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WEDNESDAY
4 April 2018

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Cessnock City Council
NOTICES



Members Say



Book Review



Sports Results

Vale Errol Jordan



Errol Jordan (at left) accepting his Australia Day award, Senior Citizen of the Year, from Australia Day Ambassador Peter Herbert at a ceremony in Cessnock on Australia Day 2015.

Local Branxton identity & long term resident Errol Jordan, aged 84 years, passed away on Sunday 25th March 2018 at Elizabeth Gates Nursing Home, Singleton after a long illness. Errol was declared Cessnock City Council 'Senior Citizen of the Year' in 2015 after a lifetime of community service which included his many years involvement with Branxton Lions Club, the Branxton RSL Sub-Branch, Branxton Golf Club & the Branxton Greta ALP branch. President of the Branxton RSL Sub-branch Brian Furner OAM said that it was very sad passing of a genuinely sincere community stalwart. "Errol was a leader through all his years with the RSL Sub-branch in Branxton. He filled a number of positions over many years and was always the first to raise his hand if needed in any capacity. "He will be sadly missed by the RSL & the community," said Brian. However, above all his greatest passion in life was his family. The beloved husband and father is survived by his wife, Anne, father & father-in-law of Kay & Geoff Saxby, Ian & Rosemarie, Catherine & John Hunter, Neil & Sally, Darren (dec.), Kerry & Chris, Wayne & Marie,

grandfather of 15, great grandfather of 3 & loved member of the Jordan & Collins families. The funeral service will be held at St. Brigid's Church Branxton, today, Wednesday 4th April, at 10:30am. In June 2013 Errol was included in a series of articles, published by The News, about outstanding senior citizens in our local area *The News - No 362 18th June 2013* *The Senior Citizens of Branxton* Branxton is a fortunate country town, having many active seniors who contribute to our small community. It is always interesting to listen to what our seniors have experienced during life's journey especially given that, at times, we take for granted the luxuries that we now enjoy. The Branxton community has many citizens who have given much and who willingly, over the years, have taken on roles to help others or involve themselves in other community areas. One such person is Errol Jordan, a Branxton resident for more than fifty five years. Errol was born to Leila & Aubrey Jordan at Glendonbrook in 1933, during the depression and prior to WWII. Errol remembers vividly his early years as being a time

of extremely hot and dry conditions. Errol recalls watching his father (who was a share dairy farmer) along with his grandfather lopping oak and willow trees to use as fodder for the cattle, the prolonged drought they were experiencing at the time was very unforgiving. In this era Errol recalls that they had no electrical power, no refrigeration only "drip safes". Considering that the country was in the midst of a depression Errol, regards his family as being fortunate as there was always plenty of milk and homemade butter. He believes that his family were in fact much better off than those who lived in the towns. Errol commenced his schooling at Glendonbrook Public School. In 1942 the family moved to Singleton where they resided in Elizabeth Street opposite the Singleton Court House. The weekly rent paid was "one pound" whilst his father's weekly wage was "five pound". Errol attended St Xavier's School in Singleton where he was taught by the Sisters of Mercy. After WWII ended the family returned to Glendonbrook. His father again took up farming. Milking machines had been installed by this period which meant there was no more hand milking. **CONT NEXT PAGE**

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DOGS

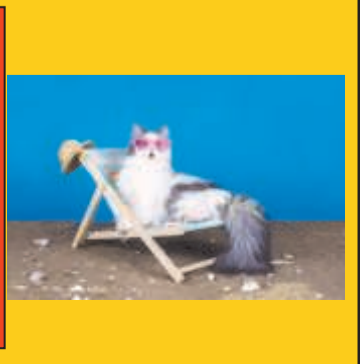
2018 Pricing schedule as of 1st February (daily price from)

| | |
|------------------|---------|
| Small dogs | \$20.00 |
| Small dog deluxe | \$27.00 |
| Medium dog | \$23.00 |
| Large dogs | \$27.00 |
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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
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Address all communications to:- The General Manager,
PO Box 152, Cessnock 2325 NSW

PUBLIC EXHIBITION Cessnock Skatepark Concept Design

At its meeting of 7 March 2018, Council resolved to place on public exhibition the Cessnock Skatepark Concept Design.

The public exhibition period will be from Monday 12 March 2018 to Friday 13 April 2018. The documents can be viewed at the following locations:

Council's Administration Building (Customer Service Section);
Cessnock Public Library;
Branxton Post Office;
Kurri Kurri Public Library;
Council's website at www.cessnock.nsw.gov.au

Written submissions should be addressed to the General Manager and will be accepted up until 4.00 pm Friday 13 April 2018 via email recreation@cessnock.nsw.gov.au or post.

PO BOX 152
CESSNOCK 2325

STEPHEN GLEN
GENERAL MANAGER

FROM FRONT PAGE

Vale Errol Jordan

... Their farm house still was without power, however, his now had a kerosene refrigerator to keep food fresh. In 1951 Errol commenced working at the local Great Greta Colliery at Glendonbrook. However, his work at Great Greta didn't last long as in 1952 he was "called up" to do National Service with the Australian Army. During this time with the Army Errol served with the 19th Battalion at the Holsworthy Barracks, Sydney.

Upon his discharge from the army Errol returned to Glendonbrook where life went on. Errol remembers vividly his great love of country dances. He along with his great mate and cousin, Darcy Jones, attended dances sometimes as many as three in any week. Country dances were a regular community activity, generally in the

small country halls. Errol enjoyed dancing at Elderslie, Mitchells Flat, Glendonbrook, Singleton Pavilion and Branxton. There was never a shortage of places to go.

1954 saw the family once again move back to the township of Singleton. Just as they had settled into their new home the township of Singleton was inundated with the well-known 1955 floodwaters. Errol, his parents and siblings, spent a day and night in the roof of their home in Gas Street before moving down to the Central Hotel at the end of their street. Here they bunked down on the top floor of the hotel with other families as well as baby calves. So rapidly did the floodwaters rise that both Errol and his father found their cars soon under water. In Branxton the 1955 flood rose to the balconies on both hotels, the flood water in the town was backwater and not as destructive as the raging floodwaters that

tore through Singleton, although still devastating for those experiencing it all. Errol had met local Branxton girl, Anne Collins, during his dancing days and romance had blossomed. They were married at St Brigids in Branxton in 1955 & following their marriage they lived with Annes' aunt Kit Munzenberger in Maitland Road in a home where the "Ice Box" bottle shop now trades. October 1956 saw the arrival of twins Kay & Ian.

Following a downturn in the coal industry in 1958 Errol left Great Greta Colliery and commenced employment at the Foybrook Opencut, only to be cavilled out six months later. Errol then found work with the Department of Main Roads (DMR as it was known; now RMS) where he stayed until 1965. Errol's family continued to grow with the arrival of Catherine (now Hunter) and Neil. Around this time Foybrook Opencut decided

to commence underground mining and so Errol claimed seniority and was back working in the mining industry. Errol and Anne's family continued to expand with the arrival of another son Darren, followed some years later by the second set of twins Wayne and Kerry. Whilst working at Foybrook No1 Errol, never one to sit back, became heavily involved in the trade union movement. Errol took on the role of Lodge Secretary, a position he held for sixteen years. His role included looking after the Newdell Washery, Foybrook Opencut, Pikes Gully Opencut, and Drayton Opencut. There were well over 100 members of the Federation and at this time it was Federation members only, unlike today.

Besides his active community roles Errol has enjoyed several hobbies throughout his life. Errol had an interest in "greyhound racing" having trained several notable winners. One of these being a grey-

hound owned by the late Barry Jones "Choice Moss" who reached top grade in this area. Another well-known Branxton identity and good friend Tony Ernst who raced "Turana Wave" also won sixteen races. In 1993 Errol, "changed tack" and ventured into horse racing, whilst attending the Scone Yearling Sales he purchased a colt by Sovereign Red. Well known horseman Danny Edwards guided Errol in his selection of the horse. The horse "Red Eclipse" went on to be a great money spinner with great results all around. During his racing time Red Eclipse won eleven races; seventeen 2nd's and fourteen 3rd's, including a win at Canterbury Park in Sydney.

Besides keeping busy with his family and their sporting activities Errol, had always found the time to take an interest in local community affairs. Errol joined the local Lions Club

in the late 1950's and has continued to work with Lions for much of this time. Errol along with other members has been visible over many years selling raffle tickets or just supporting them where needed in and around the town. During his time with Lions he enjoyed the role of Club President.

Up until a few years ago Errol, along with his wife Anne, assisted with the distribution of Meals on Wheels. He also found the time to serve as a committee member with the Branxton Golf Club & at one stage President. The Branxton RSL Sub-Branch is another organization to have benefitted from Errol's support with him taking an active role as Treasurer for the organization. Errol continues to be an active member of both the RSL and the Branxton Lions Club. Another interest of Errol's has been politics. Errol has been an active member of the local Labor

Party. It is with some amusement that Errol and his siblings often recall the political debates that took place around his parent's kitchen table when family assembled for gatherings. Amazingly in 2013 as Errol approaches his 80th birthday he still finds the time to be involved with organisations in our community, and has no intention of slowing down. Much of Errol and Anne's time these days is devoted to family, children, grandchildren and now great grandchildren. Trying whenever to attend the various sporting events in which his family are involved. Both Anne and Errol are excited with the progress happening around the town what with the F3 extension and not forgetting the proposed new township of Huntlee.

To quote Errol "you can't stand in the way of progress".

Find them, remember them workshops



This November marks the Centenary of Armistice and Kurri Kurri Library is getting in early with their activities to host research workshops from 10am-12noon on 23 and 30 April 2018. The workshops will be hosted by John Gillam and Yvonne Fletcher who are both popular local historians, researchers and authors.

John and Yvonne will encourage attendees to research the service history of our local WWI soldiers who may choose to use

their own family members or a name from a local memorial. Attendees will receive tuition in creating a soldier's profile by sourcing information from the pages of the AIF Project, the files of the National Archives of Australia, the Australian War Memorial and Red Cross files. John Gillam said he discovered that in July 1926, 30 crates of medals and recipient records from Sydney were returned to the Army Records Office Melbourne. The weight of this

load was estimated at 2.5 tonnes. Two years later the Sydney Morning Herald stated, "More than 73, 000 war service medals still await claimants at the Base Records Office of Victoria Barracks Sydney, although it is more than nine years since the war ended." A further 60, 000 were returned to storage in Victoria their rightful owners either 'untraceable' or unwilling to accept them.

Cessnock City Mayor, Councillor Bob Pynsent is encouraging locals to come along to these research workshops.

"There is potential to uncover unknown local service histories and even unclaimed service medals which would be a fantastic discovery."

If you decide to come along, you won't go home empty handed as you'll be given a detailed handout to allow you to continue your research at home.

Both workshops are free to attend and you can book your place by calling Kurri Kurri Library on 4937 1638.

Council decide to double the value

A decision by Cessnock City Councillors on last Wednesday night is aimed at doubling the value for the community, with Council identifying an opportunity to secure up to \$1.6 million for community projects and infrastructure.

Councillors earmarked a total of \$795,450 to be allocated towards grant funding opportunities, in particular those that require a dollar for

dollar contribution. Cessnock City Mayor, Councillor Bob Pynsent called it a common sense move that would put Council in the perfect position to apply for future grants. "Council needs to embrace every opportunity to

apply for grant funding and the decision last night will significantly improve our process when grant opportunities are made available. There are various grant programs that require the dollar for dollar contribution and we now have funding set aside for this purpose."

"It's an exciting prospect for our community, as last night we potentially doubled the amount

of funding to be put towards important infrastructure projects." \$249,068 of the money put aside was surplus financial assistance grant for 2017-18 and the remaining \$546,382 was from the Natural Disaster Relief Assistance Program. Council will continue to look for grant opportunities and make strong applications to secure these for the Cessnock Local Government Area.

CESSNOCK COMMUNITY

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www.cessnockperformingartscentre.com.au

WHAT'S ON?

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.

Investigation pending after second ballooning accident in 3 months



A number of people have been hospitalised following a hot air balloon crash in Pokolbin over the Easter long weekend. The balloon crashed about 8.30am on Good Friday (Friday 30 March 2018) on McDonalds Road, near Broke Road, at Pokolbin. Nine people were taken to Cessnock Hospital. Two were taken to John Hunter Hospital for further treatment. Police from Hunter Valley Police District have commenced inquiries into the circumstances surrounding the incident. The Australian Transport Safety Bureau has been notified. It was reported that the hot air balloon operator didn't call triple zero after the accident that left a reported 11 people injured. The 11 people went to Cessnock Hospital for non-life threatening injuries. Reported injuries included suspected broken bones and potential spinal injuries. The accident was described as just a 'firm landing' by the operator.

Emergency services were only informed of the accident by Cessnock Hospital after the balloon operator took some passengers there for treatment. Two women aged 34 and 36 were taken to John Hunter Hospital with suspected spinal injuries. It has been reported that all are in a stable condition. An ambulance later attended the scene to confirm other passengers were not in need of their services. It has also been reported that police said it should have been "common sense" for the operators of a Hunter Valley hot air balloon company to call emergency services after a crash on Friday. The cause of the accident will be determined by the Australian Transport Safety Bureau after all investigations are complete. It was also noted by police that the balloon was taken from the crash site which could possibly hinder investigations.

Cleaner Required
Experience preferred otherwise prepared to be actively Involved in training. Availability a must, Police Check required, some night work, early mornings as required.
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Free energy saving workshop

Cessnock City Council and the Office of Environment and Heritage are hosting a free workshop to provide residents with practical tips to help reduce energy use and save on energy bills. The workshop will take place from 2-4pm at Cessnock Library on Friday

13 April 2018. Come along and learn about the NSW Appliance Replacement Offer which offers 40-50% discounts on selected new energy efficient fridges and TVs to replace old inefficient models. Residents who hold an

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eligible concession card and own a fridge or TV that is at least six years old and would like to replace it may be eligible for the offer. Office of Environment and Heritage staff will be on hand to explain the program and assist eligible concession card holders with the application process. Cessnock City Mayor, Councillor Bob Pynsent is encouraging locals to come along, learn some helpful tips and see if they're eligible for the appliance replacement offer. "This free workshop is a fantastic opportunity for residents, especially those who can take advantage of the 40-50% discount on a new fridge or TV." Book your spot today by calling the team at Cessnock Library on 4993 4399. For more information on the Appliance Replacement Offer and to find out if you're eligible, visit www.environment.nsw.gov.au/



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STEVES RANT

My good lady and I have just returned from a driving trip deep into Victoria, which, unfortunately, coincided with the Easter exodus from Melbourne as we drove north back to North Rothbury on Easter Thursday.

This necessitated the return trip in one day as there was no accommodation anywhere on the Hume Highway. Arrived home about 1am on Good Friday but we were both still wide awake and did not feel inclined for bed till we had a few glasses of Chateaux Cardboard. That did the trick and the rest of Good Friday was a write off.

Enough of personal problems; what I wish to comment on is the peculiar behaviour of road users. At the top of my list are the professional drivers who navigate the immense trucks. Their driving and observance of the road rules is exemplary. That is to say they set the standard of driver behaviour for everybody else. We always felt comfortable following them, especially at night; and you can check the accuracy of your speedo when you match their speed on a flat run.

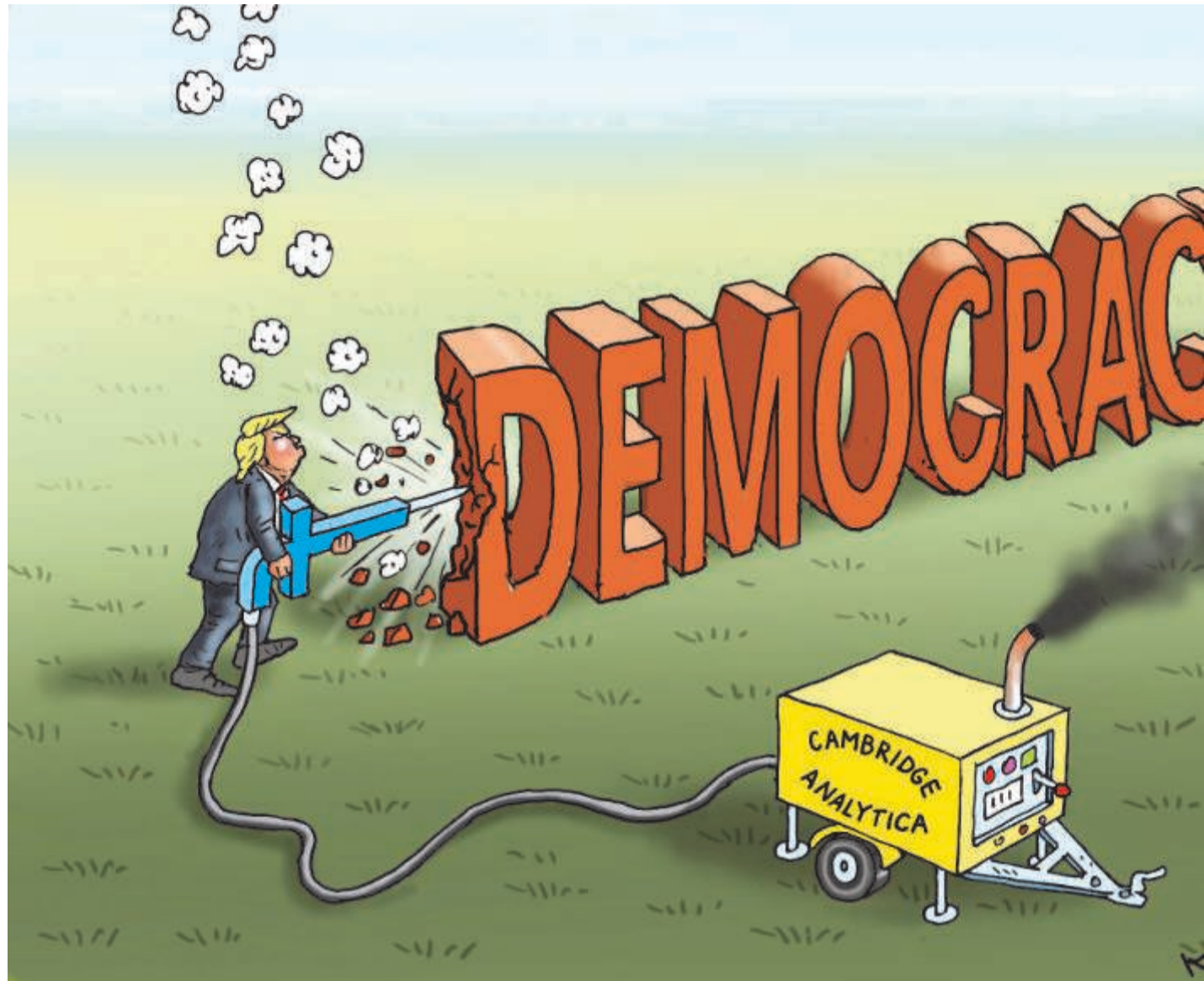
Now for some other types. Driver's towing things like caravans or boats or trailers; you can really be amazed by what people put on their trailers because their ability for doing stupid things is restricted. Most are well behaved and courteous.

