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Page 6



Well Done Not So Well Done



New spot for Mattress Drop-Off Day

essnock

ity Council

Cessnock City Council is offering a free mattress drop-off service on Saturday 26 May, making it easier for residents to dispose of old mattresses and ensembles.

Cessnock City Mayor, Councillor Bob Pynsent said these days are very popular and he looks forward to seeing residents taking advantage of the drop-off day in its new location at the Council Depot.

"We always get a huge turn out on our mattress drop off days. It's fantastic to be able to offer such a helpful service to our community and to ensure these materials can be properly disposed of. Many mattresses and ensembles contain valuable materials like steel, timber and foam which can be re-used or recycled", Mr Pynsent said.

The drop-off day will be held on Saturday 26 May 2018 from 8am to 12pm at the Council Work Depot car park, Old Maitland Road, Cessnock.

Up to four mattresses or bases will be accepted per household between 8am and 12 noon. Mattress drop-offs must be made using a vehicle as there will be no pedestrian

The service is available to Cessnock City Council residents only and proof of address is required. Find out more by visiting

www.cessnock.nsw.gov.au/environment/waste/other_waste

GOOD PRACTICE (GP) SURGERY



Suite 3, 71 Maitland Street, Branxton, NSW

Dr T Sasi Sasitharan

MBBS, AMC, DCH (Syd), FRACGP

Offering cosmetic/anti wrinkle therapy

Opening Hours

Monday - Friday 8.00 am - 5.30 pm Saturday 9.30 am - 1.00 pm

To make appointments please call

Ph. 02 4938 3366 Online appointments available Fax 02 4938 3322 through health engine

Mixed billing practice

Children under 16, pension/health care/DVA card holders/Aboriginal or Torres Strait Islander bulk billed

Huge turnout for Branxton 'Biggest Morning Tea' raises over \$3000 for Cancer research



AN estimated 180 local residents & nearby neighbours have helped raise over \$3000 for cancer research by attending "Branxton's Biggest Morning Tea" last Tuesday. For the fourth year in a row the local branch of the CWA have organised the day and very early in the day soon realised that they had catered for only 120 people & needed some quick action to sate the huge crowd; being resourceful they

flew into action and saved the day.

"Apart from those attending we had a large number of orders from local businesses & local residents which, thankfully was attended to prior to the onslaught," said spokesperson Helen Scott.

Well done CWA!

■ Photo Mayor Bob Pynsent & wife Kathy in the cue

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DOGS

2018 Pricing schedule as of 1st February (daily price

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



CATS

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

\$16.00

Purr cat, purr day





Cessnock City Council Statutory Notices

Phone during working hours 4993 4100 After Hours Emergency

4940 7816

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

SECTION 4.59 NOTICE, ENVIRONMENTAL PLANNING AND ASSESSMENT ACT, 1979, APPROVED DEVELOPMENT APPLICATIONS AND COMPLYING DEVELOPMENT CERTIFICATES

The public are hereby notified pursuant to Section 4.59 of the Environmental Planning Assessment Act, 1979 (as amended) that the following applications have been granted consent during the period from 1 April 2018 to 30 April 2018.

