the clan. Before long, the old English rugby songs would begin. Given the perky lilt of some of them and the party spirit in which they were always sung, it suggested to my youthful imagination a bunch of rosy-cheeked wenches bearing flagons of ale in a scene of general merriment and abandon before a blazing Yule log in a hall decked with holly.....and with this in mind, you can plainly see the benefits of only ever drinking Cognac in moderation. We would repeatedly sing the same songs until the majority of us were comfortably horizontal and then the Port would come out! One tip when drinking port don't play drinking games with it.....ever! The last time we did this on Christmas Day, we ended up sitting in a dinghy off Avoca beach and were dragged down to Kilcare, where a fishing trawler picked us up. We had all passed out. Now I could go further and tell you a lot more of the typical antics of my family's Christmas Day festivities but I will save some for next year. Just remember though, always drink with a merry heart. The merrier you are – the more you can drink. Never take your little paper Christmas hat off; always use a 'sharp' razor when shaving someone's eyebrow off and when a cheeky nephew hands you something that looks like a piece of plumbing equipment it is not a trendy candle holder!

Cheers Andrew



to the man who lives opposite a park in the local area and owns a black dog. My grand daughters are too frightened to go to the park since they had a bad experience with your dog which you allow to run around loose there. Can you please not do it as it is against the law to allow dogs to run free. They must be on a lead.
Could the operators of hedge trimmers, lawn mower & leaf blowers and other boy's toys kindly consider restraining their noisy activities till at least midday on a Sunday? Wouldn't it be nice to have at least one day when folks considered their hard working neighbours who enjoy a little peace and quiet. To the gentleman, a showing contractor, currently disturbing the peace at 9am this Sunday morning ... sssssss! Thanks.
to the dog owners who exercise their dogs on Greta Central Oval. Can you please do all the other users a favour & clean-up after them.
to our local constabulary who have focused on the 'speedsters' through North Rothbury. I hope you keep the good work up!

NOTE: those people who insist on defaming people or using this column for personal grievances with others please desist. It is wasting both our time!

Classified's Classified's

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

Computer Tuition: From basics to highly skilled & learn all about ebay. P: 0429 381 908
Computer Services: Repairs, Sales & Service. Phone repairs. Comtronics P: 4991 1128
For Rent: Branxton RSL Hall, air conditioned. Short or long term. P: 0429 438 460
For Sale: 1993 Ford Laser. No rego. Good for spare parts \$100 Phone Neil 0422 874 634
For Sale: Old collectable rabbit traps from \$10ea. P: 0421 102 711
For Sale: Free range eggs. \$4/doz Greta 0412 976 809
Guitar Lessons: Branxton. Limited places available. Please inquire soon. P 4938-3380 or 0409-038-271.
Microchipping: Cats and Dogs, all sizes and breeds, will come to you. \$20 per animal, please call Angela on 0431649947.
Mobile Travel Agent: 20 yrs experience. Will come to you for expert holiday planning. Obligation free appointments. P: 1300 365 68 (ext 595) M: 0404 831 867
W: www.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: agistment, horses trained. www.byalee.net 0407 453 494
Share accommodation: Close to transport & shops, quiet street Branxton; off street parking. \$150p/w includes power & water P: 0423 288 067
Share House: Fully furnished, double bedroom, Built-ins, ceiling fan, Air Con, very quiet. \$165/week. P: 0413 896 866
Wanted: high quality mechanical wrist watches & clocks. Keen collector. Willing to pay good prices. Prefer Rolex, Omega, Oris & Tag. P: 0414 757 826
Wanted: all kinds of Honda mini bikes qa50 z50a z50j1 z50jz ct70 st70 & atc70. Contact Drew 0435814841
Work Wanted: 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.
Work Wanted: experienced baby sitter looking for work. Very reliable P: 0458 606 804
Work Wanted: Lawn & Garden Maintenance, P: 4938 3153
Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989
Work Wanted: Contract stock work with horses & dogs. Design & building wooden stock yards ~ rural fencing P Shaun: 0416 226 538
GO TO FOR FURTHER DETAILS
<https://www.facebook.com/groups/>
For Sale: Buggy Trailer: Electric Brakes/New Led lights/ New wheel bearings/3 New tyres plus another spare rim .../ Internal measurements for buggy area are Width 2210mm Length 3640mm Drawbar 1450mm/Great to tow and light/ NSW rego \$2000.00 Ph 0447 179 556

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

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



Tues 7 Nov ~ Lions Club of Branxton monthly meeting; 4pm at Branxton Golf Club
Tue 7 Nov ~ B/G CWA Staff Room, old St Brigids School, Station St, Branxton
Thu 9 Nov ~ Mon 13 Nov ~ 'Western Sydney RV (Recreation Vehicles) Wanderers' (30 RV's) will be staying at Branxton RV Park next to Branxton Oval off John Rose Avenue.
Fri 10 Nov ~ Branxton Public School 2nd Kinder Orientation visit
Fri 10 Nov ~ In honour of this year's Remembrance Day, Kurri Kurri Library will be hosting a free talk with two local authors and historians John Gillam and Yvonne Fletcher . What: 100 Years of Anzac – The Spirit Lives On 11.30am-noon Where: Kurri Kurri Library
Sat 11 Nov ~ Armistice Day, remembrance service at the Branxton Rotunda. The Service will start a 10:45 am sharp. Branxton members are requested to be on site by 10:30 to assist with set up.
Mon 13 Nov ~ Branxton/Greta CWA Land Cookery Day, McAuley Hall, Station St., Branxton, 10 for 10.30am, Guest Speaker, Lunch \$15. All welcome.
Fri 17 Nov ~ Branxton Public School 3rd Kinder Orientation visit
Sun 19 Nov ~ St Brigid's Markets 9am ~ 1pm
Thur 23 Nov ~ Cessnock Prostate Cancer Support Group meeting at Cessnock Leagues Club 3pm. Guest speaker Dr Martin- Calvary Mater Hospital. Topic: What's new in Radio-therapy for Prostate Cancer, how we are reducing the number of treatment visits required, increasing accuracy, combining treatments with newer drugs and exploring new imaging. Meeting open to the public. Cost Free. Contact. Barry or Rose