VICTORIAN'S ... you can tell a Victorian but you cannot tell them much. Their number plates give the game away. "The Education State" It should read "The Uneducated State" because any "group think" that votes for the current government in Victoria is sadly misinformed or just plain dumb.

We did not see any South Australian plated vehicles and this is not surprising as they probably cannot afford to drive anywhere after they have paid their power bills.

There was the odd Queenslander and Northern Territory vehicle but they were obviously lost.

The biggest headache was the driver who set their car on cruise-control to what the speedo limit says is the speed plus a couple of knots over and think that gives them the right to continuously drive in the



right hand lane. They are fortunate that trucks are restricted to 100kph. 'L and P' platers are generally well behaved but not fully cognizant of the need to stay in the left hand lane unless passing. There was the odd Victorian 'P platers' who cannot have anybody go faster than they are and think the whole thing is a bit of a game. Best avoided if encountered. The other strange observation is that the drivers of German cars apparently do not have to obey the speed limits. Still, they must run out of points at some stage I suppose. As a general comment, however, most drivers were courteous and anticipated the road and traffic ahead, as you should.

Surprisingly, we did not see any burnt cars or vehicles without wheels. Must be local phenomena. The country side we traversed was interesting as to the level of rainfall evident. Very dry however, between Yass and Benalla. The area west of Geelong, was pitifully dry but, never-the-less farmers were preparing to sow winter crops. We live in hope and I wish them luck. Now for a comment on the proposed spending by the NSW Government on stadiums; they believe the economic benefit to be had justifies the expense. Let me suggest that a better investment of NSW funds would be to build a whopping great coal fired power station in the Upper Hunter, owned and

controlled by the Government, in order to sell power to Victoria and South Australia at inflated prices. It would give NSW a steady income stream for years to come. What about that Gladys?

Since the recent rain in the Valley the noxious weeds have sprouted in profusion. The particular weed that worries me is the ALLIGATOR WEED, now readily identifiable by its white ball of seeds out from the centre of the glossy green leaves. The weed has a large tap root which must be removed to ensure the plant does not regenerate. Whilst the ground is still damp it is a good time to check your property and remove these weeds. When you have carefully dug

these weeds out with a garden fork, place the weed in the rubbish bin. Do not put it in the green waste bin. Ensure you remove the weed before mowing so you do not spread the seeds. If your infestation is too widespread to deal with by hand weeding you can use 'Roundup'; remember this only kills the plant so the seeds remain viable. So, you must repeat spraying over several seasons to ensure complete eradication. Happy weeding & a belated Happy Easter. Cheers Steve

participation and productivity. TAFE provides access to training for people in the Hunter electorate and helps the disadvantaged in our community gain access to training and the workforce.

It also provides a second chance for many students who were unable to complete their schooling. The Turnbull government has been watching the number of apprenticeships and traineeships fall year on year – yet they have done nothing to stop the continuing decline. It has been eight months since Commonwealth National Partnership funding for skills ended. There is still no funding agreement with the states and territories. The government should guarantee funding for skills and rebuild confidence and capacity in our vocational education and training system. The longer they take to act, the deeper the skills shortages will become. Only Labor has a plan to arrest the decline in our skills base. Federal Member for Hunter, Joel Fitzgibbon

They said?!? WHAT?!?

If I won the award for laziness, I would send somebody to pick it up for me..... Anonymous

I changed my password everywhere to 'incorrect.' That way when I forget it, it always reminds me, 'Your password is incorrect.' Anonymous

I bought one of those tapes to teach you Spanish in your sleep. During the night, the tape skipped. Now I can only stutter in Steven Wright on Language Tapes

The closest a person ever comes to perfection is when he fills out a job application form..... Businessman Stanley Randall

I'm writing my book in fifth person, so every sentence starts out with: "I heard from this guy who told some-body Demetri Martin

A Canadian psychologist is selling a video that teaches you how to test your dog's IQ. Here's how it works: If you spend \$12.99 for the video, your dog is smarter than you Jay Leno

There is nothing more awkward than the moment you realize you're getting a double-cheek kiss. Michelle Markowitz

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?" The old man replied, "You're the eighth."

.....From A Prairie Home Companion

Be the change that you wish to see in the worldMahatma Gandhi

If you tell the truth, you don't have to remember anything..... Mark Twain



LATEST APPRENTICE FIGURES SHOW CONTINUING DECLINE

Apprentice and trainee numbers continue to fall under the Turnbull government, with no national agreement in place to arrest the precipitous decline. The latest figures from the National Centre for Vocational Education Research (NCVER)

show that since the government took office:

- The number of people completing an apprenticeship or traineeship has halved.
- Close to 25 percent fewer people are completing trade apprenticeships.
- 67 percent fewer

Engineering, ICT and Science technicians are completing an apprenticeship or traineeship qualification, with a 20 percent drop in the last year alone.

- 40 percent fewer community and personal service workers are graduating from an apprenticeship or traineeship, while jobs in the sector continue to grow.

- There has been a 90 percent drop in the number of people completing a Diploma or Advanced Diploma as part of an apprenticeship or traineeship, including a 25 per cent drop in the last year.

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Rural Fire Brigades

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Broke..... 6579 1491
Greta..... 4015 0000
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Flat..... 6575 1200
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(Cessnock)...

Electricity

Energy Australia..... 131 388
Hospitals
Maitland... 4939 2000
Cessnock... 4991 0555
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The Editor, The BGV News, 12 Clift Street, Branxton NSW 2335

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Dalwood Estate Winery cellar-door re-opens

Formerly Wyndham Estate Winery



When Wyndham Estate's cellar door, function centre and Olive Tree Restaurant shut their doors five years ago, by their then French owner Pernod Ricard, it was the end of an iconic era for the much vaunted winery. The reason given for its closure at the time was that they were restructuring their winemaking business.

Although the Wyndham Estate brand and wine production method was retained the estate sat virtually untouched until last year when Iris Capital bought the property, adding a third winery to its Hunter portfolio alongside Hungerford Hill Wines and Sweetwater Wines. The estate is home to the historic Dalwood House, a National Trust property described as one of Australia's oldest surviving Greek revival buildings. It was designed by founder George Wyndham in 1829.

At least nine jobs were lost in the closure, although Olive Tree chef Andy Wright said, at the

time, that he and his wife Janet had other interests to work on and their staff would go with them.

Vigneron Brian McGuigan, who sold Wyndham Estate to Pernod more than 20 years ago, said at the time that the strength of the Australian dollar made it very difficult for the wine industry nationally.

He also said that the bulk of Pernod's Australian wine business was in South Australia, making the Wyndham closure and the sale of its nearby Black Cluster vineyard in Pokolbin understandable.

He also said that it was terribly sad, because it had been one of the linchpins of the Hunter Valley wine industry.

The new owner, Iris Capital, has done a major renewal program giving the 260-acre property a very welcomed new lease of life being restored to its

former glory.

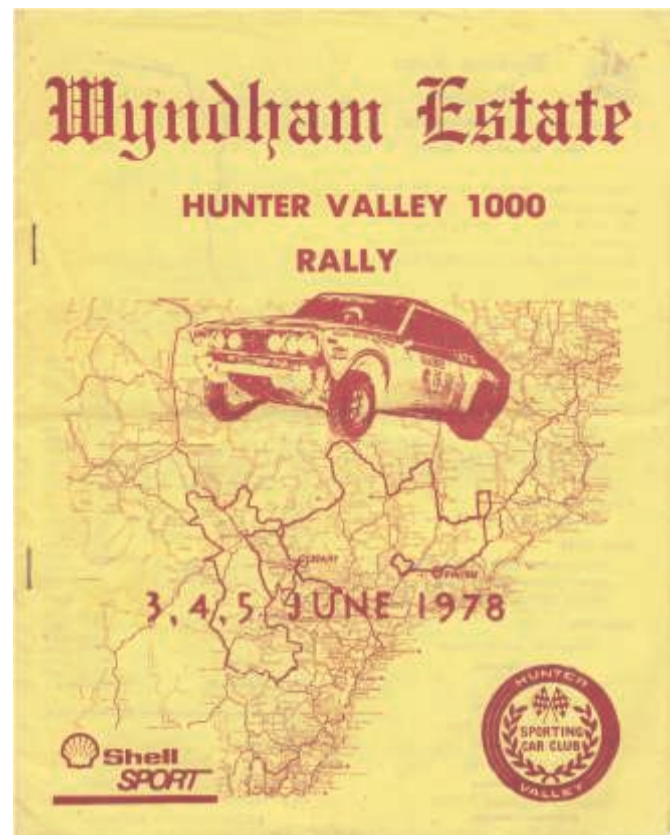
It was originally called Dalwood Estate which now bears that name again as Pernod Ricard own the name Wyndham Estate.

As well as being one of, if not, the oldest winery in Australia, Dalwood is understood to be the first winery in the country to establish a commercial shiraz vineyard. Clr Rod Doherty was there last weekend & said he was pleased to attend the opening of Dalwood Estate vineyard on

Easter Saturday and witness the work that has been undertaken to rebirth this iconic wine making estate.

"To the locals it was always Wyndham Estate owned by the McGuigan family where many a young person gained their first employment and was by many standards the area's largest employer," said Rod.

"The winery, established by George Wyndham in 1828, is reputed to be the oldest operating winery in Australia. The property, of some 485



hectares, that George Wyndham purchased was called "Dalwood" so the name is now back on Australian wine labels. "As a young person I was involved with the vineyard that Perc and Brian built up. In 1978 I was the director of the largest car trial conducted in the Hunter, the Wyndham Estate

Hunter Valley 1000 sponsored by Brian McGuigan. "It is wonderful to see the cellar doors reopened to the public after some 5 years in mothballs," said Rod.

■ Photos above: the entrance to the cellar door, the cellar door & brochure for the car trial.

Spread the word to the ladies in your life

The Pokolbin Rugby Club proudly presents the Annual Ladies' Luncheon, the biggest fundraiser to support our PRC Junior Rugby and Netball teams. Get together with all the friends, wives, mums and women of the Pokolbin Rugby Community.

Enjoy a 3 course luncheon at The Cellar Restaurant with premium Hunter Valley wines and a fashion parade sponsored by Wilson & Hunter.


We welcome our guest speaker, Cr Marjorie O'Neill - Waverley Council also Head Coach UNSW Women's Rugby. Her humble knowledge and witty humour will impress the ladies at this year's luncheon - PhD Management and Economics, NSWLG Treasurer and founding member of Save Bronte.

Friday 4th May at 12pm at the Cellar Restaurant, Pokolbin.

Share this event on [Facebook](#) and [Twitter](#).

We hope you can make it!

Cheers,
Pokolbin Rugby Club



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49387211



JOEL FITZGIBBON MP
Member for Hunter

I encourage people in the Hunter to prioritise their oral health – and I urge the Turnbull Government to provide much-needed funding to address this crisis, and drop their cuts to public dental. I'd also like to take the opportunity to wish all a safe & Happy Easter.
Cheers, Joel

Recent data showing that Australia's oral health is in a shocking condition highlights the growing need to invest in rural and regional health services.

The Turnbull Government must get serious about oral health and drop their cuts to adult public dental.

The Australian Dental Association's Oral Health Tracker released to coincide with World Oral Health Day last week, paints a frightening picture of the state of the nation's teeth at all ages.

Close to a third of children (5-10 years old) have untreated tooth decay. Almost half of Australian children have not visited a dentist before their fifth birthday. Ninety percent of adults have suffered from tooth decay and almost half of adults have not had a check-up in the last 12 months and only half brush their teeth the recommended two times a day.

Poor access to dental care is a significant issue for people in rural and remote areas according to information from the Rural Health Alliance. Overall rural residents have a higher incidence of unfavourable visiting patterns (38 per cent) than urban residents (27 per cent).

Here in the Hunter New England region, almost 9000 people are waiting for dental treatment. While these people in the Hunter wait, Turnbull is cutting dental funding. Dental and oral problems aren't just about a toothache – in older Australians they can lead to poor nutrition, weight loss, increased risk of cardiovascular disease and stroke, and they can cause developmental problems in young children.

Labor knows that an investment in oral health isn't just about teeth – it's an investment in people's wellbeing. People should not suffer simply because they live in rural and regional Australia.

That's why we funded the Children's Dental Benefit Schedule, targeted to ensure that as many children as possible have access to essential dental care. And it's why we fought time and time to protect it – both against plans to axe the scheme and reduce the value of the scheme.

This data also shows how short sighted the Turnbull Government's \$300 million a year cut to adult public dental services is. The cut will see 337,000 Australians lose access to life-changing dental services, putting more pressure on waiting lists and leaving older Australians languishing with poor oral health.

being owners, to renters. The growing value of each and every building will now belong to the new private investor, instead of the people and the State.

In all, the future Budget of NSW will be much different. In short we will have less money coming in and much more money going out. It doesn't matter who is in Government in the coming decades, this financial mess is now set in stone and is irreversible. Welcome to short-term-economics.

COMMUNITY BARR-B-Q'S HAVE BEEN A HIT!

It has been brilliant to have so many people coming out to the various community Barr-B-Q's. I have held 18 over the recent months, in every corner of the Electorate. Of course this means all points between West Wallsend to Wollombi; Edgeworth to Milbrodale; and Greta to Laguna. Over the past 7 years I have now held 92 community BBQ's. As I say to people that ask why I do the BBQ's, there are a whole bunch of reasons why you might want to not vote for me, but I don't want one of those reasons to be that I was invisible and that you couldn't access me. Interestingly, when we get a good roll-up, seeing the community talk to each other and sometimes solve/answer the question at hand is a beautiful thing to watch. Thank you.

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



Bob Pynsent, Mayor Cessnock City Council

Behind the Mayors desk
On Tuesday 19 March 'A Night for Champions' was held, an evening marking the launch of a wellbeing campaign. Mount View High School and the Cessnock Healthy Lifestyle Network have done an exceptional job at adopting the Five Ways to Wellbeing framework. It is all about empowering our young people and broader community to take five actions that enhance their

personal wellbeing. Council was inspired by Mount View's plan to introduce this framework and have now integrated Five Ways to Wellbeing into our Health and Wellbeing Plan. Each of us have a role to play in promoting healthy choices and healthy lifestyles. Students from Mount View will lead the way and become local advocates for wellbeing in our community. Congratulations to everyone involved in putting together the Kurri Kurri Nostalgia Festival. It once again attracted strong attendance and saw both visitors and locals enjoying the festivities. A highlight was viewing the costumes of those entering into the best dressed competition. Entrants had really put in an amazing effort and put together fantastic outfits. Overall a wonderful event for the Kurri Kurri community, creating a real atmosphere of celebration.

Last weekend marked the Cessnock Stomp Festival 2018. It was all about tossing off your shoes, rolling up the pants and joining the fun. The festival was named the Community Event of the Year 2017 at Council's Australia Day Awards and is a wonderful event for all of the family to enjoy.

This event celebrates everything that is fantastic about our region, showcasing our outstanding vigneron and beautiful food in the middle of the Cessnock CBD. The festival attracted in excess of 10 thousands participants from far and wide but importantly gave locals an opportunity to enjoy what is on their doorstep. It is family friendly and builds on Cessnock's reputation as one of NSW top tourist destinations. The Cessnock Business Chamber did an exceptional job to organise and grow this festival. Seniors Week 2018 kicked off last Wednesday with the Elders Morning Tea. There is over 40 activities and events planned up until 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 at www.cessnock.nsw.gov.au/seniorsfestival.

Youth Week 2018 also starts this week with the first Big Breakfast on Friday 6 April, check out what else we have planned at the CYCOS Facebook page or visit www.cessnock.nsw.gov.au/community/events-ceremonies/youth-week.

Cheers, Bob



Clr Melanie Dagg - Cessnock City Councillor - Ward C

CESSNOCK IS OPEN FOR BUSINESS

Council will be entering into a partnership with Service NSW to deliver the *Easy to do Business Initiative*, which aims to streamline the process of opening a business.

The current timeframe to open a small business can be up to 18 months, requiring the completion of up to 48 different forms which are required by three levels of government. The process is onerous and inefficient. With *Easy to do Business*, one application form replaces 30 forms, which will reduce the timeframe significantly to 90 days or less.

Almost 98% of all NSW businesses are small business, employing almost 50% of the total NSW workforce, however 1 in 3 small business fails. The *Easy to do Business Initiative* simplifies the way businesses navigate government requirements, cutting time, red tape, reducing costs and letting business owners get back to actually operating their business. This initiative is part of a suite of Cessnock Council's programs to drive employment and economic development in our LGA – Cessnock is open for business!

QANTAS PILOT TRAINING ACADEMY

Following a Mayoral Minute at its last meeting, Council resolved to make a submission to the Department Premier and Cabinet for Cessnock Aerodrome to be considered as a site for a Qantas pilot training academy.

On 22 February 2018 Qantas Group publicly announced their intention to establish a pilot training academy in Australia. The Academy is expected to open its doors to students in 2019 and is likely to be established near an existing airfield in regional Australia to provide easy access to uncongested airspace. It will represent an initial investment of up to \$20million to establish the new facility.