Locality	Reference	Decision Date	Property Address	Application Description
EAST BRANXTO	N 008/2018/00000197/001	17-Apr-2018	15 Dalwood RD	Single Storey Dwelling with Attached Garage
EAST BRANXTO	N 008/2018/00000206/001	19-Apr-2018	10 Durham RD	Shed
GRETA	008/2018/00000080/001	11-Apr-2018	2 Usher ST	Secondary Dwelling
GRETA	008/2018/00000205/001	19-Apr-2018	10 Nelson ST	Shed
NORTH ROTHBURY	008/2017/00000765/001	3-Apr-2018	10 Rampling AV	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000179/001	4-Apr-2018	7 Reid ST	Garage & Associated Retaining Walls
NORTH ROTHBURY	008/2018/00000157/001	6-Apr-2018	21 Tooze CCT	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000169/001	6-Apr-2018	19 Judge RD	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000161/001	9-Apr-2018	105 Triton BLVD	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	009/2018/00000059/001	17-Apr-2018	6 Innes ST	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000089/001	18-Apr-2018	24 Harkin RD	Single Storey Dwelling with Attached Garage & Associated
ROTTIBORT				Retaining Walls
NORTH ROTHBURY	009/2018/00000061/001	23-Apr-2018	13 Emerton RD	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000218/001	24-Apr-2018	30 Kinnavane RD	Single Storey Dwelling, Detached Garage & Retaining Wall
NORTH ROTHBURY	008/2018/00000177/001	30-Apr-2018	16 Rampling AV	Shed
POKOLBIN	008/2018/00000188/001	11-Apr-2018	2 Wattle CL	Single Storey Dwelling with Attached Garage & Cart Storage
POKOLBIN	008/2018/00000051/001	13-Apr-2018	267 Deasys RD	Two (2) Storey Rural Dwelling (including Barn)
POKOLBIN	008/2018/00000092/001	13-Apr-2018	119 McDonalds RD	Deck & Waste Storage Area
POKOLBIN	008/2017/00000195/001	18-Apr-2018	447 McDonalds RD	Alterations to Existing Winery consisting of Construction of a New
				Cellar Door, Cafe & Restaurant and the Change of Use of an Existing
				Cellar Door to a Warehouse
POKOLBIN	008/2018/00000156/001	18-Apr-2018	750 De Beyers RD	Special Event - Port to Port Bike Race

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

PO BOX 152 CESSNOCK

STEPHEN GLEN **GENERAL MANAGER**

PUBLIC EXHIBITION RECREATION & OPEN SPACE STRATEGIC PLAN

At its meeting of 18 April 2018, Council resolved to place on Public Exhibition the Draft Recreation and Open Space Strategic Plan. The Draft Plan aims to provide a long term strategic direction for the future provision and management of recreation facilities, programs and services in the Cessnock LGA.

The Public Exhibition period will be from Monday 23 April 2018 to Friday 25 May 2018. The document 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 25 May 2018 via email recreation@cessnock.nsw.gov.au or post.

PO BOX 152

CESSNOCK 2325

STEPHEN GLEN **GENERAL MANAGER**

PUBLIC EXHIBITION DRAFT 2018-19 OPERATIONAL PLAN

At its meeting of 2 May 2018 Council resolved to place the Draft 2018-19 Operational Plan on Public Exhibition from 9 May 2018 to 5 June 2018.

The Draft document will be on Public Exhibition for twenty eight (28) days in order to seek public comment, as required by section 405 of the Local Government Act, 1993.

The Draft 2018-19 Operational Plan details Council's proposed activities for 2018-19 including the Draft Budget, as well as Council's proposed Revenue Policy and Schedule of Fees and Charges.

The Draft documents can be viewed at the following locations:

Council's Administration Building (Customer Service Section);

Cessnock Public Library:

Kurri Kurri Public Library;

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

Written submissions on the Draft documents should be addressed to the General Manager and will be accepted up until 5.00 pm Tuesday, 5 June 2018.

Any enquires should be directed to Donna Ladmore donna.ladmore@cessnock.nsw.gov.au or on 4993 4242.

Full copies of submissions (including petitions) may be made available to the public including your name and address, unless Council receives a request for personal details to be



Free demystifying energy workshop



Cessnock City Council has partnered with the NSW Office of Environment and Heritage to host an A-Z myth busting workshop on energy efficiency and solar

This free workshop will take place from 4.30 to 6.30pm tomorrow Thursday 17 May 2018 at Cessnock Library.

Come along to better understand your electricity bills and learn some practical energy saving tips to help you reduce your energy use and overall costs.

Solar PV installation is an increasingly popular way for NSW households to save on energy bills and reduce their carbon footprint. Battery storage is also attracting considerable attention and people have become rapidly interested in what options exist for their home.

The information, tools and resources provided in this free workshop will help you decide if a solar or battery storage option is right for your household and the best approach to reducing your energy use in the most cost-effective way.

Cessnock City Mayor, Councillor Bob Pynsent said rooftop solar installations are booming and more and more people in our community are interested in learning more about solar panels.

"This workshop will provide free, independent advice on solar, battery storage and reducing energy use in cost-effective ways.'

