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WEDNESDAY
7 March 2018

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Cessnock City Council
NOTICES



Members Say



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REPORT



School News

Get set for the 2018 Seniors Festival

Council's Seniors Week Planning Committee have released the 2018 Cessnock City Seniors Festival program.
The Festival offers a jam-packed program of arts, culture, fitness, learning, history, and special interest events. Cessnock City Mayor, Councillor Bob Pynsent encouraged residents to get a copy of the program and start planning what they

would like to be involved with over the two week Festival. "There is so much to choose from, we have over 40 events on offer catering to all seniors, of all ages. We are committed to providing our community with a program that is diverse enough to interest every senior in the local government area." "This is an opportunity not just to have fun and try something new, but to meet

new people and make ongoing connections. You will meet likeminded people, find clubs and groups that you will want to join and make part of your everyday life." The program showcases the large number of active groups and organisations in the community that offer opportunities to join in social, physical, arts and cultural activities, from singing and playing music to gardening or studying

local and family history. Festival highlights include a program of theatre productions at the Cessnock Performing Arts Centre, an evening with best-selling crime fiction writer Michael Robotham as part of the Newcastle Writers Festival, and the ever popular day at the Old Brush Studio. The Cessnock City Libraries have a huge program that includes a fascinating morning helping identify the people and places in some of the libraries

Last chance to apply for Mayoral Academic Scholarships!

Cessnock City Council is putting out the final call for students to apply for the 2018 Mayoral Academic Scholarships as applications close this Friday 9 March. There are eight scholarships up for grabs valued at \$2,500 each AND students can use this extra funding boost in any way they like to help them in their studies. To be eligible, students need to be currently enrolled at TAFE or university and be residents of the Cessnock Local Government Area (LGA). Students from the Cessnock LGA who live outside the area to study are also eligible to apply. Cessnock City Mayor, Councillor Bob Pynsent said encouraging and supporting a young person to further their education benefits both the individual and their family. "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." The following scholarships are available:
1. **Building & Associated Trades** sponsored by The Rotary Club of Cessnock (those studying Plumbing, Bricklaying, Carpentry Architecture etc. at TAFE or a Bachelor of Surveying, Engineering, Construction Management, Science etc. at university)
2. **Local Government** sponsored by Kurri Kurri Retired Mineworkers Association (those studying to become a Planner, Engineer, Accountant, Recreational and Community Planner, Environmental Scientist, Cultural Services Officer, Media Officer etc.)
3. **Hospitality & Tourism** John Knipe Memorial sponsored by Cessnock Leagues Club
4. **Mining** sponsored by Cessnock Retired Mineworkers

5. **Mining/Technical Engineering** sponsored by Austar Coal Mine (those studying Mining, Electrical, Mechanical, Process/Chemical, Geology or Geotechnical Engineering etc.)
6. **TAFE** sponsored by Solo Resource Recovery (for students currently studying at TAFE in any field)
7. **Post HSC** sponsored by Hunter Resource Recovery (for those who have graduated in the last two years and are currently studying at TAFE or university)
8. **Undergraduate** sponsored by Hunter Resource Recovery (for undergraduate students in any field of study).



The Seniors Week Planning Committee

historic photo collection, opportunities to learn French and ukulele and an evening session for wine enthusiasts tasting and learning how to get the most out of each sip. The Festival opens on Tuesday 3 April with a celebration of the contribution of Elders in our community at an Elders Morning Tea held at Cessnock Performing Arts Centre, and runs to Tuesday 17 April. Programs can be picked up at Council's Customer Service Centre, Cessnock and Kurri Kurri Libraries and participating venues. The program is also available online.

For more information and to apply, visit www.cessnock.nsw.gov.au/council/mayor/scholarships or contact Gina Radford on 4993 4210 if you have any questions.

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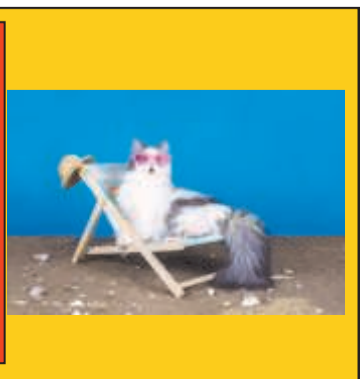
2018 Pricing schedule as of 1st February (daily price from)

Small dogs	\$20.00
Small dog deluxe	\$27.00
Medium dog	\$23.00
Large dogs	\$27.00
Extra Large	\$30.00



CATS

2018 Pricing schedule as of 1st February (daily price)
\$16.00
Purr cat, purr day





Cessnock City Council Statutory Notices

Phone during working hours 4993 4100
After Hours Emergency 4940 7816

Address all communications to:- The General Manager,
PO Box 152, Cessnock 2325 NSW

DRAFT REVISED PARKING ENFORCEMENT POLICY

At the Meeting of Cessnock City Council on 21 February 2018, Council resolved to place the Draft Revised Parking Enforcement Policy on Public Exhibition. The Draft Revised Parking Enforcement Policy is a review of the existing Parking Enforcement Policy to re-order and streamline the document and to incorporate subsequent legislative changes.

The Draft Revised Parking Enforcement Policy will be on exhibition from **7 March 2018 to 6 April 2018** at the following locations:

Council's Administration Building

Cessnock and Kurri Kurri Libraries

Council's website at www.cessnock.nsw.gov.au

Submissions are NOT kept confidential. Council releases submissions when a request is made in accordance with privacy laws and the relevant provisions under the Government Information (Public Access) Act 2009. When a submission is released by law, Council routinely withholds contact numbers, email addresses and signatures. Should you wish for all personal details or any information that may identify you to be withheld from the public, please advise Council of this in your submission.

Written submissions quoting, "Draft Revised Parking Enforcement Policy", should be received by no later than **5.00pm on Friday 6 April 2018**. Submissions should be addressed to the General Manager and can be submitted via post or email council@cessnock.nsw.gov.au.

If you have any enquiries please contact Colin Davis, Council's Health and Building Manager on 4993 4290.

PO BOX 152
CESSNOCK 2325

STEPHEN GLEN
GENERAL MANAGER

Singleton re-brands itself



The Singleton brand is getting a modern overhaul with the official launch of a new logo from Monday 5 March 2018.

Singleton Council developed a new visual identity to better reflect the identity of the local government area, in keeping with the changes that have occurred in Singleton in recent years. It also represents Singleton Council as a modern, professional, innovative and reliable organisation. Elements of the logo include:

- Blue for sky and water, representing the life force for agriculture and new horizons for opportunity and innovation
- Green lines representing crops, cultivation and commitment to hard work; national parks and the natural environment

Solid "Singleton red" base representing the richness of our natural resources and economic strength, energy, vitality and resilience.

There will be a progressive roll out to ensure the most cost-effective implementation.

Mayor of Singleton, Cr Sue Moore, said the new brand was designed to capture the historical significance of Singleton's agricultural and resource sectors, while setting the direction for the future.

"Singleton has been going through a significant period of growth and change over the past few years, most visibly with the transformation of the Town Centre and improvements in infrastructure such as the Hunter Expressway," she said.

"Old perceptions are changing and people are starting to recognise Singleton as a vibrant and diverse economy with opportunities for investment; a great lifestyle choice for families with

state-of-the-art recreation facilities, shopping and dining; and a fantastic tourism destination with plenty on offer from the vineyards to adventure activities.

"The new brand will position Singleton in the marketplace as the modern, innovative and forward-thinking community we are and enhance our appeal to investors, prospective new residents and visitors.

"It's also a visual demonstration that Singleton is a progressive community and will provide a greater platform for us to advocate to other levels of government for the modern services and infrastructure we need."

General Manager Jason Linnane said the brand was also designed to reflect the changes within Council, including a greater emphasis on service delivery and customer service.

"There has been a significant shift in the way we review the services we

deliver, who we deliver them for, questioning if we are meeting those expectations and looking to see how can we deliver services more efficiently," he said.

"Our staff are continually looking for innovation and putting in place systems and processes to make sure we're doing things in the best possible way, but most importantly, that we're doing what we said we would do in our Community Strategic Plan (CSP).

"To be the most effective Council we can be, we're also placing a significant focus on recruiting the most skilled and experience staff to our organisation.

"Part of that is how we present ourselves to the community, to industry and even internally to our staff. The new brand is a more accurate representation of what we are already achieving as an organisation and where we're heading in the future."

Event Funding opportunity

Organisers of new and second-year events held between July and December 2018 are being encouraged to apply for the NSW Government's 2018 Incubator Event Fund, which supports events held in rural and regional NSW. Parliamentary Secretary for the Central Coast and the Hunter Scot MacDonald MLC said the Incubator Event Fund offers a one-off grant of up to \$20,000 for new and existing smaller-scale events.

"This is a fantastic opportunity for the event owners in our region who need extra support to help their event get off the ground or help it grow into something bigger," Mr MacDonald said. "Whether it's for marketing, public relations, venue hire or attendee research, this \$20,000 grant will assist in attracting more overnight visitors to the Central Coast and the Hunter in the hope they stay longer and spend more time exploring our wonderful region."

"I encourage those eligible to apply soon so they don't miss out on this excellent NSW Government initiative."

NSW Minister for Tourism and Major Events Adam Marshall said the Fund is part the NSW Government's record \$43 million investment aimed at increasing overnight visitation and expenditure across rural and regional NSW. The Regional Flagship

Events Program is managed and administered through the NSW Government's tourism and major events agency, Destination NSW. Applications for round two of the 2018 Incubator Event Fund are open until Sunday 18 March 2018. To lodge an application and to view the criteria visit,

www.destinationnsw.com.au/rfep.

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WHAT'S ON?

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James Reyne
6 April 2018

A Crawl To Now
Showcasing a broad selection of Australian Crawl tracks plus his solo hits and songs from his time with Company Of Strangers.

The Governor of NSW presents prestigious Trophy to Bruce Tyrrell OAM for their 2005 Vat 1 Hunter Valley Semillon.

At the NSW Wine Awards in 2017, The Governor of NSW, His Excellency General The Honourable David Hurley AC DSC, attended the event to present the Best Wine in Show award, 'The Governor of New South Wales Best in Show Trophy', to recognise the significant historic connection between the NSW wine industry and the Office of the Governor, and to reflect the strengthening relationship between our

wine industry and the NSW Government. His Excellency has since generously donated a stunning silver platter as the Trophy. The platter was first commissioned in 1902 and has a long history of service as a Butler's Tray at Government House. Engraved with the Tudor crown, ornate decoration and grapevines, it provides an ideal link between today's wine industry and Captain Arthur Philip RN, the original Governor of

New South Wales, who planted the first vines in his garden at Sydney Cove in 1788, from vine cuttings carried on the First Fleet. The trophy is also emblematic of the importance that the current Governor places on serving NSW produce, including wine, at Government House. The wooden plinth is crafted from locally sourced jarrah timber. On March 1st, the new trophy was presented for the first time by His Excellency to

Bruce Tyrrell OAM for their 2005 Vat 1 Hunter Valley Semillon – overall winner in the 2017 NSW Wine Awards. The 2018 NSW Wine Awards luncheon this year will be held October 19th and will mark 190 years of wine in NSW.

■ Photo : from left Manda Duffy, Bruce Tyrrell, The Governor of NSW, His Excellency General The Honourable David Hurley AC DSC and Mrs Hurley



Become a tech savvy senior



Don't get left behind in the digital age we now live in! Become a *Tech Savvy Senior* by taking part in the upcoming fun and FREE technology workshops for local seniors at Cessnock and Kurri Kurri Libraries. Members of the community are invited to join one of the small, friendly workshops supported by expert library staff where you can learn new skills to help you get connected and take the first step to becoming tech savvy.

These two hour workshops will take place on Mondays at Cessnock Library on 30 April and 21 May 2018 and will take place on Fridays at Kurri Kurri Library on 4 May and 25 May 2018.

Tech Savvy Seniors is a partnership between the NSW Government and Telstra and the two hour workshops include an introduction to computers and a two-part introduction to the internet.

The program aims to help seniors with little or no digital experience develop skills and confidence in using technology for a wide range of things.

The workshops are both fun and hands-on and include getting started with a PC, using a mouse, creating a basic document, surfing the net, online shopping and banking, social media, cyber safety and more!

Cessnock City Mayor, Councillor Bob Pynsent is encouraging local seniors to take advantage of this wonderful opportunity.

"These workshops are for people who have never used computers before or find using them a little daunting. It's about teaching you that computers aren't terrifying or to be avoided, but are an incredibly useful tool when you know how to use them."

"The internet has become quite user-friendly in recent years and anybody is capable of accessing millions of websites, sending emails, shopping and banking online, and much more," added Cr Pynsent.

Bookings are essential, so call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638 to book your spot today.

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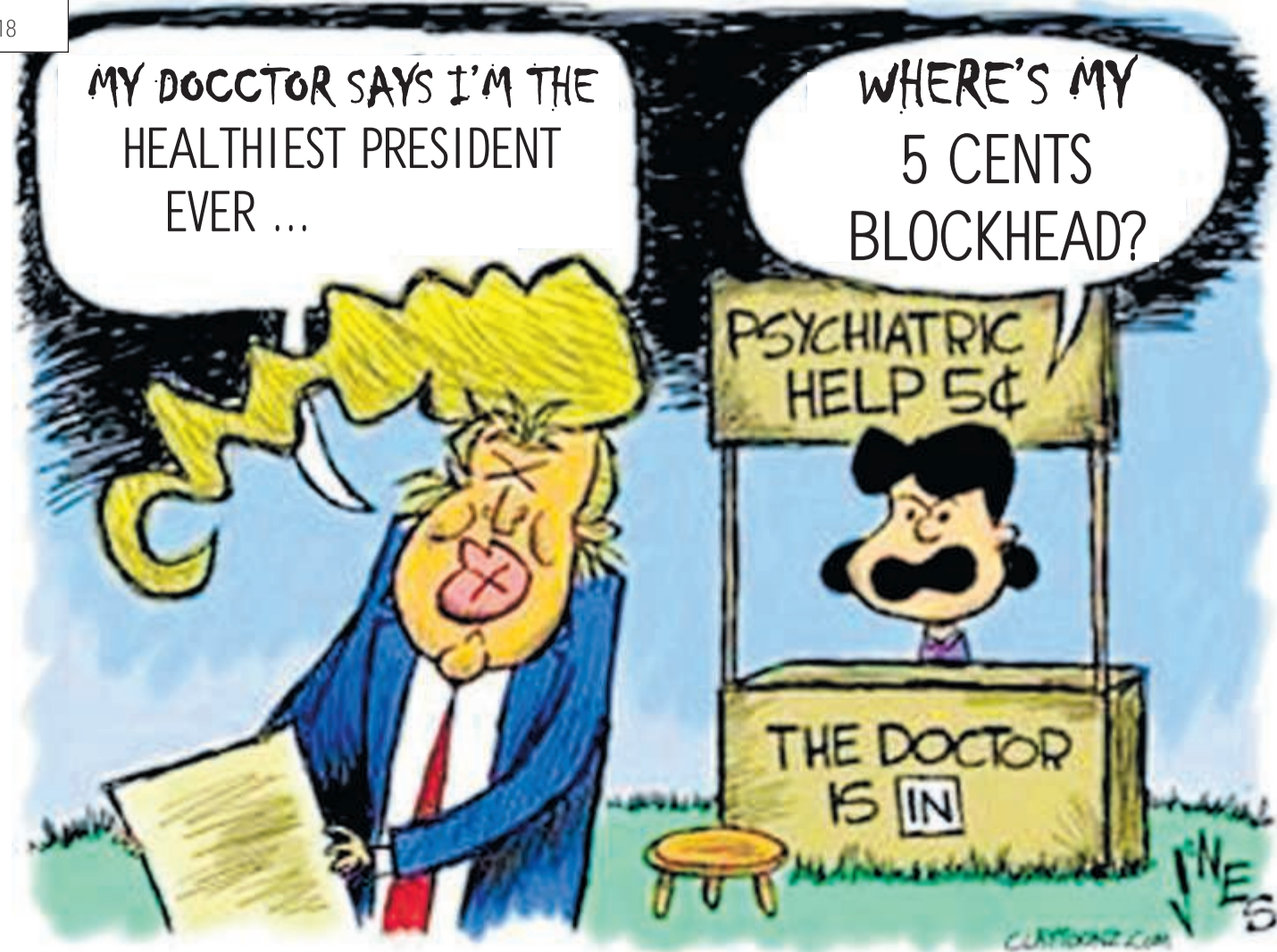


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STEVES RANT

There are two subjects I wish you to read about in this issue of the paper. The first one is about Joel's letter in the last issue which, if you read it, bangs on about the Gonski funding of education in Australia. Joel alleges that the Turnbull Government has reduced federal funding of Education by a whopping 15 billion over the period the Gonski Model was to be implemented. This was the rolled gold solution to the poor outcomes we continue to get from public education; ie., throw money at it. The Gonski report has been accepted by the 'Education Fraternity' and the Wets in the parliament *but of course the money is just not there and we cannot afford it. HELLO?* The bigger point is that extra money is not necessary to improve education outcomes. It is not a matter of money but the skills and dedication of our teachers and the process adopted by the schools to teach. Direct instruction and testing at regular intervals, a reduction of the non-essential subjects and the establishment of a regular homework routine that is relevant to that day's instruction, or is

preparatory for the next day's instruction. Joel's comparison to the sacking of 8,000 teachers is of course an extension of his argument that is plainly nonsense. The second point I am going to mention, is **CLOSING THE GAP.** Again, I take my lead in this from Warren Mundine and Noel Pearson and the excellent articles they had published in the Weekend Australian of the 17th of February. In essence what they say is that Aboriginal people must make their own decisions and take responsibility for the outcome of their decisions. Governments are to enable this, not dictate what is to happen. The education of our young over the new few generations is vital. The 'Incredible Bureaucratic Empire' that has grown like a malignancy on the back of the Aboriginal welfare system is the other problem which filters out 75% of the billions of dollars of public monies spent in this area before any direct service is provided. Aboriginal people are not stupid. They have among them leaders and thinkers who know what to do about



closing the gap but nobody is listening. Unfortunately, the history of the previous Aboriginal and Torres Strait Islander Advisory body has made politicians wary of any further proposal for representative bodies. However, our indigenous people must be in charge of their own destiny. The problem for Governments is how best this can be done. Simple, ask the Aboriginal people. *From the 2017 Referendum Council.*

ULURU STATEMENT FROM THE HEART
We, gathered at the 2017 National Constitutional Convention coming from all points of the southern sky, make this statement from the heart: our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and

possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from 'time immemorial', and according to science more than 60,000 years ago. This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander peoples who were born there from, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown. How could it be otherwise? That peoples possessed a land for sixty millennia and

this sacred link disappears from world history in merely the last two hundred years? With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood. Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future. These dimensions of our crisis tell plainly the structural nature of our problem. This is the torment of our powerlessness. We seek constitutional reforms to

empower our people and take a rightful place in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country. We call for the establishment of a First Nations Voice enshrined in the Constitution. Makarrata is the culmination of our agenda: the coming together after a struggle. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination. We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history. In 1967

we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future. *Cheers, Steve*

What's Happening & other matters

with **Mike Lowing**
Would like to thank & welcome two new contributors to our fortnightly edition of 'The News'.