49904554.
Sat 25 Nov ~ Nth Rothbury hosting 'Twilight Market' at Ayrfield Park. 6pm ~ 8pm.
Tue 28 Nov ~ Branxton Lions Club Christmas Seniors Dinner at RSL Hall Greta; 6pm start
Thur 30 Nov ~ Branxton Public School P&C's Carols by Torchlight
Tues 5 Dec ~ Lions Club of Branxton monthly meeting; 4pm at Branxton Golf Club
Tues 5 Dec ~ Branxton Lions Club Christmas Seniors Dinner at Branxton Community Hall; 6pm start
Fri 8 Dec ~ 2017 Christmas Spectacular at Branxton Golf Course
Sun 10 Dec ~ Branxton Public School P&C Maitland Bunnings BBQ fundraiser
Tue 12 Dec ~ Branxton Public School Presentation Day
Tues 12 Dec ~ Branxton/Greta CWA Staff Room, old St Brigids School, Station St, Branxton
Thurs 14 Dec ~ Branxton Public School Sports Presentation
Sun 17 Dec ~ St Brigid's Markets 9am ~ 1pm **CANCELLED**

Helen Lowing, Proprietor - Licenced in Charge

BRANXTON & VINE-YARDS REAL ESTATE

12 Clift Street
BRANXTON NSW 2335
P: 4938 3300



Kirkton Public School News



Musica Viva
Our students were entertained by ensemble Entourage, featuring voice, cello, clarinet and keyboard. Students had a fabulous time interacting during this performance.



Branxton Public School

Congratulations to the 89 students who participated in the Stage 3 Canberra Excursion. They were constantly complimented on their excellent behaviour and manners as well as their enthusiasm and participation in activities at every venue. It was a fabulous four days. Thank you to all parents for their co-operation and support in preparing students for the excursion. Special thanks to the 4 parents who accompanied Stage 3 on the excursion. Their assistance with students and groups every day and night was invaluable and helped make the excursion such a success and great experience for everyone who attended.

Mr Johanson, along with Mr Foster, Josh and Mr Breard will be growing moustaches during the month of November to help raise awareness and funds for men's health issues. The winner will be judged by Mrs Maier on Thursday the 30th of November and will receive bragging rights for having the best moustache at Branxton Public School. Donations go to the Movember Foundation.

Only three weeks until the unmissable annual Branxton Public Carols by Torchlight! There will be student performances, costume prizes for all, \$2.50 sausage sizzle, glow products stall, face painting, lucky door prize, drawing of the Christmas hamper raffles and a visit from Santa assisted by the North Rothbury Rural Fire Brigade. It will be a great community event.

The students & staff of Branxton Public School together with the Branxton Public School P & C Association bring to Branxton..

Carols by Torchlight

Thursday 30th November 2017

- 6.00pm** - Gates open / BBQ starts
- 6.30pm** - A visit from Santa
- 7.00pm** - Student performances on stage
- Entry is \$2 per individual and \$5 per family with fantastic Lucky Door Prizes!
- On Sale:** Sausage sizzle / BBQ, Drinks and lollies, Glow hair, necklaces, bracelets, teeth, rings, etc
- Face painting!
- A HUGE Christmas Hamper Raffle!** Tickets on sale soon.
- Dress up in Christmas themes: elf, reindeer, angel, tree, santa, wise men, barn animal, etc
- A prize for all in costume!



@ Canberra



@ Amy & MJ



@ Canberra



@ Canberra

Amy and MJ from McDonalds joined Kindergarten in Week 4 to read The Very Noisy Bear. They also donated three books to the library, one on behalf of each Kinder class. It was lots of fun with helpers dressing up as characters from the story.

The P&C shopping trip to Drummoyno and Homebush was a lot of fun. Thanks to Sharna for organising, John the bus driver and Grace Coaches and all twenty-one shoppers. It was a very tiring shopping day but also very successful. Can't wait for next year!



@ Canberra

Dates for the Calendar

- Friday 10th November – 2nd Kinder Orientation visit
- Friday 17th November – 3rd Kinder Orientation visit
- Thursday 30th November – P&C's Carols by Torchlight
- Sunday 10th December – P&C Maitland Bunnings BBQ fundraiser
- Tuesday 12th December – Presentation Day
- Thursday 14th December – Sports Presentation

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



@ Canberra with Joel Fitzgibbon MP Member for Hunter



HUNTER LOCAL LAND SERVICES INVESTING IN OUR REGION'S FUTURE

Hunter Local Land Services annual business plan for 2017-18 has just been released, detailing investment in key areas including sustainable land management, agricultural extension, flood mitigation and improving the natural environment.

The plan provides an annual framework for regional implementation of the Local Land Services State Strategic Plan 2016-26 and the Hunter Local Strategic Plan 2016-21.

Highlights of the plan include investing:

- \$1.22 million to support primary producers implement sustainable and profitable land management practices
- \$231,000 in priority pests and weeds, employing 7.5 dedicated staff
- \$124,000 to increase the participation of Aboriginal groups in natural resource management
- \$1.5 million to maintain flood mitigation structures and floodgate management for the protection of Lower Hunter communities
- \$2.89 million for a range of initiatives to improve our natural environment

Hunter Local Land Service strives to continuously improve planning and service delivery within the region.

"This Business Plan articulates the allocation of our financial and staff resources to delivery of the priority services expected by our Board, investors and customers," said General Manager Brett Miners.

"High quality annual service delivery is underpinned by the dedication of our staff, our commitment to partnerships and our support for productive agriculture and other land managers to provide long term benefit for their economies, environments and communities.

"A key focus over the next 12 months will be strengthening our partnerships with industry and community groups, to help secure the future of agriculture and the environment for our community."

The plan can be viewed on our website at <http://hunter.lhs.nsw.gov.au/resource-hub/publications>

Australian Thoroughbred

Brian Russell Bloodstock Media Service



Black Caviar relation's historic Caulfield Cup win

Two outsiders, Boom Time and Single Gaze, who finished first and second in the 17 runner field that contested the 2017 edition of the \$3million Caulfield Cup, arguably the world's most prestigious handicap at 2400m, were sired at the Arrowfield stud at Scone and have pedigrees that suggests they would be more at home in big sprint races than pitting themselves against some of the world's best stayers.