If you're interested in coming along, register online at www.eventbrite.com and search 'Demystifying Energy Workshop' or call the team at Cessnock Library on 4993 4399.



The recent passing of long term Branxton resident Ted Rockett has left a void of compassionate mechanical talent in the local

Vale Ted Rockett

Daughter Kendall Harrison said that he will be sadly missed by those friends and family who for decades had relied on Ted's extraordinary mechanical knowledge, generosity and friendship.

"Dad started working in 1962 for Standen's Engineering - a company that used to make earth moving equipment right here in

Branxton, as a Fitter & Turner; working huge lathes. He also worked as a Diesel Mechanic for Dennis Barnes Earth Moving, and Moores Earth Moving, also Branxton businesses that thrived in the 1970's & 1980's. He helped fix many a traveller's car when they broke down on the highway through town, and made many friends through his mechanical skills with steam engines one of his favourite passions. He will be missed by family & friends alike," said Kendall.



This is the lovely poem that local lady, Mrs. Heather Searles, wrote for dad's funeral. Heather is a published bush poet, and she & her husband Jim have been friends with Ted for many years. There were about 120 people at

Ted Rockett's funeral on Thursday, 25th May, many of them locals who had been helped by dad over the years, and some for whom he had worked as a diesel mechanic or fitter and turner. Steve Furner arranged for the truck, pictured above, and Christian Furner drove dad one last up at the Community Hall," said Kendall.

■ *Photo Above: the Late* Ted Rockett

Ted

Ted wouldn't like fuss, that's the first thing he'd say; But I think he'd be pleased that we're all here today To give him a send-off in just the right way He's been a friend to us all for many a year And we all owe so much to the fine engineer If you lost it or broke it or can't buy a part And you're tearing your hair 'cause the motor won't start; You'd head off the next day to the man in the shed, And you'd front up and say, "can you make me one Ted?" Just give him a lathe and he'd teach it to sing, He was one of the best, he could make anything. Or give him an engine that's breathing it's last One that's seen better days, just a thing of the past; Then with care and precision as sharp as a knife, And the skills of a lifetime, he'd bring it to life. For the sound of an engine was joy to his ears; He was truly the master with pistons and gears. For a passion unmeasured ran deep in his veins, For motors and engines and steam driven trains. He was good for a yarn as he worked in the shed, For a man of great depth and opinion was Ted. With a faraway look he'd tell you his thoughts; How he felt about pollies and all of their rorts. time around Branxton to end And his views of the world, from his side of the fence, And we'd all have to say, he made pretty good sense. So we're missing him now, he was one of the best, But the years took their toll and he's needing a rest. We'll remember the time with the man in the shed

And the Gospel of Life, according to Ted. By Heather Searles May 2017

renew energy & electrical

Husband Creche

Branxton Greta

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

Ladies we have the answer

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

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

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

BATTERY LEVEL 2 ASP

0423 310 406 renewelectrical.com.au Rohan and Kendall wish to thank extended family and friends who came together for the funeral of our father and friend, Ted Rockett, late of Branxton, on 25/5/17. Special thanks go to Steve and Christian Furner, for arranging the 1956 Chev truck to carry Dad to the Community Hall. Sincere appreciation to Fry Bros. Funerals for their professional care, and to Mrs. Heather Searles, of Branxton for her special poem, which says so much about a man who helped so many people during his 55 years in Branxton.





Mob: 0414 234 841 Ph: 4930 7078 A/H



In response to an announcement by Bill Shorten, in which he made the point that the Federal Education Departments system of student evaluation NAPLAN needed to be reviewed the Federal Minister for Education made the following statements.

"NAPLAN is here to stay as it is essential in providing parents with their children's educational progress." A simple idea and one that he, Simon Birmingham, believes to be the

But what he is saying is not that simple for he implies that our great !! education system is incapable of assessing student performance against any standard and being able to explain this to parents.

Is this true? Ask your children's teachers what they think? Have you been happy with your interviews with teachers at parent/teacher events?