Qantas Group CEO Alan Joyce said the Academy would become a critical part of the national carrier's long term talent pipeline and an important recourse for Australian aviation. The Academy will initially train around 100 pilots a year for direct entry into the Qantas Group, including Jetstar and QantasLink. Depending on demand from other parts of the aviation industry, this could grow to 500 pilots a year on a fee-for-service basis.

If successful, the Academy would represent an incredible injection of infrastructure investment and economic activity into the Cessnock LGA with resultant flow-on affects to local business, employment and the housing market.

The potential for our region is huge and this is another example of Council getting on with the job of ensuring Cessnock is a prosperous place to work and a wonderful place to live. **CONGRATULATIONS TO THE COMMERCIAL** I was fortunate to spend last Sunday morning wandering through The Commercial Hotel in Branxton, which is being lovingly restored by

David & Kim Barnes. It's a beautiful renovation, which has maintained the original character and quirks of the building, and I must say, the way they have involved the community through the collation of historical items and stories has been truly delightful. I'm excited about its official opening down the track and the way it will service the community, particularly as a business hub. Keep up the good work and well done on a great job so far! I'm sure the community will thank you for preserving this important piece of Branxton's history, which will no doubt be enjoyed for many more generations to come.

Cheers, Mel



Sue Moore, Mayor Singleton Council

With all the talk about stadium upgrades coming out of Sydney at the moment, one could be forgiven for assuming there was nothing else happening on Macquarie Street.

But I can assure you that as we count down towards the State budget, there are plenty of conversations going on – and many of them involve Singleton.

We saw recently that Member for Upper Hunter Michael Johnsen MP announced the tender for the replacement of the rail bridge at Gowrie Gates on the New England Highway, and Roads and Maritime Services (RMS) and the Australian Rail and Track Corporation (ARTC) will commence work on the joint project this month [April].

But it's not just the rail bridge that is bringing the New England Highway into sharp focus. RMS workers are also digging around Singleton – literally – while they undertake \$3 million in planning works for the highway bypass after a preferred route was announced in December 2016.

The bypass would relieve traffic congestion, improve travel times and reduce the impact on the local community, including the safety risks associated with heavy traffic.

Equally importantly, it would reunite the two halves of Singleton currently cut by the major transport route for the eastern seaboard. As the Easter long weekend shines a spotlight on the NSW road network and road safety, it's an ideal time for NSW Roads Minister Melinda Pavey to consider the Singleton bypass as a matter of priority.

I was fortunate to meet with Ms Pavey when the NSW Cabinet ministers were in Singleton last year, and the bypass was of course an

important topic of our discussions. We met again at a Country Mayors' meeting shortly after the truck accident in October last year. Council acknowledges the already significant commitment to the project as works progress on the planning stages.

But it is important to our community and the people who regularly use the New England Highway to know the Singleton bypass remains at the forefront for the Government, and that considerations are being made for the next phases of the project – and that includes construction.

Cheers, Sue



MICHAEL JOHNSEN MP
Member for Upper Hunter

ILLEGAL DUMPING GRANTS

Congratulations to St.

Vincent de Paul – Muswellbrook Charity Store who has been awarded a grant of \$18,000 to deliver projects targeting illegal dumping in the community. The grant was awarded under the NSW Environment Protection Authority's *Waste Less, Recycle More* initiative. St. Vincent de Paul - Muswellbrook Charity Store was one of 15 projects successful in accessing funding under Round 5 of the Combating Illegal Dumping Clean-up and Prevention Program. More than \$900,000 was awarded in this round to projects that will target local illegal dumping hotspots, help public land managers to examine the extent of illegal dumping in their region, and work to improve community behavior when it comes to waste.

St Vincent de Paul's Muswellbrook Charity Store will partner with Muswellbrook Shire Council to target the illegal dumping of household waste and general rubbish in front of St Vincent de Paul's Muswellbrook Charity Store. Under the project the waste will be cleaned up and signage installed. Online and newspaper media will be used to increase the public's awareness of which items they can donate. Enforcement activities will be undertaken by Muswellbrook Shire Council. Through the grants, the NSW Government is working with councils to tackle unsightly and sometimes dangerous dumped waste at a local level.

These grants support councils and public land managers to clean up dumped waste, target hotspots with preventative measures and increase community awareness about dumping and the right thing to do with unwanted items. These projects play a role in the State Government's target of reducing the rate of illegal dumping by 30 per cent by the year 2020. More information about the illegal dumping grants is available at <http://www.epa.nsw.gov.au/wastegrants>

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CWA NEWS

Branxton/Greta members have spent the last two meetings busy organising our 2018 Calendar and where our help will be needed.

First on the Calendar was the Hunter River Group Land Cookery/Handicraft Day which was held this year at Cessnock (14th March). The wonderful Church Service was in the Uniting Church, followed by an equally wonderful morning tea in the rooms out the back of the Church served by the Uniting Church ladies. Thank you ladies. The Pub next door provided a wonderful lunch for a very reasonable price and members were able to inspect the Land Cookery and Handicraft at Halls nearby. Noeleen, Leanne and Marie attended from our Branch and had a great day catching up with old friends and viewing the wonderful handicraft from all the individual Branches within the Group and also the Cookery. Congratulations to all the winners within the Group. Branch results from the day:

Handicraft: Noeleen Bendeich – 1st: Crocheted Baby Set, Knitted Baby Set. 2nd: Doily – Over 80;s, Crocheted Tea Cosie. Leanne Bendeich – 2nd – Commercial Quilted Section.
Land Cookery: Noeleen Bendeich – 1st: Rainbow Cake; Gluten Free Lamington Fingers. 2nd: Orange Marmalade. Roslyn Shearer – 1st: Donna Latter Memorial Chocolate Cake. Martin Shearer – 2nd Rhubarb Cake. Declan Shearer (Junior Section) – 1st – Chocolate Hazelnut Friands. Congratulations to all, and



Sue Lewis (at left), past HRG Handicraft Officer and Leanne Bendeich, Branxton Greta Handicraft Officer, working well.



Branxton Greta Handicraft on Display.

all the best to Noeleen, Roslyn and Declan who will be competing at State Level at the CWA State Conference in early May. As the year is flying by so quickly already, we would like to mention two of our special items on our Calendar for anyone who may like to mark it on their Calendar. Australia's Biggest Morning Tea will be on Tuesday, 15th May at the Branxton Community Hall and all monies raised will go to the Cancer Council. More details closer to the date.

The All-in-One Day last year was such a great day we are going to do it again on Tuesday, 3rd July at the Branxton Community Hall. The day encompasses our Birthday, Handicraft, Cultural, International (Poland) and Agricultural/Environment. We are very excited about our Guest Speaker/s but cannot say at the moment until they are confirmed. Hope this will happen before the next article. Thank you to Noeleen for organising the Guest Speaker.

We would happily welcome anyone interested

in helping to raise money to help others in need, or assist in any other ways, and also making new friends. Should anyone be interested in joining Branxton/Greta CWA, or like any information, or attending any of our functions, please contact our Secretary, Marie Shearer on 0402015850 or email branxtongre-tacwa@hotmail.com

Denise McGoldrick
Publicity Officer.

PHARMACY ADVISOR



Lee Grundy, Pharmacist & proprietor of Branxton Pharmacy

Celiac Disease

Birthday cake. Pizza. Chocolate chip cookies. For people with celiac disease, a lifelong disorder of the digestive system, these foods aren't always the treats that most people think they are. Why? Because they usually contain a type of protein called gluten, which causes problems for people with celiac disease.

What Is Gluten?

Gluten is the common term for a group of proteins found in wheat, rye, barley, and grains derived from them or having different names like triticale, durum, kamut, semolina, and spelt. Grains are so common in our diet that gluten is second only to sugar as our most commonly consumed ingredient.

What Is Celiac Disease?

The digestive system is the set of organs that digest food and absorb the important nutrients the body needs to stay healthy and grow. One important part of the digestive system is the small intestine, which is lined with millions of microscopic, finger-like projections called villi (pronounced: VIL-eye). Nutrients are absorbed into the body through the villi. People who have celiac disease have a disorder that makes their bodies react to gluten. When they eat gluten, an immune system reaction to the protein gradually damages the villi in the small intestine. When the villi are damaged, the body can't absorb the vitamins, minerals, and other nutrients it needs to stay healthy. People with celiac disease are therefore at risk of malnutrition and can develop anaemia (a decreased number of red blood cells due to lack of iron) or osteoporosis (brittle bones from lack of calcium). The body's inability to absorb nutrients can mean that young people with untreated

celiac disease may not grow properly and might lose weight and be very tired. They also might be prone to developing other diseases, such as thyroid disease, type 1 diabetes, and gastrointestinal cancer.

What Causes It?

Experts don't know exactly why people get celiac disease, which is also called gluten intolerance, celiac sprue, nontropical sprue, or gluten-sensitive enteropathy. The disease has some genetic background, which means that it may run in families. Just like eye or hair colour, people inherit the genes that make them more likely to get celiac disease from their parents and grandparents. If an immediate family member (such as a parent or a sibling) has celiac disease, there's about a 5% to 10% chance that you could have it, too. Celiac disease affects people of all heritages and backgrounds. It is estimated that 1 in 133 people has the condition, although many don't know that they do.

Signs and Symptoms

It's important to diagnose celiac disease early before it causes damage to the intestine. But because it's easy to confuse the symptoms with other intestinal disorders, such as irritable bowel syndrome, inflammatory bowel disease, or lactose intolerance, teens with celiac disease may not know they have it. Some common symptoms of celiac disease are diarrhoea, abdominal pain and bloating, and weight loss. Someone with the disease may feel tired and could be irritable or depressed. Some have skin rashes and mouth sores. Teens with undiagnosed celiac disease may go through puberty late. Someone might not show any symptoms until going through an emotionally or physically stressful event, such as going away to college, illness, or an injury or pregnancy.

How Is Celiac Disease Diagnosed? If a doctor suspects someone has celiac disease, ordering a blood test is usually a first step in diagnosing the disease. If the results of the blood test show a high level of antibodies to gluten and to certain other proteins in the intestinal lining — a sign that the person could

have celiac disease — then the doctor may order a biopsy of the small intestine to confirm the diagnosis.

In the case of celiac disease, doctors take a tissue sample from the small intestine by inserting a long, thin tube called an endoscope through the mouth and stomach into the small intestine. A person is fully or moderately sedated during this procedure. In many cases, doctors use general anaesthesia to put the patient to sleep. The sample is sent to a laboratory for testing.

How Is It Treated?

Once celiac disease is diagnosed, a doctor will help treat it. Although there is no cure, celiac disease can be managed successfully by following a gluten-free diet. People with celiac disease need to follow this diet for life. Because gluten can be found in everything from breakfast cereals to prepared luncheon meats, they need to be very aware of what's in the foods they eat. If you've been diagnosed with celiac disease, a doctor or dieticians who specializes in celiac disease can help you develop an eating plan that works with your lifestyle. Luckily, the small intestine can heal. Although this can take up to a year, many people start to feel better after just a few days on a gluten-free diet. But feeling better doesn't mean that people with celiac disease can eat foods containing gluten again. The genes that cause the disease are in the body and the immune system continues to react to gluten, so the symptoms and problems will return if someone with celiac disease starts eating gluten again.

Taking Care of Yourself

The good news about celiac disease is that many favourite foods, like birthday cake and pizza, can be prepared without gluten. So if you have celiac disease, you can still find ways to enjoy most of your favourite foods — you just need to do some research and be aware of what's in them. Here are four things you should do if you have celiac disease: While a law requires the labelling of wheat-free products, be aware that "wheat-free" doesn't necessarily mean "gluten-free," as wheat-free products may have barley
CONT NEXT PAGE



Ingredients

- 120g butter, softened
- 2 tablespoons finely chopped tarragon
- 2 tablespoons baby salted capers, rinsed, chopped
- 2 anchovy fillets, drained, finely chopped
- 1 tablespoon Dijon mustard
- 1 garlic clove, crushed
- 2 teaspoons olive oil
- 8 slices prosciutto
- 4 (about 200g each) beef fillet steaks

Method

- Step 1 Combine the butter, tarragon, capers, anchovy, mustard and garlic in a small bowl. Season with salt and pepper. Transfer to a piece of baking paper and

form a 12cm-long log. Roll in paper to enclose then roll in foil. Place in freezer for 45

•Step 2 Wrap prosciutto slices around the side of each fillet. Season with pepper. Heat oil in a large frying pan over medium-high heat. Add steaks and cook for 2-3 minutes around the side of each fillet. Continue cooking for 2-3 minutes on top and bottom for medium or until cooked to your liking. Transfer

Prosciutto-wrapped beef fillet with tarragon butter



to a plate. Cover with foil. Set aside for 5 minutes to rest.

•Step 3 Meanwhile, cut the tarragon butter into 2cm slices. Place the steaks on serving plates and top with a slice of butter. Serve immediately.

Nutrition: 3142 kJ Energy, 58g Fat Total, 29g Saturated Fat, 57g Protein, 1617.9mg Sodium & 1g Carbs (sugar)



Report

26 February. Officers from Hunter Valley Police District have commenced an investigation into the incident and have released photos of a man

The biggest issue at the moment is Stolen Motor Vehicles especially down the southern end of our Command Area. Over the weekend, prior to Easter, there were an unusual large of stolen vehicles. It is a big issue in the Area Command. The more stolen vehicles they can locate the better chance they have of catching the offenders.

A reminder: lock your vehicles and remove valuable property from inside the vehicles. Also, be mindful of your surroundings and if they see a suspicious person or vehicle hanging around their vehicle or home please call the Police. Other matters attended too over the previous fortnight: **CCTV image released after bike theft**



Police are appealing for public assistance to help identify a man that may be able to assist with inquiries into the theft of a bike in Cessnock.

Police received a report a black and purple 'Exile' BMX bicycle was stolen from outside a licensed premise on Neath Street, about 7.50pm on Monday

that may be able to assist with inquiries.

The man shown is described as being of Caucasian appearance, of a medium/solid build, and with short black hair. He is wearing a dark coloured shirt, black shorts, a dark coloured cap, and black shoes. He is carrying a black backpack.

Hydroponic house discovered, 321 cannabis plants seized near Maitland

Monday, 26 March 2018 05:41:18 PM

Police are investigating the seizure of 321 cannabis plants at a hydroponic house near Maitland. About 7.30pm on Saturday (24 March 2018), officers from Port Stephens/Hunter Police District attended a home on Honeysuckle Drive, Aberystwyth, to make inquiries.

Officers found the premises open and unoccupied. An initial inspection of the home located a large amount of cannabis. A crime scene was established and Strike Force Devom was formed to conduct the investigation. Officers attached to Strike Force Devom executed a warrant at the property today (Monday 26 February 2018).

Police discovered the property had been converted into a hydroponic house. Officers located and seized a number of items from the property including 321 cannabis plants and over 22kg of loose cannabis leaf. Investigations are continuing.

Officers located and seized a number of items from the property including 321 cannabis plants and over 22kg of loose cannabis leaf. Investigations are continuing.

Strike Force Raptor targets OMCG as part of Operation Morpheus' National Day of Action

Thursday, 22 March 2018 11:40:13 AM

The NSW Police Force's Strike Force Raptor joined their interstate colleagues for a National Day of Action targeting the Comanchero OMCG.

Operation Morpheus is a National Anti-Gangs Squad initiative which combines the resources of all Australian state and territory police agencies and key Commonwealth agencies to detect, deter, and disrupt illicit activity of OMCGs, their members, and associates. In NSW, the Criminal Groups Squad's Strike Force conducted 15 Firearms Prohibition Order (FPO) searches, which included the service of new FPOs.

During the searches, police located and seized a spring-loaded knife, a replica firearm, steroids, and Comanchero OMCG colours and nominee colours. Officers also served consorting warnings, Australian Tax Office notices, and outstanding debt notifications. Criminal Groups Squad Commander, Detective Superintendent Deborah Wallace, said this was not the first coordinated multi-agency operation into criminal groups, and it won't be the last. "Law enforcement in Australia have a collaborative approach to targeting OMCG, who operate across borders and across a variety of criminal activities," Det Supt Wallace said.

"By executing coordinated cross-border and cross-jurisdictional operations, we enhance our capabilities to disrupt illicit businesses and the ability for OMCG to impart influence on the wider community.

"The Criminal Groups Squad and Strike Force Raptor have been fearless and relentless in pursuing OMCG and will continue to work closely with local police to disrupt the activities of all criminal groups throughout NSW," Det Supt Wallace said.

The National Anti-Gangs Squad is a national multi-agency task force funded by the Federal Government. A strike team comprising the Australian Federal Police, NSW Police Force and Australian Taxation Office personnel is located within State Crime Command to investigate the activities of criminal groups. 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.

FROM PREVIOUS PAGE

Celiac Disease

..... and rye (gluten-containing grains) in them.

Eating Away From Home

If you have celiac disease, you don't have to limit yourself to eating at home. With experience and knowledge, you'll be able to figure out which dishes at restaurants or friends' homes contain gluten. Some restaurants in your town might offer gluten-free dishes on their menus. **When in doubt, leave it out!**

Here are some tips to remember when choosing foods for celiac disease:

Start with the foods you can eat. Foods and ingredients that you can eat and use in cooking include: foods made with the flours of corn, rice, buckwheat, sorghum, arrowroot, garbanzo beans (chickpeas), quinoa, tapioca, teff, and potato (provided other ingredients in your recipe do not contain gluten). You can also eat all **plain** meat, fish, chicken, legumes, nuts, seeds, oils, milk, cheese, eggs, fruits, and vegetables.


Be on the lookout for possible cross-contamination. Even when eating or preparing foods that are gluten-free, if these foods come into contact with foods that contain gluten, you run the risk of something called **cross-contamination**. For example, crumbs from regular wheat bread can find their way into jams, spreads, or condiments if people aren't careful to use a fresh knife or utensil each time. Keeping condiments in squeezable bottles or using separate jams and spreads is a great idea for people with celiac disease. It's also a good idea to keep a separate toaster for gluten-free bread.

If someone in your family bakes with products that contain gluten, you need to thoroughly clean appliances, utensils, and work surfaces before preparing your gluten-free products. Remember to wash your hands thoroughly and often. If a food-making environment is not a dedicated gluten-free environment, there's a potential for contamination. For example, gluten-free bread made in a bakery that also produces regular products might be contaminated. This can happen when machinery is not properly cleaned between the making of gluten-containing and gluten-free products. Some manufacturers are now making products in gluten-free environments.