Our new legal practice in Branxton, **Shaw & Bunner Legal**, will provide a law report & Michael Jenness, proprietor of **Wollombi Road Providore**, will be keeping our readers up to date on all things fruit & veg. Gemma Bunner & Kerri Shaw, principals of Shaw & Bunner Legal, opened their law practice on the 19th January 2018 & are a very busy couple. If you use the fact that both of their cars never seem to leave the precinct indicates that their decision to open in Branxton has been well & truly justified. Both Gemma & Kerri hold Honour degrees in law which is great testimony to their legal capacity. Mike from Wollombi Road Providore is passionate about good fresh produce & you only need to go through the door to appreciate what I mean; to catch the wonderful aroma emanating from the shop is truly worth a visit.

Cheers, Mike



113 YEARS OF MAKING A DIFFERENCE

Last Friday, 23 February, marked a special occasion for Rotary in our region as we celebrated our 113th Birthday. That's right, Rotary has been serving the global community for 113 years. This is a remarkable achievement

and credit must be given to the millions of Rotarians worldwide who have dedicated their time and energy to Making a Difference to humanity. I may be biased, but I think Rotarians in our area must be the hardest working volunteers in our large Rotary family. From helping our local students

to improve their literacy and numeracy skills, to building communities, providing clean water and good sanitation across south-east Asia, our local Rotarians are committed to making our world a better place to live. If you want to help celebrate our birthday, then a perfect gift would be to consider joining our Rotary family. With Clubs located right across our region (some towns even have two), there are plenty of like-minded people in your neighbourhood who want to ensure everyone – locally, nationally or internationally – has the opportunity to live a safe, healthy and fulfilling life. For 113 years Rotarians have been helping build our communities into better places to live. Now is your chance to join the campaign. It's the best birthday present we could receive!

To register your interest, please email publicrelations@rotary9670.org.au
Helen Ryan, District 9670 Governor
Bullying hypocrisy
What hypocrisy, Prime Minister. Writing to all Australian school principals urging them to act against bullying? Don't you ever watch video coverage of yourself hurling sneering, sarcastic insults at opposition members? No recollection of name-calling "Billion-dollar Bill"? How about your "simpering sycophant" and "parasite" slurs across the floor of Parliament? You could justifiably claim the title of Australia's best role model of a bully.
Kevin Farrell, Beelbanger

Emergency Phone Numbers

Dial 000 FOR FIRE, POLICE AND AMBULANCE ANY TIME, DAY OR NIGHT FOR 24-HOUR SERVICE It's a free call. Just tell the operator what you need-fire, police or ambulance. Then wait to be connected. When reporting an emergency by calling 000, the telephone number & address you are calling from may be given to the emergency service so they can respond quickly. If you don't want the telephone number or address details passed on, you must call the emergency service direct. ALL CALLS TO 000 ARE VOICE RECORDED		
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Ambulance..... 131 233	Hospitals	
NSW Fire Brigade	Maitland..... 4939 2000	
Branxton..... 4938 3396	Cessnock... 4991 0555	
	Singleton... 6572 2799	
Rural Fire Brigades	SES132 500	
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Broke..... 6579 1491	1800 333 000	
Greta..... 4015 0000	Poisons Info 131 126	
Bishops Bdg 4015 0000	Hunter Water	
Nth R'bury... 4015 0000	1300 657 000	
Rothbury.... 4015 0000	Ausgrid 131 388	
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Scotts	136 240	
Flat..... 6575 1200	Medicare 132 011	
Central	Native Animal Rescue	
(Cessnock).... 4015 0000	0418 628 483	



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Wollombi Road Providore



Wollombi Road Providore in Cessnock, was opened by Lisa and Michael Jenness in June of 2015. The previous fruit and veg business had been closed for a few years when the opportunity came up to open their own business; they jumped at the chance to bring healthy produce to the community. They quickly learnt a few important lessons along the way; firstly starting with organic produce this option proved too expensive for the quality.

Michael then worked hard to source fruit and vegetables from "clean farms"; farms that do not use chemicals or pesticides & smaller farms that are not surrounded by other farms as, most importantly, the soil is clean.... the proof is in the flavour of the produce followed by the longevity of freshness.

Providore source, as a priority, from local farms for 'in-season' produce; it's picked one day and in-store the next. That is fresh!! They purchase their produce from other small businesses to support the area and the community. These producers are located in Wollombi, Kulnura, Branxton, Cessnock, Quorrobolong & Congewai to name a few.

Michael has built a rapport with the farmers by working together

over the years. Providore support the local farmers who want to support locals in business. "It is a nice way to do business" "Our vision for Wollombi Road Providore was to bring fresh farm grown fruit and vegetables to Cessnock and the surrounding areas and provide an old fashion service to the customers. We employ local staff offering face to face customer service and advice to all your enquiries," said Michael.

Since opening Lisa and Michael have introduced gluten free, organic, diet options and vegan groceries to assist in the healthy eating. Providore offers a range of local free range eggs, deli items, oils, raw honey, a good range of healthy bread options, fresh salmon, a small range of meat and fresh flower arrangements.

Providore is providing produce to a large number of good restaurants in the area with 'hated' chefs trusting their produce to Michael as he carefully hand chooses their produce and personally packs the orders.

"These days of fast food and supermarkets makes it hard for households to source good quality fruit and vegetables on a daily basis. The best quality means full flavour and daily

freshness," Michael added. Life is busy so Providore has also introduced 'Fruit and Veg' boxes packed ready to go. \$30 -- \$50 per box. Staff will happily change the produce to suit your needs. Order and pick up easy.... readymade healthy meals are also a good option. If you haven't been to the shop call in have a chat ... just look around and take in the

atmosphere of this great shop, if you have call in again & you will always find something different... 'Healthy eating does not have to be a goal or a resolution when we have a store this, which is available to you 363 days a year.



From the Paddock to the plate...

Looking for healthy fresh produce from local farms? Wollombi Road Providore in Cessnock is where you will find it. Fresh from your farmers & open seven days a week.

Call in and Taste the Difference!

- * Sample some produce, enjoy the store and what it has to offer.
- * Ready-to-go Fruit and Vegetable boxes and readymade healthy meals and salads.

Mention this advertisement and take home the flavour of "Providore" with a free piece of freshly picked Local Wollombi Water Melon.

Come in and Enjoy ~ Lisa and Michael

Follow us on Facebook and Instagram enquiries@wollombirdprovidore.com.au
 80 Wollombi Rd Cessnock 49902468



Mike & Lisa

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Bob Pynsent, Mayor Cessnock City Council

Investment Attraction Program, we are ready to welcome new business. Earlier in the month I had the opportunity to present to the Urban Development Institute of Australia (UDIA) as Chair of the Hunter Joint Organisation of Councils (JO) and as Mayor of Cessnock City. It was a fresh opportunity to highlight how collaboration as a region is key to unlocking the potential of our region. We all need to continue working hand in hand to achieve the most positive outcomes for each of our local government areas, especially as the Draft Greater Newcastle Metropolitan



David Clark with Mayor Bob Pynsent at 2016 Cessnock City Council Australia Day Awards Ceremony

Cessnock City Council extends its deepest sympathies to the family and friends of David Clark who has sadly passed away. Our community is deeply saddened by the loss of David, who was an outstanding member of our community, immersing himself in every aspect of community life. A person like David is a rarity, he is what I like to call a keeper of our community, always working for the betterment of our community and for the greater good. His smiling face will be sorely missed. The Branxton- Greta Business Chamber held a wonderful first breakfast to start 2018. Over 60 people listened to an address from Shadow Minister for Small Business Jenny Aitchison and heard local business owners. New local business owners Gemma Bunner and Kerri Shaw addressed the crowd and it was fantastic to see how enthusiastic the pair are to operate a business locally. Another great example of our local government area being an attractive place to invest and with the release of the Advance Cessnock City Business

Plan progresses. A hot topic at the UDIA event was the rapid growth of our region. Over the weekend I attended the Wyndham Ridge Open Day, marking the launch of stage one of the development of 248 lots. Wyndham Ridge will be a fantastic place to call home and Council looks forward to welcoming new residents to the area. It was marvellous to attend the opening of the Richmond Vale Railway Museum after a tough five months since a bushfire ripped through the site. It was a pleasure to stand beside Richmond Main Colliery Veterans who attended the opening to mark the fiftieth anniversary of the cessation of coal shipping from the colliery in 1967. It is very pleasing to see this museum reopened to public, a place that captures the story of our past and provides so much historic value to so many of us. Congratulations to all Council staff, members of the community and volunteers who worked hard to see the gates reopen. *Cheers, Bob*



Sue Moore, Mayor Singleton Council

The news that Singleton received more than \$1.2 million in State Government funding for a number of important community projects was cause to celebrate recently. In particular, the completion of the final stages of Rose Point Park to expand the all-abilities playground will be a wonderful enhancement of our inclusive community

and a fantastic reason for people of all abilities to pay us a visit. But while the benefits of this project are obvious, Council simply could not make it happen without programs like the State Government's Stronger Country Communities Fund. Yes, our community reaps the economic benefits that come from the coal industry. But while the royalties are sent to the State treasury, it is the people of Singleton who contend with the realities of being at the back door of working coal mines. No budget is limitless, and our Council particularly relies on grants and other funding programs to deliver facilities that would otherwise languish because of other priorities and ongoing commitments. Resources for Regions is one such program that has been an enormous boost for

our community. But unfortunately, as a program established for communities affected by coal mining, the goal posts appear to be in constant flux. The latest development that councils must meet 50 per cent of the total cost of the project they are applying for raises serious doubts over whether we can take advantage of the program at all. Singleton voiced concerns about the program last year, and our campaign has since gained significant momentum. In December I was chosen to be part of a Hunter Councils delegation that will seek the support of the Minerals Council to meet with the Deputy Premier to discuss the future of the program. It's also been a hot topic over the past few weeks with discussions at the Association of Mining and Energy Related Councils meeting and the meeting of

Country Mayors in Sydney this week. In our view, the changes are just not fair for smaller rural communities like ours who live with the impact of mining every single day. The people in Macquarie Street must not forget where the real hard work happens to power NSW. And I intend to be on the door step at every opportunity to remind them. *Cheers, Sue*



JOEL FITZGIBBON MP Member for Hunter

Recently I spoke with Michael (not his real name) just after he withdrew cash from a machine located in a retail shop in one of our local shopping centres. The cash-dispenser was not an ATM. Rather, it was a machine which spits our cash-loans. The process did not require Michael to indicate what he plans to do with the cash, or demonstrate a capacity to re-pay the loan. It did though require him to hand over his bank account details so the lender could access his account to secure repayments and any interest and late payment penalties. Worse, the interest rate he'll pay can be anything up to 30 per cent. Penalties can be punitive. It was obvious to me that Michael did not fully understand what he had committed himself to in accepting the short-term loan. It was also obvious that he did not enjoy the benefits of a sound education. Michael is on the disability pension, I don't know why but I do know that every circumstance is different. If Michael takes \$100 from the machine he'll eventually have \$130 taken out of his account. His debt will rise higher if the \$130 is not available when the lender comes looking for it. Penalties will apply. Of course Michael may have needed the money for many reasons, I didn't ask him. But before jumping to conclusions I thought of Mary (not her real name) who desperately turned to a similar process when her refrigerator broke down. Mary has children and a family can't live without a fridge. Mary entered into a contract with a retailer that provided her with a fridge which retails for \$498. Her re-payment plan will result in her paying \$4,990 over four years, if she pays on-time every-time. Again, no one assessed Mary's capacity to repay the loan or fully explained to her the

consequences of her action. In recent years the growth in what have become known as "Payday Loans" has been scary. Basically, firms providing these loans are exploiting vulnerable and often desperate people. Yes, interest rates must reflect the level of risk for the lender but lending to people without regard to their circumstances and capacity to re-pay is irresponsible. And the penalties for late payments are often bordering on criminal. In 2009 the Federal Government introduced reforms which implemented a national regime for the regulation of consumer credit for the first time. In 2012, further enhancements were introduced including additional protections regarding small amount credit contracts and consumer leases. So we have a framework for addressing this serious problem but time had demonstrated that more needs to be done. Governments can't and shouldn't make the lending of moment illegal. But there are some things we can do to catch those treading a fine line between the lawful and unlawful. And there are alternative micro-loans for people in trouble. The charitable organisations that run them lend responsibly and apply much lower interest rates. Parliament needs to act urgently; the loan sharks are circling our most vulnerable. *Cheers, Joel*



Member for Cessnock Clayton Barr MP

Raising the BARR THE FUTURE OF KURRI KURRI AMBULANCE STATION Just last week, the Health Ministers office confirmed that the damaged Kurri Kurri Ambulance Station will be repaired and re-opened, but the repairs will take most of the year. We shouldn't expect the station to re-open until late in the year. Meanwhile the ambulances are operating from Kurri Kurri Hospital and are still very much active and in our local area. **COMPANY TAX CUTS – HOW DO YOU PAY LESS THAN ZERO?** Two weeks ago, an ABC journalist by the name of Emma Alberici wrote a brilliant article on the folly of tax cuts to the big corporates. In fact, she identified that many of the really big corporates pay no tax in Australia at all. That should anger all of us that do pay tax, including small

and medium and large businesses that pay. Let's just be clear that companies, big or small, rely heavily on what is provided by the taxes that we pay. Let's start with the education levels of those employed – education paid for by our taxes. And then there is the health of those that these companies employ – paid for by our taxes. And then they have the roads provided to enable the companies to operate. And then they have the protections offered by our laws of society. And then they have the protections offered by our Police to make sure that each company and business that trades in Australia is safe. These benefits to the companies, big or small, are all paid for by taxes. So why should the really big, mega-million dollar companies that benefit more than anyone else from the infrastructure of our society, funded by taxes, get a huge tax break? **THE PETITION ABOUT STADIUM SPENDING - BEFORE SCHOOLS AND HOSPITALS** I want to thank the many, many, many people that have filled out and returned the Stadium Petition that I mailed to you. It has been an incredible response. The reality is that the number of returned petitions is in keeping with the number of people that have made mention of the ridiculousness of it all, to me, in the street. I realise that not everyone will agree with me sending the petition out. I 100% respect the right of those that support the stadium spending to be supporters of it. For those taking the time to fill out the petition the aim is to get 10 000 signatures on the petition so that the issue can be debated in Parliament. This will provide me with the opportunity to talk about the many better things that the \$2.5B could be spent on – and I will be starting with a very long list of things here in the Cessnock Electorate. * * * * * *For enquiries regarding the State Government or its departments, or to put you in contact with someone who can, please contact my office. My office can be contacted by phoning 4991 -1466, by email to cessnock@parliament.nsw.gov.au or call into 118 Vincent Street (PO Box 242), Cessnock 2325. You also follow me on my Facebook page "www.facebook.com/claytonbarrmp", go to Twitter and search @claytonbarrmp or check out my website at www.claytonbarr.com.au* Cheers, Clayton



MICHAEL JOHNSEN MP Member for Upper Hunter

State Matters EVENT FUNDING OPPORTUNITY ON OFFER



Organisers of new and second-year events held between July and December 2018 in the Upper Hunter electorate are being encouraged to apply for the NSW Government's 2018 Incubator Event Fund, which supports events held in rural and regional NSW. The Fund offers a one-off grant of up to \$20,000 for new and existing smaller-scale events. This is a fantastic opportunity for the event owners in our region who need extra support to help their event get off the ground or help it grow into something bigger. Whether it's for marketing, public relations, venue hire or attendee research, this \$20,000 grant will assist in attracting more overnight visitors to the Upper Hunter, in the hope they stay longer and spend more time exploring our wonderful region. I encourage those eligible to apply soon so they don't miss out on this wonderful NSW Government initiative. Applications for round two of the 2018 Incubator Event Fund are open until Sunday 18 March 2018. To lodge an application and to view the criteria visit, www.destinationnsw.com.au/rfep. **NSW GOVERNMENT OFFERS DIPLOMA OF EVENT MANAGEMENT SCHOLARSHIP ON OFFER** I am pleased to advise that the NSW Government has announced a partnership with Australia's peak industry body for business events, Meetings and Events Australia (MEA), to support aspiring event managers living in the Upper Hunter electorate to get a head start in their career. The NSW Government and MEA will be offering a regional scholarship program with a Diploma of Event Management up for grabs across NSW. Whether you are young or old, this is a fantastic opportunity for those wanting to upskill and achieve their career goals within the events industry. The course will be delivered via an online learning tool allowing students to complete the tasks at their own pace and in their own time. *Cheers, Michael*

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Chickenpox and Shingles

What is chickenpox?

Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus) in children it usually causes a relatively mild illness. Chickenpox in adults and immunosuppressed people can be severe. Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby. Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash. The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development. Symptoms usually occur two weeks after exposure to the virus. Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal. Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread? Early in the illness, the virus is

spread by coughing. Later in the illness, the virus is spread by direct contact with the fluid in the blisters. The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated. People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs) Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk? Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox. People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented? A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.

Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.

The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.

People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.

People with chickenpox should cover the nose and mouth when coughing or

sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.

Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.

Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed? Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness. The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body. Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.

The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune. Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection. Chickenpox infection usually resolves without treatment.

Cheers, Lee



Good catches for March Fishing Club Outing.



Onlookers for the weigh in

The first fishing club weekend of 2018 produced some good catches of fish with most fisho's heading offshore to take full advantage of the Open weekend and the great weather. But it was the Hawks Nest Hero Glen Beckett who fished the beach and came out on top

on points (83.4) with 7 big whiting, 3 Tailor, a Bream and a controversial Flathead with an alleged spear mark in it. This gave the members a good laugh and something to stir "Brooksey" up over. 2017

joint champions Rob and Scott Beckett amazingly kicked off where they left off last year both equalling on 61 points even though they fished in separate boats, and also ventured away from freshwater. Rob managed a nice 1.85kg Snapper and reported the

From the Whangpoo to the Wollombi

Local author Tony Palfreeman is hosting a talk a Kurri Kurri Library next month to discuss his new book 'From the Whangpoo to the Wollombi'. The part memoir has been called 'inspiring and hard to put down', as it provides biographical account of Tony's own personal experiences of living and working all around the world.

The journey begins in Shanghai, China where Tony spent his childhood, his travels continued taking him to South

Africa and the United Kingdom.

The author returned to Australia taking on the post of Head of School, Political Science and International Relations at the University of New South Wales and presides in Wollombi.

'From the Whangpoo to the Wollombi' offers an insight into the world of a young person displaced by conflict and revolution. It has historical values but tackles questions for future generations.

Kurri Kurri Library will host Tony on Thursday 22 March 2018 from 10.30am until 11.30am where you will be able to engage with the author during a question and answer session. Copies of 'From the Whangpoo to the Wollombi' will be available for purchase (\$25) and signing. Bookings are essential. Please contact Kurri Kurri Library on 4937 1638 to book your place. Morning tea will be served.



Hearty ham hock and bean stew

- 2 garlic cloves, crushed
- 875ml (3 1/2 cups) water
- 2 bunches baby Dutch carrots, scrubbed



Autumn recipes

When the weather gets cooler, and the urge for casseroles, pies, crumbles and comfort food hits, this autumn recipe collection should be your first port of call.

Slow-cook this hearty stew of tender ham and white beans on the Sunday, ready for an easy midweek meal on Tuesday or Wednesday

Ingredients

- 375g pkt dried white beans, rinsed
- 2 large (about 1.9kg) ham hocks or ham bones
- 1 brown onion, quartered
- 1 carrot, coarsely chopped
- 1 celery stick, chopped
- 2 bay leaves
- 2 sprigs fresh continental parsley
- 10 peppercorns
- 2 tablespoons extra virgin olive oil, plus extra, to serve
- 1 leek, finely chopped

- 300g (2 cups) frozen broad beans, thawed, peeled

- Baby parsley leaves, to serve (optional)

Method

Step 1

Place the white beans in a bowl. Cover with cold water. Set aside for 8 hours or overnight to soak. Drain. Rinse under cold running water.

Step 2

Place the hocks or bones, onion, carrot, celery, bay leaves, parsley and peppercorns in a large saucepan. Cover with cold water. Bring to the boil over medium heat. Reduce heat to low. Simmer, skimming the foam off the surface and discarding, for 2 hours or until meat is falling off the bone. Transfer hocks or bones to a large bowl. Strain the stock, reserving liquid. Discard the vegies and herbs. Once cool, coarsely shred

the ham and discard the bones and fat.

Step 3

Heat the oil in a large saucepan over medium-low heat. Add the leek and garlic. Cook, stirring, for 4 minutes or until soft and aromatic. Stir in the white beans. Add water and 3 cups of the reserved ham stock. Bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 40 minutes or until beans are just soft. Add the carrots. Simmer for a further 20 minutes or until carrots are tender. Use the back of a spoon to gently crush some of the beans against the side of the pan to thicken the sauce slightly.

Step 4

Stir in the broad beans and ham until just warmed through. Season with pepper. Sprinkle with parsley. Serve drizzled with extra oil.



Flatly King Brad Dorn with his 2.2kg record breaker.

Nelson Bay Fad to be full of small Kingies and Dollies. Brad Dorn trumped his 1kg Flathead from last year with a 2.2kg stonka that will take some beating. Newcomer to the club Joel "Platty" Platt scored second top (62.5) with a mixed bag of Leatherjacket, Tailor and Flathead. Also a new couple to the club Dan and Beck brought in healthy stocks of Flathead and Nannygai each.

There is a fishing club meeting this Sunday 11th March at 3pm at the Tatts

followed by the Sunday raffles at 4pm and live music out in the garden.

The next outing is Hawks next 6th-8th April and a reminder that the rules have changed this year and **you must fish in that area in order for your catch to be eligible for weigh in.**

The idea behind this was to encourage members to get together in a similar location and encourage the social aspect of the club. If there are any enquiries about the club email Steve Nevin at: Steven.nevin@coalandallied.com.au or call/text 0457547478.



Report

from the Hunter region. Police will allege in court the man believed he was speaking to a 14-year-old boy and engaged in sexually-explicit conversations, sent

indecent and pornographic images and made arrangements to meet in person.

Following extensive investigations, Strike Force Trawler investigators arrested a 37-year-old man at a home in Cessnock, about 12.15pm Friday 2 March 2018.

Shortly after the arrest, detectives executed a search warrant where they seized a mobile phone and a laptop computer.

The man was taken to Cessnock Police Station and charged with use carriage service to groom a person under 16 years for sexual activity, and using a carriage service to transmit indecent material to a person under 16 years of age (x3).

He was refused bail to appear at Newcastle Local Court Saturday 3 March 2018.

Inquiries are continuing. Regular covert online investigations are conducted by the CEIU, and police in NSW work closely with their law-enforcement colleagues both interstate and overseas.

Shots fired, man injured near Maitland
Sunday, 04 March 2018 06:39:21 AM

Police are investigating after a man was shot in a home near Maitland last Sunday morning.

Just after midnight (Sunday 4 March 2018), police attended a home in Deschamps Close, Thornton, about 12km east of Maitland, after a man was shot in the leg.

It is believed several shots were fired from the street into the home.

A 44-year-old man was treated by NSW Ambulance paramedics at the scene, before being taken to John Hunter Hospital in a stable condition.

The injuries are not believed to be life-threatening.

Inquiries into the incident are continuing by detectives attached to Port Stephens/Hunter Police District.

Police are urging anyone with information in relation to this incident to call Crime Stoppers on 1800 333 000 or use the Crime Stoppers online reporting page: <https://nsw.crimestoppers.com.au/>
Information you provide will be treated in the strictest of confidence. We remind people they should not report crime information via our social media pages.

Loaded handgun seized after car stopped at East Maitland

Thursday, 01 March 2018 08:21:58 AM

A man appeared in court last Thursday charged with multiple firearm offences after being arrested in East Maitland overnight.

Police from Port Stephens/Hunter Police District were patrolling East Maitland when they stopped a vehicle in Cecily Close about 10pm (Wednesday 28 February 2018), for a random breath test.

The 42-year-old driver returned a negative result; however, after officers found him in possession of methyl-amphetamine, the vehicle was searched.

Police will allege a loaded handgun was found in the centre console and the man was arrested.

A house in Cecily Close was searched a short time later and a rifle fitted with a scope and homemade silencer were seized, as well as multiple rounds of ammunition for a variety of firearms.

The man was taken to Maitland Police Station where he was charged with eight offences:

- Possess unregistered unauthorised prohibited firearm in a public place
- Possess loaded pistol in a public place
- Possess unregistered firearm/prohibited firearm
- Not keep firearm safely – prohibited firearm
- Alter firearm so as to convert it to a prohibited firearm
- Possess ammunition without holding a licence, and

• Possess prohibited drug (two counts).

The man was refused bail and appeared in Maitland Local Court on Thursday 1 March 2018.

Shots fired into car, house near Maitland

Thursday, 01 March 2018 06:56:22 AM

A crime scene was established after shots were fired into a house and a car in a residential street near Maitland last Thursday morning.

Police from Port Stephens/Hunter Police District were called to Duskdarter Street, Chisholm, after residents reported hearing gun shots about 1am (Thursday 1 March 2018).

They arrived to find bullet holes in the front of the house as well as in a vehicle parked in the street outside.

A crime scene has been established and a canvass of the neighbourhood has been conducted.

A number of items were seized for forensic examination.

Police are now appealing for anyone with information to contact Maitland Police or Crime Stoppers on 1800 333 000.

OMCG clubhouse dismantled after being declared a restricted premises – Strike Force Raptor

Wednesday, 28 February 2018 04:28:06 PM

Police have dismantled a second outlaw motorcycle gang (OMCG) clubhouse in the Hunter region after it was legally declared a restricted premises by the NSW Supreme Court.

As part of ongoing targeting of unlawful activities of OMCG in NSW, police from the Criminal Groups Squad's Strike Force Raptor have been conducting inquiries into the illicit sale of alcohol and convicted offenders attending clubhouses.

On Friday 23 February 2018, Strike Force Raptor conducted an inspection of a Nomads OMCG clubhouse at Muswellbrook, where they located a fully-functioning bar and entertainment area, as well as clubs, believed to be positioned as weapons.

On Monday (26 February 2018), an application for a Restricted Premises Declaration was made and granted at the NSW Supreme

Court under the Restricted Premises Act 1943.

The notice was delivered that evening by Strike Force Raptor.

Officers dismantled the clubhouse and seized the contents of the bar, an industrial fridge, furniture, and items used in connection to the illicit sale of alcohol. This operation follows the dismantling of the Nomads OMCG clubhouse at Islington under the Restricted Premises Act on Monday 5 February 2018.

Inquiries are continuing, and further inspections are

expected. Strike Force Raptor was established in 2009 and conducts proactive investigations and intelligence-based, high-impact policing operations to prevent and disrupt conflicts, and dismantle any network engaged in serious organised criminal activity.

Anyone with information, including relevant photos and videos, that may assist Strike Force Raptor can report it directly to investigators via the Strike Force Raptor online reporting page: <https://www1.police.nsw.gov.au/Default.aspx?id=49> or call Crime Stoppers on 1800 333 000.

Information provided to investigators will be treated in the strictest of confidence.

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- power to the system not being turned off.

Owner's responsibilities

The owner of the AWTS is responsible for:

- fixing the system when problems are detected
- ensuring the system is inspected quarterly by a qualified service technician and the service report is sent to Council within 7 days
- desludging the system when solid levels become high (usually every 3-5 years)
- complying with Council's request for inspections or maintenance
- ensuring compliance with your Approval to Operate (licence) issued by Council annually
- displaying a sign stating "Recycled water, avoid contact, do not drink" is clearly visible around the disposal area.

Following these simple points will extend the life of your AWTS, reduce water consumption and save you money.

Further information can be found at www.cessnock.nsw.gov.au or contact our Environmental Health team on (02) 4993 4100.



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LAW REPORT

SHAW & BUNNER

LEGAL




“Looking Out for our Elders”



Sadly Elder Abuse is on the rise in New South Wales and based upon statistics supplied by the NSW Elder Abuse Helpline & Resource Unit, financial abuse is one of the most common forms of abuse against older people. A Queensland case example that demonstrates this issue is *Anderson v Anderson* [2013] QSC 008 [10/4984] where the Court had to consider whether it was possible to challenge a gift given by a deceased while they were alive. In this case Mrs Anderson died in 2009 aged 81 years. Her main asset was her family home. Mrs Anderson made a Will in 2007 appointing her son John and his wife as her Executors and leaving her property equally between

her sons, John and Malcolm. At the same time she executed an Enduring Power of Attorney, in favour of her son John and his wife. One year later in 2008, Mrs Anderson executed another Will naming both of her sons as Executors and beneficiaries. At this same time, she signed a Land Transfer form gifting her family home to her son Malcolm. The considering for this Transfer was expressed to be natural love and affection. Mrs Anderson did not receive any money for the property from her son Malcolm. For all intents and purposes, the family home was a gift to Malcolm. Upon her death, Mrs Anderson’s son John made an application to the Court for a declaration that the transfer of land to Malcolm was void as Mrs Anderson lacked capacity based on evidence of dementia, memory loss and confusion. Further, John argued that Mrs Anderson was under the undue influence of her son Malcolm.

The Court was required to consider the relationship between Mrs Anderson and Malcolm. It was found that she was frail, isolated and dependant upon Malcolm for day to day care. Malcolm was living with her and in a position of dominance over his mother. Ultimately the Court found that the execution of the Land Transfer by Mrs Anderson was not the result of a free and voluntary exercise of her independent will. The Court found that Malcolm has unduly influenced his mother to gift him the family home and made orders that the transfer of the family home was set aside. The story highlights the importance of looking out for any signs of Elder Abuse within our community. The NSW Elder Abuse Helpline and Resource Unit have helpful resources available on their website at www.elderabusehelpline.com.au or you can phone their helpline on **1800 628 221** for more information. Photo above: © the NSW Elder Abuse Helpline & Resource Unit

the plate

with Michael Jenness from....

WOLLOMBI ROAD PROVIDORE

..... direct from the farm to the plate




■ Queen Garnet plums

Autumn is upon us; an ease in temperate and hopefully some more rain. It has been a tough summer for our local farmers, no rain making some fresh produce hard to get... A range of new **season plums** with the most noted being the Queen Garnet a super fruit with a natural antioxidant. Just two Queen Garnet plums will give an adult their daily serve of antioxidants. Look for firmness and smooth skin. Enjoy the late season stone fruit, fresh from the grower.

Purple Bliss Kestrel potatoes are in season this potato offers antioxidants, immune boosters including Vitamin C and Vitamin B6. This potato can be boiled, baked, grilled, mashed however you want to cook it. They are creamier in texture to the white potato, no need to add anything when mashing. The Purple Bliss goes well in a salad; serve with a range of meats or other seasonal vegetables. The South Americans call this Potato “Foods of the Gods” Keep in a cool

dark place for longevity. **Local fresh figs** picked and delivered the same day by Judy & Jim from Quorrobolong. Figs host vitamins A – E – K combined promote Health and Wellness. Figs can be added to any meal for a burst of sweetness and health. Look for a semi firm skin, well coloured fruit when purchasing to eat straight away. **Cherry Tomatoes,** handpicked and vine ripened naturally, sourced locally from Kulnura. These tomatoes do not go in a cool room, which is why the flavour is so sweet and tasty. All tomatoes should be kept on your kitchen bench to ensure flavour and the natural E – B6 – A – C – K – vitamins. Magnesium, folate and Potassium is also found in Fresh tomatoes. When buying tomatoes look at the firmness of the skin, the colour, more importantly



■ the versatile Purple Bliss Kestrel Potato

the fresh aroma. **Laguna watermelon** picked on today Wednes-

day from Moore Farm by owners Dean and Natalie in store tomorrow, Thursday. Watermelon has Vitamins A & C, Iron, Calcium; watermelon is good for fluid retention, inflammation and has cancer fighting properties. Watermelon has more Lycopene than any other fruit and vegetable. Lycopene fights cancer and hardening of the arteries. Look for a fresh smell when buying your watermelon. **Mango Mountain beetroot** and baby beetroot can be eaten raw, drank or cooked delicious anyway. Add to salads, roast or BBQ. Add beetroot to any meal to add healthy serve of antioxidants, vitamins B – C, calcium and beetroot is rich in Nitrate that fights heart disease and strokes. Look for good colour and firmness. I recommend you purchase fresh non chemical Fruit and Vegetables to increase the natural benefits from

your produce. Providore buys straight from the local farmers to you, call in you will be surprised at the value and freshness; your farmers market open seven days a week, 363 days a year. Cheers, Michael



Updates to Planning Act began 1 March 2018



Legislative updates to the Environmental Planning and Assessment Act began on Thursday 1 March 2018. The updates have four underlying objectives: to enhance community participation; to promote strategic planning; to increase probity and accountability in decision-making; and to promote simpler, faster processes for all participants. A number of other changes which involve further design and consultation will be introduced in a staged process

up until mid-2020 to allow for a smooth transition. To assist practitioners in updating their forms and templates the Department of Planning and Environment has compiled a list of the most commonly used sections of the Act that reflects the new numbering system. The Department will also be providing a guide illustrating the key changes. What do the changes aim to

achieve?

- Modernise the structure and language of the Act
- Create new objects to ensure the Act supports a thriving built environment
- Give communities and councils the tools to shape the future of their local areas
- Make sure development controls are simpler and up-to-date
- Strengthen confidence that approval and standards will be enforced
- Emphasise the probity and independence of decision makers
- Deliver more efficient approvals from NSW agencies
- Create more efficient processes for state significant development, without compromising the rigour of assessment.