I have not been involved in this business for over 30 years so I cannot make an informed comment that is based on personal experience. My knowledge of our education system is informed by what I read in the papers and by what my grandchildren inform me about university education. It gives me no confidence that Simon Birmingham is wrong. As parents of school aged children we must involve ourselves in this by questioning what is taught, how it is assessed and give parental guidance to instil curiosity and behavioural standards. We cannot be so preoccupied in making ends meet and organizing the day's activities, that we cannot give time to talk to our children about their day at school. If your child is made to think about their day this will reinforce the lessons of the day and keep their brain focussed on learning. Having done this and having a snack they can be released onto the community to rampage up and down the local street, doing whatever they do these days, to let





with Mike Lowing

I caught up with Danny Murphy, Managing Director of LWP Property Group our Huntlee

developers, last week. I first met Danny many years ago when his group was seeking approval for the Huntlee development & during that long process I travelled to Perth (at my own expense) to see what they had done at their huge Swan Valley development, Ellenbrook, just north of Perth.

I wanted to see first-hand how they operated and what to expect in our own backyard if the Huntlee development was to be

approved.

Danny was gracious enough to spend a good number of hours showing me around the then almost completed development; 10,000 residential blocks in all. I was significantly impressed by the magnitude of the project & the urban design which incorporated beautiful parklands, water features, varied designed residential homes all with off-street parking, great commercial & light industrial areas; just a wonderfully planned community.

The only large problem was ingress & egress, mornings and evenings, as people headed off to work & came

The WA government had promised to provide rail when the project was approved but it didn't happen (I noticed in the

Turnbull is cutting the

energy supplement, costing

pensioners \$14 a fortnight,

and forcing people to keep

•It fails the fairness test on

education - Turnbull is still

working until they are 70.

recent Federal budget that they have committed \$1.8billion to finally have it done).

You GUYS IN BERLIN HAD A TERRIFIC WALL

Last year Danny was awarded Allen Vogan Award by the Urban Development Institute of Australia (UDIA) for an outstanding individual who had tirelessly served the Australian development industry.

The citation said that LWP currently had 12 active projects which have an annual turnover of more than 1,000 lots and \$200M. Further to his management role at LWP, Danny has volunteered his time extensively to the industry including serving as UDIA President in South Australia from 1989-1990 and as a Councillor in Western Australia from 1992-1993. He is also very active in providing advice and

mentorship to younger industry professionals and provides invaluable knowledge to UDIA to assist in their advocacy role.

Congratulations on your award.

Anyway, back to Huntlee. The proposed Coles develop, which comprises an approx 3,500SQ supermarket & 8 to 10 speciality shops, is close to being approved and he expects it to be opened within 2years.

The \$3million regional playing fields will be soon commenced and the Wine Country Drive upgrade is near completion. I did ask if he could have the traffic lights turned off but said it was an RMS requirement to have them

operative! They are very

annoying especially on a

Sunday morning when

there is no traffic and they magically turn red. He also said that they were happy with sales but the hardening requirements of obtaining investment loans has had an impact.



Do stuff. Be clenched, curious. Not waiting for inspiration's shove or society's kiss on your forehead. Pay attention. It's all about paying attention. Attention is vitality. It connects you with others. It makes ou eager. Stay eager. ~ Susan

I love those who can smile in trouble... Leonardo da Vinci Time means a lot to me because, you see, I, too, am also a learner and am often lost in the joy of forever developing and simplifying If you love life, don't waste time, for time is what life is made up of. Bruce Lee

My life is my message ~ Mahatma Gandhi

for doing nothing.

The Turnbull Government has delivered another unfair Budget.

We wanted equality of opportunity here in the Hunter in health, education, aged care and childcare and the funding for all of those areas has been cut in this budget.