Foods and Ingredients to Avoid

beer and other grain-based alcohol products, bouillon and broths, breading (such as the coating on breaded chicken cutlets, etc.), brown rice syrup (often made from barley), cake flour (made from wheat), caramel colour (occasionally made from barley), communion wafers, couscous, creamed or breaded vegetables, dextrin (a rare ingredient, which may be made from wheat; maltodextrin is OK for people with celiac disease), dry roasted nuts (processing agents may contain wheat flour or flavourings), fried chicken, French fries (if they've been coated in flour), gravies and sauces (including some tomato and meat sauces), imitation bacon, crab, or other seafood, luncheon and processed meats, malt or malt flavouring (usually made from barley), marinades, matzo, modified food starch (most food manufacturers will now specify the source of this ingredient; e.g., modified **cornstarch**, which is OK, or modified **wheat** starch, which is not), non-dairy creamer, pastas, salad dressings, seasonings (pure spices are OK, but check seasoning mixes for gluten-containing additives), some herbal teas and flavoured coffees, soup mixes and canned soups, soy sauce and soy sauce solids (they may be fermented with wheat; don't eat them unless you verify they're OK with a dietician), spreads, soft cheeses, and dips, stuffing, thickeners, udon noodles, wheat-free products (wheat-free does not mean gluten-free; many wheat-free biscuits and breads contain barley or rye flour, which contains gluten and other gluten-containing ingredients) & yogurts with wheat starch

Finding Gluten-Free Foods and Ingredients Most grocery stores carry some gluten-free products these days. You might be able to find gluten-free bread, cereal, baking mixes, cookies, and crackers at your local market. For a wider selection, make a trip to a health food store. Be aware that lots of natural markets and health-food stores keep foods in bulk bins. It's not a good idea to use even gluten-free products from these bins because the risk of cross-contamination is very high. Many specialty shops online also sell a range of gluten-free products, such as bread, pizza crusts, and pastas. Many regular and online shops even sell gluten-free flour blends that you can use to make your own pancakes and waffles, pizza dough, cookies, and brownies. Eating a gluten-free diet is a lifelong commitment. But if you have celiac disease, you are not alone. Lots of support groups, cookbooks, and websites are dedicated to living a gluten-free life. A word of caution, though: What experts know about celiac disease is developing so rapidly that many books and sites are out of date.



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THE RIGHTS OF WORKERS INJURED IN OR ABOUT A COAL MINE IN NSW

We all know the scenario: at a BBQ, beer in hand, nibbles at the ready and making small talk. "So what do you do?" someone asks. Your reply: "I am a coal miner".

What seems like a simple concept has been dissected in the Courts over the years and much argument has centred on the question of whether a person works 'in or about a coal mine' and whether they are, in fact, a 'coal miner'.

Firstly, a coal mine is defined in the legislation as many things, including a land building, structure, pit, shaft, drive, level, drift, excavation and work on or in which, or whereby, any operation for or in connection with mining is carried on and any pipe, conveyer or ropeway used for the conveyance of coal or stone.

In an interesting case of *Select Civil (Kiama) Pty Ltd v Kearney* [2012] NSWCA 320, the Plaintiff

was injured whilst undertaking site rehabilitation work at a coal mine where operations had been discontinued. The Kemira Colliery operated between 1848 and 1991 but was sealed off in 1995. The plaintiff was injured on 10 April 2006. The primary Judge found that the plaintiff was a coal miner and this was upheld on appeal. His Honour Judge Macfarlan stated: "A mine does not cease to be a mine immediately upon the cessation of extraction of minerals. It continues to have that character at least whilst equipment is packed up and the site is rehabilitated".

The case law has also confirmed that the injured worker does not necessarily need to be employed by the coal mine operator. In 2005 the New South Wales Court of Appeal handed down a decision of *Ellavale Engineering Pty Limited v Pilgram* [2005] NSWCA 272. In this case, the plaintiff was employed by a business involved in the overhaul maintenance and

breakdown work on equipment used in various coal mines. The work was required to be carried out on a mine site and the plaintiff sustained injury whilst on the mine site. The Court held that the plaintiff was a coal miner and that the focus is not on the timeframe of work performed but rather the work actually being performed by the worker. The case law continues to shape the definition of who is a 'deemed' coal miner and reinforces the fact that the answer to this question is often multifaceted. The relevance of this relates to a unique structure of compensation entitlements available to injured coal miners which has arisen due to historical legislative changes. The rights of those injured in the NSW coal industry are inimitable and indicative of the uniqueness of this industry on the whole.

Hope you all had a wonderful Easter break.

Cheers, Gemma & Kerri

The Hidden History of WW1 comes to Cessnock Library

It's hard to imagine finding the 'amusing' side of war, however acclaimed World War One cartoonist Hal Eyre did just that with his highly regarded satirical cartoons. This rarely seen view of the War will be on show at Cessnock Library from 14-26 April 2018 in a free display of Eyre's work, drawn from the State Library of NSW collection.

The display consists of ten panels that feature reproductions of 20 of Eyre's cartoons, which are beautiful and enlightening illustrations of the debates and controversies of the time. "Cartoons provide valuable social commentary on key historical events and Hal Eyre was one of the most important social commentators on the war," said Cessnock City Library Services Co-ordinator, Rose-marie Walters. Hal Eyre (1875-1946) was born at Sofala, NSW and attended school in Forbes and later Bathurst, where he began his artistic career

by caricaturing his school-teacher. Eyre's cartoons were in great demand during the war and in 1908 he was employed as the regular political cartoonist for the *Daily Telegraph*. According to Ms Walters, many of the Hal Eyre



sketches hold hidden messages and were products of their time. "He used animals as metaphors for nation-states and drew fascinating caricatures of well-known European and Australian leaders. Enemy nations were often represented as prevailing racial stereotypes." In 1920, the State Library of NSW purchased 357 original drawings he produced for the paper during World War One.

Bush Fire Danger Period ended

The NSW Rural Fire Service (NSW RFS) has declared an end to the statutory Bush Fire Danger Period in the Hunter Valley District area at midnight on 31 March 2018. From last Sunday 1st April, fire permits will no longer be required for the Muswellbrook, Cessnock and Singleton Local Government Areas. NSW RFS Operational Officer Leanne Bell said all members of the public must still abide by the law when conducting burns. "Even though a fire permit is no longer a requirement, residents must still notify their neighbours and the local fire control office 24 hours before burning." Operational Officer Bell said. "People should also check whether they need a Bush Fire Hazard Reduction Certificate or environmental approval,

and have sufficient equipment to control and contain the fire to their property. Despite these milder conditions, there is always the potential for fires to threaten life, property and the

Bush Fire Danger Period ended March 31st ~ NSW Rural Fire Service

environment, if not managed correctly," Operational Officer Bell said. "Your local fire station or Fire Control Centre can provide advice on how to safely undertake hazard reduction work, and how best to prepare yourself, your property and your family for the next bush fire season."

To give notification of a burn or to arrange a Bush Fire Hazard Reduction Certificate, contact Hunter Valley Fire Control on 6575 1200 or 4015 0000.



If you are in business in the local area and have not as yet joined please contact Brett Wild on **0488 255 666**. He will make you very welcome



REINSW Submission on combustible cladding

REINSW has welcomed the proposed reform to address the safety risks posed by the use of combustible cladding on buildings, but called for a more lenient transition. The REINSW made a Submission on 23 February 2018 in response to the public consultation draft of the Environmental Planning and Assessment Amendment (Identification of Buildings with Combustible Cladding)

Regulation 2017 (NSW) (Draft Regulation). The Draft Regulation requires owners of buildings with combustible cladding to register their buildings with the NSW Government and provide a cladding statement within prescribed timeframes. REINSW CEO Tim McKibbin said the Institute "welcomes a reform of the environmental planning

and assessment legislation to address the safety risks posed by the use of combustible cladding on buildings. "At the same time, the reform should allow for a pragmatic and more lenient transition that results in a clear, fair and simple to use system. We look forward to exploring the issues further with the NSW Government."

REINSW's Submission focused on issues addressed with the Department of Planning and Environment (Department) and which arises out of the consultation draft. Here is a brief overview

Which buildings should register/submit a cladding statement?

REINSW proposes that only owners of existing buildings (from the date the regulation comes into effect) should be required to register buildings, and only when directed to do so by local councils or authorised fire officers. New buildings should be exempt as they would not be able to obtain an occupation certificate if they do not comply with relevant fire safety legislation. It is further recommended that the deadlines for registration and providing cladding statements be extended to reflect practical requirements under the regulation.

•The Department (or an appropriate agency) staff are trained to provide guidance and deal with queries in relation to combustible cladding and general owner obligations

"Properly qualified persons" to assess buildings

REINSW recommends that "properly qualified person" is clearly defined under the Draft Regulation.

Accessibility of register and conveyancing practice

Given the seriousness of risks, there should be a direct relationship between the register and general conveyancing practice, such as by way of a prescribed document, similar to a requirement for owners to provide certification on their swimming pools. The register should also be accessible by the public, with mechanisms for removal of a building if it is later established that it is not at risk.

What information will assist owners and strata managers to understand/meet the requirements?

REINSW recommends:

- The Department (or an appropriate agency) staff are trained to provide guidance and deal with queries in relation to combustible cladding and general owner obligations
- Comprehensive factsheets and detailed FAQs to be made available for owners, owners corporations, strata or building managers and other affected persons
- Free seminars and workshops in each local government area addressing issues and obligations under the new regulation regarding the use of

combustible cladding and fire safety.

What could help prevent combustible cladding being used inappropriately on new buildings?

REINSW proposes that local councils should not issue certificates or approvals unless they are satisfied the buildings comply with the relevant building codes and applicable legislation. To assist local councils, the NSW Government should provide builders, developers and other professionals in the building design and construction industry with guidance and education on this issue.

Consumer protection Consumers, such as tenants, currently have no recourse under the Draft Regulation. Consideration should be given as to how consumer rights would be protected if combustible cladding is found on a building.

Remediation Whilst the Draft Regulation focuses on identifying buildings with combustible cladding, the Department should provide clarity and guidance for owners and strata or building managers as to the remedial process if combustible cladding is identified.

Real Estate Agents' responsibilities

NSW Fair Trading has published guidelines for agents' responsibilities relating to fire safety and external wall cladding. They recommend that strata managing agents, building, property and maintenance managers and real estate agents should 'review all design and construction documents to determine whether external wall cladding made of aluminium composite materials was used on the building.' However, given that strata managers and agents don't have the technical expertise to carry out this work, these guidelines should be amended, as any such documentation would need to be referred to experts.

Agent education standards to increase 600%



The much sought after path to professionalism 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 has passed into legislation 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 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 reforms are expected to be implemented on 1 July 2018.

Has your phone stopped ringing? You need to advertise your business in 'The News' 4938 1773

Jazz on the Rectory Lawn

April 14th 2018 12 Midday to 3pm
Anglican Rectory Lawn, Cessnock Road Branxton

The grounds of the historic rectory just up the road from St John's Anglican Branxton will come alive to the sounds of jazz, and the smells of sausages and onions on the barbeque on Saturday afternoon, 14th April. The community event will be free to all fans of trad jazz as the Sydney band "JustInTime" entertain with a long list of well known

and not so well known tunes including "Sunny Side of the Street", "Pennies from Heaven", "When You are Smiling", "Basin Street Blues" and many, many more. The group is made up of trombone, fiddle, banjo, saxophone, and tuba with some players doubling on more than one instrument. Well known Sydney jazz musician and group

member Jim Elliot has created some arrangements featuring three trombones as highlight numbers during the three-set performance. Trombone player Geoff Appleton and local musician and St John's parishioner Rod Heard met during their mutual involvement with another Sydney group, the "Carols Afloat" singing group on Pittwater. The group gets together to sing carols to the local community a couple of weeks before Christmas each year, as often as not from a floating

platform such as the local barge! Performances take place at Lovett Bay and then at Church Point on the same night. With the inducement of a weekend in the beautiful Hunter, Rod persuaded Geoff to bring his band of musicians to Branxton for "Jazz on the Rectory Lawn". Rod will also join in on piano on a few numbers. Bring your blanket or a fold up chair, drinks and nibbles, grab a free sausage sandwich and enjoy a great afternoon on April 14th 12

to 3pm. St John's contact phone number is 4938 3277. Service times are 10am in Branxton except on the third Sunday which is 9am with the new "Messy Mass" service which features a relaxed format that includes the kids and often an interesting visiting speaker. Lochinvar services are at 8am except on the third Sunday when they join with Branxton for Messy Mass. All welcome.

Council sets sights high on Qantas academy



Cessnock City Council will make a submission to host a Qantas pilot training academy at the Cessnock Aerodrome.

The NSW Government's Office of Regional Development is seeking expressions of interest from councils across the state and Cessnock City Council wants to be at the top of the list.

Cessnock City Mayor, Councillor Bob Pynsent said this is an exciting opportunity as Cessnock Aerodrome has capacity and potential to host the academy.

"This is an ideal opportunity for the growth and development of Cessnock Aerodrome. Attracting the academy would lead to improved infrastructure, provide employment and once again show Cessnock is ready to do business."

"We will be putting together a very strong submission and look forward to showcasing the Cessnock Aerodrome and all our local government area has to offer."

The Qantas Group plan to have the academy up and running in 2019 with an initial intake of 100 student pilots. The student intake may eventually increase up to 500 pilots a year, on a fee-for-service basis, depending on demand.

Businessman and aviator Dick Smith has thrown his support behind the announcement by Qantas that it will open a pilot academy that could train up to 500 pilots a year. Mr Smith, a former chairman of the Civil Aviation Safety Authority and its predecessor, said it was the best news he had heard for a long time.

As you can imagine the competition to host the facility will be fierce with Wagga Wagga, Bundaberg, Tamworth, Dubbo, Armidale, Cairns &, I would assume many other regional centres making strong bids.

Cessnock City Council support 'Easy to do Business' initiative

Cessnock City Council supports the Service NSW 'Easy to do Business' initiative set to make it easier for those looking to open a small business or grow their existing business. Cessnock City Mayor, Councillor Bob welcomed the move by Service NSW that will streamline the processes associated with opening a small business.

"Council are happy to be part of an initiative that cuts red tape and makes it easier for prospective business owners get their doors open."

"It's a big decision to open your own business and it's fantastic to be able to part of taking some of that pressure off when people are starting out."

Council will enter into a Memorandum of Understanding with Service NSW to show their support of the initiative. Easy to do Business is an online platform that tackles the time, complexity and duplication issues that businesses can face when starting or growing a business in NSW.

The free service also offers personalised support and step-by-step guides tailored specifically for business, online information on government licensing, approvals and regulations. For more information visit

<https://www.service.nsw.gov.au/easy-do-business>.

Lease arrangement could herd the future of the Singleton saleyards

The ongoing viability of the Singleton Regional Livestock Market (SRLM) will be assured following a Singleton Council resolution to invite a selective tender process for the lease of the site. Councillors considered a closed-Council report on

the outcome of an Expression of Interest process for the saleyards at last night's meeting, which called for interest from parties to either purchase and operate the SRLM or lease and maintain the site subject to conditions that the saleyards continue to



Singleton as a community asset," he said.

"A service delivery review of the saleyards found that Council was not adequately positioned to address the challenges facing the site, including the need for more upgrades in the coming years to meet modern standards. "Having said that, improved animal welfare and

operate in the current location.

As a result, Council deemed the most feasible option was to proceed with a lease arrangement and invite two parties from the Expressions of Interest process to submit tenders. Council's resolution also strongly reinforced the facility would not be sold.

Details of the submissions received as part of the Expressions of Interest process will remain confidential.

General Manager Jason Linnane said a lease was more consistent with Council's position that the saleyards continue to be a viable operation and contribute to the diversity

of the local economy. "At the same time, proceeding with a lease option means the community will retain ownership of an important historic and economically strategic asset."

An indicative timeframe sets out the call for tenders in May 2018 for an eight-week period, with the potential for a lease arrangement to be in place by 1 December 2018.

Mr Linnane said Council would also develop a detailed business model for the SRLM at the same time, to assist with the continued operation of the facility should the tender process be unsuccessful.

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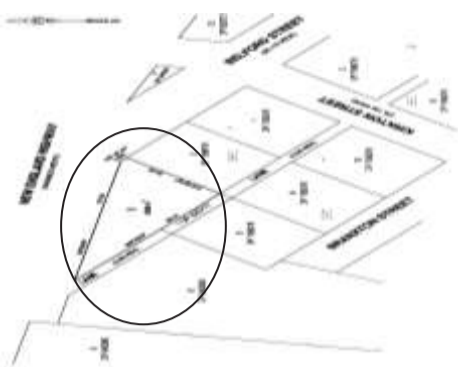


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Branxton



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The Coalfields Classic & Enthusiasts Motorcycle Club Greta bike show which was on Sunday 18th Sunday at the Tatts Hotel Greta; good crowd of enthusiasts & some wonderful examples of rare & meticulously restored bikes.