Agent education standards to increase 600%

The much sought after path to professionalism is progressing with the NSW Legislative Assembly passing a crucial bill that will lift education standards by 600 per cent. REINSW CEO Tim McKibbin described the Property, Stock and

Business Agents Amendment (Property Industry Reform) Bill 2017, which passed by the NSW Legislative Assembly last week (13 February 2018) as a generational change and is the culmination of more than 10 years of lobbying by the Institute. “The days of becoming a real estate agent in less than a week are finally over,” Mr McKibbin said. “Under the reforms education requirements for a career in real estate will increase by 600 per cent,” he said. “This is a win for the property consumer and the property services industry because a better educated agent delivers a better consumer outcome. “It is the single biggest achievement for the industry this century and plays a major role in the path to professionalism that we have embarked upon,” Mr McKibbin said. “Under the reforms, CPD (continued professional development) obligations of agents, which is essential to keeping an agent’s professional skills sharp and current, will also be significantly improved,” he added. The Bill will now be sent to the NSW Legislative Council and is slated to be heard at its next. Members of the Council will decide if the Bill is passed, amended or rejected. If it is passed it will be sent to the Governor of NSW for his assent and reforms are

expected to be implemented on 1 July 2018.

NCAT can hear interstate cases again



Parties to a tenancies dispute (residential, strata and commercial) can now have the matter heard and resolved at the NSW Civil and Administrative Tribunal, despite one or more of the parties to the dispute residing in another state. This is the result of a recent decision published by NSW Caselaw. However, there is a directions hearing on this issue on 1 March 2018 and a High Court decision still to come which may change the outcome. The saga originally began in February 2017 when the Court of Appeal declared NCAT, which handles disputes between tenants and landlords, had no jurisdiction if one or more of the parties lives in another state. As a result, interstate parties had to commence proceedings

in the Local or District Court after NCAT declined to hear the matter due to ‘federal diversity jurisdiction’. REINSW strongly lobbied the government to find a resolution and suggested replicating legislation in other states where the problems created by the NSW legislation does not exist. REINSW CEO Tim McKibbin said: “This has been a long-drawn-out saga which has been very unsatisfactory for agents, landlords and tenants. “We understand that real estate agents can now attend NCAT hearings with interstate landlords and it is likely that the NCAT member will hear the case. “However, this is subject to change depending on the directions hearing and High Court decision. We will keep our members up-to-date of any changes.”

Stronger fire safety steps needed

NSW residents are being recommended to focus on the number, location and interconnection of smoke alarms and consider installing sprinklers by Fire and Rescue NSW (FRNSW). This advice follows three years of extensive research by FRNSW into residential smoke alarms and sprinklers, which revealed that

stronger steps are needed to ensure best practice fire safety and fire prevention in homes. The research outcomes and recommendations signal the biggest shift in fire safety policy since 2006, when legislation mandated the installation of smoke alarms in all existing homes and shared accommodation. The findings of the two research reports will inform best practice and building code legislation to improve fire safety and reduce the number of fatalities, injuries and damage from residential fires. FRNSW recommendations

- Increase the number of working smoke alarms in homes to one per bedroom and living areas (including hallways and stairways) and to have them interconnected
- Install automated fire suppression systems, such as home sprinklers, to significantly improve fire safety in homes.

Current NSW legislation mandates one smoke alarm must be installed on each level of a residential building and residential sprinklers are not compulsory in all dwellings at the moment. Residential fire safety tips

- NEVER turn off your smoke alarms
- ALWAYS test your alarms to ensure they are working
- ALWAYS ensure all occupants in a home know what to do if the smoke alarms sound
- ALWAYS ensure all occupants have a practised home escape plan.

Our local 'Four Seasons Observatory' to hold Fund Raising to celebrate its official opening



Elderslie resident & lifelong amateur astronomer Bruce "Blue" Neal has fulfilled a life-long dream by finally having his own private Observatory. Fulfilling life-long dreams in this case didn't come cheaply; 'Blue' has spent over \$150,000 on the project. "Blue" said that their main aim is to focus on promoting 'outreach astronomy' to the community & to make this easy the facility has a lecture room that can be used by educators & amateur astronomers.

With high tech technology in place you can see what the telescope is viewing in the lecture room. Truly amazing! 'Blue' is, by trade, a flight engineer spending many years in the RAAF on C-130 Hercules aircrafts & currently is a consultant to the RAAF. He & wife Sandra decided to celebrate the completion of the project they would host a fund-raiser for the Hunter Medical Research Foundation (*HMRI) an organisation they both hold in high esteem. So, **April 14th 2018** has been chosen to host the

DATE: 14th April 2018 commencing 5:00pm
WHERE: Four Seasons Observatory 904A Elderslie Road, Elderslie 2335
THEME: Renaissance Period ~ come dressed in costume for jousting, quoits & dance
COST: \$80/person with 3-course meal & drinks.
BENEFICIARY: HMRI
RSVP: 6th April 2018.

event. "This will be our inaugural event with the intention of holding this event annually," said Blue. "The theme for the event will be based on the Renaissance period & guests will be charged \$80 per head which will include 3 course dinner, wine and beverages. "Raffles will also help raise funds. "Guests are also encouraged to dress in Renaissance costume as games and dancing will also add to the evening, with telescopes kept busy. "We are hoping for 100 guests on the evening. "No operating costs will be taken from the proceeds meaning every cent collected will go to the HMRI and, with this in mind, we ask for your kind assistance in anyway with donations for beverages, raffles or prizes for best dressed and lucky numbers etc." "Blue" also said that all businesses and private donations will be acknowledged on the evening and local newspapers. "We are more than happy to

pick up all donations and store in our observatory," said 'Blue'.
***ABOUT HMRI**
What began in 1998 as a bold vision to improve community wellbeing in the Hunter Region of NSW has today evolved into a world-class institute with 1500 medical researchers, students and support staff striving to prevent, treat and defeat a multitude of serious illnesses. Delivering patient-focused translational research is our major goal, which means seeding start-up studies and fostering a flow of information and innovation back and forth between scientists, clinicians and public health professionals. Attracting top medical specialists and collaborating with other leading institutes and industries helps to fast-track the provision of new and better health solutions. HMRI is led by Director Professor Michael Nilsson, a globally recognised neuroscientist and researcher in the field of stroke rehabilitation with a proven track record in building

research collaborations and networks. Professor Nilsson serves on the National Health and Medical Research Council's Health Translation Advisory Committee (HTAC) and is Conjoint Professor of Neurological Rehabilitation at the University of Gothenburg.

In partnership with the University of Newcastle and Hunter New England Local Health District, HMRI's clinical, biomedical and public health researchers work across multiple campuses and seven key translational research programs: Brain and Mental Health, Cancer, Cardiovascular, Information Based Medicine, Pregnancy and Reproduction, Public Health & Viruses, Infections/Immunity, Vaccines and Asthma (VIVA) HMRI researchers rely on philanthropic donations from the community, along with Australian Government funding, to support research projects, equipment, scholarships, fellowships and travel grants. Internal grant funding is allocated through a rigorous peer-review process and invested in areas of highest public need. Infrastructure funding is provided by the NSW Office for Medical Research through the Medical Research Support Program, and the NSW Department of Health through the Capacity Building Infrastructure Grant Program.

advertorial

Picottee Floral Designs opens in Greta

67 High St Greta, NSW

LOCAL Greta florist, Brie Easthope, has taken her life-long passion and natural flair to the next level by opening her own retail outlet in Greta; *Picottee Floral Design*. With 13 years industry experience & lecturing in the craft for the last 7 years you can expect the best possible experience when you enter her store. Brie said that she does have

her favourites with weddings & corporate floral design. "I bring my passion for flowers to each design I create. Each design is unique to the individual and the flowers on hand," said Brie. "My aim is to give each customer a unique floral experience as well as being sensitive and kind to our planet and it's

inhabitants by "Touching the earth lightly". "I offer flowers for all occasions: Birthday, Wedding Celebrations, Funeral & Seasonal Events and Holidays," said Brie. "We use eco-friendly packaging with craft & tissue paper, natural ribbon, recycled wet-pack material & minimum packaging. "In our flower selection it is imperative to choose fresh,

seasonal flowers from local growers & avoiding imported flowers," said Brie. We wish you great success in your new endeavour.



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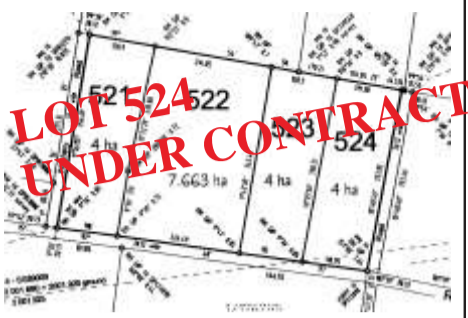
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For Sale

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NORTH ROTHBURY



Lots 521, 523 & 524
Littlewood Road,

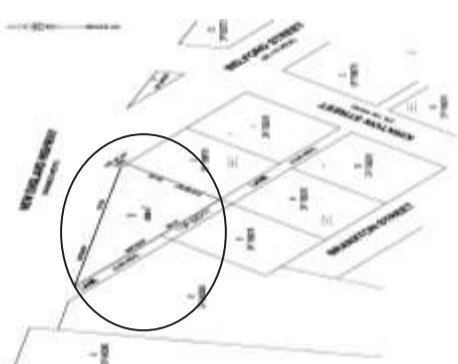
Vacant blocks

4ha (10 acres) very private bush blocks.

Fully Fenced & within minutes to Hunter Wine Country

ASKING: \$420,000 each

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

FERNHILL ROAD, DALWOOD



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

ASKING \$400,000

NORTH ROTHBURY



Vacant Land
809m²

Vacant Building Block
Fantastic visage
\$130,000 ONO

GLENDON BROOK RETREAT!

GLENDONBROOK ROAD, GLENDON BROOK
(Lot 61 DP 1100235)

6.217HA

Features include:-

- 15Acres approx divided into 2 paddocks.
- Double frontage to Webbers Creek (permanent water supply).
- 90% flat country. Bitumen to front gate.
- Weekly rubbish service. 20 min to Singleton & Branxton & 15 min to Gresford.
- 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.
- 3xphase 100amp/phase underground power from front gate to barn.
- Barn has ample fluoro 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.



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VETS WARNING OF KIKUYU POISONING IN OUR REGION



Hunter Local Land Services district vets are urging cattle owners to take precautions after confirmed cases of kikuyu poisoning on the mid north coast and lower hunter. Hunter Local Land Services has since received reports of at least three more suspected cases. Kikuyu poisoning occurs sporadically in cattle, especially where rapid growth follows a protracted dry period like the region has recently experienced. Kikuyu is a reasonably drought tolerant pasture, so after rainfall it grows rapidly and kikuyu poisoning most commonly occurs shortly after rainfall. Cattle appear to be most commonly affected but sheep and goats are also susceptible. Kikuyu pastures are a perennial, spring/summer/autumn growing grass that is a predominant pasture across much of the Hunter. Hunter Local Land Services District Vet Digby Rayward said landholders need to take precautions now, after more rain fell in parts of the

region at the start of March. Producers need to regularly monitor stock on kikuyu dominant pastures and where possible provide alternate feed such as silage or hay. "Generally cattle dislike and avoid the affected kikuyu pasture and poisoning only occurs when they have no other choice but to eat the toxic pasture," Digby said. "Over my 40 year career as District Vet I have seen less than 20 cases of kikuyu poisoning, with the most extreme case in the Tea Gardens area, where 70 cattle died. "Kikuyu poisoning is an acute disease usually occurring 24-48 hours after exposure to toxic pasture which can result in sudden death." Other clinical signs that may be seen in cattle with kikuyu poisoning include drooling, sham drinking, tongue paralysis, dehydration, unusual vocalisation, abdominal pain, distended rumen, smelly green diarrhoea, lack of coordination, staggering, high stepping

gait, aimless wandering, lying down and reluctant to move. Diagnosis is based on clinical history, post mortem and laboratory testing. "There is no specific treatment available for kikuyu poisoning but they can recover if removed from the toxic pasture and supportive care is provided," said Digby. "It is recommended to remove stock from the pasture for as long as possible, then slowly and carefully reintroduce them to the paddock. "It is important to provide another feed source such as hay or silage to dilute out the toxin if any still remains." Also regularly check stock and monitor if they are avoiding any sections of a paddock. Contact your local Hunter Local Land Services district vet if you have concerns for stock on your property. Contacts are available through our website www.hunter.lls.nsw.gov.au

■ Photo above: Thick saliva drool

Singleton Council crews rush to support the community following storm event

Singleton Council staff were called in to respond to the storm that hit parts of the Singleton local government area last Sunday afternoon, with seven crew members working into the night to clear roads. Council received a call from the State Emergency Service about 4pm with a request for assistance after the storm wreaked havoc in parts of Sedgefield, Mitchells Flat, Glendonbrook and Gresford Road. Council's parks and roads crews have today continued the clean-up in the aftermath of the event.

General Manager Jason Linnane said the bulk of the work was clearing fallen tree branches and tree trimming. "It's just another example of how Council crews are always on hand to lend a hand to people in our community, and a testament to the commitment of our staff," he said. "They did not think twice to drop what they were doing and leave their own families on a Sunday afternoon to get stuck into what needed to be done to support others. "Our thoughts are with



those families who were impacted by the storm on Sunday. "We know people in our community endured significant trauma when the storm came through.

There will be long-lasting impacts on the families involved and Council sincerely hopes for a quick and easy repair and recovery process."

Find us on

North Rothbury
Tidy Towns
House of the Month Caring for our environment



House of the Month - March 2018

Kristy from 7 Morgan Street, North Rothbury has been picked by last month's winner, as the best house from North Rothbury, Huntlee and Hanwood. Congratulations Kristy on your beautiful home!
Kristy gets to select next month's winner, and with all this rain everyone should be in with an excellent chance!

AN ATHEIST IN THE WOODS
An atheist was walking through the woods in a Mid-West State of America. "What majestic trees!
'What powerful rivers!
'What beautiful animals!
He said to himself. Suddenly, he heard a rustling in the bushes behind him. He turned to look ... and saw a 7-foot grizzly bear charge towards him. He ran as fast as he could

along the path. He looked over his shoulder & saw that the bear was closing on him He looked over his shoulder again, and the bear was even closer and then He tripped and fell. Rolling over to pick himself up, he found the bear was right on top of him reaching towards him with its left paw ... and raising the right paw to strike ... At that instant the Atheist cried out, 'Oh my God!'

Time Stopped ... The bear froze The forest was silent A bright light shone upon the man, and a voice came out of the sky ... "You deny my existence for all these years, you teach others I don't exist and even credit creation to cosmic accident Do you expect me to help you out of this predicament?" "Am I to count you as a believer?" The atheist looked directly into the light "It would be hypocritical of me

to suddenly ask you to treat me as a Christian now ... but perhaps you could make the BEAR a Christian?" ... a pause ... "Very well," said the voice ... The light went out. The sounds of the forest resumed ... And the bear dropped his right arm brought both paws together bowed his head & spoke ...

"Lord, bless this food, which I am about to receive"

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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"Branxton Gardens" Senior Living, Branxton

Recent sales

SOLD

UNIT 2

SOLD

UNIT 10

SOLD

UNIT 12

SOLD

UNIT 18

HEARD IT THROUGH the GRAPEVINE

TOURISM AWARDS FOR THE THIRD TIME!

The Hunter Valley's reputation as one of Australia's leading wine and food destinations was further cemented on Friday night with an exciting win for one of its leading businesses at the Qantas Australian Tourism Awards.



with Jo Thomas, General Manager HVWTA

Margan was awarded Gold for 'Excellence in Food Tourism' for the third time, having previously taken home

gold in 2014 and 2016. Margan's win was a testament to its popular restaurant, agri-dining focus and vineyard and wine tasting operations, as well as its food experiences, which range from cooking schools to kitchen garden tours. Should Margan win again in 2018 they will be inducted into the Qantas Australian Tourism Awards

Destination NSW Cooperative Marketing Campaign Update

The Hunter Valley Wine and Tourism Alliance, a cooperative between the Hunter Valley Wine & Tourism Association, Cessnock and Singleton Councils, is very pleased to announce that the target of \$300k in pledges from our councils, wine, tourism, local chambers and businesses has been reached



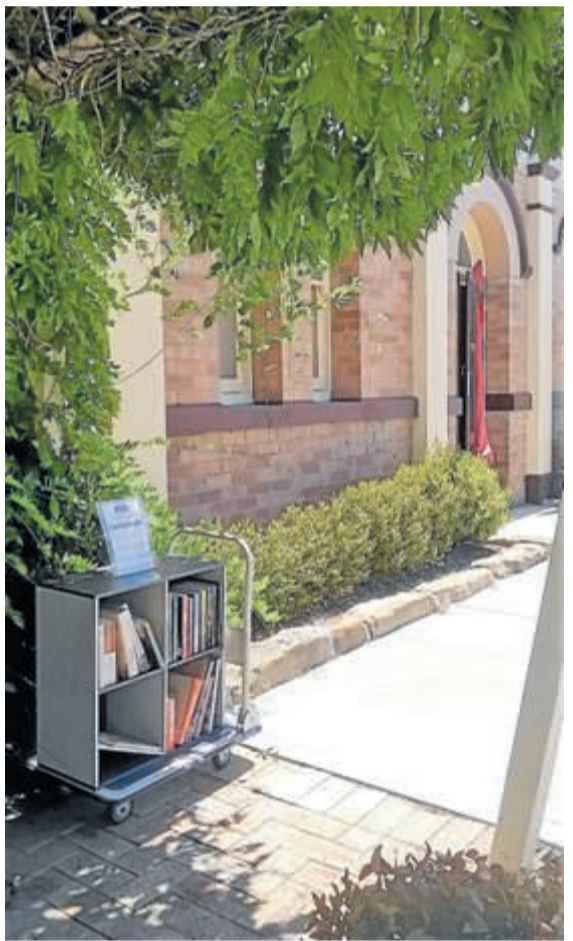
■ Above: Jessica McLeish at the 2018 Sydney International Wine Competition

and an Expression of Interest EOI to Destination NSW (DNSW) has now been submitted. The success of the application will involve DNSW matching the pledges \$1 for \$1 to execute a major destination marketing program worth \$600k. The objective of the campaign is to increase overnight visitation to Wine Country and grow tourism in our area. Wine Country has not had a major campaign in market for over 5 years. We are now waiting to hear back from DNSW on their assessment and review of the EOI. The Alliance will then begin to negotiate on the strategic approach on the development of the marketing program we hope to execute in mid-2018.