Boom Time, the impressive winner of the Cup under Cory Parish, is a 6-year-old stallion by Arrowfield bred and raced 1995 Golden Slipper winner Flying Spur and out of a mare, Bit of a Ride, closely related to Black Caviar by another sire used at Arrowfield, Snippets.

Gallant in finishing second, Single Gaze is a 5-year-old mare by another sire bred and used at Arrowfield, Not A Single Doubt, a performer who never won beyond 1200 metres, and from Redaluca's Gaze, a winner of three races, 1000m-1900m, produced by Crying in the Rain, a winner nine races 1000m-1800m by Sanction, a Biscay who won six races at 1200m in Sydney.

aced by her owner David Hayes and trained by him in partnership with son Ben and nephew Tom Dabernig, Boom Time created racing history in winning the Cup as it was the first time in the fifty four years that it has been possible that the

winner has been by a sire who had been successful in the Golden Slipper.

The results of the ten race Caulfield Cup program underlined the strength of Hunter Valley breeding with eight of the races falling to winners by the region's sires. Widden Stud sires provided four winners, three by Star Witness and one by Sebring. Arrowfield enjoyed a treble, one by Flying Spur and two by current super star sire Snitzel. In addition there was a 3 year old winner from the first crop of Pierro, a Lonhro Golden Slipper winner emerging as a top sire at Coolmore.

Bred by IK Loxton WA and passed in at \$65,000/\$80,000 at the Magic Millions Perth Yearling Sale, Caulfield Cup winning Boom Time has now raced 32 times for seven wins, two of them Listed - 2000m and 2200m, seven thirds, including the Western Australian Derby, and \$2,459,025.

He is a half-brother to two non black type winners and four others unplaced from nine named foals produced by Bit of a Ride, herself a winner of seven races, three of them in Perth

at 1400m or less. She was the best of five winners from Lover's Chariot, a Zephyr Zip non-winner sold at seven at an Inglis sale in 2004 for \$7,000. Since that sale, the quality of her immediate family has improved dramatically through the deeds of offspring of her unraced half-sisters Song of Kingston (by Bletchingly) and Song of Norway (Vain).

Song of Kingston's main claim to fame has been as the dam of Muirfield Village (by Exit Five B (USA), a winner in Sydney of three races, including the Group 2 Hill Stakes, and second in the Victoria Derby and Spring Champion Stakes.

Far more illustrious has been the sprouts from Song of Norway, producer of four stakes winners headed by Scandinavia (Snippets; 4 wins, QTC Cup-G2, VATC Blue Diamond Prelude-G3, Group1 placed SAJC Goodwood H, VRC Salinger S, Newmarket, Lightning H, MRC Oakleigh Plate).

Offspring of Scandinavia have lifted the family to elite statue. She is the dam of seven stakes winners including Group1 performers Magnus (Flying Spur; 4 wins, 6 Group1 cheques, first AJC Galaxy H, second VRC Newmarket, Lightning S, MRC Oakleigh Plate, third MRC Oakleigh Plate, fourth VRC Newmarket, also third Royal

Ascot King's Stand Stakes; sire), Wilander (Exceed and Excel; 4 wins, MRC Schillaci S-G2, Blue Diamond Prelude-G3, fourth VRC Lightning S; sire) and Scandiva (Fastnet Rock; 2 wins at 2, ATC Magic Night S-G2, second ATC Sires' Produce Stakes-G1).

In addition, Helsing, an unraced daughter of Scandinavia by the Green Desert sire Desert Sun (GB), has become a celebrated broodmare as the mother of one of the greatest sprinters the world has produced, Black Caviar (by Bel Esprit), and also of All Too Hard (by Flying Spur sire Casino Prince).

In earning over \$7.3million, Hall of Fame inducted Black Caviar won all 25 starts (1000m-1200m), 15 of them at Group1 level - a record, including one at Royal Ascot, and collected titles of overall World Champion for 2013, World Champion Sprinter in four successive years, 2010 - 13, Australian Horse of the Year three times, Champion Sprinter three times and European Champion Sprinter 2012.

Her brother Moshe, a performer whose five starts included three smart wins at 1000m is siring good winners from use alongside Magnus at Sun Stud (formerly Eliza Park) at Kerrie in Victoria.

When Black Caviar headed the World Rankings for 2013 (4yos

up), the youngest performer high up was her half-brother All Too Hard, only a 3-year-old in Australia but treated as a 4-year-old in the assessments. A resident at the Vinery Stud, Segenhoe Valley, Scone, All Too Hard is now one of the leading young sires in Australia.

The family that produced this galaxy of racing stars was established in Australia with the importation in 1980 of Boom Time's third dam Love Song. Deceased at 14, she was a Denmark bred winner of the Danish Oaks and runner up in the Swedish Oaks by Warpath, a Sovereign Path (Grey Sovereign) product who was a competent racehorse up to 2000m and a handy sire.

Love Song was brought out for Melbourne based David Hains, a man with a midas touch in business, breeding and racing last century who bred some wonderful racehorses using a broodmare band that included a number of importations modest in breeding and performance.

Two chosen out of a Tesio paddock in Italy by Hains' consultant, now deceased iconic Australian golfer Norman Von Nida, that produced performers he bred and raced were Ada Hunter, dam of one of the mightiest gallopers of all time, Kingston Town (by Bletchingly), and Ursula Lauderdale, mother



of Lowan Star (by Bletchingly's sire Biscay).

Trained by Tommy Smith, gelded Kingston Town galloped into the Australian Hall of Fame with 30 wins from 41 starts. He won 14 Group1 events, including the Cox Plate three times, Sydney Cup, AJC Derby and Queensland, and included in other efforts a neck second in the Melbourne Cup (1982) and a third in the Caulfield Cup (1980).

Lowan Star was not a Kingston Town, but her 11 wins from 27 outings included the Oaks in Sydney and Brisbane and placings at two at Randwick in the the Sires' Produce Stakes and Champagne Stakes. Like Kingston Town, she was a performer who stayed 2400m by a track record setting sire who never went beyond 1200m.

Hains, unfortunately, had poor results with Love Song, and after producing two fillies who did not get to the races, Song of Norway (by Vain) and Song of Kingston (by Bletchingly, she was sold empty at broodmare sales. In consequence Scandinavia was bred, and raced, by leading racing identity Rob Crabtree and Mrs Y E Cratree and Lover's Chariot, grandam of Boom Time, by Mrs C M Webb.