Out & About

with Mike Lowing



WANTED

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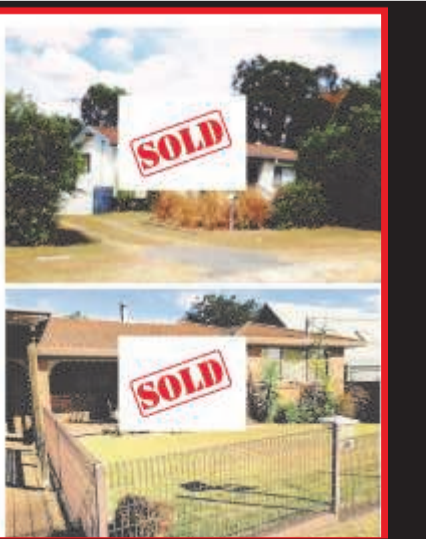
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Out & About

with Mike Lowing

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President Sean Wright address the healthy crowd



Nathan Holz receives the "Chris Charnock Perpetual" Most Valued Player Award from Life Member Chris Charnock



Sean Wright receives the "Keith Thomas Perpetual" Best Batting Performance Award from Life Member Mark Bercini



Steve Peace receives the "Dixi Duggan Memorial" Best Bowling Performance Award from Life Member Peter Bridge



Connor Thomson receives the "Most Promising Junior" Award from Life Member Roslyn Shearer



Andrew Bercini receives the "Bertie Ironmonger" Outstanding Performance Award from Life Member Jamie Millard



Pat Nugent receives the "Adrian Stafa Memorial" Team Player Award from John Stafa



Logan Millard receives the "Rookie of the Year" Award from Life Member Peter MacKenzie



Brett Bridge receives the "Brian 'Yakka' Yates Memorial" All-Rounder Award from Life Member Mark Bercini

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SUMMERLAND KINGS
FRIDAY 12th APRIL

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ANZAC DAY
“KARAOKE”

MEMBER'S BADGE DRAW

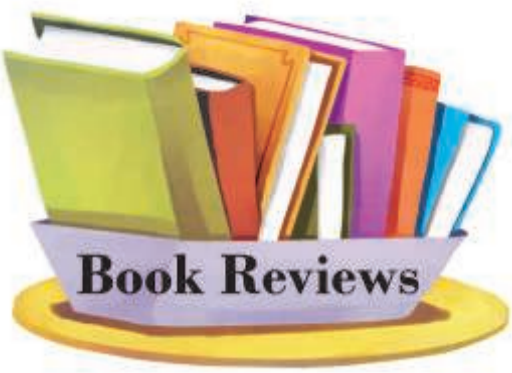
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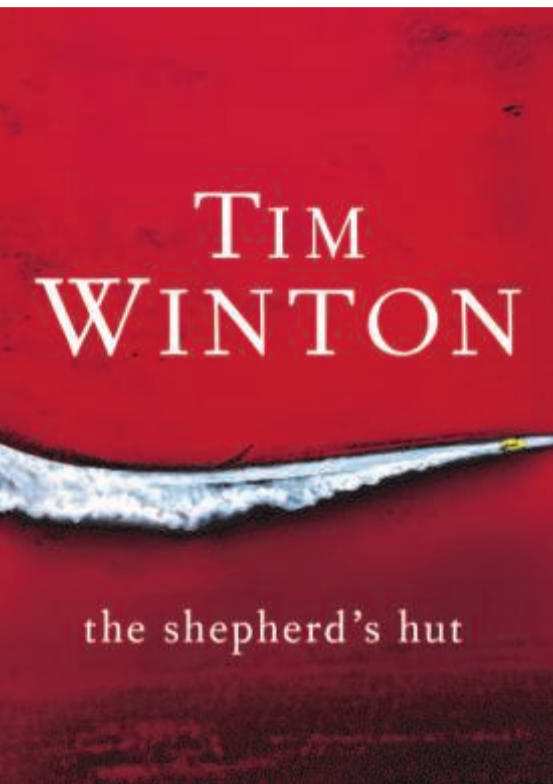
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..... and Other




The Shepherd's Hut review: Tim Winton's austere, beautiful and compelling novel

First published in The Sydney Morning Herald 9 March 2018. (Our thanks to the SMH)

Fiction

There is music in this brilliant and uncomfortable book. Much of the time, it is drowned out by other sounds, not least the pained narrative voice of Jackson Clackton. Jaxie is a teenager at risk. He has grown up in a world of knives and guns, hunters and drinkers. His father, Sid, whom he calls Captain Wankbag, is a violent alcoholic, the butcher in a small town in Western Australia, Monkton, where the local IGA has closed down, leaving little more than the roadhouse, pub and silo. Sid listens to the radio "with some angry old prick barking stuff". The town tiptoes around Sid, not least because it needs meat. There is a lot of meat in this book; the fruit mostly comes in cans. Sid was appalling to his wife, Shirley, who has recently



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died of cancer. Jaxie knows she stuck it out for his sake and this leaves him feeling confused and responsible for what his mother endured. He wonders how "something that good and pure can feel so filthy". This is one of a number of gritty moral conundrums that Winton explores in adult depth through the eyes of a teenager.

The Cap's drinking and violence deteriorate. As the novel opens, Jaxie is carrying a damaged eye and is becoming prey to his own murderous anger. But fortune steps in: Sid is as much a danger to himself as to anyone that comes within the gravitational pull of his rage. Jaxie comes home to find that Sid has been working on his Hilux in the shed and it has rolled on him and killed him. Jaxie knows immediately that "the old turd was cactus". In one of countless brilliant flicks of prose in this book, he notices the tracks of a lizard through his father's blood. Winton uses the natural world as more than a canvas; it is the silent witness of human desperation. Rocks can get mistaken for people in places Jaxie calls "bumf--- nowhere". In *The Shepherd's Hut*, people don't get lost in the bush. They seek asylum in the bush because they are lost already.

Jaxie grabs a few provisions, including a water bottle and a pair of binoculars that will become pivotal in the story, and heads off into the dry yonder. Winton sneaks in the ghost of an explanation for Sid's behaviour: he and his hunting mate, Bill Cox, were in the army. Shirley says they were overseas together but won't give anything else away.

This detail casts a wash over the narrative in the same way that bare hints of wartime experience colour the water of *Dirt Music* (2002), a book that shares a number of concerns with *The Shepherd's Hut*. Readers may recall in *Dirt Music* the prevalence of drinking, hidden violence and Luther Fox's flight into the wilderness. *The Shepherd's Hut* is as masterful as *Dirt Music* but has a more sure sense of what it needs to achieve. It is concerned that Jaxie will have little choice but to emulate the destructive chaos of his father. "You're no better than your father," Shirley says. This is the real worry. Winton asks what it would take to change the script.

Eventually, in what feels like the middle of one of Samuel Beckett's nowheres, Jaxie will encounter the mysterious Fintan MacGillis who is old, short and fat. The narrative bursts into flower in the desert when it becomes the story of these two men: one who has found a kind of peace, the other desperate for it. The portrayal of Fintan is extraordinary, one of the highlights of Winton's career. He has been living in an abandoned shepherd's hut beside a dry lake for eight years; somebody brings him supplies at Christmas and Easter.

He is also a priest and it is unclear why he has been forced into such profound solitude. He denies that he has abused children in any way, which is what the reader might suspect. Indeed, it is possible that Fintan has chosen to live as a contemplative hermit; maybe this is not punishment after all. There are hints of some kind of delicate political past. At one stage, he drops his guard enough to tell Jaxie that he has seen bodies bulldozed into a mass grave.

He talks a lot, which annoys the taciturn Jaxie, saying that he is in refuge as much as exile. "Have you read your man Dostoevski, then," he asks. It would have been surprising if Jaxie had answered in the affirmative but the question shows that Fintan, unlike Jaxie, doesn't judge people by appearances.

Jaxie takes a long time to begin to trust Fintan but, as he does so, he sheds the hard shell his life has cased around him. He actually lets Fintan touch him, if only to shave his head. Fintan's hut shares the Russian writer's sense of the habitable abyss, the absence where one meets the present. It is a place in which acceptance allows nothing to become everything.

Like Scully in *The Riders*, Jaxie is never going to be still. He longs to keep moving, to find his girlfriend, cousin, Lee, who happens also to be his cousin, in the aptly named town of Magnet. Jaxie is sustained by an idealised image of Lee. But Fintan moves in a deeper sense because he is not going anywhere. He says "if I had to leave this place now, I'm not sure I would". He has sunk roots in a place he thought initially was "Hell itself". When Fintan enters the story, Jaxie hears him singing. He is not the only source of music in *The Shepherd's Hut*: Shirley has a piano she no longer plays. She used to be in a choir. Music has a role in drawing poison, just as it does in *Dirt Music*. But there's also music in silence. Jaxie articulates his need for peace. He gets closest to it when he can be still.

The Shepherd's Hut, like much of Winton's work, is exasperated by cheap, packaged spirituality. But it knows the bloody, earthy taste of the real thing. It is what will feed and nourish a character such as Jaxie who has taught himself to survive on emotional junk food. His well-being depends on his developing an appreciation of his contemplative nature. Winton's spirituality will always frustrate those with packaged answers, whether they are religious or the opposite. He drills into the human soul down past labels. Jaxie may be "an instrument of God" but Winton makes the reader work to figure out what this might mean.

The Shepherd's Hut is a landmark book in Winton's career: austere, beautiful and compelling. It has a subtle moral clarity that stands out even in a career that has relentlessly searched for the gold hidden in human rubble. The book is wise in areas, such as anger and masculinity, where most of us just have theories. In the anger of Jaxie, Winton has heard the confusion and need that lie behind the struggle for an authentic, tender and honest masculinity that is one of our major cultural challenges. After three readings, *The Shepherd's Hut* was still yielding the riches of its unblinking vision of hope, a vision that will renew readers for generations to come.

Michael McGirr is the dean of faith at St Kevin's College in Melbourne.

ABOUT

Tim (Timothy John) Winton (born 4 August 1960) is an Australian writer of novels, children's books, non-fiction books, and short stories. In 2007 he was named a Living Treasure by the National Trust and has won numerous literary awards. He has won the Miles Franklin Award four times.



Life - Tim Winton was born in Karrinyup, Western Australia. He moved with his family at age of 12 to the regional city of Albany. He has lived in Italy, France, Ireland and Greece but currently lives in Western Australia again. Winton met his wife Denise when they were children at school. When he was 18 and recovering from a car accident, they reconnected as she was a student nurse. They married when he was 21 and she was 20. They have three children together. They live on the coast north of Perth.

His younger brother, Andrew Winton, is a musician and a high school chaplain. His younger sister is Sharyn O'Neill, who, in 2007, assumed the position of Director General of the WA Education Department.

As his fame has increased Winton has guarded his and his family's privacy. He rarely speaks in public yet he is known as "an affable, plain-speaking man of unaffected intelligence and deep emotions."


Literary career - Whilst at Curtin University of Technology, Winton wrote his first novel, *An Open Swimmer*, which won The Australian/Vogel Literary Award in 1981, launching his writing career. He has stated that he wrote "the best part of three books while at university". His second book, *Shallows*, won the Miles Franklin Award in 1984. It wasn't until *Cloudstreet* was published in 1991, however, that his writing career was properly established. He has continued to publish fiction, plays and non-fiction material.

The National Library of Australia holds the Papers of Tim Winton (unpublished 1980-1996), biographical cuttings and programs and related material collected by the National Library of Australia.

Style and themes

Winton draws his prime inspiration from landscape and place, mostly coastal Western Australia. He has said "The place comes first. If the place isn't interesting to me then I can't feel it."

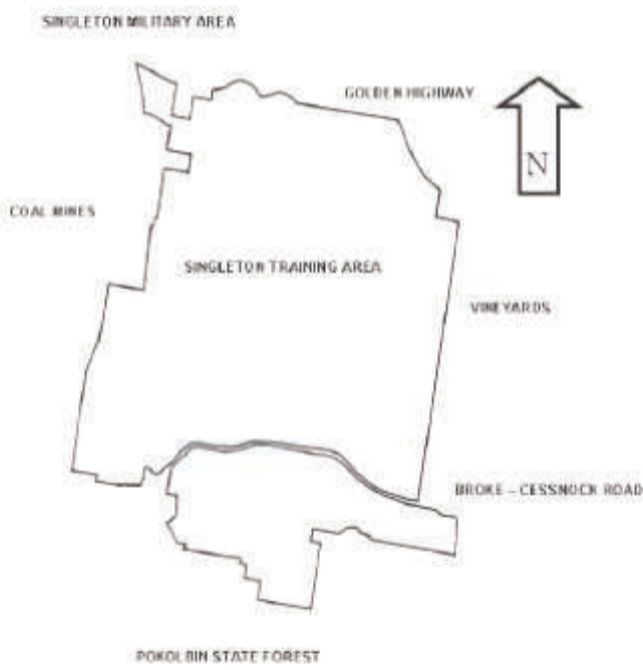
Novels - *An Open Swimmer* (1982) *Shallows* (1984) *That Eye, The Sky* (1986) *In the Winter Dark* (1988) *Cloudstreet* (1991) *The Riders* (1994) *Blueback* (1997) *Dirt Music* (2001) *Breath* (2008) *Lockie Leonard* (1990-1997) *Eyrie* (2013) *The Shepherd's Hut* (2018)



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

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Seniors Festival for Cessnock's 'not-so senior' seniors!



Kurri Aquatic Fitness Centre, Bridge in Cessnock and Family History at Cessnock Library.

"I love the fact that being involved has enabled us to feel part of the community. We are able to say hello to someone in the supermarket and of course the health benefits of being socially active are a bonus."

Cessnock City Mayor, Councillor Bob Pynsent looks forward to seeing more residents aged between 55 and 70 at Seniors Festival events. "It's misguided to think this festival caters to our more elderly residents. The program is for every senior, including those 55 and over who are vibrant, looking to try new things and meet new people."

To see what's on this Seniors Festival visit <https://www.cessnock.nsw.gov.au/community/events-ceremonies/senior>.

Photo: Ellice

Memorable sporting quotes

"And let that be a lesson to you all. Nobody beats Vitas Gerulaitis 17 times in a row." Tennis player **Vitas Gerulaitis** on beating Jimmy Connors after losing 16 straight matches to him.

"I don't care about that match point — would you care if you were 23 and worth over \$10 million." **Tomc** told Gold Coast Bulletin journalist Ryan Keen after tanking in his ATP tour match at the Madrid Masters.

"I don't wake up and think I've won the Masters. But when I walk in the closet and I put the green jacket on every morning, I do." - Golfer **Adam Scott**.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - **Michael Jordan**

"When you win, say nothing. When you lose, say less." - **Paul Brown**

The Cessnock City Seniors Festival program has officially been launched and this year it's all about getting those 'not-so senior' seniors involved. The popular festival attracts a large number of seniors aged 70 and over but organisers want to see those aged between 55 and 70 rolling up in bigger numbers, as this age group makes up nearly 23% of our population. The Cessnock Local Government Area (LGA) is home to a large senior's population, many of those seniors in the early years of retirement, enjoying the wonderful lifestyle the LGA offers. Local resident Ellice Schrader and her husband recently retired to Cessnock from Newcastle and are settling in well after

immersing themselves in community life, through joining local clubs, associations and trying new activities. Despite being only 56 years old Ellice is looking forward to the upcoming Seniors Festival and is encouraging people of a similar age to get their hands on a program. "I have a lot of friends who are putting off joining clubs or getting involved in community life until they get older. They are missing out on building wonderful connections in their community, making new friends and finding new interests." Ellice keeps herself busy as a member of the Cessnock Country Womens Association, a regular attendee of the Aqua Aerobics class at Kurri



"Come and Try Day"

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TIME: 1.00pm
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TAKE SOME GOOD ADVICE

Windows 10 is chock-full of handy, hidden new features worth exploring

In homes and offices across Australia, you can't throw a stone without hitting a Windows PC. You'll find Microsoft running on monitors in almost every school and library, in businesses big and small, and in living rooms, bedrooms, and dorms from coast to coast.

Here are a few of the most interesting tools in the Windows 10 arsenal.

1. A Whole New Start (Menu)

The start menu is a Windows classic. It's easily accessible through the stylized Windows icon in the corner of your screen. Click on it, and you get a layout of your most-used programs, access to power options, and shortcuts to your file explorer and computer's settings. Change the start menu's appearance when you right-click on the icon instead. If you're using a touchscreen, then just touch the icon, hold it down for a second and then release.

Alternatively, use a keyboard shortcut by hitting the Windows key. Right-clicking the Start icon delivers a quick and clean menu. The access to programs is still there, but it also puts a lot more at your fingertips including the Task Manager, Control Panel, Device Manager, and even the trusty Command Prompt. You can also access this advanced menu by hitting the Windows key + X.

2. Disk Cleanup

Remember disk cleanup? It was a way to make your computer run faster when PCs had less RAM than they do today. Disk Cleanup fell by the wayside for most of us as PCs and laptops have become more sophisticated. But your computer could still use a de-bloating now and again.

Disk Cleanup is a simple way to delete files and to ensure your Recycle Bin is cleared out. On Windows 10, type "disk cleanup" into your taskbar where it says, "Type here to search" >> Click on Disk Cleanup app >> Put a check mark next to each folder you want to be deleted, such as temporary files.

3. Malware Removal

It's more important than ever to have a multilayered approach to cybersecurity. Windows Defender is a security tool that can be set

up to block malware attacks in real time or you can perform a scan when you need it.

To make sure it's on, type "Windows Defender" into your taskbar >> Select Windows Defender app >> Make sure Real-time protection is on.

4. Open Taskbar Quickly

Windows 10 brought with it a slew of new and convenient keyboard shortcuts. Take a look at the taskbar at the bottom of your

all other open windows. Do it again to restore those windows.

8. Find Slow Programs

You're working on your computer, but it's dragging. You want to shout "Hurry up!" as you wait for tabs to switch or changes to take hold. It's time to find out what's slowing you down, so open up the Task Manager and check out the "Processes" tab. It will show you which apps and background processes are running and

check for disk problems, type "chkdsk /f."

13. Share Files

Your family and you probably send each other files all the time. You might send a document or a video by email. A better way is to set up everyone in your house on a Windows network to share files.

You start by clicking on the Start button (the Windows icon on the lower-left side of your computer screen). Then, go to Settings (the little gear icon) >> Network & Internet >> HomeGroup >> Create a HomeGroup.

14. Print PDF

If you print documents, you're invariably hearing "send it to me as a PDF." PDF is a file format that's compatible across multiple operating systems and software programs. Windows 10 can easily convert a Word document into a PDF.

To do this, go through the steps to print as you normally would. When you see the option to choose a specific printer, select the one that says, "Microsoft Print to PDF."

15. Record Screen Activity

We're used to videos and online games occurring in real time, but now you can record them for later viewing. When you're in the game or video, click on the Windows key on your keyboard and the letter G at the same time. Follow the prompts to record.

16. Speed Up Your Startup

One reason your Windows 10 PC may feel sluggish is you've got too many programs running in the background -- programs that you may never use, or only rarely use. Stop them from running, and your PC will run more smoothly.