You can still pledge - If you would like to pledge further funds, or know of another business owner who may wish to pledge, there is still time and this additional funding would still attract \$1 for \$1 funding from DNSW. **MARGAN WINS HIGHEST HONOUR FOR EXCELLENCE IN FOOD TOURISM AT THE QANTAS AUSTRALIAN**

'Hall of Fame'. **Hunter Valley Wine and Food Producers Win Top Awards** **McLeish Estate's** iconic Semillon range has been honored once again on the international stage, receiving a total of four Trophies awarded to the highly coveted McLeish Cellar Reserve Semillon at the prestigious 38th Sydney International Wine Competition. This year's competition took place in October with 1757 wines judged from a record 13 countries. The Sydney International Wine Competition is unique amongst wine shows in that wines are judged alongside food, making it the most relevant wine competition for consumers. "I am delighted with the four trophies for the 2007 Cellar Reserve Semillon, but the trophy for the 2009 Cellar Reserve Semillon is the one that displays consistently high pedigree of our single vineyard that has been producing Semillon since 1985. In the most recent showing results, McLeish Semillon has been awarded 34 trophies and 55 gold medals since the 2007 [vintage]" Bob McLeish says of the recent results.

Things You May Not Know About
with Neridah Kentwell
.....GRETA



Greta Museum Now Has a Community Street Library

Greta Museum has recently set up a street library for Greta and joined the street library community. See www.streetlibrary.org.au. Street libraries are a great way of helping literacy in a community and sharing books no longer wanted. These days books don't seem as precious as they once were, probably because of the internet. Greta Museum Community Street Library wants to get people reading more and sharing more, as there aren't a lot of quiet activities to do in our small town. And there is nothing better than a book you haven't read that looks inviting. Anyone can set up a street library by placing a box outside their home or place of work for people to help themselves and perhaps also give some back. The words that are used to help people become involved are: "Take a Book, Give a

Book, Share a Book." The Greta Community Street Library goes outside when the museum is open, under the shade of the wisteria near a bench to sit on if needed, and is proving to be popular. Even if you don't want to part with any of your own, books can now be purchased for as little as 50 cents at op shops and library sales for this purpose, and your money helps the op shops and libraries as well, in the process. Who knows, those old history books may shine a path for someone to become interested in the past and involved in their local museum one day? Or perhaps old gardening books will encourage a budding horticulturalist to blossom? To donate books or see what's on offer to take home, free of charge with no paperwork, come to the Greta Museum (former Council Chambers) at 96 High Street Greta. Situated between the Greta Bakery and the former Greta Courthouse. Open Wednesdays and Saturdays 11am - 3pm. Contact Neridah on 0427657150 or email gretamuseum@gmail.com.

Magpies True Aussies by Norm Cruickshank

WITHOUT a doubt these birds are an almost daily part of our life experience, especially in the broad open fields and woodlands of the countryside where pasture exists in abundance amongst a smattering of tree cover. Even though that is a preferred habitat, he willingly accepts a 'sign of the times' place in the order of things as a city dweller on the understanding he will brook no compromise as a lesser creature, but fully taking his rightful place with all its attendant risks and benefits.

Cohabiting city park & garden he vigorously defends a nesting territory with any number of hungry offspring, commitments that truly tests his worth. He will protect with relish and enthusiasm his home and asks in no uncertain terms you respect his claim to a seasonally selected plot. This pugnacity if that's what it be, is often called into question and threats on his life are sometimes foolishly given.

Chest out thrust magpies casually strut their world, looking on all with disdain, often disputing the passage of those who would wander close. Sometimes moves away with mild annoyance, while at the same time accepting you have a part to contribute in his kingdom, albeit as servant. His black and white badge of office fits that demeanour with the cut of a master not lackey. No beggar is he and never is his feathered finery ragged or unclean, even so he will stoop to accept your tit bits offerings, proudly excusing such generosity as expedient survival.

He voices his opinions forcefully and with clarity from the highest forum. From early morn to late evening condescends to warble and chortle loudly with fellow kind upon the open ground, in park, broad field, on cricket pitch and bowling green, the fairway of any ol' golf course, beside a park bench or wherever people meet, displaying a frank openness for all to see. One of nature's respected forthright few, a feathered politician of considerable diversity and complexity whose vocal renditions are the vehicle of his outwardness and strength, all unyielding in the face of man, beast even nature herself.

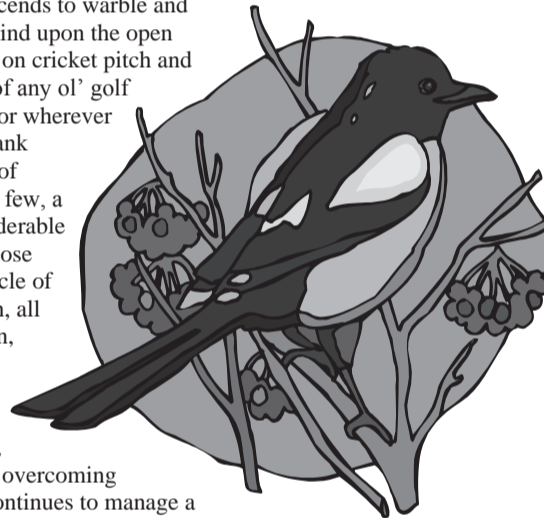
With respect for all aspects of survival, he is a mover and shaker in the bird world, capable of withstanding and overcoming much of his problems and continues to manage a lifestyle far removed from what nature may have originally intended. I respect him for his tenacity, his character, his skills and best of all I love him when he with gusto stands in an open field, atop a lofty tree or on the centre of his bowling green, warbling forth his full throated delightful operatic bravado to the world in fulsome voice, so grand and immeasurable it makes the human heart take flight.

He is the bird world's answer to being a radical thinker, larrikin if you like, proud and a ready holder of all that's dear. You and I can be thankful he is as dinkum an Australian as that very word conveys. If one day, you may be feasting in some park or near a stream and a group of black & white frocked troubadours deign to come your way, offer them a morsel of your goodies, for they will perform and sing songs to please the soul and your life will be the richer. Eventually they will go their way, ready and willing to entertain another band of approaching wanderers with heavily laden baskets well fitted to please the lot of any deserving magpie.

© norm cruickshank



Norm Cruickshank



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SUNDAY
11th MARCH - \$2,100

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The best fiction books of 2017

Here are our top 10 fiction books of the year, voted for by Readings' staff, and displayed in no particular order.

Pachinko by Min Jee Lee

Family and history come together in this captivating saga that spans nearly 100 years. *Pachinko* follows the multi-generational story of a Korean family and their personal struggles as immigrants in Japan. Lee captures the subtlety of human emotion with a masterful eye and raises important questions of identity and belonging. A compelling read.

— Isabel Baranowski

Conversations with Friends by Sally Rooney

This debut from a young Irish writer is one of the most buzzed-about books of the year – deservedly so. The heartbeat of this incredible novel lies in its witty, startling dialogue, played out between two college students (ex-girlfriends, now best friends) and an older married couple. Rooney's prose is dazzling, her emotional intelligence acute.

— Stella Charls

A Long Way From Home by Peter Carey

Irene and Titch Bobs love cars – and with their strange neighbour, Willie Bachhuber, they embark on the drive of their lives around Australia in the famous Redex Endurance trial. Along the way, they encounter wonderful characters and Willie discovers his past. The two-time Booker winner will surely be up for a third with this creation.

— Mark Rubbo

The Power by Naomi Alderman

The year's Bailey's prize-winner is a mad, glorious, thrilling ride through an alternative future where women become the dominant sex after waging a brutal and bloody war on men. Full of brilliant insights on gender politics, power, religion and violence, *The Power* has all the hallmarks of a modern classic.

— Lian Hingee

Anything is Possible by Elizabeth Strout

The thing that consistently gets me about Elizabeth Strout is her surprising sense of scale. Gradually, all her small details, her moments of good and bad communication, build up to a greater life picture, all with that cold, strange, *Fargo*-esque atmosphere. I like it all.

— Oliver Driscoll

Goodbye, Vitamin by Rachel Khong

A sharply observed, wry account of a woman who comes home to care for her father with Alzheimer's disease, *Goodbye, Vitamin* pulls off the difficult trick of being a funny book about sad things. Told in short and well-crafted scenes that build together to make something incredibly heartfelt by the end.

— Chris Somerville

Jean Harley was Here by Heather Taylor Johnson

Charmingly written, this is the story of Jean Harley, who we never actually meet. Instead, we meet the people in her life who are impacted when she's knocked off her bike by a van on her way to work. Full of heart and soul, this book is one of the year's best.

— Gabrielle Williams

Manhattan Beach by Jennifer Egan

Taking us from Brooklyn in the Great Depression to World War II, *Manhattan Beach* is a masterful novel of America's growth toward global superpower. As Anna Kerrigan strives to escape the boredom of work at the Brooklyn Naval Yard, the world begins to change and reveal its possibilities. It is a story of striving and self-doubt, thrillingly alive and beautifully written. As close to perfect as a book gets.

— Robbie Egan

The Town by Shaun Prescott

bit like many things, nothing quite like anything else, Shaun Prescott's *The Town* might be *Wake in Fright* written by Dostoevsky (as a try-out for *Notes from Underground*). But it's funnier. It's a plot full of holes and a story without end.

Something's always happening but there's nothing going on – life's a bit like that, and *The Town* is full of life – running on empty.

— Mark Luffman

Gravity Well by Melanie Joosten

An exquisite exploration of grief and loss, family and friendship. These entwined tales follow two women, once best friends – and circles back to confront the taboo that broke their friendship, and the traumas that have broken them now. Honest and interrogative, infused with feeling, this is a beautiful book by an accomplished Australian author.

— Jo Case

Combined Print & E-Book Nonfiction

New York Times 4/3/18

1. 7 weeks on the list

FIRE AND FURY

by Michael Wolff

A journalist offers an inside account of the first year of the Trump White House.

2. New this week

ENLIGHTENMENT NOW

by Steven Pinker

A case for using reason, science and humanism to counter pessimistic views of Western civilization

3. 41 weeks on the list

ASTROPHYSICS FOR PEOPLE IN A HURRY

by Neil deGrasse Tyson

A straightforward, easy-to-understand introduction to the laws that govern the universe.

4. 4 weeks on the list

ALL-AMERICAN MURDER

by James Patterson and Alex Abramovich with Mike Harvkey

The story of Aaron Hernandez, the New England Patriots tight end convicted of first-degree murder

5. 2 weeks on the list

EVERYTHING HAPPENS FOR A REASON

by Kate Bowler

A divinity school professor examines her tacit beliefs when she learns she has late-stage colon cancer

REVIEW

Fire and Fury review: the book Donald Trump deserves

Michael Wolff's tell-all page-turner captures the chaos of political life under the 45th president

No other country feasts on the political memoir as much as America.

Almost every American president has been faced with the scourge of the political tell-all, as former political operatives, hangers-on and senior administration figures, from secretary of state to CIA director, rush to spill the beans on their time near the centre of power.

Unfortunately for Donald Trump, that moment has come sooner rather than later. Less than a year into his presidency, Michael Wolff has

published a new book, *Fire and Fury: Inside the Trump White House*, one of the first attempts to lift the lid on the Trump presidency.

To paraphrase Trump's famous warning to North Korea which provides the title of Wolff's book, *Fire and Fury* has unleashed a publishing phenomenon that the world has never seen – at least since the latest *Harry Potter*. Queues of impatient readers lined up for hours outside bookstores on publication night, publishers Henry Holt are racing to print new copies, and an internet meme has been born showing North Korean leader Kim Jong-un chuckling hysterically as he leafs through the book.

More significantly, perhaps, *Fire and Fury* has prompted an acrimonious split between Donald Trump and his former chief strategist Steve Bannon and a very public conversation about the 45th president's mental fitness, more specifically whether there are grounds to invoke the 25th amendment of the constitution allowing the removal of a president.

All the time the author is gleefully looking on as the sales roll in. "Where do I send the box of chocolates?" he asked on NBC's Today show.

Wolff himself is a problematic figure. Controversy accompanied his 2008 book on Rupert Murdoch, when he was accused of stretching the truth. Within hours of publication, early readers were quick to spot apparent inaccuracies in *Fire and Fury*. For example, he relays an anecdote which claims that Donald Trump did not know who John Boehner was. In fact, Trump previously played golf with the former speaker of the house and has tweeted numerous times about him.

In the author's note to the book, Wolff sets out his stated aim and methodology: "to try to see life in the Trump White House through the eyes of the people closest to it." He claims to have conducted 200 interviews, including with the president, and to have taken up "something like a semi-permanent seat on a couch in the West Wing", a claim that has been disputed by the White House.

From the outset, though, his methodology proves problematic. Wolff deploys the age-old literary trope of the unreliable narrator. As he plots the story of the Trump presidency, weaving his way through the consciousness of "unnamed" sources, it becomes impossible to see where the perspective of the narrator begins and the objective facts end. Am I correct? Have a read and see!



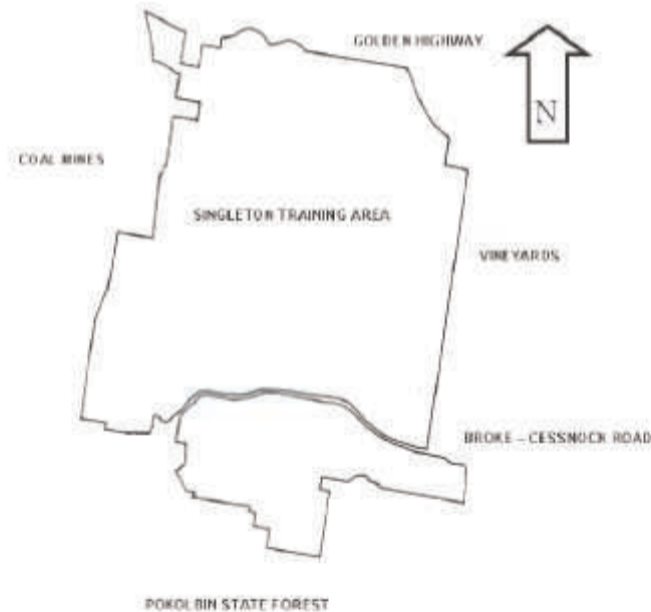
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DEFENCE FIELD FIRING RANGES

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Singleton Training Area is described generally as the area bounded to the south by Pokolbin State Forest, to the east by commercial vineyards and to the west by a combination of rural developments and open cut coal mines. The northern boundary is defined by the Golden Highway which separates the range area from the Singleton Military Area.

Firing practice using live ammunition are conducted continuously on this training area. Low power laser range finders are also used.

Death or serious injury may result from being struck by a projectile. Eye damage may occur when viewing laser beams from within the training area boundary.

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FREE PROPERTY MARKET APPRAISALS

Newcastle Writers' Festival is coming to Cessnock LGA!



Cessnock City Council is thrilled to welcome the 2018 Newcastle Writers Festival to Cessnock for the first time as the Festival teams up with Cessnock City Library and Cessnock Performing Arts Centre (CPAC) to host a prestigious author event and popular children's author program in local schools. Cessnock City Mayor, Councilor Bob Pynsent said it is an amazing opportunity for Cessnock and looks forward to Council working with the Newcastle Writers Festival. "The festival has been running since 2013 and has gone from strength to strength. Last year the program boasted 85 events that were enjoyed by around 9,000 visitors. We are excited to be a part of this fantastic celebration of writers and welcome visitors to our local government area." Local school students will be lucky enough to meet and hear from acclaimed Australian

children's authors Kate and Jol Temple, Yvette Poshoglian and Tristan Bancks as they visit 16 local schools as part of the Festival's Schools Program. The visiting writers will perform their work, talk about their craft and take questions offering local students a unique and creative learning experience. On Saturday 7 April *Secrets and Lies: an evening with Michael Robotham* will be held at the CPAC. There is no doubt it will be a memorable evening with the novelist in his early years working as an investigative journalist across America, Australia and Britain. He investigated notorious cases such as the serial killer couple, Fred and Rosemary West and worked with clinical and forensic psychologists assisting police investigate psychological driven crimes. As a senior feature writer for the UK's Mail on Sunday he was among the first people to

view the letters and diaries of Czar Nicholas II and his wife Empress Alexandra, unearthed in the Moscow State Archives 1991. He also gained access to Stalin's Hitler files, which had been missing for nearly fifty years. In 1993 Michael quit journalism to become a ghostwriter for non-fiction titles involving prominent figures in the military, arts, sport, and science. Michael's 2004 debut thriller, *The Suspect*, sold more than one million copies around the world. In 2015 he won the UK's prestigious Crime Writers' Association Gold Dagger Award with his standalone thriller *Life or Death*. Tickets to *Secrets and Lies: an evening with Michael Robotham* are \$25 and available by contacting Cessnock Performing Arts Centre on 4993 4266. Michael will also be signing books after the event.