DETAILED SALEYARD REPORT



Saleyard report - cattle

Singleton Report date 1/11/17

(Comparison Date 25/10/17) Yarding 1100 Change -130

It was a pretty good quality yarding with a good selection of trade cattle along with the usual lightweight calves suitable or the restockers. There was also a better selection of grown steers and cows than previous sales.

Young cattle to the trade sold at similar rates with prime steer vealers selling from 320c to 352c while the prime heifer vealers to the trade sold from 290c to 352c/kg. Young steers to the restockers were fully firm selling from 292c to 405c while the young heifers were a little cheaper selling from 278c to 388c/kg. Feeders were firm with the feeder steers selling from 276c to 334c while the feeder heifers sold to 302c/kg.

Grown steers were 8c dearer with the prime medium and heavy weights selling from 260c to 280c/kg. Grown heifers were 4c dearer selling to 270c/kg. Cows were 5c to 8c dearer. 2 score cows sold from 180c to 200c to the processors and 205c to the restockers. The better 3 and 4 score cows sold from 212c to 238c with the prime heavy weights averaging 235c/kg.

Bulls sold to 265c/kg.

Scone report date 31/10/17

(Comparison Date 24/10/17) Yarding 1336 Change 56

Numbers lifted slightly and there were more light young cattle offered. Restockers and backgrounders were most active. Trade cattle were limited and there were fewer grown cattle penned. The cow run was lighter with more cows falling into the medium weight range. There were more Bos Indicus cattle offered and plenty of Euro infused cattle penned in a dearer trending market.

Steer vealers to restockers were firm to 8c dearer ranging from 318c to 362c with the light weights reaching 382c/kg. Restocking heifers were firm, selling between 280c and 324c/kg. Heavy trade vealers were 8c stronger, selling to 340c/kg. Yearling heifers returning to the paddock lifted 10c and ranged from 270c to 323c while steers topped at 348c/kg. The trade steers were firm, selling between 292c and 317c and heifers 286c to 333c/kg.

Grown steers were similar but increased on average with a few more young steers offered. Steers and bullocks over 500kg ranged from 250c to 270c/kg. The medium weight cows were 8c dearer, selling from 218c to 235.6c and the heavy 3 and 4 scores were firm, selling from 205c to 230c to average 226c/kg.

TRLX Tamworth report date 30/10/17

(Comparison Date 23/10/17) Yarding 1294 Change -450

There was a reduced penning with the numbers down by 500 head. Overall it was a good quality, well finished penning with yearlings well supplied. There were sufficient numbers of light weight young cattle to attract strong restocker competition. There was also a good supply of heavy grown steers, to be expected at this time of year, and a limited supply of cows. All the usual buyers were in attendance.

Demand was solid through the young cattle with both restockers and feedlotter active. Market trends through the steer portion were firm to dearer with light weights significantly more expensive week-on-week. Medium and heavy yearling steers to restock and feed were only marginally dearer. Yearling heifers saw a firm to easier market trend with light weights unaffected.

The medium and heavy weight feeder heifers sold to a slightly easier trend. Heavy grown steers sold on a firm to dearer market trend with some sales improving by 5c/kg. Age and quality were factors in the price ranges. There was little change in the cow market with prices mostly remaining the same.



with Jo Thomas, General Manager HVWTA

HVWTA LAUNCHES 'ALWAYS MORE TO DISCOVER' CAMPAIGN

In line with our strategy to position the Hunter Valley as Australia's premier regional destination and increase the visitor economy. HVWTA have created a new campaign for the 2017 Summer period, 'Always more to Discover...'. The video campaign is aimed to increase overnight visitation and educate the consumer that there is always more to discover in the Hunter Valley; even if they may have visited many times before. The video content consists of four Hunter Valley hero experiences including, Wine, Taste, Stay and Explore. These four hero experiences will be expanded into their own stories to accompany the campaign. The video series will be accompanied by Hunter Valley accommodation providers deals and packages, that are attractive to the Hunter Valley consumer. The video series will be rolled out from November 7 2017 - January 28 2018, with digital amplification across social media platforms.

NSW WINE AWARDS – 18 TROPHIES AWARDED AND HUNTER VALLEY PRODUCERS WERE AWARDED 10 OF THEM!

The 2017 Pier One Sydney Harbour NSW Wine Awards top trophy results were announced last Friday at the gala Presentation Lunch at Pier One Sydney Harbour. 18 trophies in total were handed out to the state's best wines and winemakers and producers from the Hunter Valley won a staggering 10 of

them. Guests from the wine industry, tourism industries and NSW Government enjoyed a stunning selection of wines and dishes in the luxury surroundings of one of Sydney's most iconic hotels. The judges and NSW Wine Industry Association were very proud to see the variety of winners, not just across different wineries but across the different regions of NSW, as the Awards continues to evolve into 'the' premium wine show for all NSW Wine wineries ... truly showcasing the diversity and quality of wines produced in NSW. This year the main trophy was presented by the Governor of New South Wales and it was aptly named the NSW Governor's 2017 Best in Show Trophy – this was awarded to Tyrrell's Wines for their 2005 Vat 1 Semillon. A huge congratulations to all the Hunter Valley wines awarded trophies at the 2017 Pier One Sydney Harbour NSW Wine Awards including; Best Young Semillon won by Bimbadgen Wines for their 2017 Signature Palmers Lane Semillon Best Young Chardonnay won by Brokenwood Wines for their 2016 Forest Edge Chardonnay, Best Young White Other Varieties won by Hungerford Hill Wines for their 2016 Pinot Gris, Best Mature Dry White won by Tyrrell's Wines for their 2005 Vat 1 Semillon, Best Light Red won by De Iuliis Wines for their 2017 Special Release Grenache (Hilltops), Best Young Cabernet Sauvignon won by Tamburlaine Wines for their 2016 Reserve Cabernet Sauvignon, Best Young Other Red Varieties won by Briar Ridge Wines for their 2016 Limited Release Tempranillo, Best Organic Wine won by Tamburlaine Wines for their 2016 Orange Reserve Cabernet Sauvignon and Best Dry White of Show won by Tyrrell's Wines for their 2005 Vat 1 Semillon.