Start by launching the Task Manager: Press Ctrl-Shift-Esc or right-click the lower-right corner of your screen and select Task Manager. If the Task Manager launches as a compact app with no tabs, click "More details" at the bottom of your screen. The Task Manager will then appear in all of its full-tabbed glory. There's plenty you can do with it, but we're going to focus only on killing unnecessary programs that run at startup. Click the Startup tab. You'll see a list of the programs and services that launch when you start Windows. Included on the list is each program's name as well as its publisher, whether it's enabled to run on startup, and its "Startup impact," which is how much it slows down Windows 10 when the system starts up.

To stop a program or service from launching at startup, right-click it and select "Disable." This doesn't disable the program entirely; it only prevents it from launching at startup -- you can always run the application after launch.

Hope this helps!



screen where you have program icons lined up, most likely including your web browser and the Windows file explorer, among others. You can open those programs by hitting the Windows key and the number that corresponds to the location of the icon in the bar.

Let's say, from left to right, you have the File Explorer folder icon, the multi-coloured round Chrome browser icon, and the blue "e" for Microsoft's Edge browser. Hold down the Windows key and press "2," and Chrome will open right up for you. It's a quick way to access your most popular apps without reaching for your mouse.

5. Quick Assist

We all have that tech-challenged family member, don't we? It might be your Aunt Sally in Dubbo, your best friend from high school or your book-smart but computer-novice dad. That's why there's Quick Assist. In Windows 10, type "quick assist" into your taskbar >> Select Get Assistance or Give Assistance and then follow the onscreen instructions.

6. Video Streaming

If you're like me, you probably don't think about Windows 10 to stream videos on your TV. You can, though, using compatible devices such as Roku and Xbox One S. Type "media streaming" into the Windows 10 taskbar >> Select Media Streaming Options and follow the instructions.

7. Shake Your Windows

Here's a fun one. If you have stacks and stacks of windows open, and you want to declutter down to just one, do this. Click on the top bar of your desired window, hold it down, and shake the mouse to instantly minimize

how much of your CPU, memory, disk and network resources they are each hogging up.

9. Task Manager

The Windows Task Manager was once a fairly straightforward feature, used mainly to force-quit an unresponsive program. The Windows 10 Task Manager is much more thorough. You can summon it through the right-click Start Menu or by hitting the traditional keyboard combination of Control-Alt-Delete and selecting it from the menu that appears.

10. Track Your Apps

When you open your regular Start Menu, you see a list of your apps running down the side. The most-used apps are on top, but the rest are laid out in alphabetical order. You could scroll through them all to find the one you want to open, but a quicker way to manage it is by clicking on any of the main letters (like "A"). This opens up a view of the entire alphabet. Just click on the first letter of the app you want, and you will be taken directly to that part of the Start Menu.

11. Task Scheduler

Task Scheduler does what you think it does; it helps you schedule tasks on your computer, like turning it off at a specific time each day. Type "task scheduler" into your taskbar to get started.

12. Find Missing or Corrupted Files

Remember this: cmd. It's a command prompt that can help you find files that your Windows operating system needs to work properly. It can also help you fix problems. Type "cmd" into the taskbar >> Right-click on Command Prompt >> Select Run As Administrator. To find missing or corrupted files, type "sfc /scannow." To

MOVIE REVIEW

ISLE OF DOGS



Japan's Kobayashi dynasty have always been cat lovers, but dogs got their due when The Boy Samurai ushered in the 'age of obedience.' But now, in a near distant future, Megasaki City's Mayor Kobayashi (voice of Kunichi Nomura), is quarantining all dogs to Trash Island using the justification of a 'snout flu' epidemic. Setting an example, he deports his own dog Spots (voice of Liev Schreiber), procured as his 12 year-old ward Atari's (voice of Koyu Rankin) bodyguard, first. But a pro-dog movement starts under Science Party candidate Professor Watanabe (voice of Akira Ito), who is working on a cure, and American foreign exchange student activist Tracy Walker (voice of Greta Gerwig). Six months after losing Spots, Atari pilots a Junior-Turbo Prop to search for him on the "Isle of Dogs."

Say that title quickly and you'll have some idea where writer/director Wes Anderson (who developed the story with Roman Coppola, Jason Schwartzman and Kunichi Nomura) is coming from. But this intricately detailed, multi-chaptered tale is also an ode to the cinema of Japan, finding inspiration in such films as Kurosawa's "The Bad Sleep Well" and Ichikawa's "Fires on the Plain." This is Anderson's second foray into stop motion animation after his Roald Dahl adaptation "Fantastic Mr. Fox" and it is a stunning achievement featuring Anderson's doll house design aesthetic, painstakingly crafted puppets and an A level vocal ensemble.

The film is broken into parts, each announced with a title card in both English and Japanese kanji (we are notified when flashbacks begin and end in similar fashion). In keeping with his inspiration, Anderson has all Japanese characters speak their own language but decided against using subtitles, leaving us to deduce meaning from emotive puppets when they are not being translated by Interpreter Nelson (voice of Frances McDormand). The dogs speak English and do

not understand the Japanese language, and while some have pounced on this device to cry racial insensitivity (!), the more natural explanation is that humans and their canine best friends have never spoken the same 'language' and Anderson did not wish to subtitle 'Arf.' (Rest assured, narrator Courtney B. Vance speaks English.) When we see Spots dropped from a trash tram car, it is with sinking heart, the dog locked inside a carrier crate. But on the other end of the island, a pack of dogs roam free. Rex (voice of Edward Norton) is their fearless leader, Boss (voice of Bill Murray) a former baseball mascot, King Doggy Chop's spokesdog and Duke (voice of Jeff Goldblum) the gossip who informs them that the lovely Nutmeg (voice of Scarlett Johansson) has apparently mated. The lone stray of the group, Chief (voice of Bryan Cranston), a shaggy black mutt, is unsentimental about former masters, informing one and all 'I bite.'

After Atari's crash landing, the dogs approach and come to understand the young pilot's mission. Rex begins to lead a search party towards the other end of the island, but when his, King, Boss and Duke's tram splits off onto a cable destined for 'crushing, compacting and incineration,' Chief is left to carry on, hoping to meet his friends again. Along the way, Chief succumbs to instinct, trying to protect Atari from a Pagoda Slide he isn't tall enough to ride, then ultimately - gulp - responding to a command to 'Fetch!' Atari rewards Chief with his first bath with very surprising results. Meanwhile, back in Megasaki City, Kobayashi's military is developing an army of robot dogs to combat 'canine saturation' as he and his Hatchet-Man, Major-Domo (voice of Akira Takayama), silence news of Watanabe's cure. Tracy, who's developed a crush on the little pilot from afar, leads the resistance, locating Watanabe's dejected assistant Yoko-ono (voice

of Yoko Ono) to procure the serum.

The film, with its brilliant craftsmanship, is unmistakably Anderson with its cross-sectional spaces, split screens, machinery (the trash trams recall "Grand Budapest's" cable cars) and precocious children. Although this film's colors are muted, red being the exception, the yellows, oranges and greens of "Moonrise Kingdom" glow in a luminous Trash Island cave composed of old sake bottles that looks like stained glass if composed of hard candies. The bag of garbage that causes a standoff between Rex's crew and a gang of shaggy, cream-colored canines is amusingly detailed (animated maggots!) while also indicating the dogs' perilous chances of survival.

Anderson also dabbles in more traditional animation, used on monitors and the television sets which inform Trash Island's pug Oracle (voice of Tilda Swinton). The film's most delightful aspect is its puppets though, the dogs' fur composed of the wooly fibers used in teddy bear manufacture, their eyes large and expressive. The human puppets are composed of a translucent resin that looks like wax, tiny teeth oddly menacing. Tracy features a billowy blond afro and freckles which move when she smiles. Watanabe's appearance was based on legendary Japanese actor Toshiro Mifune while Moro is cast as a pale ghoulish thug. Oscar-winning composer Alexandre Desplat ("The Shape of Water") uses taiko drums and shinobue flutes (the impressive traditional opener was composed by Kaoru Watanabe). The screenplay features word play and deadpan situations, like Nutmeg's exhibitions of 'tricks.'

Japanese speakers are sure to be gifted with tidbits denied to those who are not. Dog lovers are sure to embrace "Isle of Dogs," a film that champions man's best friend, but it is Anderson's kinship to children that appears to inform his best films - "Rushmore," "Moonrise Kingdom" and now this one. 4/5



Online shopping & how to 'not get caught'

By Mike Lowing

Like a good many Australians I have or had embraced online shopping; all so easy ~ sit in front of your computer & look for cheap buy & sit back & wait until it arrives. Unfortunately, over a number of years I have accumulated a vast array of ill fitting apparel, shoes that don't match their size description, appliances that were so cheap (I know realize why) you couldn't resist buying & other odds and ends that simply don't work & I haven't as yet returned because of amount of time & effort it takes (and, in some cases, the suppliers obfuscation tactics).

Most of the suspect purchasers have retailers who just want to sell and the aftermath, if there is a problem, is not their problem or so it seems.

Online shopping is a growing trend with Australians & I am led to believe that we are spending more than \$11 billion every year on online retail & a high proportion of consumers are not aware of their basic online shopping rights and many small to medium businesses, it appears, fall short on providing basic security measures and shopping information when selling online.

I now buy online only from Australian suppliers having given up on the lure of cheap overseas purchasers.

The Australia Competition & Consumer Commission (ACCC) has produced some good advise on online shopping for domestic consumption; I should have read it prior to my own online failings!

Their advise is:-

All your usual consumer rights apply when you shop with an Australian online business. Those rights may also apply when you buy from an overseas online business although you might find it difficult to get a repair, replacement or refund because the business is not based in Australia.

Shopping online

Online businesses selling goods and services must:

- ensure products and services meet Australian safety regulations
- not mislead you or hide costs and other details from you
- compete fairly to ensure a variety of choices on quality and price

- give you automatic guarantees with the right to ask for a repair, replacement, refund, cancellation or compensation as appropriate if there is a problem

- have the right to sell you a product—it mustn't be stolen and must belong to the business or individual and not come with any outstanding debts.

Shopping online with an overseas business

If you buy from an online seller based overseas, you should be aware that you may experience practical difficulties in obtaining a remedy from them.

If your seller is based overseas and writing to them doesn't resolve your problem, try asking the consumer protection agency in their country if it can help.

Our Scamwatch website provides tips on how to spot online shopping scams.

Also, you should be aware of your rights when buying parallel imports online (i.e. products that you buy from a seller who does not have specific permission from the manufacturer to sell those products in the Australian marketplace).

Protecting your online shopping rights

These tips will help protect your rights when shopping online.

Only consider buying from online sellers in Australia or overseas that:

- have a good reputation
- display clear processes for solving problems and giving replacements and refunds
- Display clear systems for protecting the security and privacy of your personal and financial details
- display their business registration number, phone and fax numbers and physical address.

- Before buying, check terms and conditions carefully so you know what you're paying for and that there are no hidden costs or restrictions.

- Before you start, ensure your computer, tablet or phone is secure by installing or updating security and anti-virus software.

- Shop around. Ask questions and ask for pictures so you know what you are getting. Compare prices on different sites.

Before paying:

- beware of sellers asking for your bank PIN or password. Never buy from these sellers. Report them to the ACCC.
- check that the site is secure. It should have a padlock symbol and an address starting with https://
- ensure that you can check the progress of your order online
- consider using a third-party escrow agent to pay for valuable items as they'll hold the payment in trust until you receive and accept the item.
- Keep copies of all documents, including electronic

records of auction bids, item descriptions, emails and receipts in case there is a problem later.

- If there is a problem, email the seller outlining the issue and how you want it resolved.

- If you paid by credit card and you did not receive the product or service, contact your bank and ask them to reverse an unauthorised charge.

As they mentioned they also scam watch: **Online shopping scams (from ACCC)**

Online shopping scams involve scammers pretending to be legitimate online sellers, either with a fake website or a fake ad on a genuine retailer site.

How this scam works

While many online sellers are legitimate, unfortunately scammers can use the anonymous nature of the internet to rip off unsuspecting shoppers.

Scammers use the latest technology to set up fake retailer websites that look like genuine online retail stores. They may use sophisticated designs and layouts, possibly stolen logos, and even a '.com.au' domain name and stolen Australian Business Number (ABN).

Many of these websites offer luxury items such as popular brands of clothing, jewellery and electronics at very low prices. Sometimes you will receive the item you paid for but they will be fake, other times you will receive nothing at all.

The biggest tip-off that a retail website is a scam is the method of payment. Scammers will often ask you to pay using a money order, pre-loaded money card, or wire transfer, but if you send your money this way, it's unlikely you will see it again or receive your purchased item.

A newer version of online shopping scams involves the use of social media platforms to set up fake online stores. They open the store for a short time, often selling fake branded clothing or jewellery. After making a number of sales, the stores disappear.



They also use social media to advertise their fake website, so do not trust a site just because you have seen it advertised or shared on social media. The best way to detect a fake trader or social media online shopping scam is to search for reviews before purchasing.

Warning signs







- A product is advertised at an unbelievably low price, or advertised to have amazing benefits or features that sound too good to be true.
- The other party insists on immediate payment, or payment by electronic funds transfer or a wire service. They may insist that you pay up-front for vouchers before you can access a cheap deal or a give-away.
- The social media based store is very new and selling products at very low prices. The store may have limited information about delivery and other policies.
- An online retailer does not provide adequate information about privacy, terms and conditions of use, dispute resolution or contact details. The seller may be based overseas, or the seller does not allow payment through a secure payment service such as PayPal or a credit card transaction.

Protect yourself



- Check if the website or social media page has a refund or returns policy, and that their policies sound fair. The better online shopping and auction sites have detailed complaint or dispute handling processes in case something goes wrong.
- When using retail websites, find out exactly who you are dealing with. If it is an Australian company, you are in a much better position to sort out the problem if something goes wrong.
- When making online payments, only pay for items using a secure payment service—look for a URL starting with 'https' and a closed padlock symbol, or a payment provider such as PayPal. Think twice before using virtual currencies such as bitcoin—they do not have the same protections as other transaction methods so you can't get your money back once you send it.
- Avoid any arrangement with a stranger that asks for up-front payment via money order, wire transfer, international funds transfer, pre-loaded card or electronic currency, like Bitcoin. **CONT NEXT PAGE**

and

NOT SO

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

TO the new, so called, Hi-tech NBN that had most of the telephone landlines out of service in Greta for close to a week. The worst of it was the conflicting information given by my service provider Telstra who told me that the service would not be back again until 11 April; it went down on 22 March. Thankfully it got up and running Easter Sunday. Also, what's the chance of having service centres based in Australia.

A sad day; after been not seen for about two weeks 'George' the North Rothbury very friendly & large buck grey kangaroo appears to have been involved in a fatal road accident.

Congratulations to the new owners of Dalwood Estate Winery (formerly Wyndham Estate Winery) for the new rejuvenated cellar door that has re-opened. Closed for 5 years but open again, hopefully, for many, many years to come. Their wine is very good & cellar door staff very well trained & friendly. A wonderful asset & employer for the local area.

TO the operators of the hot air balloon that had a tangle on Good Friday in Pokolbin. One question ~ why would you operate on a morning when the visibility was almost non-existent with the very heavy fog around. Your actions will have a lasting effect on one of Hunter Wine Country's favourite tourist attractions.



Classified's

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

Classified's

Computer Tuition: From basics to highly skilled & learn all about ebay. P: 0429 381 908

Computer Services: Repairs, Sales & Service. Phone repairs. Comtronics P: 4991 1128

For Rent: Branxton RSL Hall, air conditioned. Short or long term. P: 0429 438 460

For Sale: 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

Fitness Classes: 'Core & Strength'. Get fit. Classes are 6am and 10am Tuesday, 6am and 8am Thursday, at Miller Park Branxton \$12/class. Text/Phone Louise P: 0439 383 478

For Sale: Free range eggs. \$4/doz Greta 0412 976 809

Microchipping: Cats and Dogs, all sizes and breeds, will come to you. \$20 per animal, please call Angela on 0431649947.

Mobile Travel Agent: 20 yrs experience. Will come to you for expert holiday planning. Obligation free appointments. P: 1300 365 68 (ext 595) M: 0404 831 867
W: www.mtatravel.com.au/stenton
E: stenton@mtatravel.com.au

Riding Lessons: agjstment, horses trained. www.byalee.net 0407 453 494

Share accommodation: Close to transport & shops, quiet street Branxton; off street parking. \$150p/w includes power & water P: 0423 288 067

Share House: Fully furnished, double bedroom, Built-ins, ceiling fan, Air Con, very quiet. \$165/week. P: 0413 896 866

Wanted: high quality mechanical wrist watches & clocks. Keen collector. Willing to pay good prices. Prefer Rolex, Omega, Oris & Tag. P: 0414 757 826

Wanted: all kinds of Honda mini bikes qa50 z50a z50j1 z50jz ct70 st70 & atc70. Contact Drew 0435814841

Work Wanted: 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 3753

Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989

Work Wanted: Contract stock work with horses & dogs. Design & building wooden stock yards - rural fencing P Shaun: 0416 226 538

GO TO FOR FURTHER DETAILS

<https://www.facebook.com/groups/>

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 >

TUES 10/04 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

Fri 6/04 ~ Branxton Public School PBL Assembly (Infants 9:20 and Primary 9:50)

WED 11/04 ~ Branxton Public School—School photos

Fri Apl 13 ~ Last day of Term 1

Thur 19 Apl ~ The Free Branxton Anxiety Support Group 10am at Branxton Community Hall. 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.