Pets and Patrols with Ranger Kurt

Pedestrian safety

Pedestrian safety has always been a top priority across our region and the latest crackdown by the NSW Government is aimed at putting pedestrian safety first and we're encouraging local residents to take extra caution.

The crackdown will mean people caught doing the wrong thing will receive an even bigger fine, hitting motorists hard in the hip pocket and if you are caught doing the wrong thing in a school zone you will lose two demerit points.

The changes have resulted in several penalties for offences being increased and in some cases more than doubled.

Residents doing the school drop off and pick up are strongly encouraged, more than ever before, to choose safety over convenience and park legally around schools.

All drivers are warned that stopping or parking on a footpath/nature strip will now result in a fine of \$257.

Other offences attract a whopping \$439 fine, including stopping within 20 metres of an intersection with traffic lights, within 10 metres of one without lights or stopping near bicycle lights.

The biggest change is for stopping over a pedestrian crossing or otherwise obstructing access to a ramp, path or passageway. Before the crackdown, this offence attracted a \$110 fine, yet it will now cost you \$330.

Drivers are also reminded that they must park their vehicle in the direction of travel or you will face a \$330 infringement notice.

School zones get particularly busy in peak drop off and pick up periods and people parking illegally put not only children at risk but every pedestrian at risk of being involved in an accident.

The increases to infringements relating to pedestrian safety is now effective. For more information on the changes, visit www.rms.nsw.gov.au.



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



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The internet: subtle changes it has made on people

An essay By Sean Marshall



Computer technology along with the internet has changed the world we live in. Mind you, that's like saying fish need water, birds lay eggs, and fire is hot. We all know the internet has influenced how we work, relax, and even communicate. Yet there are many things that have been subtly changed over time.

Many different markets have undergone complete restructurings without any notice. In some cases, there has even been almost subliminal changes to how people not only learn but view knowledge in general. To fully understand this, it's best to look at individuals that have noticed changes in their businesses, learning experiences, and, in some cases, the way they view themselves. One person who has noticed the changes is Brad Sanderson.

Businesses run differently Sanderson has always loved automobiles, old motorcycles and vintage car culture. His passion even found him selling and trading old parts, and in some cases selling fully constructed vehicles. He had no trouble adapting to business online, but he does remember what it was like in the old days.

Back before the internet took off, Sanderson would spend hours mulling over newspaper ads, searching through junk yards, calling scrap companies, all in an attempt to find the oftentimes rare and old car parts he needed. These parts were often highly valued by vintage collectors, so in theory the work would pay off. Unfortunately, in the real-world, things don't always work out; in many cases, parts weren't in the condition that were advertised, deals would often go to who lived the closest, or parts just simply weren't the right ones. He even admits that "it would take a lot of effort and hours of work, oftentimes not even paying out, and it was frustrating." These bad deals still happen today but now he has the entire world at his fingertips. He explains that when he first started using online services it was vastly different. "There were a lot of changes all at once. I could search all sorts of different places, immediately compare

prices, look at reviews, contact people instantly, not to mention check out retails in other countries, and selling online was much easier."

He continues to mention that, "if deals go bad it's not as big of an issue because I didn't waste hours physically searching." Sanderson talks about the relative ease that online markets have provided, that he can search for specific models and make without as much hassle as before. "I can look all across the world for what I need. Gone are the days of calling up a retail store and asking if they could go search their entire inventory hoping a particular item is in stock." Sanderson does feel that there have been a few subtle changes in the way people do business because of the internet. One of the almost unseen changes that has occurred affects almost all markets, and it's the ability to really know what a product or company is like.

Sanderson explains that buying and selling goods now has an open opinionated feel to it. He further states his opinion by offering the example of online feedback. "Many places offering goods have rating and review built into their online marketplace, which often influences what I'm going to buy." He continues to point out that you don't really get that type of feedback when purchasing conventionally in stores; "the retail experience does not include the optimized comments of others who have actually used the item. You only have the advice of one person, who is usually a salesperson trying to sell you an item."

He feels that it can give a much more honest look at a product. Sanderson does mention he knows the existence of "trolls" and that everything must be carefully evaluated, but with the amount of voices on the internet giving information you can get a good idea about who to buy and sell to. He just feels that with so much customer feedback he can get an actual honest opinion of not only products but of individual retailers, and even what salespeople to avoid. So, if the latest internet and computer technology has subtly and not so subtly changed how business practices work for large retails and individuals everywhere, what else could have changed without notice?

Changes in how we see ourselves and what we depend on

For Tatiana Sergio, it was how she viewed herself. Sergio first started using the internet at a young age, purchasing her first CD online at age 13 and signing up to Facebook before it was big. Now as a young adult, she has a mastery of social media, is a champion of online shopping, and has moderate success when using

search engines. She, like many young adults in the modern world, has used the latest technology to stay current on important events, stay connected with her friends and family, and gain a better understanding of the world around her. This ability to always know what is happening is a way she defines herself.

She doesn't think of herself as smarter than her parents' generation, but she feels that newer technology has changed what it's like to be a young person. "I have to know what's going on all the time, not just with my friends but with politics, science, sports, literally everything," says Sergio. She mentions that because of her increased presence online, it makes her feel like she knows more information about many different subjects. Many young people feel they have to know everything from GDP indexes to why a Bill is considered controversial to some but not to others.

Granted there is another issue at play here: a change in what young people are dependent on. In this case, it may be an over dependence on the internet. Sergio may not agree completely with this but does admit to having a memorable experience without her tech. "About two years back we had an ice storm in my town; it took out all the power and phone lines. I had no way to access the internet or use any of my devices," says Sergio. The latest technological wonders of the 21st century may have given Sergio access to information never seen before but it may have caused her to become overly dependent. She says that, "I literally sat in the dark for hours. I had no idea what was going on. No way to contact anyone, no way to tell if it was my whole city or just my street that was hit by the storm." It was a shock to her realizing that despite being so connected, so knowledgeable, she was no better off than someone who had never used the internet to begin with.

This was, of course, an isolated incident. Sergio recovered from the initial shock and went out into the world and figured out what was going on. She operated like any other functional human being and was alright in the end, but the situation is still something to think about. The internet may have given people unlimited information, but without wisdom and life experience to use, it's really no good to anyone.

One of the most powerful changes that has occurred because of computer technology isn't its effect on our businesses, or even how dependent we are on it, but how we view knowledge. Specifically, how we treat our experts.

A change in how we view experts Knowledge equity isn't a

term that's often used but it's important to know. It comes from taking the traditional meaning of equity, "the value of the shares issued by a company", but replace "shares" with the knowledge a person has in their chosen field. An example of this would be that a doctor has a higher knowledge equity than a carpenter when it comes to medical expertise, but a carpenter has a higher knowledge equity when it comes to home repair.

In other words, it's what makes someone an expert in their field. It's what separates an enthusiast from a professional. The internet with modern technology is changing how people view knowledge equity.

"What people don't understand is that more and more of our jobs involve coming in and fixing their mistakes," says Ian Hopkins. Hopkins has had many jobs over the years from running his own freelance music studio to washing dishes, but right now as an electrical apprentice, he sees just how much internet technology has changed people's views of experts and knowledge equity in general.

Hopkins understands that not everyone sees a 'how to' video and truly believes that they are on the same level as a professional. He knows that the internet has done far more good than bad, even talking about how important it can be; "we're all social creatures and being connected via computers is always going to be a benefit."

What he wants to point out is that because of the amount of easily accessible guides on the internet, people have changed how they view the accumulation of knowledge. "People see a few how to videos and think they can just come in and do the work that tradespeople spent years training on; it can be dangerous," says Hopkins. He continues to say that, "many of our jobs are done because someone thought they could do a better job than a trained professional. We usually come in and repair the damage, and then after cleaning up someone's mess, we have to actually do the job," says Hopkins. Hopkins knows that there have always been how to videos, and that plenty of people have, and will always, spend little to no time actually learning about something before claiming their expertise.

What he wants people to realize is the worth of an actual expert.



MOVIE REVIEW

BLACK PANTHER

"Black Panther" follows T'Challa who, after the events of "Captain America: Civil War," returns home to the isolated, technologically advanced African nation of Wakanda to take his place as King. However, when an old enemy reappears on the radar, T'Challa's mettle as King and Black Panther is tested when he is drawn into a conflict that puts the entire fate of Wakanda and the world at risk.

Rating: M

Genre: Action & Adventure, Drama, Science Fiction & Fantasy

Directed By: Ryan Coogler

Written By: Joe Robert Cole, Ryan Coogler

In Theatres now:

Runtime: 135 minutes **Studio:** Marvel Studios



"Black Panther" is fierce. And now maybe Chadwick Boseman, one of the finest actors around, will become the household word he deserves to be in this beautifully written, thoughtful film that — dare I say it? — will join the short list of 2018 as one of the year's finest. Boseman stars as Prince T'Challa, who is the current Black Panther. The movie starts where "Captain America: Civil War" left off. T'Challa returns to his homeland of Wakanda, Africa, where he will take over after his father's death.

The reigning king must protect Wakanda from outsiders. To visitors, Wakanda appears to be a developing country. But it's really a highly advanced, technologically wondrous place that remains hidden to all but its residents. That's because it's the source of vibranium, a rare material that enables Wakanda to create incredible transportation and science advances.

Some think that Wakanda should share its secrets

with the rest of the world for the betterment of humanity. T'Challa doesn't know whether to keep its marvels hidden or shared. A vicious arms dealer, Ulysses Klaue (Andy Serkis) knows that Wakanda is the source of vibranium — in fact, he has managed to get his mitts on some of the material with the help of his accomplice Killmonger (Michael B. Jordan, "Fruitvale Station" and "Creed") who has ties to Wakanda.

Boseman, not surprisingly, owns this role, as he has in every movie in which he stars. And often playing opposite him is the superb Lupita Nyong'o as a spy. The most interesting secondary character is Okoye, a warrior who guards whomever sits on Wakanda's throne. She is played by Danai Gurira, recognizable from television's "The Walking Dead." Gurira's performance is as remarkable as her character is fascinating — I hope her role as Okoye expands even more in sequels.

Just as intriguing is Letitia Wright, who plays T'Challa's younger sister Shuri, who loves to tease her brother when she isn't inventing some gadget in a role that's reminiscent of Q from the James Bond films.

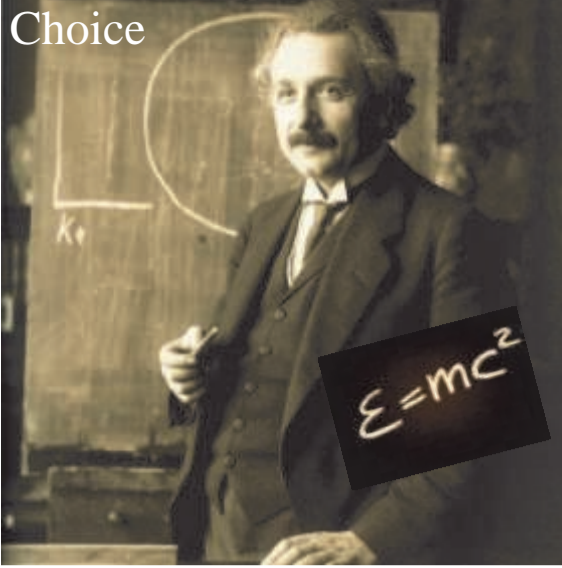
The entire land of Wakanda is a character in itself, with its fascinating traditions, wondrous technology and gorgeous environments. That's part of what makes this such an excellent science-fiction piece, although of course it's also a super-hero film as well an action flick. All I could think of when I saw each aspect of Wakanda was "I want to learn more about this place." The smart script has depth that takes its action and relationships to a cerebral level with themes about history, preserving tradition and race issues. "Black Panther" is outstanding — a multi-genre masterpiece.

4.5/5



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

Editors' Choice



Albert Einstein: not just a scientist

Albert Einstein was one of the world's most brilliant thinkers, influencing scientific thought immeasurably. He was also not shy about sharing his wisdom about other topics, writing essays, articles, letters, giving interviews and speeches. His everyday-life opinions on social and intellectual issues that do not come from the world of physics give an insight into the spiritual and moral vision of the scientist, offering much to take to heart. The collection of essays and ideas "The World As I See It" gathers Einstein's thoughts from before 1935, when he was as the preface says "at the height of his scientific powers but not yet known as the sage of the atomic age". In the book, Einstein comes back to the question of the purpose of life, and what a meaningful life is, on several occasions. In one passage, he links it to a sense of religiosity.

"What is the meaning of human life, or, for that matter, of the life of any creature? To know an answer to this question means to be religious. You ask: Does it many any sense, then, to pose this question? I answer: The man who regards his own life and that of his fellow creatures as meaningless is not merely unhappy but hardly fit for life," wrote Einstein.

Did Einstein himself hold religious beliefs? Raised by secular Jewish parents, he had complex and evolving spiritual thoughts. He generally seemed to be open to the possibility of the scientific impulse and religious thoughts

coexisting in people's lives. "Science without religion is lame, religion without science is blind," said Einstein in his 1954 essay on science and religion.

Some (including the scientist himself) have called Einstein's spiritual views pantheism, largely influenced by the philosophy of Baruch Spinoza. Pantheists see God as existing but abstract, equating all of reality with divinity. They also reject a specific personal God or a god that is somehow endowed with human attributes. Himself a famous atheist, Richard Dawkins calls Einstein's pantheism a "sexed-up atheism," but other scholars point to the fact that Einstein did seem to believe in a supernatural intelligence that's beyond the physical world. He referred to it in his writings as "a superior spirit," "a superior mind" and a "spirit vastly superior to men". Einstein was possibly a deist, although he was quite familiar with various religious teachings, including a strong knowledge of Jewish religious texts. In another passage from 1934, Einstein talks about the value of a human being, reflecting a Buddhist-like approach:

"The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self".

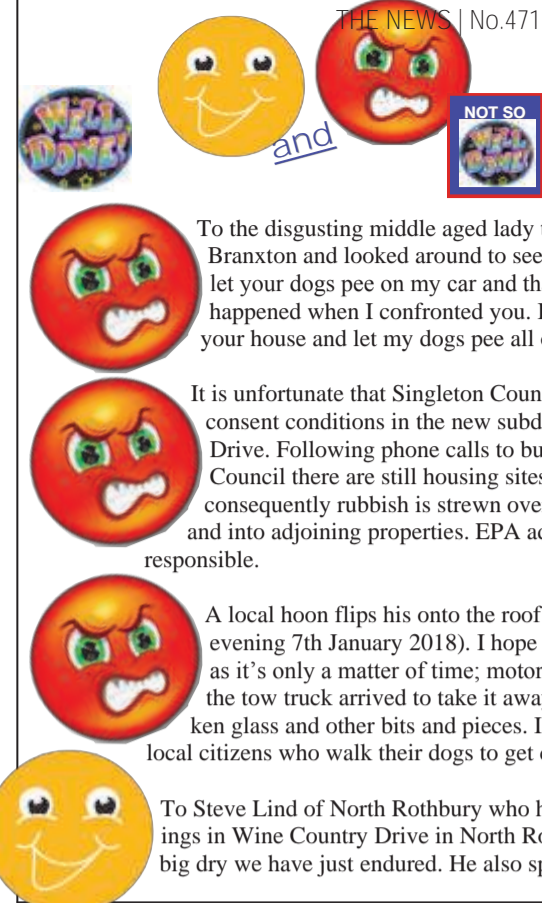
This theme of liberating the self to glimpse life's true meaning is also echoed by Einstein later on, in a 1950 letter to console a grieving father Robert S. Marcus:

"A human being is a part of the whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separate from the rest—a kind of optical delusion of his consciousness. The striving to free oneself from this delusion is the one issue of true religion. Not to nourish it but to try to overcome it is the way to reach the attainable measure of peace of mind."

In case you are wondering whether Einstein saw value in material pursuits, here's him talking about accumulating wealth in 1934, as part of the "The World As I See It":

"I am absolutely convinced that no wealth in the world can help humanity forward, even in the hands of the most devoted worker in this cause. The example of great and pure characters is the only thing that can lead us to noble thoughts and deeds. Money only appeals to selfishness and irresistibly invites abuse. Can anyone imagine Moses, Jesus or Gandhi armed with the money-bags of Carnegie?"

In discussing the ultimate question of life's real meaning, the famous physicist gives us plenty to think about when it comes to the human condition.



To the disgusting middle aged lady that was walking past my car in East Branxton and looked around to see if anyone was watching then proceeded to let your dogs pee on my car and than acted like you didn't know what happened when I confronted you. If I see you in my street again I will come to your house and let my dogs pee all over your belongings. Shame on you!

It is unfortunate that Singleton Council are unable to monitor development consent conditions in the new subdivision area - extension of Lakes Foley Drive. Following phone calls to building companies and 3 to Singleton Council there are still housing sites with no builder refuse bins and consequently rubbish is strewn over a large area including along Rusty Lane and into adjoining properties. EPA advice is that Singleton Council is responsible.

A local hoon flips his onto the roof hooning in Greta Central Park (Wednesday evening 7th January 2018). I hope no one was injured ... but ... it will happen as it's only a matter of time; motor bikes included. It was a long time before the tow truck arrived to take it away and then nothing was done about the broken glass and other bits and pieces. It was all left there for your fellow descent local citizens who walk their dogs to get cut to pieces ... you are a dingbat!

To Steve Lind of North Rothbury who has singlehandedly saved the new tree plantings in Wine Country Drive in North Rothbury. He watered the trees all through the big dry we have just endured. He also spent hours each week watering the park.



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
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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: Palomo town gas heater as new \$400.00. 0407 383026
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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.