Cheers, Jo

In the 1960s there was a US TV game show called Hollywood Squares. Basically stars were asked questions by the host, and the contestants had to guess whether their answer was correct or not. But the real power of the show was the one-liners that the stars answered the question with, before giving their real answer.....remember it was the 60's.....some smart cookies here! Some of the best responses are below.
 Q. Do female frogs croak? A. Paul Lynde: If you hold their little heads under water long enough.
 Q. If you're going to make a parachute jump, at least how high should you be? A. Charley Weaver: Three days of steady drinking should do it.
 Q. You've been having trouble going to sleep. Are you probably a man or a woman? A. Don Knotts: That's what's been keeping me awake.
 Q. Which of your five senses tends to diminish as you get older? A. Charley Weaver: My sense of decency.
 Q. Paul, why do Hell's Angels wear leather? A. Paul Lynde: Because chiffon wrinkles too easily.
 Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people? A. Charley Weaver: It got me out of the army.

Apply now for 2018 Mayoral Scholarships

Cessnock City Council is celebrating local young people in our community building a career with the Mayoral Scholarships for 2018 now open. Cessnock City Council Mayor, Councillor Bob Pynsent said the Mayoral Scholarships are for any young person undertaking additional study. "Students studying at university or TAFE can often find it difficult managing work and study commitments. Receiving this extra support can make a real difference, taking the pressure off and enabling the student to focus on their studies." "Each year we offer a number of different scholarship opportunities which can support a person studying at University, TAFE or completing an apprenticeship". "Encouraging and supporting a young person to further their education, benefits not only the individual, but also their family and the broader community", Cr Pynsent said. Students enrolled in TAFE or University in 2018 who are residents of the Cessnock local government area could be eligible for one of the 2018 Mayoral Scholarships. The following scholarships are available:

Sponsor	Scholarship
Austar Coal Mine (part of the Yancoal Australia Group)	Mining Technical Engineering
Cessnock Retired Mineworkers	Mining
The Rotary Club of Cessnock	Building and Associated Trades
Cessnock Languages Club	John Kuipe Memorial Hospitality and Tourism
Hunter Resource Recovery	Post HSC (Graduated in the past 2 years)
Hunter Resource Recovery	Undergraduate (Current Student from 2017)
Solo Resource Recovery	TAFE
Kurri Kurri Retired Mineworkers Association	Local Government

Scholarships are for one year and are valued at \$2,500.

Applications close Friday 9 March 2018.

For more information <http://www.cessnock.nsw.gov.au/council/mayor/scholarships>.



Bob Pynsent, Mayor Cessnock City Council

GIG GUIDE

NOVEMBER

- Fri 3rd - OUTLAW AVENUE
- Sat 4th - V-DUBS
- Fri 10th - BIG NIGHT OUT
- Sat 11th - XYZ
- Fri 17th - THE SMARTS
- Sat 18th - SUN HILL DRIVE
- Fri 24th - LOKO
- Sat 25th - PROJECT X



with Mark Bercini

Cricket Report Week 2

Week 2 of district cricket saw victories to Third grade White and Fourth grade, with Second grade going down narrowly. First grade and Third grade Blue matches resulted in draws after being washed out at Miller Park. First grade looked set to get their season back on track after their shock loss the week before, but the rain spoiled the party with just 22 overs completed in the match against Peden's Hotel at Miller 1 before it was abandoned. Peden's batted first and were in all sorts of trouble at 5-58 before the rain came. Greta/Branxton opening seamers Brent Watson (3-19 off 8) and Nathan Holz (2-34 off 10) were the wicket takers for the home side. Second grade went down narrowly by 2 wickets at the hands of new-comers Chelmsford Hotel at Chinaman's Hollow. Greta/Branxton made 87 batting first, with Nathan Velt leading the way with 32. Anthony Brunson was the other main contributor with 18. Chelmsford fell over the line in the end, achieving the low target after losing 8 wickets. Promoted to second grade after their match winning performances in fourth grade the previous week, Pat Nugent (3-20 off 5) and Chris Redmond (2-20 off 6) cemented their spot with excellent line bowling, but Greta/Branxton's traditional fielding woes continued with a couple of dropped catches being the difference in the end. Third grade White posted their first victory with a much improved performance against Laguna at Laguna. Greta/Branxton posted a healthy 5-180 batting first, with Jason Stephenson posting a well-made half century with 53. Jamie McNamara (37) and Connor Thomson (30no) also timed the ball nicely. Laguna were restricted to 132 in reply, with Thomson capping a brilliant all-round game with 6-9 off 7. Skipper Daunt put the icing on the cake with 2-17 off 8. Third grade Blue were 7-107 against Wine Country at Miller 2 before the match was abandoned due to rain. Steve Peace (36), skipper and club president Sean Wright (31) and Mal Hedger (19) were the main contributors for the home side. Fourth grade white made it two from two with yet another thrashing, this time against Peden's Hotel by 210 runs at Millfield. Greta/Branxton made 4-230 batting first, with skipper James Shoulders jnr notching a well-made ton with 108. James Thomson supported well with 66, with Logan Millard chipping in with a sturdy 19. Peden's Hotel were dismissed for just 20 in reply, with Shoulders jnr taking the new ball and making rubbing salt into the wound after his ton with 4-16 off 4.5. Reece Fletcher was the other main wicket-taker with 2-2 off 3).