Thur 26 April ~ Cessnock Prostate Cancer Support Group meet at Cessnock Leagues Club 3pm. Guest speaker Shayne Connell from Cancer Council NSW. Topic .Latest research information that will provide cancer patients with optimal and personalised chemotherapy dosing to improve quality of life, increase survival rates and reduce side effects. All welcome Cost Free. Barry- Rose 49904554

Tue 1 May ~ Branxton Lions Club monthly meeting 4pm Branxton Golf Club

TUES 08/05 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

TUES 15/05 ~ AUSTRALIA'S BIGGEST CANCER MORNING TEA - Venue etc TBC

TUES 5/06 ~ - Branxton Lions Club monthly meeting 4pm Branxton Golf Club

TUES 12/06 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School

Dates for your diary >

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 Brigid's School Staff Room, Station St, Branxton

TUES 11/09 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

TUES 09/10 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

SAT 3/11 ~ North Rothbury Tidy Town Twilight Markets

TUES 13/11 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

TUES 11/12 ~ B/G CWA Mtg. 9.30am, Old St Brigid's 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

21st & 22nd Sept - WOLLUMBI MUSIC FESTIVAL

6th Oct - OPERA IN THE VINEYARDS

24th Nov - JAZZ IN THE VINES

8th Dec - SHANIA TWAIN 'NOW TOUR'



 **Branxton Public School**



Kinder Purple



Kinder Blue

Our Kinder students have almost completed their first term at school. They have been experiencing so many firsts – first day of school, first Easter Hat Parade, first attempts in reading and writing, first performance to the whole school and so many more. They are a fabulous group of students and we are so proud of their efforts so far. Keep it up Kinders!

We held our Easter Hat Parade last week with a spectacular display from students Kinder to Year 6. The P&C announced the lucky Easter Raffle winners who were able to choose an Easter surprise to take home. Year 6 cake held their stall, raising over \$600 for their gift to the school at the end of the year. It was great to see so many families there to enjoy the afternoon. There are lots of photos on our school Facebook site to view.

Our K-2 PBL Assembly will start at 9:20am on Friday and the 3-6 PBL Assembly will start around 9:50am. Parents are welcome to attend one or both of these assemblies.

Dates for the Calendar

Friday 6th April – PBL Assembly (Infants 9:20 and Primary 9:50)

Wednesday 11th April – School Photos

Friday 13th April – last day of Term 1



Kinder Aqua

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



The Hunter Region unites to secure international flights

The Hunter Valley Wine & Tourism Association (HVWTA) joined Tourism representatives from the Greater Hunter this week in Brisbane showcasing the region at the major international aviation conference, Routes Asia. Attended by over 800 airline, airport and tourism delegates from 100 countries, Routes Asia is a key route development event aimed at securing new international flights to grow our tourism industry.



with Jo Thomas, General Manager HVWTA

Support for the event was also provided by the NSW Government through Destination NSW, and sponsors Chateau Elan and The Vintage Hunter Valley.

The Hunter has the largest regional economy in Australia, boasting a gross regional worth of \$48 billion in 2017, we have the biggest untapped catchment of 1.1 million people and we are one of the hottest destinations for International visitation. Attracting international visitors to the Hunter Valley is a key



strategic focus of our Association for our wine and tourism industry. We are also dedicated to supporting the greater region and Newcastle Airport to ensure we strive for the best possible outcome in connecting international visitors with our diverse destination and to help secure an International Airline to our region.

Pictured below from left to right Allan Woo - Airlines and Partnerships Manager Newcastle Airport, Sharon Turley – Marketing Coordinator International Port Stephens, Hannah Jamieson – Executive Manager Corporate Affairs Newcastle Airport and Jo Thomas – GM HVWTA.

Cheers, Jo

FROM PREVIOUS PAGE

Online shopping & how to ‘not get caught’

• It is rare to recover money sent this way. Never send money or give credit card or online account details to anyone you don't know or trust.

Have you been scammed?

If you have bought something online and there is a problem, you should first try to contact the retailer or auction service (link is external). There may be a legitimate reason for the problem.

If you are not satisfied with the response and suspect

that it may be a scam, you may be able to arrange a charge-back through your bank or credit union if you have paid by credit card. You may wish to contact your local consumer protection agency to seek assistance.

We encourage you to report scams to the ACCC via the report a scam page. This helps us to warn people about current scams, monitor trends and disrupt scams where possible. Please include details of the scam contact you received, for example, email or screenshot.

We also provide guidance on protecting yourself from scams and where to get help. Spread the word to your friends and family to protect them. Hope this helps



New code paves the way for landowners to get on with the business of farming

Landowners across NSW have been provided with certainty to get on with the business of farming, following the re-making of the Land Management (Native Vegetation) Code today.

It follows the identification of a procedural defect in the making of the previous Code in August 2017.

“The re-made Code is identical to the previous one and is an integral part of the new land management framework which gives landowners the tools and certainty they need,” said David Witherdin, Chief Executive Officer of Local Land Services.

“The Code fulfils the recommendations of the Independent Biodiversity Legislation Review Panel and is the result of comprehensive public engagement involving more than 1000 stakeholders,” said Mr Witherdin.

“The Code delivers the right balance that supports a productive agricultural sector and a healthy environment,” he said.

Landowners now have the certainty to manage native vegetation on their land in accordance with the re-made Code and LLS is on hand to assist with advice and resources.

Landowners with certificates already issued should continue to comply with the conditions of those certificates.

The Office of Environment and Heritage will not take compliance action against landholders who have acted in accordance with the 2017 Code, providing landholders have complied with the conditions on their certificates and clearing is consistent with the notifications and certificates issued under the Code.

“LLS is open for business and working hard to ensure landowners across NSW are supported to make the best possible land management choices for their situation,” Mr Witherdin said.

Dung beetle field day - Wollombi



Details
Build your farm biology with dung beetles!
Come along to these free events with Australia’s leading dung beetle expert Dr Bernard Doube from Dung Beetle Solutions International.
Find out about:

- Dung beetles unique role in providing productive pastures
- Caring for and monitoring your beetles
- The latest in using beetles and biochar to build soil carbon
- Livestock internal and external parasite management and dung beetle care for best results
- PLUS the latest update on buffalo fly, potential risks and management options

Free morning tea and lunch will be provided.
Please RSVP via this link: <https://hunterlls.wufoo.eu/forms/z1h9euzl0t71des/>
This event is supported by Catchment Action NSW.
When ~ 9th Apr 2018 10:00am-3:00pm Where ~ Private property
Address to be supplied on registration. Wollombi
Contact ~ Eva Twarkowski 0437 056 978

Racing review

Like everyone we are waiting for what's over the horizon for Winx

Stephen Brassel

The Winx show rolled on so now we have to wait until after the Queen Elizabeth Stakes to see whether she's destined for England and, if she does go just maybe Happy Clapper can get his just deserts.

Decision time is fast approaching for Team Winx as to whether the great mare takes the show on the road to Europe and no doubt there are some people out there chewing their nails.

The travel agents are desperately waiting on some direction with rooms and flights on hold and of course the opposition would be watching, and no doubt waiting with much interest as to what the decision will be.

It would seem the bookies are expecting the champ to

travel as she's now a \$1.80 chance to win the Queen Anne Stakes (1 mile) at Royal Ascot on June 19. If she wasn't to travel there's a great chance for punters to snap up some succulent odds on the others with the market showing \$11 'bar one'.

Obviously the Queen Anne Stakes is the race being targeted and bookmakers are being much more generous about the chances of Winx should connections opt for the Prince of Wales's Stakes (1m 2 furlongs) on June 21. In that race bookmakers have Winx a \$9 third favourite behind local champs Cracksman (\$5)

and Prix de l'Arc de Triomphe winner Enable who is currently rated at \$6. With so much interest on Winx and Royal Ascot it's worth noting the high regard our star sprinters are being held in for the big races, as is the norm these days.

Merchant Navy has already been committed for Royal Ascot and he's \$13 for the King's Stand Stakes over the straight five furlongs (1000m) on June 20 with Redkirk Warrior at \$9 and Redzel at \$11.

Four days later and the Diamond Jubilee over six furlongs (1200m) sees Redkirk Warrior as the second favourite pre-post at \$7 with both Redzel and Merchant Navy listed at \$9 for that race.

Happy Clapper
Trainer Pat Webster has had a tremendous ride with his stable star Happy Clapper but how would things have looked if not for Winx?

On Saturday week ago the seven-year-old finished the bravest of seconds, beaten just three-quarters of a

length behind the champ. It was the third time he had been runner-up to the wonder mare, the Ryder following on from the George Main in 2017 and the Doncaster Mile of 2016. He also finished out of the placings behind Winx in the 2017 Queen Elizabeth and 2016 Cox Plate.

Prizemoney for two-time Group I winner Happy Clapper sits at a not too shabby \$4m however if not for Winx he would have five Group I's against his name and over \$6m in the bank.

As an aside Happy Clapper started his rise to prominence on October 24, 2015 winning a Benchmark 85 en route to taking out the Villiers three runs later. On that same day Winx won her first Cox Plate.

Estijaab wins 2018 Golden Slipper

Purchased for \$1.7 million, the Snitzel filly came with the price tag of a Slipper winner and she duly delivered on the big day. The Team Hawkes-trained filly jumped from barrier 14, but with her outstanding gate speed Brenton Avdulla was able

to cross the field and take up the running. Showing good improvement from her Reisling win, Estijaab ran out the 1200m strongly to narrowly claim the \$3.5 million race.

It was the fillies who shone, with Oohood and Sunlight making it an all-girls Trifecta. Oohood goes OK for a maiden galloper! All honours went to speedy filly Estijaab.



Golden Slipper Results – 2018

| Finish | No. | Horse | Trainer | Jockey | Margin | Bar. | Weight | Starting Price |
|--------|-----|------------|-----------------------------|-----------------|--------|------|--------|----------------|
| 1 | 11 | ESTIJAB | Michael Wayne & John Hawkes | Brenton Avdulla | | 14 | 54.5kg | \$8.50 |
| 2 | 12 | OOHOOD | Tony McEvoy | Zac Purton | 0.2L | 10 | 54.5kg | \$17 |
| 3 | 10 | SUNLIGHT | Tony McEvoy | Luke Currie | 1.5L | 5 | 54.5kg | \$5 |
| 4 | 1 | WRITTEN BY | Grahame Begg | Jordan Childs | 1.8L | 4 | 56.5kg | \$4.80F |

Detailed saleyard report



Saleyard report - cattle

Singleton Report date 21/3/18

Numbers decreased with substantial rainfall predicted around the Hunter region in the coming days. The bulk was younger cattle, with the majority suitable for the lot feeders and restocker orders. There were percentages of excellent grain assisted prime conditioned younger cattle suitable for the butchers also penned. The usual buyers competed, as trade cattle to the butchers sold to very strong competition. Breed and quality lifted prices for the younger vealer steers returning to the paddock, with the over 200kg pens gaining 10c, making from 270c to 366c/kg. The same weight heifer portion eased 10c, with fewer of the European crosses yarded this week, these made 246c to 300c/kg. Breed and quality was the contributing factor for price variations in the yearling categories, the steers to the lot feeders and restockers sold from 268c to 300c, with the heifer portion making from 240c to 290c/kg. The prime conditioned younger cattle to the butchers lifted 12c, some yield and quality related in places, with the best reaching 360c/kg. Grown steers all sold to restocker and lot feeder orders, with very few in the market. The plainer cows remained firm, making from 136c to 194c, with the better covered heavy weights easing 5c to top at 218c/kg.

Scone Report date 27/3/18

Quality was mixed and numbers declined, with the bulk in the penning entering the younger categories. There was a good yarding of cows, with the majority drought affected. The usual buying orders competed in a firm to cheaper market. The over 80kg calves to the restockers sold up to 30c cheaper making from 270c to 340c/kg. The over 200kg vealer steers returning to the paddock eased 15c to sell from 284c to 328c/kg. The same weight heifer portion also to the restockers remained close to firm from 250c to 288c/kg. The medium weight yearling steers to lot feeder orders eased 5c making from 250c to 294c/kg. Yearling heifers remained firm to 8c lower, with those to the lot feeders making from 240c to 280c/kg. Cows maintained close to firm prices with the plainer drought affected drafts making from 140c to 186c/kg. The better finished heavy weights made from 180c to 206c, as the best heavy weight bull topped at 255c/kg.

TRLX Tamworth Report date 26/3/18

There was a greatly reduced penning this week, however there was a large penning of cows that included a herd dispersal. The majority of the 1,000 plus cows were 1 and 2 scores. Overall the quality of the offering was mixed with few straight lines of young cattle available. All regular buyers were in attendance, however there was an absentee in the heavy feeder steers. Market trends varied through the young cattle. Despite large volumes of weaner steers being sold through weaner sales last week, market trends were up to 15c/kg dearer as both restockers and feedlots competed strongly. The heifer weaners by comparison sold to cheaper trends of 14c to 19c/kg with demand and quality reduced. There was little but quality related price change in medium and heavy weight yearling steers to restock and feed despite less competition. Light weight yearling heifers sold to dearer trends with breed and average quality contributing factors. The medium and heavy weights to feed experienced little but quality related price changes. There were limited supplies of well finished grown steers suitable to processors again this week with no market comparison available. Lightly muscled grown heifers in plain condition sold to a dearer trend, while there was little change in the better quality lots. Despite the large penning, there was little change in the market for the light and medium weight 1 and 2 score cows. This was also the case for the well finished medium and heavy weight cows.

Author to share inspiring story of mental illness

Cessnock Library will host academic and author, Kim Hodges from 1.30-2.30pm on Tuesday 10 April 2018 to talk about her latest book, *Girl over the Edge*. *Girl over the Edge* is Kim's second memoir about her experience with mental illness over the past five years, including bipolar 2 disorder, severe depression, generalised anxiety and post-traumatic stress disorder.

In this follow up to her incredibly successful debut memoir *Girl on the Edge* (2016), *Girl over the Edge* will take the reader into severe episodes of depression, on the road to recovery and everything else in between.

Kim Hodges said, "This memoir captures the denial, stigma and shame I have in

my own mind about mental illness; the debilitating physical and mental agony of the illness; engagements with health professionals and facing my own mortality."

Kim's presentation will give you an insight into what it's like to suffer from mental illness and also help to challenge beliefs, attitudes and reduce the stigma that's often associated with the illness. This is a free event and you can book your spot by calling the team at Cessnock Library on 4993 4399.

You can also find out more about Kim by visiting her website at www.kimhodges.id.au.



Hunter three-day sickness warning as mosquito numbers surge

Hunter Local Land Services is reminding cattle farmers in our region to look out for Three Day Sickness.

Recent rain has led to increasing numbers of mosquitoes and midges which can spread the disease and late autumn is the usual time we see cases in our region.



Hunter Local Land Services District Vet Jane Bennett said livestock display a variety of symptoms, but generally most recover.

"Animals affected by Three Day Sickness experience a sudden onset of fever over 40 degrees, become stiff in their joints, lame and are often reluctant to move," she said.

"They may drool, have watery eyes and a nasal discharge and infected animals will often go down.

"Cattle are typically only unwell for several days, hence the name Three Day Sickness - however, some cattle can take weeks to get up."

Heavy and high producing animals, such as bulls, pregnant cows and dairy cows appear to be most affected.

High temperatures can lead to temporary infertility in bulls, and heavy animals suffer secondary issues just from being down for a long time.

"It is important to watch for potential cases and give appropriate nursing care to any down animals such as food, water and shelter from hot sun," said Jane Bennett.

"Anti-inflammatory medication relieves fever and inflammation and can assist their recovery."

Three Day Sickness can be diagnosed with a blood test in the early fever stage of the disease and on clinical signs.

Most cattle which have been infected through previous exposure to the virus develop long term immunity.

Vaccination is a wise precaution to take for valuable and heavy cattle, particularly bulls and dairy cows. Vaccination is usually given in November - December so that the cattle are protected during the high risk period in late summer and autumn.

Producers with questions regarding Three Day Sickness can contact a Hunter Local Land Services District Veterinarian on 1300 795 299 or their local vet.

Further information is available on the Hunter Local Land Services website at www.hunter.lls.nsw.gov.au

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FRIDAY 13TH APRIL

8.30-11.30pm

DAMIEN

FROM THE VIPER CREEK BAND

DJ JERRY GIBSON

12 mid - 2am

ALL PROCEEDS TO THE LEUKAEMIA FOUNDATION

www.royalfederal.com.au

SPORTS RESULTS GOLF

Branxton Veteran Golfers Results 22-3-18 Stableford

Abandoned
Branxton Veteran Golfers Results 29-3-18 Stableford
 Div 1 Winner D Sheppard 33 pts (SOD) R/u K Anderson 29 pts 3rd S Dunker 26 pts
 Div 2 Winner R McMillan 31 pts R/u A Hackett 30 pts (c/b) 3rd B Hain 30 pts
 Ladies - Insufficient numbers to form a division
 NTPs Ladies R Friis Gents R McMillan Members draw - Not won

The fog that had threatened to engulf the golf course managed to dissipate, shortly after play commenced. The day developed into a mild and cloudy day, very suitable for playing golf. Towards the end of the round the sky cleared and the sun shone brightly, however most of the players were in the clubhouse before the temperature became quite hot, making the playing conditions uncomfortable. Congratulations to Darryl Sheppard on winning his division and achieving the "Score of the Day". A well done to other winners and placegetters.
LN Bootes, Hon Sec

Branxton Lady Golfers Results for Wednesday 14th March

Pauline Thomas Trophy
 Round 1
 Winner Trish McMillan
 Runner Up Kasey Heuston
 Ball: Carol Miller
 Ball: Jan Scobie
 NTP Carol Miller
BRANXTON GOLF CLUB Saturday, 17 March 2018 SATURDAY COMP STABLEFORD

Field: 47
 Grades A Chris Zawirski 41
 Grades A Peter Wilton 39
 Grades A Robert Biles 39
 Grades B Mick Martin 41
 Grades B Noel Hughes 38
 Grades B Tony Seamer 38
 Grades C Peter Mathews 40
 Grades C Lennard Porter 37
 Grades C Micheal Carling 37
 NTP 2/11 A 2nd Lee Heuston 63cm
 NTP 4 A 4th Peter Wilton 442cm
 NTP 9/18 B 9th Noel Hughes 102cm
 NTP 13 B 13th Trent Mcgee 152cm
 Balls 14 Distributed down to score: 34

Chris Zawirski, one of the most consistent golfers in A Grade at Branxton for many years, broke through for a win on Saturday with a very impressive 41 pts. He finished ahead of Peter Wilton with 39 pts, another great round from this talented golfer. Third place went to **Bob Biles**, who has made an excellent comeback this year, finishing with 39 pts in A Grade. Mick Martin won B Grade with a very pleasing 41 pts as well, well clear of runner up Noel Hughes with his 38 pts—a score that included a nearest the pin on

the last hole. Tony Seamer continued his recent good form to finish third—an excellent way to prepare for his upcoming trip to the USA with Ray McGuiness to watch the World Matchplay in Texas—some tips and support to our Aussie players would be welcome! Peter Matthews won C Grade with 40 pts, finishing 3 pts clear of Lennie Porter and Mick Carling with their 37 pts. The shot of the day belonged to Lee Heuston on the 2nd hole, finishing only 63 cms from the pin. 34 pts was needed to win a ball. On Sunday the Pennants season continued with the A Grade team finishing in style, defeating Hunter Valley 4-1 at The Vintage; B Grade had a rare 1.5 all draw at Singleton against Singleton, C Grade had a bye but their nearest rivals Cessnock had a 2-1 win against Singleton at Branxton meaning they are in a playoff against Cessnock on Tuesday, with the winner to face Dungog in the final at The Vintage next Sunday. The Seniors finished the season well, having a 1.5 all draw with Maitland at Hunter Valley. The B Grade team finished on top with 5 wins and a draw, and will now face Maitland, once again, in the final on Sunday at The Vintage. Overall, the Branxton Pennant teams had an excellent season with all teams acquitting themselves well. We wish our B Grade and possibly our C grade teams all the best in the finals at The Vintage.