Dates for your diary >

TUE 6 March - Branxton Lions Club monthly meeting 4pm Branxton Golf Club
TUES 13/03 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton.
TUES 13/03 - Branxton Public School Visiting Show Circus
MON 19 March - Branxton Public School P&C Annual General Meeting 6pm in the Library, followed by usual meeting
23/03-03/04 SYDNEY ROYAL EASTER SHOW
THUR 29/03 - Branxton Public School Easter Hat Parade
FRI 30/03 - Good Friday
SAT 31/03 - Easter Saturday
SUN 01/04 - Easter Sunday
MON 02/04 - Easter Monday
TUE 3 April - Branxton Lions Club monthly meeting 4pm Branxton Golf Club
TUES 10/04 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
WED 11/04 - Branxton Public School—School photos
TUES 08/05 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
TUES 15/05 - AUSTRALIA'S BIGGEST CANCER MORNING TEA - Venue etc TBC
TUES 12/06 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St., Branxton
TUES 03/07 - B/G CWA ALL-IN-ONE DAY (Birthday, Handicraft, International, Ag/Env). Further Details TBA in 2018.
TUES 14/08 - B/G CWA Mtg. 9.30am, Old St Brigids School


Dates for your diary >

Staff Room, Station St, Branxton
TUES 11/09 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
TUES 09/10 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
TUES 13/11 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
TUES 11/12 - B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton

New concert dates to add to your calendar
OPERA IN THE VINEYARDS at Hope Estate, 6th October 2018
JAZZ IN THE VINES at Hope Estate, 24th November 2018
SHANIA TWAIN 'Now Tour' at Hope Estate, 8th December 2018

Other dates to remember
10th Mar - A DAY ON THE GREEN, James Blunt
10th Mar - HOT DUB WINE MACHINE
24th Mar - CROSSROADS COUNTRY IN THE VINES
21st & 22nd Sept - WOLLUMBI MUSIC FESTIVAL
6th Oct - OPERA IN THE VINEYARDS
24th Nov - JAZZ IN THE VINES
8th Dec - SHANIA TWAIN 'NOW TOUR'

Peter John BUTLER
2/1/73 ~16/3/03



Of all the gifts in the world there could be precious few
That could have been more treasured than a son
and brother as you
Those happy days we shared together when you
were just a boy
Are kept among our memories that we treasure
with such joy
It seems all too quickly those childhood days
were gone
We were so proud of the boy and of the man
you became.

Loved and Missed so vey much,
Mum, Dad, Melissa & families

The Free Branxton Anxiety Support Group
The Free Branxton Anxiety Support Group meets on the 3rd Thursday of each month at 10am at Branxton Community Hall. The next meeting will be on the 15th March. The support group is open to people with Anxiety Disorders and their friends and family. The group is for over 18s and is not suitable for people with Schizophrenia or PTSD. The groups do not meet in January and December. Information on groups at Cessnock, Singelton & Rutherford can be found on the WayAhead website, www.understandinganxiety.org.au. For more information call Rachel on 9339 6013 or email supportgroups@wayahead.org.au

Cessnock Prostate Cancer Support Group
Meet 22nd March at Cessnock Leagues Club at 3pm. Guest speakers Katie and Martelle from the Cessnock Plaza Chemist. Topic - Sleep Apnoea is not just about snoring or feeling tired during the day, it's a serious disorder. Come along ask questions. Cost FREE. Members of the public welcome.

Contact: Barry - 0439404554 or Rose 49904554.



Branxton Public School

Our PBL Assembly took place in Week 5 and many students received their first Bronze Awards, putting them on track for achieving their Power Pup badge later in the year. This year the pup is Purple! Thank you to the parents and community members who attended the assembly to celebrate our fabulous students. The afternoon session was reward time for award recipients with sport, art & craft, STEM, library games & computers or dancing on offer. A great time was had by all.

Mrs Goodyer has provided awesome sand and dirt play areas for our students to use at break times. It has been a popular place for many students to play, chat and dig.

Miss Towns has begun an environmental group to help keep our gardens tidy and beautiful. So far the enthusiastic crew have tidied the front of the school and planted lots of little plants which will become brightly coloured flowers in the near future. Brainstorm Productions brought their 'Buddies' show to Branxton Public School in Week 5. The performance helped to unlock the secrets to making, being and keeping good friends. Students also learnt about how to have fun and stay safe online.

Branxton Public School are finally getting a fence to help with safety and security at our school. It is a huge project and discussions are already underway with respect to construction times. We are also getting some new girls' toilets and a double garage to provide a work space for our General Assistant and storage for the school which will help in cleaning up the areas around the back of the school.



■ PBL Assembly



Greta Public School

With Sarah-Jane Hazell
Relieving Principal, Greta Public School

We are back in full swing at Greta Public School, with all sorts of events happening at

school. You might have seen us out and about on 2nd March participating in Clean Up Australia Day. Our junior students walked to the main street, past the workers club and back to school, picking up rubbish all the way. Our senior students cleaned up our little patch of Australia on the way to the oval for sport. We have had a visit from the Hunter Life Education van (Healthy Harold) so that all of our students could learn about how to live a healthy lifestyle. We are looking forward to an upcoming performance through the Musica Viva program by Teranga, a Senegalese quartet who will share their music, heritage and dance. Students have been undertaking music lessons in class to prepare them for the visit. We are also planning an excursion to a combined ANZAC day service in Newcastle for our Stage 3 students which will include a visit to the ANZAC heritage walk and the Newcastle Museum. I have no doubt the term will continue to be just as full. You are always welcome to read our school newsletter which is uploaded to our web page each week if you would like to keep up with school events.



■ Environmental Group



① Art & Craft



Dates for the Calendar

- Tuesday 13th March - Visiting Show "Circus"
- Monday 19th March - P&C Annual General Meeting 6pm in the Library, followed by usual meeting
- Thursday 29th March - Easter Hat Parade
- Wednesday 11th April - School Photos



■ Dancing



■ STEM activities

Kirkton Public School News

FLORA FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT
Achieve With Pride Swimming Carnival A huge congratulations to our children who all participated with sportsmanship and supported each other beautifully at the small school's swimming carnival. Many children accepted new challenges and attempted events that they were gaining in confidence with. A special congratulations to Millie and Taylor who were runner up age champions. Thank you also to Mrs Mitchell who swapped her days around so that we could have extra help at the carnival. Taylor's swim has qualified him for the combined school's junior boy's relay team. Isaac will join Taylor in the Junior boys relay team with his qualifying time and also compete in the 9 year boys 50m freestyle. Millie's time has qualified her for Zone in the 100m freestyle open, 11 year girl 50m freestyle, breaststroke and butterfly, as well as the senior girls relay team. Well done!



≡ Millie & Taylor both Runner-Up Age Champions

■ PBL Rewards



■ Sand & Dirt areas

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



HUNTER LLS HELPING LANDHOLDERS MANAGE DROUGHT CONDITIONS



The NSW Government is committed to working with producers, communities and industry groups to help ease any impacts of the drought conditions in the Hunter region.

Since decent rain failed to fall in winter 2017, Local Land Services (LLS) has been actively working with producers across the Hunter region to help them manage their livestock and properties during these difficult times.

Brett Miners, Hunter LLS General Manager said, "We are here to help landholders with practical and useful on-farm advice on management issues that they are currently faced with because of the dry conditions.

We have been working closely with landholders across the region to help with assessing pasture conditions and stock management, assessing animal health and welfare concerns, issuing roadside grazing permits, Travelling Stock Route agistment and assistance with pest animal problems."

Hunter LLS has been running non-stop control programs, assisting landholders in drought affected areas to remove pest species, especially wild dogs and pigs.

More than 1,000 pigs have been controlled by the Hunter LLS team in the Upper Hunter since the start of January 2018.

"More than 400 landholders have attended our drought management events across the region in recent months.

We are committed to providing links to support services and advice to our ratepayers on issues from water management, to early weaning, handfeeding advice, current animal health concerns and mental health support," said Brett.

LLS District Vets have been attending weekly cattle sales across the Hunter, monitoring animal welfare and providing support to landholders. They are also assisting with property visits to help producers manage their herd in difficult conditions.

"We are also working with the Rural Resilience Program to deliver a series of Drought Family Farm Gatherings across the region, helping farming communities connect with each other and important services.

Hunter LLS has also offered delayed payment plans to ratepayers affected by drought conditions in the region, during the current rate period.

"We are linking expertise with the landholders and tailoring our delivery options to the needs and challenges faced by producers across the Hunter region," said Brett. DroughtHub on the DPI website is the first place to visit for landholders looking to understand the support measures available to them from both the State and Australian Government.

To keep in touch with regional events and activities coming up across the Hunter region, landholders should visit www.lls.nsw.gov.au/hunter

Australian Thoroughbred

Bloodstock agent got more than he bargained for with Doncaster hope Care To Think

By Isaac Ling

When Care To Think walked into the ring at the 2015 Magic Millions National Yearling Sale

bloodstock agent Neil Jenkinson thought he'd have to fork out \$30,000 or \$40,000 for him.

He was wrong about the price, he picked him up for just \$16,000, but right in his opinion that the son of So You Think had the potential to develop into a successful racehorse.

The bargain buy has already won more than \$840,000 for his big crew of owners and on Saturday will be out to build on his growing resumé when he makes his Group debut in the Liverpool City Cup

(1300m) at Randwick. Jenkinson, who has a close association with Care To Think's trainer Matt Dunn, said the now four-year-old had all the attributes he seeks in a horse and was surprised to secure him for what seems like pocket change in the day and age of million-dollar yearlings. "When he walked in the ring I didn't think I'd get him for that sort of money. I thought I'd have to pay 30 or 40 grand for him," said Jenkinson.

"[He was] quite a correct horse, really good through the hocks, nice hip on him. All the things that I look for in a horse. And the best part about him was that he was cheap.

"He walked really nice. He always had a bit of a sense

of presence about him.

"He wasn't very typical of the So You Think. He's not a black horse like his father, he's sort of more a plain bay. Every time he walked, he walked sort of straight up and back ... he knew what he was doing, he always came back and stood in the same spot."

Jenkinson didn't retain a share in Care To Think – he only keeps the horses that can't be sold – but he still gets plenty of satisfaction out of the role he has played in the gifted gelding's story. "I obviously get a great thrill. To see Matthew [Dunn] getting a great result with him makes me feel like I'm doing my job," Jenkinson said.

"There's people in him that paid almost nothing to be in him. There's a syndicate of guys that own 10 per cent of him and I think there might be 10 or 12 of them in it.

"It's really fun."



Given Care To Think has had just 11 starts, that fun seems likely to continue for some time yet and Dunn has identified April's \$3 million Doncaster Mile (1600m) as a major goal this campaign.

First though there is Saturday's assignment (you'll have to check the results as this was penned last Friday), which is Care To Think's toughest test to date and his first start since he scored a dashing win in

the Magic Millions Cup in January. "He's probably about where he was [on Magic Millions day]. That's all I sort of wanted going into this race. I've got a little bit left in him because I'm hoping that he can go through to the Doncaster and that being the case I've obviously got to leave a little bit in the tank still and have him peaking then," Dunn said.

"He's in good shape, he

travelled down well, he's been down here [Sydney] now for two-and-a-half weeks ... he looks great. "The weight (58.5kg) is probably the biggest issue. He meets some of these horses not that well at the weights." If things go to plan on Saturday Dunn said Care To Think is likely to contest the George Ryder Stakes (1500m) on March 24 before tackling the Doncaster a fortnight later.

Detailed saleyard report



Saleyard report - cattle

Singleton Report date 28/2/18

There was a rain affected penning of 560 mixed quality cattle today, a reduction of 570 head. Grown cattle and yearlings were most affected with vealers and weaners seeing the bulk of the yarding. All regular operators were present, butchers active in the penning of some very good trade cattle, including drafts of supplementary fed stock. Light calves to restockers saw dearer trends to average 321c/kg, while vealers to the trade lifted for the best drafts of supplementary fed cattle. These sold to dearer trends of 25c, quality improving to see the heavy weight steers 10c/kg better. Medium weight heifers lifted as much as 22c/kg for trade types. Light heifers to feed were also dearer by 5c/kg. Lack of numbers and quality in the yearling section saw cheaper trends of 16c for steers, while light weight heifers saw slightly dearer trends of 6c/kg. No numbers of grown cattle to quote, however light cows lifted slightly to be 2c to 4c/kg better. A very light penning of heavy cows saw cheaper trends of 4 to 6c/kg. Another light penning of bulls sold firm.

Scone Report date 27/2/18

Numbers for Scone reduced by half to 1,440 head of mostly mixed quality cattle with weaners and yearlings showing the biggest fall and cow numbers back by 30%. The usual buyers attended with feeder and restocker orders active. Calves sold to mostly cheaper trends with quality a factor. Feeder orders were active for the light weight steer yearlings and these categories showed dearer trends of 8c to 10c, while the medium weights also showed rises of 10c/kg. The heifer portion also sold to dearer trends with drafts showing rise of 11c/kg, with improved quality showing through. Medium weight heifers also improved by 5c to 8c/kg. There were few grown cattle for a reliable quote, however some drafts of older heavy steers went back to the paddock, on top of the rain which fell through the district. Best cows sold to slightly cheaper trends of 2c to 3c/kg for the heavy D 3 and D4 types, however numbers and quality were factors. Light restocker cows showed firm trends with some pens going back to the paddock. There were no bulls to quote.

TRLX Tamworth Report date 26/2/18

Following much needed rain there was a small reduction in numbers. Young cattle were well supplied, particularly medium and heavy weight yearlings suitable to restock and feed. Cows were also well supplied. The overall quality of the offering showed improvement with more straight and bigger lines available. Condition varied with the majority of the well finished trade cattle coming off crop or supplementary feed. The full field of buyers were in attendance and there was a stronger restocker presence following decent rainfalls. That increased restocker demand and competition resulted in the weaners showing strong price gains and dearer market trends. The steer weaners saw improvements of 13c to 30c/kg in the medium and heavy weight classes and more for a few very light weights. There were similar trends through the heifer portion and more in places. Medium and heavy weight yearling steers were up to 5c/kg dearer to feed and more for those to restock. There was very little change in the heifer portion to restock and feed. Well finished heavy trade heifers sold to a dearer trend of up to 6c/kg. Heavy grown steers with less than 6 permanent teeth sold to a dearer trend of 7c to 9c/kg. The older manufacturing steers also sold to dearer trends with an improvement in quality in places. Well finished grown heifers experienced strong gains. The lightly muscled heifers suitable to feed also experienced strong improvement. The medium weight 2 score cows remained close to firm, while the plainer condition 1 score cows attracted increased restocker demand and sold to a dearer trend. The well finished heavy weight cows sold to a dearer trend of 3c to 7c/kg as processor demand increased.



Chamber welcomes news of significant growth in tourism dollars

The Hunter Business Chamber has welcomed news of significant growth in international tourism spend across rural and regional NSW. Chamber CEO Bob Hawes said that the announcement by Minister for Tourism and Major Events Adam Marshall of record spending across the State's visitor economy was very encouraging. According to Tourism Research Australia's statistics for September 2016 to 2017, rural and regional NSW recorded growth of 30 per cent over the last 12 month period for both international visitors and expenditure.

"This means more visitors to our region, driving a stronger economy. This is great news. "The Hunter ranked 11th out of the Top 50 Tourism Regions for total visitor nights, recording a regional expenditure of \$222m. This was an increase of approximately 25 per cent on the previous 12 months. "While these figures are encouraging and great to see we do need to recognise that the Hunter is still a small part of the market overall attracting only 2.4 per cent of international visitors from the broader market. "Those that are in the international market are

getting the benefit of tourism spend so the challenge is to ensure Hunter operators are international ready. There is a greater need to engage with operators that have the potential to appeal to the international market in order for business and the region to benefit. "With significant growth in tourism across regional and rural NSW, we need to ensure that these areas are receiving the infrastructure investment they need to support a growing visitor economy. "Investing in the future of our regional economies is more important than ever," Bob said.

Housing Affordability Report points to Cessnock Shire

The report, housing affordability, looked at affordability for workers in key professions including teachers, ambulance drivers, paramedics, nurses, firefighters and police. The housing crisis in Sydney, driven by high house prices and a tight rental market, continues to push home buyers further out into surrounding regional areas. The consequence is that Sydney has had 20% of its key workforce move away from Sydney in the last decade, while regional areas have seen a rise in numbers. The Hunter Valley experienced a 13.6% rise in numbers of workers in the key professions such as teaching and nursing, moving into the region. A rise in vehicles driven to work is another consequence of the Sydney property market, and key workers

living in regional areas often unable to catch public transport due to shift work and lack of services. Most capitals across Australia are experiencing a downturn in property values, with Hobart the only capital still seeing a rise in value. Regionally, the story is somewhat different. A lack of affordability in capital cities means that outlying areas are still experiencing a slight rise in property values. Teachers Mutual Bank CEO Steve James said that despite a cooling market in most Australian capitals, home loans in Sydney suburbs are still out of reach for key workers. "For a key worker, finding somewhere affordable to live in reasonable proximity to their work is becoming impossible for those not already in the property market," said

Mr James. "The report has found that the closest local government area with an affordable median rental price for an entry level enrolled nurse is Cessnock in the Hunter Valley. That's about 150km from any hospital in Sydney city, making it a 300km round trip per day," said Mr James.