Cheers, Mark



Hunter Valley Golf Club

Sunday 22nd October Christine Harrison has had a 'breakthrough' win in the Weekly Challenge with a very good 39 points from runner up Brian Jones who returned 33 points.
Tuesday 24th October David Spruce will come under plenty of handicap attention after his win with 46 points in the Tuesday Stableford, solid returns also featured from many of the field with David Peel runner up with 40 on countback to playing partner Gary Arnold who also survived a countback for 3rd place. Ball winners were: Dale Macklinshaw 40, John Stewart 39, Steven Abel 39, Gerry Irwin 38, Michael Watson 38, Rick Turnchini 37, Garry Marsden 37 and Peter Wilson 36 on countback. Nearest-the-Pins went to David Spruce (3rd) Dale Macklinshaw (4th) Blake Rouke (8th) David Peel (10th) and Rick Turnchini (17th)
Wednesday 25th October The Ladies found the course conditions to their liking with some solid rounds returned. Lorraine Clack led the way with a great 40 point round from Jill Slatter getting the nod from Di Atton after both had 37 point returns. Ball winners were: Sue Peel 36, Lynette Russell 35, Robyn Dunlop 34, Jill Ramsden 34, Jeanette Irwin 33 and Kerry Choromanski 33 c/b. Next week the Ladies will play Individual Stableford.
Thursday 26th October Idyllic condition which greeted the Vets provided some great rounds with sub Par being the order of the day. Wayne Berry shows his liking with a great 44 points round from inform Dale Macklinshaw 42 and Gerry Irwin taking the minor placing with 40 points. Ball comp nor NTP details are available at this time.
Saturday 28th October Great scoring continued in the Medley Stableford on Saturday with Geaeme Flynn taking A Grade on a countback to Ray Hodson after both had 40 point returns, B Grade to Ken Smith with 'the round of the day' solid 41 points from Paul Bullock with 37 and C Grade to Wayne Cowan with 39 points from Peter Franks on 36. Ball winners were: Peter Milas 37, Dale Macklinshaw 37, Troy Wallis 37, Angello Wood 36, Ray Newton 36, Nathan Sweeney 36, John Stewart 35, Tony Lamb 35, Garry Marsden 34, Scott Jones 34 and Kevin Smith 34 c/b. Nearest-the-Pins went to Tony Lamb (3rd) Kevin Smith (4th) Julie Van Den Berg (8th) Graeme Flynn (10th) and Troy Wallis (17th). Next weeks event will be Stroke for the Monthly Mug and Girls Goblet.
Sunday 29th October Errol Gardner has taken the Weekly Challenge with a great 41 point round from Charlestown visitor Doris Hoare with an even Par 36 points.
Tuesday 31st October A 38 point round by David Peel was enough to win the Tuesday Stableford from Steve Piggot with 37 on countback to Matt Killick in 3rd place. Ball winners were: Ian Newell 36, John Stewart 35, Michael Watson 35, Rick Turnchini 35, Wayne Cowan 34, Peter Wilson 34, Gerry Irwin 34 and Andrew Causey 34 c/b. Nearest-the Pins went to David Peel (3rd & 10th) and Michael Watson (17th)
Wednesday 1st November Kerry Choromanski claimed the Ladies Stableford with 37 points from Sharon Blackett with 35 on countback to Sue Peel 3rd. Ball winners were: Jenelle Jurd 34, Robyn Dunlop 33, Lynette Russell 32 and Christine Tancred 30 c/b. Next week the Ladies will play President v Secretary Teams event.

Thursday 2nd November Kenny Wright produced some of his best to win the Vets Quota with a staggering 51 points from Steve Piggot who made a mockery of the claim 'low markers don't score well in Quota' with 46 points from his 6 handicap and John Carmody in 3rd with 43 points. Ball winners were: Mark Barrow 40, John Harrison 40, Paul Ireland 39, Heinz Kestemann 39, Jenny Macklinshaw 39, Dale Macklinshaw 39, Ray Newton 39, Dave Fury 38 and Michael Watson 38 c/b. Nearest-the-Pins John Stewart (3rd) David Peel (4th & 17th) and Dale Macklinshaw (8th). Next week the Vets will play a Medley Stableford.
Saturday 4th November Despite the early morning rain a good field took on the Monthly Stroke rounds on Saturday resulting in some great scores handed in with Shannon Attewell taking out A Grade with 67 net from Marrickville GC visitor Paul Sutherland on 71 net, B Grade to the ever improving Anthony Bower with a majestic 62 net from Wade Attewell with an impressive 64 net in the runner up position and C Grade to Adam Pratten with 68 net from Garry Marsden with an even Par 71 net. Ball winners were: Dean Morison 69, Colin Mills 72, Geoff Struczko v73, Julie Van Den Berg 72, Pete Roderick v73, Dan Lewis v73, Ray Newton 73, Bryan McNamara v73, Chris Irvine v74, Peter Schultz 74, Paul Bullock 74, Ray Hodson 74, Trevor Carson v74 and Wayne Cowan 74 c/b Next week's event will be a Medley Stableford
Branxton Lady Golfers
Wednesday 25th October
 Winner on 40 points Jan Scobie
 Runner Up on 33 points Ruth McCarthy
 3rd on 31 points Neridah Busch
 NTP Caren Caldwell
 Birdie and gobbler for Jan Scobie on the 18th
 Gobbler for Ruth McCarthy on the 7th
Branxton Golf Club
Sunday 22nd October 2017 Stableford
 Field: 58 A Grade Winner Isaiah Wolferstan 39 pts A Grade R/UP Mark Moylan 37 pts c/b A Grade Third Michael Tracey 37 pts B Grade Winner Richard Crooks 41 pts B Grade R/UP Errol Munzenberger 40 pts B Grade Third Gary Walsh 37 pts C Grade Winner Lloyd Barrett 40 pts C Grade R/UP Peter Marquet 37 pts c/b C Grade Third Col Hughes 37 pts NTP 2nd D Matt 257 cm 4th T Seamer 147 cm 9th T McCaw 182 cm 13th L Barrett 141 cm Ball comp – 32pts c/b
Saturday 28th October 2017 Stableford
 Field: 55 A Grade Winner Michael Tracey 41 pts A Grade R/UP Lee Heuston 39 pts A Grade Third Phil Baker 37 pts B Grade Winner Daniel Turner 42 pts B Grade R/UP Murray Johanson 39 pts B Grade Third Ian Barnes 37 pts C Grade Winner Peter Marquet 45 pts C Grade R/UP Roger Yandle 38 pts C Grade Third Lenny Porter 36 pts NTP 2nd M Tracey 3 cm 4th M Johanson 123 cm 9th M Tracey 219 cm 13th M Moylan 344 cm Ball comp – 33 pt
Sunday 29th October 2017 Stableford
 Field: 50 A Grade Winner Edward Barrett 42 pts A Grade R/UP David Hollis 39 pts A Grade Third Ricki Bush 38 pts B Grade Winner Robert Miller 42 pts B Grade R/UP Robert Hale 36 pts B Grade Third Daniel Rogers 35 pts C Grade Winner Lloyd Barrett 42 pts C Grade R/UP Robert Mcmillian 38 pts C Grade Third Lee Jackson 36 pts NTP 2nd Robert Hale 87 cm 4th Damien Lawrence 51 cm 9th Daniel Rogers 94 cm 13th Edward Barrett 148 cm Ball comp – 31 c/b