The Government was talking about a big cash splash on infrastructure but the Hunter has missed out. We have four projects desperately in need of funding that have been forgotten. The Glendale Interchange in Lake Macquarie; the Singleton

bypass; the Muswellbrook bypass; and the proposed "Cessnock Ring Road" linking Cessnock and the Hunter Expressway. All are crucial to our region's growth and have been stalled for yet another year. cutting \$17 billion from A critical priority for me is schools, and has \$270

> for our young people. Many employers have the jobs but can't find the skilled workforce they need. We need to rebuild our vocational education and training. But the Government frustratingly cut \$270 million out of TAFE. The budget fails

investment in skills training million in new cuts to •It fails the fairness test on hospitals – Turnbull's cuts mean Australians will be stuck on hospital waiting

lists for longer. •It fails the fairness test on Medicare – Turnbull's freeze on the rebate for specialists means Australians will pay even more when they visit the doctor. A Labor Government will make fairer choices

- •We will improve our schools, fix our hospitals and save Medicare.
- •We will make university more

accessible, guarantee the future of TAFE and put local jobs first. •We will deliver genuine tax relief for working Australians,

improve the budget bottom line. A Labor Government will deliver a fair go for Australia.

Joel Fitzgibbon MP Member for Hunter Fuel price a rort

IF IT'S good enough for those running the banking and superannuation industries to face a Royal Commission then its time for those running the petrol industry to suffer the same scrutiny.

For years the oil industry has played fast and loose with the hip pockets of Australian motorists, hiking on the bowser price of up the price whenever it felt the need to generate extra profits and collect handsome bonuses for the

executives. The same swindle the banks use on their

customers.

No administration or government department has protect pensioners and ever attempted to stop the blatant rorting of petrol prices in this country. This is despite the Rudd-Gillard government deceptively appointing a Petrol Pricing Commissioner in 2008. This was just a stunt to give a highly paid job to a political mate. A job for one of the boys as payment for past favours. In the time this commissioner was operating, not one action was brought against the oil giants. In fact, the

collected a fat pay cheque

the Australian public for years. commissioner admitted on national television that his job was just to keep an eye petrol and put it on a website. He had no other authority beyond that and

The Turnbull government won't tackle the oil cartels either. Oil companies make huge contributions to the LNP's electoral funding. And it is this lack of consumer protection that has put the government way behind in the polls. The Banking Royal Commission won't save them because they fought tooth and nail to avoid it and now refuse to jail the con artists that have robbed

They may claw back some lost support if they come down hard on the blatant profiteering by the oil companies.

But no government will survive the public backlash if they continue to operate under the Forrest Gump philosophy of "stupid is as stupid does".

Mike McGregor, Narrabri NSW

Emergency Phone Numbers

Branxton.

Lochinvar.

Central

(Cessnock).

Dial 000 FOR FIRE, POLICE AND AMBULANCE ANY TIME, DAY OR NIGHT FOR 24-HOUR SERVICE It's a free call, Just tell the operator what you need-fire, police or ambulance. Then wait to be connected. When reporting an emergency by calling 000, the telephone number & address you are calling from may be given to the emergency service s they can respond quickly. If you don't want the telephone number or address details passed on, you must call the emergency service direct. ALL CALLS TO 000 ARE VOICE RECORDED

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131 233 **NSW Fire Brigade** 4938 3396 **Rural Fire Brigades** Belford. Broke... 6574 7149 6579 1491 Greta. 4015 0000 Bishops Bdg Nth R'bury... 4015 0000 4015 0000 Rothbury. 4015 0000 Pokolbin. 4015 0000 Rothbury.... Bishops Bdg 4991 1733 4015 0000 Nth R'bury. 4015 0000

4938 1244

4930 7209

4015 0000

4991 0555 Singleton.. .132 500 Ausgrid . 4015 0000 4015 0000 4015 0000 4991 1733 Rothbury. Pokolbin.. Centrelink Self Service Rothbury. 136 240 .. 132 011 Scotts Medicare

Native Animal Rescue

0418 628 483

the fairness test •It fails the fairness test for pensioners -

Economic Development excellence in Cessnock Local Government area

recognised



■ Staff from the Hunter Valley Visitor Centre, Council's Economic Development Team, participants in the Youthfirst program and, far right, the General Manager of Cessnock City Council Stephen Glen

Cessnock City Council's **Economic Development** team have been recognised at a state level attracting two nominations for the 2018 NSW Local Government Excellence Awards. The Economic

Development team have been shortlisted as a finalist for two outstanding Cessnock City projects. The Cessnock City Youth First Employment Toolkit has been shortlisted in the category of Special Projects and the team's unique business platform Advance Cessnock City has been recognised in the category of Service Delivery Initiative.