BRANXTON GOLF CLUB SATURDAY COMP STABLEFORD 24th March

Field: 42
 Grades A Peter Wilton 38 pts
 Grades A Daniel Turner 37 pts c/b
 Grades A Troy McCaw 37 pts
 Grades B Murray Johanson 38 pts
 Grades B Peter Marquet 37 pts c/b
 Grades B David Hodges 37 pts
 Grades C Lenny Porter 38 pts
 Grades C Lee Jackson 35 pts
 Grades C Michael Carling 33 pts
 NTP 2/11 Lee Hunt 195 cm
 NTP 4 Lee Heuston 266 cm
 NTP 9/18 Peter Marquet 51 cm
 NTP 13 -
 Balls 8 Distributed down to score: 32

Peter Wilton showed his class in winning Saturday's Stableford Competition with a fine 38 pts on a day where low scores were hard to find after a week of wet weather inundated the course. Daniel Turner was runner up, continuing his good form this year—the perfect preparation for Sunday's B Grade Pennant Final at The Vintage against Maitland. Troy McCaw, another member of the strong B Grade team, finished third on a countback with 37 pts. Club Captain, Murray Johanson, won B Grade with a very consistent performance, scoring 19 pts on each nine, including a superb chip in birdie, across the green, on the 8th. Peter

Marquet finished runner up with 37 pts, a score which included the nearest the pin on the last for the shot of the day, finishing only 51 cms away. Dave Hodges finished third with a well compiled 37 pts. Lenny Porter won C Grade with 38 pts, well clear of runner up Lee Jackson with 35 pts and Mick Carling's 33 pts. 32 pts was needed to win a ball. Some notable comments from the day included the continuing sagas of Bob Hale with his driver as he can now draw the ball—which is rather confusing after years of always fading his tee shots, and Richie Turnbull also has a new shot in his books as he can hit his driver so well that it hits the fairway with back spin—that is certainly a trick shot. Our B and C Grade Pennant teams played their finals on Sunday at The Vintage with mixed results. Congratulations to our B Grade team who defended their title in style, defeating Maitland 3-0. Tom Foster and Mark Moylan won 6-5; Phil Baker and Kyle Mounser won 3/1 and Mick Simpson and Dan Turner won 3/2—a magnificent win, finishing the season undefeated. Unfortunately, our C Grade team lost a closely fought final against Dungog 2-1. Geoff Jones and Mick Martin lost 2/1; Lee Jackson and Mick Lutovac won 4/3 and Peter Marquet and John Martin lost 2-1 (these two won the playoff during the week to put the team in the final). Overall, it was a great season for the Branxton Club.

BRANXTON GOLF CLUB Saturday, 31st March 2018 SATURDAY COMP - STABLEFORD

Field: 43
 Grades A Lee Heuston 42 pts
 Grades A Josh Tracey 41 pts
 Grades A Jaime White 40 pts
 Grades B Murray Johanson 39 pts
 Grades B Peter Mackenzie 38 pts
 Grades B David Kinch 37 pts
 Grades C Darren Mathers 36 pts
 Grades C Col Hughes 33 pts
 Grades C Michael Carling 32 pts
 NTP 2/11 J Tracey 167cm
 NTP 4 M Tracey 398cm
 NTP 9/18 C Zawirski 136cm
 NTP 13 R Miller 89cm
 Balls Distributed down to score: 32

Some wonderful golf was produced on Saturday from the group that included Lee Heuston, Joshua Tracey, Murray Johanson and Mick Tracey. Club Captain Murray Johanson was playing the Club Champion, Joshua Tracey in the first round of the Singles Knockout with Josh giving Murray many shots. Incredibly, despite Joshua shooting a 3 under par round of 67, Murray was able to win 1 up producing a fine 2 over par second nine himself to deny Joshua who went down fighting with his long birdie putt on the last lipping out. While this was going on Lee Heuston was playing beautifully as well, finishing with a 1 under par 69 and 42 pts to win A

Grade. Mick was quietly playing to his low handicap as well, winning a nearest the pin on the 4th. Jaimie White's 40 pts was only good enough for third—a score that would normally win him the event. Murray's 39 pts won him B Grade, just ahead of Peter McKenzie and David Kinch. Darren Mathers comfortably won C Grade with his 36 pts with Col Hughes and Mick Carling figuring in the placings. The shot of the day belonged to Robert "Shirl" Miller on the 13th—a great shot which finished only 69 cms away on this difficult hole. 32 pts was needed to win a ball. Congratulations to Steve Ross who finally achieved his ambition to play A Grade, slipping into the top grade for the first time this week. He has worked hard to improve his golf under the expert tutelage of our Club Professional Marcus—he is now ready to tackle Bambougle Dunes in Tasmania on his upcoming golfing hiatus.

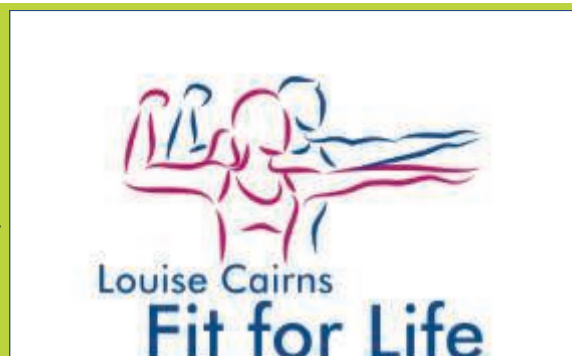
Hunter Valley GC Sunday 25th March The Weekly Challenge has been won by Martin Champion of the Belmont GC with 39 points from Mark Makin 38 and Grant Squires 3rd with 35 points. Ball winners were: Tim Melville, Jai Kumar and Tony Krishna SPM.
Tuesday 27th March The Tuesday Stableford was not held this week due to a 2 day event for the Pennant Hills Ladies club, play will resume this Tuesday 3rd April.
Wednesday 28th March The Ladies Par event resulted in a win for Christine Tancred with +2 with Isabel Skeates runner up with -3 on countback to Dale Hamilton in 3rd place. Ball winners were: Jill Slatter, Jeanette Irwin, Jenny Chambers and Jenelle Jurd. Next week the Ladies will play The 2nd Stroke Round of the Golf NSW Medal and Putting comp.
Thursday 29th March Garry Hedges led the way in the Vets Medley Stableford with an excellent 41 points from Dale Macklinshaw 40 and Ken Springbett surviving a countback for 3rd with 39 points. Ball winners were: Wayne Barber 39, Bruce Chambers 38, Ray Hodson 38, John Stewart 37, Ken Harris 37, Steve Greg Ireland 36, Michael Watson 35 and Peter Mathews 35. Next week the Vets will play Stroke.

Saturday 31 St March

The Blue Tee Medley Stableford once again challenged most of the Saturday field with only a few players able to beat or math Par. A Grade went to Matt Killick with a great 39 point round from Justin Preece with 38, B Grade to Grant Day of the Viney Creek GC also with a great 39 points from Bruce Chambers with 34 points and C Grade to Darren Thomson with an even round 36 points from Peter Franks 35 on countback. Ball comp nor NTP's available at this time. Next week's event will be the Monthly Stroke rounds.

Make your Vision a reality

"Watch your thoughts for they become words. Watch your words for they become actions. Watch your actions for they become...habits. Watch your habits, for they become your character. And watch your character, for it becomes your destiny! What we think we become." Chinese Proverb



A habit is an action we do regularly, often without thinking. It's just what we do. And as the proverb says, our habits flow from our thoughts and our words, and in turn our habits make us who we are and shape our future.

What you focus on, you get

This is why, what you focus on, you get. What you see and surround yourself with every day impacts on your subconscious thoughts and your actions start to mimic those thoughts.
A tried and true approach
 Athletes have been using visualisation for decades to improve their performance. I first came across the technique when I read "That Winning Feeling" by Jane Savoie over 20 years ago. When this book was first published it was revolutionary. Jane, an Olympic Dressage rider, explained how she visualised the outcomes she wanted to achieve – a podium finish!! By focussing on what she wanted, the how started to fall into place.
This is why Vision Boards work.
 Rather than just having to imagine what you want, you can actually see it. By putting pictures which represent your goals on a board, you can display what you want, in a place where you will see it everyday. Once you visualise what you want and focus on it regularly, every action you take starts to lead you to that desirable end result.

It's not all about the material things

Your Vision Board should not just focus on what you want. It should also focus on how you want to feel. Of course, having a beautiful tidy home is a great goal, but how will you feel when your home is neat and tidy? How will you feel when you can invite friends around for a cuppa and not have to move stacks of paperwork off the kitchen table?
 Similarly, your goal maybe to lose weight or fit back into your favourite dress, but rather than just focus on how you will look, focus on how you will feel when you achieve that goal. What will you be doing? Who will you be with? How will you celebrate?

For example, on my Vision Board I have a ticket from the first Pink concert I went to. It was a gift from my sister and we went together for my 40th Birthday. The ticket reminds me of a fun night out with my sister, but it also reminds me of how blown away I was by the concert – the sheer energy and excitement I felt, and how inspired I was to keep hold of that feeling long after the concert had ended.
 My vision board also has pictures of Japan, and dressage. Horse riding and particularly the Olympic sport of dressage have been a life long passion for me. I ride and compete regularly, so of course horses are going to be part of my goals for 2018. I also love skiing in Japan. I have travelled there 6 times, always in winter, and I would love to go there in summer and what better time than the Olympics! I remember how exciting Sydney was during the Olympics in 2000, so I can only imagine how awesome it will be in Japan. I know I won't ever be able to go to the Olympics as an athlete, so my goal is to be at the 2020 Summer Olympics in Tokyo as an official. This is a very personal goal and quite separate from my professional goals, which I also have on a Vision Board.

Your Vision Board is for YOU

You can have anything you want on your Vision Board as long as it is something YOU truly want to achieve. Of course you can share your goals and dreams with others - it is great to have support and also people to hold you accountable. Remember though that your Vision Board is there to motivate YOU. It needs to reflect YOUR goals and how YOU want to feel.

What are YOUR goals?

What do you want to achieve in your career? Your relationships? Financially? Personally? Once you have written down your goals and what you want each area of your life to look and feel like, it's time to choose some pictures that reflect your goals.

You can have more than one Vision Board

I like to have one central Vision Board but I also like to have smaller separate ones for different areas of my life. Even though some of my goals overlap, they are also quite separate.

What you need to make your Vision Board

The best thing is that Vision Boards are quite easy to make, and you do not need a lot of equipment. I know some people who have digital Vision Boards, but there is something about the tactile process of making a physical board which makes the visualisation more effective – a bit like hand writing a journal rather than typing.
 To get started you will need:

- A board – any size or shape will do, I like to use one which is about A2 size. It can be a cork board or a poster board. Make it something nice which you will be happy to look at, and which you can hang or display in your home or office.
- Scissors, tape, pins (if you use a cork board) and/or a glue stick.
- Magazines for images and quotes
- Photos, and reminders of events or places you have been to, postcards, greeting cards, train tickets, anything that inspires you or makes you feel good.
- Time – this is sometimes the hardest part of doing a vision board, just taking the time to sit down and do it. That's why I like to do it as a workshop with a group of people – we all end up helping each other find the right words and pictures to express our goals, and it means the time is set aside in advance.

Once you have chosen the pictures for your Vision Board, lay everything out before you start pinning or gluing. When you are finished you will have a beautiful Vision Board to remind you of your goals every time you look at it.
What is happening at Louise Cairns Fit for Life?
 I am holding a 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. Classes will start again at Miller Park on 1st February. Class times and prices have changed so if you would like more information please go to my website or give me a call or email.
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.louise Cairns.com.au

BRANXTON GRETA VINEYARDS

The News **SPORT**

Local 'Scooter Champs' off to Australian Titles

Greta – Branxton United Cricket Club Presentation 2017-18 *with Mark Bercini*



Most Promising Junior Connor Thomson
Dixie Duggan Memorial Best Bowling Performance in the Club Steve Peace (Third Grade Blue) 7-9 off 7 vs Laguna at Laguna – 4.11.17
Keith Thomas Perpetual ~ Best Batting Performance in the Club Sean Wright (Third Grade Blue) 151 vs Laguna at Laguna – 10.2.18
Brian "Yakka" Yates Memorial Brett Bridge (Second Grade)
All Rounder Award 405 runs at 67.50 and 10 wickets at 13.80
"Axsentieff Family" Encouragement Award Cooper Wilton
Adrian Stafa Memorial "Team Player" Award Pat Nugent
"Bertie Ironmonger" Outstanding Performance Andrew Bercini (Second Grade) 46 runs and 6-22 off 4.4 against Bellbird at Carmichael 1 in semi final
"Chris Charnock Perpetual" Most Valued Player Nathan Holz
"Kevin Bridge Memorial" Most Valued Clubperson Kristin Ison
First Grade

Batting Aggregate Josh Dagg 294 runs
Batting Average Joey Butler 172 runs at 34.40
Bowling Aggregate Nathan Holz 21 wickets
Bowling Average Martin Shearer 20 wickets at 19.25
Second Grade
Batting Aggregate & Average Brett Bridge 405 runs at 67.50
Bowling Aggregate & Average Mark Peace 21 wickets at 11.67
Third Grade (Blue)
Batting Aggregate & Average Sean Wright 408 runs at 51.00
Bowling Aggregate Jason Varley 18 wickets
Bowling Average Steven Peace 15 wickets at 17.40
Third Grade (White)
Batting Aggregate Jamie McNamara 289 runs
Batting Average Adam Kerry 195 runs at 97.50
Bowling Aggregate & Average Connor Thomson 17 wickets at 8.82
Fourth Grade
Batting Aggregate James Thomson 357 runs
Batting Average Anthony Lawrence 245 runs at 61.25
Bowling Aggregate & Average Anthony Lawrence

18 wickets at 11.61
Hundred Club James Shoulder Jnr (Fourth Grade) 108 vs Peden's Hotel at Millfield – 14.10.17
Adam Kerry (Third Grade White) 116no vs Supporters at Miller 2 – 28.10.17
James Thomson (Fourth Grade) 111 vs Supporters at Miller 1 – 9.12.17
Sean Wright (Third Grade Blue) 151 vs Laguna at Laguna – 10.2.18
Brett Bridge (Second Grade) 125 vs Mulbring at Mulbring – 17.2.18
First Grade Player's Player Nathan Holz
Second Grade Player's Player Brett Bridge
Third Grade (Blue) Player's Player Andrew Wright
Third Grade (Blue) Captain's Choice Ben Lahey
Third Grade (White) Player's Player Connor Thomson
Fourth Grade Player's Player Logan Millard
Cessnock District Representatives
Senior:- Joey Butler and Martin Shearer
 PICTORIAL COVERAGE PAGE 14



Jamie achieved 3 x 1st places, 1 x 2nd place and 1 x 3rd place. Jake achieved various places including 3rd place from The Shed Skate Park in Melbourne. You had to place in the top 15 to qualify for the NSW State titles. They both made it through to the NSW State Titles at Korrupt Skate Park where Jamie achieved 1st place for 7's and under and Jake came 7th in the 16's group. The Australian Scooter Association now has the Australian Titles where the top 10 from each group from all over Australia compete at Warehouse 11 in Artarmon Sydney on April 21-22. They would like to say a big thankyou to the Australian Scooter Association for running these competitions as well as all the sponsors including Apex pro scooters, Grit scooters, Envy Scooters, Crisp Scooters, Ride.858, District Scooters, Sacrifice Scooters, Avoka Clothing, Longway Scooters, MGP Action Sports, Unfair Scooters, Fasen Scooters & Phoenix Pro Scooters. Both are very excited and extremely proud of their achievements. We will keep you posted on their Australian titles bid.

Photo: Jamie & Jake, budding Australian Scooter Champions

■ Kristin Ison receives the "Kevin Bridge Memorial" Most Valued Clubperson Award from Life Member Peter Bridge

The Greta/Branxton United Cricket Club's annual senior's presentation was held at the Royal Federal Hotel on the night of Saturday 24th March. With a healthy crowd of 75 in attendance, awards were received by the following:
Rookie of the Year Logan Millard

TWO North Rothbury brothers, Jamie & Jake Russell, are off to the Australian Titles in their chosen, relatively new sport, Scooter, under the auspice of the Australasian Scooter Association (The Australasian Scooter Association was developed to organise the sport of freestyle scooter in Australia and to ensure there is a strong link between what is happening here in Australia and globally in the Scooter industry through the International Scooter Association.)
 Jamie Russell, who is 6 years old, attends Rosary

Park Catholic School and his brother Jake, who is 16 years of age, attends Hunter Trade College. They are both members of the Australian Scooter Association and had entered the 2017/2018 ASA competition. This consisted of 5 qualifying rounds at various skate parks in NSW including Korrupt Skate Park Campbelltown, Riders Paradise Tuggerah, Warehouse 11 Artarmon and Slam Factory Tuggerah. They also travelled to The Shed Skate Park in Melbourne to compete in a qualifier.



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