Local sports results kindly sponsored by
Branxton & Vineyards Real Estate
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Making Smart Choices When You Eat

As we head into summer, we start looking forward to lighter meals such as salads, grilled meats and barbecues. It is important to remember though that not all salads (or grilled meats) are created equal – this was a topic of conversation when a friend and I walked past a kebab shop at the weekend. He used to think kebabs were a healthy option – all things considered, they're just grilled meat, salad and a bit of sauce on a piece of flat bread aren't they? The reality is though a "doner kebab" can be as much as 800 calories, or more than half of the recommended daily intake for a moderately active adult. This lead to a discussion about how, when you are watching what you eat, there are some real traps especially when eating out and it is easy to have your good intentions sabotaged. So I have put together my top tips for keeping your diet (and your body) healthy as we head into summer. Please note I am not a nutritionist and I can't give you specific "diet" advice – if you have specific health or diet issues you should speak with your doctor or a qualified nutritionist before changing your diet. That said, I hope by sharing my experiences and knowledge that you think more about the choices you make and how to fit healthy eating into your day.

Stay Hydrated
 Aim to drink 6-8 glasses of water a day. I know some of you struggle with this but it is especially important when it is hot and you have been exercising. I have a Sodastream at home, so when I am working at home I try and have at least two bottles of Soda Water a day. I also make sure I have a glass of water every time I boil the kettle to make a cup of tea. When I am out and about I always take a water bottle with me, and fill it up when I am near a tap. That way I spend less money on bottled water and soft drinks, and I am doing a little bit to save the environment! Staying hydrated keeps your cells and your internal organs healthy, and can also stop you feeling hungry, or help you feel fuller quicker.

Eat More Fruit and Veg
 Vegetables are your friend, so aim to increase the number of vegies you eat each day. Your entire diet should be around 50% vegetable, so try and eat as many as you can at each meal. If this seems too hard, just try and increase the amount of vegetables you eat gradually each day. Maybe you can add a cob of corn to your dinner, or a home made tomato salsa (ok ok tomato is a fruit ...). Or a home made egg and vegetable wedge can be great for lunch (or breakfast or dinner ...). Just make sure you cut it into slices and don't eat all of it at once!
 Fresh Fruit is also a great handy snack. I saw a great pin recently which said "if you're not hungry enough to eat an apple, you're not really hungry".

Eat less processed food
 Cut out processed foods. I know this is easier said than done, especially when convenience is important, but the longer the list of ingredients, the less "natural" the food (this also goes for shelf life!). Try having only "one ingredient" foods in your pantry or fridge. For example keep a jar of nuts instead of a packet of nut bars, or some olive oil and balsamic vinegar instead of pre-made salad dressing which will have added preservatives and sugar.

Sweet tooth?
 Avoid artificial sweeteners and "sugar free" foods, and try to reduce the amount of processed sugar. I always check the list of ingredients to see how much sugar has been added (if you follow tip number 3 you won't have this problem!), and I am quite often surprised. Like the time I bought a bottle of wasabi flavoured balsamic vinegar. The first time I put it on my salad, I was surprised how sweet it tasted. When I checked, one of the main ingredients was cane sugar! I also no longer have sugar in my tea or coffee, and there is no need to add it to your fruit – fruit is already sweet enough!

Eating out
 I always ask for my salad dressing on the side. That way I can control exactly how much I put on my salad. You can also do this with gravy or sauce for your meat. This is especially important if you eat out a lot (ie more than once a fortnight). I know that most of the time when you eat out it is a treat, and you want to enjoy yourself. But if you are like me and you are on a few committees and the meetings are always held at the pub or the club, then you can find yourself eating out two or three times a week. I also order grilled (not fried or battered) meat – usually chicken or fish. Just be careful of the portion sizes – some pubs will serve you a "double" chicken breast which is close to 400g and three to four times the recommended "serve".

Opt for the healthy choice
 Remember not all calories are created equal! This is a big one. If you are choosing a snack, think carefully about the choices you make. For example, a large banana and half a slice (approx. 40g) of chocolate cake are roughly equal in calories. But the banana is low GI, full of healthy vitamins and minerals, and will keep you feeling fuller for longer. So if your work colleagues are regularly holding morning teas, make sure you have a piece of fruit in your lunch bag. Your colleagues might make comments to start with, but once they know you are serious they will come to expect that you will say no to cake! If you are the person who used to always bring the cakes, try choosing healthier options, like fresh fruit with a chocolate dipping sauce.
 Clean out your kitchen/pantry and throw out anything which is out of date, or which is not going to help you reach your health and fitness/weight loss goals. If you can't bring yourself to throw food in the bin, and it is in date, give it to your neighbour or family members, or donate the items to charity. And if your partner/family members absolutely must have treats, or other food you don't want to eat but find too tempting, as them to help you by only eating the treats when you are not around, or keeping the biscuits/cake etc somewhere where you will not find it!
 Buy in bulk, but not too much! Buying in bulk can seem like a good way to save money, but not if the food perishes before you can eat it. It is also not worth buying in bulk if this results in you eating more than you planned to "because it's there". It is good though to buy food which is in season, so try banding together with some friends and buying boxes of fresh fruit at the farmers market or local fresh providore. Set yourself a budget (so you don't go overboard and end up with more than you need - four of you might put in \$25 each) and see how much you can buy, then divide it between you.

Plan ahead.
 I mentioned before how hard it can be to buy a healthy snack when you are "on the run". Healthy snacks can also be quite expensive compared to packets of chips or lollies, this is generally because healthy snacks which are not highly processed have a shorter shelf life. The higher price reflects the higher level of wastage on these products. I always have an apple or some other snack with me so I am not tempted to buy chips and I don't have to go hungry! I also try and cook meals in advance, so if I know I am going to be home late (which is four nights a week!) I have a healthy dinner ready to heat up rather than picking up take away. My "go tos" for cooking in advance are a quiche (easy to heat up and have with salad) and a stir fry (all I need to cook when I get home is the rice).