Cessnock City Mayor, Councillor Bob Pynsent congratulated the team on their hard work and for their dedication to excellence.

"It's no surprise the team is profiles, other Council a finalist in two categories as they continue to think innovatively and have achieved a great deal through both of these projects. The Youth Employment Project not only supported local young people to become job ready, but the Toolkit developed has now been distributed to every Council across Australia to help unemployed youths nationally, with widespread acclaim.'

The Advance Cessnock City Platform has also been a huge achievement of the **Economic Development** team. An online platform that is a one stop shop for local business and prospective businesses. It provides helpful information about Cessnock's economic profile, local business events, free business

support for business and a popular e-News Monitor. Cessnock City Council's Economic Development Manager, Jane Holdsworth said she's happy the projects have been so successful. It's great these valuable initiatives have been recognised and I look forward to seeing what other wonderful projects have been nominated. Like every success however, you need a team willing to go the extra mile, with enthusiasm and commitment. These accomplishments are due to how we work innovatively together and look at ways to support our business community

and grow our economy.

awards will be announced

at a dinner to be held on

Thursday 7 June 2018.

common but not in the

The recipients of the

Rug-up, as we are set for a freakishly cold winter

- Amateur forecaster shares his warning

Here in the Hunter Valley

we should be gearing up for a much colder than normal winter, with snow falling in places it hasn't touched for a long time,

according to a forecaster who uses an unusual method to predict the

Amateur forecaster David Taylor, who runs the East Coast Weather Facebook page and claims to have predicted freakish weather events accurately in the past, uses sunspots to make predictions in a way major

forecasters do not. He says that 2018 will possibly bring one of Australia's coldest-ever winters, because the weather system will see effects that are normally only found in the Northern Hemisphere. "Last winter most of Australia had up to 60 per cent chance of warmer than average winter! Now this

time we have a 60 per cent chance of a colder than normal winter!" Taylor explains on his website.

"That's up to a 120 per cent turn around that's amazing and huge."

The forecaster noted that there was already evidence of an usually cold winter from the Northern Hemisphere, where the UK

had been hit with heavy snowfall and freezing temperatures as a blast of Siberian weather dubbed 'The Beast from the East' swept across the country. The usually sun-kissed dunes of the Sahara Dessert were also been blanketed in snow for the third time in almost 40 years earlier this year.

"So in other words yes its going to be cooler then normal over all and yes we can see snow in places that haven't seen snow before or haven't seen snow in a long time," he wrote. According to Taylor we have just had the coolest February for a long time and it's already snowing in Tasmania, "which is

magnitude". The forecaster claims to have predicted the exact path of 2013's Tropical Cyclone Oswald 12 days before the storm hit, the 2012 floods that ravaged Queensland and the unprecedented 2017 hurricane season in the US, among other unusual weather events.

FREE microchip for your furry friend

Cessnock City Council is proud to once again offer local residents free microchipping days for their furry friends during the month of May.

Microchipping your pet is one of the most important things you can do as it ensures they are easily returned home if they become lost rather than being unnecessarily

The free microchipping days will take place tomorrow Thursday 17 May at the Kurri Kurri Aquatic Centre carpark and Thursday 31 May at Turner Park in Aberdare.

their dog microchipped free of charge. While it will only

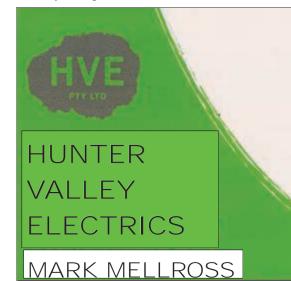
On both days, Council Rangers will be there in the morning from 8 to 10am and then again in the afternoon from 2 to 4pm. This is a great opportunity for community members to get

be dogs microchipped on the day, cat owners are encouraged to contact Council if they'd like to make an appointment to get a free microchip for

Cessnock City Mayor, Councillor Bob Pynsent is pleased to see this wonderful initiative being rolled out in our community once again. "Our free microchipping days are always so popular and I encourage anyone who has a dog that needs a microchip to come on down and get it done."