Branxton & Vineyards Real Estate
 4938 3300
 0412 566 041

Council proactively addressing skills shortages



Cessnock City Council is taking a strategic approach to training needs and skill shortages in the local government area with the Cessnock City Skills Audit underway. Local businesses are being asked to partake in a survey and inform Council about the skill shortages they experience when operating their business. Over 400 businesses have participated so far, the goal is to get to well over 1000 businesses to complete the survey. Cessnock City Mayor, Councillor Bob Pynsent encouraged businesses to ensure they support the initiative by completing a survey. "This is the first step of a very exciting and important project for our local economy. All information collected from these surveys will be analysed and used to inform future training programs, as well as drive future initiatives that support businesses and more importantly - sustain local jobs." Council will be working alongside training and education providers, chambers of commerce and businesses to establish training programs that directly address local skill shortages identified in the survey. These programs will target groups in our community facing higher barriers to employment including unemployed residents, youth, indigenous persons or people living with a disability. The program will also identify how governments, training bodies and institutions can return value to businesses by planning and providing programs to develop a future workforce with specific attributes required by businesses. "The connection between businesses and the tertiary education sector is the missing link. This is not only a local matter, the separation of training outputs and business workforce needs is an internationally recognised issue". Mayor Pynsent said the benefits of addressing training needs will be felt across the entire business community. "We are taking a holistic approach to economic development in our local economy, constantly looking at ways to remove barriers to growth of business and remove barriers to unemployment." To find out more on the Cessnock City Skills Audit, please contact Economic Development Manager Jane Holdsworth on 02 4993 4257.

■ Photo above: Local business owner, Julie Walker (at left) from Pizazz Boutique Clothing completing a survey with Cessnock City Council's Economic Development Manager Jane Holdsworth.

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FRIDAY 13TH APRIL

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FROM THE VIPER CREEK BAND

DJ JERRY GIBSON

12 mid - 2am

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SPORTS RESULTS GOLF

Branxton Veteran Golfers Results 22-2-18 Stableford

"Millennium Trophy"

1st T. Seamer 35 pts (c/b)
 2nd R. Yandle 35 pts (c/b)
 3rd R. Showman 35 pts
 4th B. Turner 33 pts (c/b)
 5th A. Cannon 33pts
 NTPs Ladies T. Martin Gents T. Seamer Members draw - Not won
 "What - a - day!! A mild Summer's Day, light cloud cover with a South-Easterly breeze, to keep the players comfortable, whilst competing in to-days event. Congratulations to Tony Seamer, who 'squeaked in' to win this closely fought contest. It follows on from his narrow win at our "Away Day" at Hawks Nest on Fri 16th. A well done to all other winners and placegetters.

Results 1-3-18 Stableford

Div 1 Winner K Anderson 32 pts R/u B Turner 31 pts 3rd G Musiliak 28 pts
 Dive 2 Winner R Chalmers 34 pts (SOD) R/u P Hocking 32 pts 3rd S Condran 30 pts
 Ladies winner M Hunt 29 pts R/u R McCarthy 27 pts 3rd T Martin 25 pts
 NTPs Ladies M Hunt Gents R Showman Members Draw - Not won
 Although Autumn is with us, Summer temperatures prevail. Another pleasant day, with sunshine and a gentle Easterly breeze, greeted the players who had assembled for a round of golf. Congratulations to Richard Chalmers on winning his division and achieving the "Score of the Day" and, a well done to all other winners and placegetters.

LN Bootes, Hon Sec

Branxton Golf Club

Saturday, 17th February 2018 SATURDAY COMP - STABLE SUMMER CUP RD 5
 Field: 44
 Grades A David Matt 41 pts
 Grades A Michael Simpson 40 pts
 Grades A William Kennedy 38 pts
 Grades B Murray Johanson 43 pts
 Grades B Stephen Ross 39 pts c/b
 Grades B Tony Seamer 39 pts
 Grades C Michael Carling 41 pts
 Grades C Mick Martin 38 pts c/b
 Grades C Mick Lutovac 38 pts
 NTP 2/11 R Crooks 142 cm
 NTP 4 G Wilton 194 cm
 NTP 9/18 N Jordan 117 cm
 NTP 13 D Kinch 227 cm
 Balls 13 Distributed down to score: 35
 A field of 44 players contested Saturday's last round of the Summer Cup, a stableford event where each grade needed excellent scores to win their respective events. David Matt showed he still has what it takes to win A Grade with an impressive 41 pts, just ahead of the ever improving Michael Simpson who has found his form of late with his 40 pts. William Kennedy's 38 pts was good enough for third. Club

Captain Murray Johanson finally found his form, easily winning B Grade with an outstanding 43 pts, well clear of the very consistent Steve Ross with 39 pts and Tony Seamer with the same score. Mick Carling enjoyed his day out winning C Grade with 41 pts with Mick Martin and Mick Lutovac filling the places with their 38 pts. 35 pts was needed to win a ball on a day where the DSR was 68. The shot of the day belonged to Neil Jordan on the last, finishing just over a metre away whilst Dave Kinch's shot to the 13th deserves a mention, only 227 cms away. Next week's event is the "Johnny Martin's Break and Clutch day", a 6x6x6 event which always proved challenging. Every player wins a prize so all players are encouraged to enter and support John's company as he has consistently supported the club with this annual sponsorship. On Sunday the Hunter Valley Pennants Competition continued with the A Grade team having an excellent win defeating the strong Maitland team 3.5 to 1.5 at Muswellbrook—well done boys! The super strong B Grade team continued on their winning ways defeating Aberdeen 2.5-0.5 at Cessnock to remain undefeated. C Grade had their first win defeating Paterson 2.5 – 0.5 at Maitland whilst the Seniors had a bye.

Saturday, 24/2/2018 February 2018 SATURDAY COMP - STABLEFORD

Sponsor: VALLEY BRAKE AND CLUTCH – JOHN MARTIN SPONSORS DAY
 Field: 44
 TEAMS
 1ST – P WILTON, M MOYLAN, K O'CONNELL, R BARRINGTON – 91pts
 2ND – D MATHERS, D HOLLIS, T FOSTER, J MARTIN – 87pts
 3RD – R CALDWELL, L HUNT, D HODGES, T McGEE – 87pts
 4TH – L PORTER, M CARLING, D KINCH, M LUTOVAC – 81pts
 SINGLES
 1ST T ZAWIRSKI 40pts
 2ND L HUNT 39pts
 3RD J TRACEY 39pts
 Nearest the Pins:
 A Grade: 2nd/11th Kyle Mounser 4th/13th Peter Wilton 9th/18th K.O'Connell
 B Grade: 4th/13th: David Kinch 9th/18th: Dan Rogers
 C Grade: 2nd/11th: D.Mathers 4th/13th: M.Barrett 9th/18th: Lennie Porter

LONG DRIVES

A GRADE – M SIMPSON
 B GRADE – D MUNCASTER
 C GRADE – L JACKSON
 LADIES – K O'CONNELL
 Everyone who played received a golf ball
 The Annual "Valley and Clutch" day, a 4 person 6x6x6 event was played on Saturday due to the generous sponsorship from John Martin where all players received a golf ball for playing. The winning team was Peter Wilton, Richard Barrington, K.OConnell and Mark Moylan with a very impressive 91 pts was scored. All teams would have been under great pressure for the last 6 holes where 3 of the best scores were needed to ensure a good score was recorded. The fact that this team won 2 nearest the pins on the day showed that they were

certainly in form. Both teams who came second scored 87 pts with the 4th team another 6 pts back. Ted Zawirski won the individual event with an excellent 40 pts, just ahead of Lee Hunt and Club Champion Joshua Tracey who both scored 39 pts. The Pennant teams continued their competitions on Sunday with the talented A Grade team unfortunately lost 3-2 to The Vintage at Singleton; the very strong B Grade team won 3-0 against Cessnock at Aberdeen, to continue their undefeated run; C Grade won 2-1 against Hunter Valley at Dungog to put them into equal second place, whilst the Seniors had a win, defeating Muswellbrook 2-1 at Denman.

Branxton Open 2018 Overall Scratch Winner: Cameron Johanson 72

A Grade: Scratch Winner: Cameron Johanson 72
 Runner Up: Peter Wilton 73 c/b

B Grade: Scratch Winner: Neil Jordan 36 c/b
 Runner Up: Eddie Barrett 36

C Grade: Scratch Winner: Steve Ross 83
 Runner Up: Bob Biles 84

Stableford Winner: Mark Makin 40 pts
 Runner Up: Richard Crooks 37 pts

C Grade: Scratch Winner: Matthew Lorenz 93 c/b
 Runner Up: Phillip Hocking 96 c/b

Stableford Winner: Lee Jackson 35 pts
 Runner Up: Ted Zawirski 33 pts

PHIL SHIVNEN MEMORIAL TROPHY

Taj Vesper 96 TED MEYN MEMORIAL TROPHY Mark Makin 40 pts

NEAREST THE PINS

2nd/11th A Grade: Chris Zawirski 950 cms B Grade: Richard Crooks 339 cms C Grade: Graham Bull 90 cms 4th: A Grade: Steve Kearney



Saturday March 10th at 10am is Pokolbin Rugby Clubs Junior Registration Day but with an added bonus. Former Wallaby David Campese will be running a Rugby Academy from 11am. David will involve both Coaches and Players handing over his particular philosophy on rugby. All current



David Campese

and potential junior players are welcome. Following the Junior Academy, the senior club will be running their first trial game of the season in a 4 way competition from 1:30pm. For the first time Pokolbin Junior Rugby will be introducing the Little Rugby program run by highly trained instructors. Little Rugby uses non-contact games that centre around developing core skills like evasive running, passing, catching, balance, physical agility, teamwork, listening, understanding and responding to instructions, hand-eye co-ordination...Little Rugby develops them all. The program will be available for 2-7 year olds with each child playing alongside other kids of similar age and ability. The Little Rugby program will be held from 4.30pm on Thursday afternoons at St Philips Christian College. Pokolbin Junior Rugby Club train from 4pm on Thursday afternoons with the older teams also training on Tuesday afternoons. Registration is only \$100 per player with the Actives Kids Bonus available. Pokolbin Junior Rugby Club is all about participation at any skill level. They encourage kids to get out on the field and have fun. For more information, find Pokolbin Junior Rugby Club on Facebook, email admin@pokolbinrugby.com or call President Melissa Meyers on 0419 611 437.

... new goals

Just a few short weeks ago many of us were celebrating the dawn of a New Year. Some of were looking forward to setting new goals, while others were planning to make this year the year they did something about their long term goals. 2018 would be the year they finally lost weight/toned up/ got fit/used their gym membership.



Now it's March and unfortunately many of us have already broken our New Years Resolutions. But just because you haven't taken action yet does NOT mean you should throw your hands up and call yourself a failure! It's natural to feel disappointed in yourself for not doing what you said you would do and it's easy to give up and hope no one notices. But if things aren't panning out how you wanted them to, own up to it, then look at what you can do to turn things around.

I talk and write a lot about tapping into your WHY. For you to achieve your goals it is really important for you to clearly understand WHAT you are going to achieve, and WHY you want to achieve it. Our goals have to excite us otherwise we will find better things to spend our time, money and energy on.

Just as important though is the HOW. I see a lot of people at the start of the year setting HUGE goals. For example, they decide they are going to start exercising every day, when they have not done any formal exercise for 12 months (or more!). Or they are going to join a gym but within weeks they realise they hate driving 30 mins there and back just to do a workout, or they don't quite know what to do when they get there and see all the equipment.

If exercising more and getting fitter/losing weight/toning up was on your list of New Years resolutions, this week I am going to help you understand how long and how often you should exercise for, how intensely you should exercise and whether or not more sweat means more benefits!

How much exercise is enough?

The World Health Organisation advises that adults should do 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week to improve your fitness, get stronger or be a healthy weight.

You can do a little bit every day, or you can cram it all into one day (such as a Sunday hike with your family). You can even do a combination of moderate and vigorous exercise. According to the WHO, there is not much difference in the benefits.

It is good though to make exercise a regular part of your life. That is why planning to exercise for a short amount 3 to 5 times a week is better – once it becomes a habit you are more likely to stick with it and therefore reach your long term goals.

What is "moderate" exercise?

The good news is that "moderate exercise" can include walking and doing household chores such as vacuuming or cleaning.

For weight loss, the more intense or longer your activity, the more calories you burn.

Also, remember not to do too much too soon. Overdoing it can increase your risk of soreness, injury and burnout (remember what I said about setting HUGE goals and then not being able to achieve them?). If you are new to exercising, or if you have not exercised for a while, start at a lower intensity. It won't take you long to gradually build up to a moderate or vigorous intensity.

If you are exercising at a moderate level you should be slightly out of breath. If you can easily hold a full conversation while you are walking or exercising in a class you probably aren't working hard enough to get the full cardiovascular benefits.

High Intensity Interval Training

HIIT is a Buzz Word that has actually been around for years. Izumi Tabata from the National Institute of Fitness in Japan showed that 4 minute intense workouts (8 rounds of 20 seconds high intensity exercise followed by 10 seconds rest) done just four days a week had huge benefits for aerobic/cardio vascular fitness.

Sounds great right? Get fit in just 4 minutes a day? It definitely does work. The bad news is that for it to work, you really need to push yourself out of your comfort zone and work at the top end of your ability. For many of us to get into this "zone" we not only have to do a high intensity exercise, we also have to do a high impact exercise (think jumping, running and burpees). So the benefits are great, but the risks are high too. And many of underestimate our limits, not quite getting into the Heart Rate zone required because we feel too uncomfortable. When you are exercising at a high intensity you should be out of breath and unable to say more than a few words at a time.

If I don't sweat does that mean I haven't worked hard enough?

Absolutely not! Finishing a workout dripping in sweat could be an indication that you have worked hard. But some people are just naturally heavy sweaters! Sweating can also be an indication of how hot or cold the day is. You could do identical workouts in summer and winter and get the same benefit from them, but in one of them you will sweat more than in the other, just because of the environmental temperature!

What is happening at Louise Cairns Fit for Life?

I have opened up my Tuesday (10am) and Thursday (8am) classes to Mums and Bubs. Other people are still very welcome but I am conscious that new mothers often find it difficult to exercise safely. It also takes time to get back into a routine. The classes are at Miller Park Branxton near the Netball Courts. Come along and meet other new mums and have fun while you work out.

6am Classes are also continuing at Miller Park on Monday (Boxing), Tuesdays (HIIT/Cardio) and Thursdays (Core/Strength). If you would like more information please go to my website or give me a call or email.

To help you make progress on your goals for 2018, I am holding a second Vision Board Workshop at Hunter Valley Gardens on Thursday 22nd February from 1030am to 230pm. If you would like more information please email me or have a look at my Facebook Page.

About Louise

Louise Cairns is a Personal Trainer and Life Coach based in Branxton. Louise runs regular fitness classes at Miller Park Branxton, as well as PT sessions in Branxton and Kurri Kurri. Find Louise on Facebook or check out her website at www.louisecairns.com.au

BRANXTON GRETA VINEYARDS

The New **SPORT**

Cricket Report

Greta/Branxton United Cricket Club have Second, Third Blue and Fourth Grade booking a spot in the grand final



with Mark Bercini

Greta/Branxton United Cricket Club had a fairly successful Cessnock District semi-final campaign last Saturday, with Second, Third Blue and Fourth Grade all booking a spot in the grand final, meanwhile First and Third Grade White were both eliminated.

First grade slumped to their fourth straight semi-final loss, this time at the hands

of Supporters Club by nine wickets at Baddeley 1. Unfortunately the Blues turned in their worst batting performance of the year as they were dismissed for 116 batting first. Skipper Brent Watson led the way with 25, with Josh Dagg (18) and Greg Andrews (15) the only other pair to show any sort of resistance.

Supporters breezed to victory in reply after losing just the one wicket. This belonged to Nathan Holz (1-17 off 3). This ended a promising looking season for Greta/Branxton who had knocked off the other three semi-finalists in the previous three weeks and were really gaining momentum.

Second grade picked up a remarkable victory against minor premiers Bellbird at Carmichael 1. Greta/

Branxton managed just 125 batting first, with Andrew Bercini working the ball nicely for 46. Brett Bridge (22) and Darren Thomson (13) were the only other pair to reach double figures. Bellbird were all out for 91 in reply, with Bercini completing an outstanding all-round game with 6-22 off 4.4, with Mark Peace chipping in with 2-10 off 5. They will now face Chelmsford Hotel at Mulbring in the decider after Chelmsford snatched victory from the jaws of defeat against Supporters in their semi-final.

The big grudge match between the third grade Blue and White teams was won in a closely contested encounter by the Blue team by 20 runs on picturesque Miller 1. The Blues batted first and made 7/209 from their forty overs, with in-form skipper Sean

Wright smashing 82. He was well supported by his brother Andrew who made 75. Steve Peace was the other main contributor with 13.

Jamie McNamara (4-10 off 10) and Zach MacBeth (2-18 off 2) took wickets for the Whites. The Whites were all out for 189 in reply, with McNamara capping a fine all-round game with 64. Adam Kerry made 19, Zach MacBeth made 18, with Cory Stephenson, Connor Thomson and Aaron Stephenson all making 16-

apiece. Pat Nugent (3-42 off 9) and Steve Peace (2-47 off 10) were responsible for the majority of the damage. Fourth grade advanced to the decider by defeating Mulbring by 3 wickets at Miller 2. Mulbring made 9-137 batting first, with Ben Ciba (3-32 off 10), Anthony Lawrence (2-51

off 10) and Sam Hines (2-22 off 10) sharing the wickets. Greta/Branxton reached the target in the 35th over with three wickets left in the sheds. Logan Millard (56) produced many more shots than what his father and life-member Jamie did in his entire career as he

watched on from the grandstand in what was a fine match-winning half century. He received good support from James Thomson (32) and Lawrence (29no). They will now face minor premiers Wine Country in the grand final at Allandale.



■ Branxton Lions at the ten-over cricket competition at Miller Park Branxton with Joel Fitzgibbon MP on Sunday 25th February

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