But what about the Doner Kebab?
 One of the reasons kebabs have so many calories is not because they are full of unhealthy ingredients (be careful though if you want to load them up with all the extras, such as cheese and extra sauce). It is the size. A kebab can weigh over 700g. That is a big "sandwich". So if, like me, you love a Doner Kebab with lamb and hommus and tabouli, salad and a bit of BBQ sauce, have one as a treat occasionally. Or ask them to cut it in half and share it with a friend!



What else is happening at Louise Cairns Fit for Life?

We have kicked off our final 6 week challenge for 2017. Everyone taking part has done a fitness assessment and gets a weekly food diary analysis, a personal goal setting session, and exercises to do between classes along with weekly challenges and membership of my VIP Facebook Group. Remember if you need help setting and achieving your goals, you can also download a copy of my free guidebook from my Website.

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. Find Louise on Facebook or check out her website at www.louise Cairns.com.au

BRANXTON GRETA VINEYARDS

The New SPORT

Branxton Golf Club 2017 Club Championships decided 2017 Club Champion Joshua Tracey by 12 strokes

The 2017 Branxton Golf Club 2017 championships have been decided with youngster Josh Tracey teaching his old counterparts a lesson or two. Full Results:-

Scratch--A Grade – 1st: Joshua Tracey 290 (74,72,73,71) **2nd:** Isaiah Wolferstan 302 (77,71,75,79) **3rd:** Mick Tracey 308 (79,77,73,79); **4th:** Peter Wilton 310 (78,79,75,78)

Scratch--B Grade – 1st: Daniel Turner 340 (84,87,78,91); **2nd:** Murray Johanson 354 (91,88,85,90); **3rd:** David Kinch 357 (84,94,90,89); **4th:** Errol Munzenberger 362 (87, 84, 94, 97)

Scratch – C Grade- 1st: Peter Matthews 366 (87,94, 91, 94); **2nd:** Trent McGee 379 (91,99,95,94); **3rd:** Lee Jackson 385 (103, 93, 96, 93); **4th:** Peter Marquet 386 (106, 97, 87, 96)

Nett - A Grade: Winner: Mick Tracey 276; **2nd:** David Hollis 279; **3rd:** Josh Tracey 282; **4th:** Isaiah Wolferstan 286

Nett – B Grade: Winner: Daniel Turner 285; **2nd:** Murray Johanson 286; **3rd:** Richard Crooks 291; **4th:** Daniel Rogers 291

Nett – C Grade: Winner: Peter Marquet 282; **2nd:** Peter Matthews 283; **3rd:** Lloyd Barrett 283; **4th:** Robert McMillan 289

Vets: Winner: Mick Tracey 148 pts; **2nd:** Peter Matthews 142; **3rd:** Murray Johanson 139; **4th:** Robert McMillan 138

Mug of Mugs: Winner: Mick Tracey 148; **2nd:** Josh Tracey 142; **3rd:** Daniel Turner 141; **4th:** Ian Barnes 139

Local Junior product, Joshua Tracey, showed his class with an outstanding display of quality golf over 4 days to win the A Grade Club Championship for the first time by 12 shots after shooting a 10 over par score of 290 from his 2 handicap. Joshua's display indicated that he would have given multi club champion, Mark Hale, a run for his money this year (Mark was unable to play due to his commitments elsewhere). Joshua won the Branxton Open, back in March, with an outstanding 5 under par 65 to defeat Mark by 2 shots. To make his feat more remarkable, he has only just recovered from a serious leg injury in the last month. Isaiah Wolferstan's effort to run second was also a great effort as he has only recently returned back to Branxton after a stint away in the USA and some time away from golf. He will be a force for many years to come. Joshua's dad Mick was third after having a great 4 days himself, winning the A Grade Nett, the Vets and the

Mug of Mugs. He continues to be in the reckoning every year but I'm sure he was very proud of watching his talented son play so well. Daniel Turner has come a long way over the last 12 months, culminating with his very impressive 14 shot win in B Grade. His win was set up with an outstanding 78 (his best round ever) in the 3rd round. Club Captain, Murray Johanson, finished second with David Kinch another 3 strokes back in third position. Peter Matthews was also dominant in C Grade, winning by 13 shots from Trent McGee with Lee Jackson 6 strokes back in third place.



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Saturday 4th November 2017 Saturday Comp – Stroke/Monthly Medal

Field:	41
Overall Winner	Trent McGee 65 c/b
A Grade Winner	Michael Tracey 67
A Grade R/UP	Ian Barnes 69
A Grade Third	Chris Zawirski 71
B Grade Winner	Murray Johanson 69
B Grade R/UP	John Vassar 71
B Grade Third	Darren Gilroy 72
C Grade Winner	Joseph Bereza 65
C Grade R/UP	Col Hughes 68
C Grade Third	John Martin 73
NTP 2nd	James Saxby 450cm
4th	Michael Tracey 175cm
9th	Ian Barnes 157cm
13th	Noel Hughes 288cm

Ball comp – 76 c/b
Trent McGee played excellent golf to win Saturday's Monthly Medal with a fine 65 nett score on a day where a 76 nett was good enough to win a ball. The weather was very drizzly and quite

cold after a week of fine, warm weather so good scores were well earned. Joe Bereza who won C Grade with his 65 nett score was unlucky to miss winning the Monthly Medal on a countback with a score which is good enough to win every week. Mick Tracey continued his fine form from the Club Championships, winning A Grade with his 67 nett. Mick has been one of the most consistent golfers for many years and is still playing off a single figure handicap, regularly scoring around par in difficult conditions. He also won the nearest the pin on the 4th hole. Ian Barnes came second with his 69 nett (which also included a nearest the pin on the 9th hole), with Chris Zawirski third with his 71. Club Captain won B Grade with his 69 nett score despite having a horror double bogey, triple bogey start to the day. He certainly recovered well, showing his recent runner up finish in the club championships was no fluke. John Vassar was runner up with his 71 nett, with Darren Gilroy third with a 72. As mentioned, Joe Bereza was the C Grade winner with an excellent 65 nett score, with Col Hughes' 68 good enough for second, with John Martin third with a 73 nett. The shot of the day belonged to Noel Hughes as the 13th hole is always so hard to hit. The weekend at Branxton Golf Club was incredibly busy and fulfilling, with most of the ...

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