"Council Rangers are not there to pass judgement about your dog not being microchipped, but rather see it as an opportunity to engage the community in a positive discussion about responsible pet ownership.

It is important to note that Council will not microchip litters of puppies as they are at high risk of not being vaccinated or vet checked. Please also ensure your dog is on a lead. For more information on being a responsible pet owner, visit www.cessnock.nsw.gov.au/community/animals





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Bob Pynsent, Mayor Cessnock City Council

From behind the Mayors desk

Firstly, I'd like to congratulate Cessnock Parkrun as they had 491 runners take part in their first event last weekend. For something that only just started in Cessnock, I can see it getting bigger each and every week! This event is a great thing for our region as it will help to promote the importance of a fit and healthy lifestyle. Yesterday my wife Kathy and I enjoyed the company of the Branxton-Greta Country Women's Association as they hosted a Biggest Morning Tea to support the Cancer Council. It was a brilliant morning supporting a cause that so many of us have been touched by in some way, so well done to all involved. We also held our 2018 Mayoral Academic Scholarships Presentation at the Cessnock Performing Arts Centre last night which was a fantastic evening with some our brightest young people. I would like to take this opportunity to congratulate each and every person who received one of the \$2,500 scholarships. I believe this will not only help each student financially to achieve their academic goals, but it will provide them with important recognition they are on the right track. These scholarships wouldn't be possible without our wonderful sponsors including Hunter Resource Recovery, Austar Coal Mine, Solo Resource Recovery, Cessnock Leagues Club, Cessnock Rotary Club and the Retired Mineworkers Associations of Cessnock and Kurri

Kurri. On Wednesday 2 May we celebrated the 20th anniversary of the Cessnock Youth Centre and Outreach Service (CYCOS), which was a fantastic afternoon. This milestone anniversary was an opportunity to look back at how far the service has come over the years which highlighted CYCOS's enormous commitment to our local young people. One of the biggest achievements has been the recognition of our Youth Week program at a State level. This reflects the hard work of our young people, the CYCOS team and other community groups who make the program so vibrant. Well done to all involved and keep up the

We are proud to once again offer local residents free microchipping days for their furry friends during the month of May. Microchipping your pet is one of the most important things you can do as it ensures they are easily returned home if they become lost rather than being unnecessarily impounded. The free microchipping days will take place on Thursday 17 May at the Kurri Kurri Aquatic Centre carpark and Thursday 31 May at Turner Park in Aberdare. On both days, Council Rangers will be there in the morning from 8 to 10am and then again in the afternoon from 2 to 4pm. While it will only be dogs microchipped on these days, cat owners are encouraged to contact Council to make an appointment to get their cat microchipped. Our popular mattress drop-off will also be happening again on Saturday 26 May from 8am to 12pm at the Council Work Depot car park on Old Maitland Road. We always get a huge turnout for these drop-off days and it is fantastic to be able to offer such a helpful service to local residents while also ensuring these materials are disposed of correctly. Cheers, Bob



Member for Cessnock Clayton Barr MP

Raising the BARR SUPPORTING OUR LOCAL POLICE

Last Thursday 10 May, our local Police took an incredibly brave step by organising a local community rally. We should all support the cause. It is unusual for Police to openly make such a public plea for help and support, but it is a reflection of the

times. Our local Police Officers are asked to do more work than almost every other Police Officer and Police Station in the State. NSW Police know this through their statistics and NSW Police know that this has been the case for almost 10 years, possibly more. Our crime rates, per Police Officer, are sky high. Thursday was a chance for the community to show how much we support our local Police and how much we are expecting of the State Government. Currently, Police are allocated on the basis of population, not crime. This leads to a bizarre situation where Police Stations in the Eastern Suburbs and the

North Shore of Sydney are

full of officers, even though the crime rate is very low, while Police Stations like Cessnock are screaming out for more cops to help manage the workload. Last week an extra 30 officers were granted to the Eastern Suburbs and North Shore, while Cessnock got just 1. Under the current restructure of NSW Police, one of the ideal outcomes is to get Police to the places where crime is high and the workload per officer is enormous. regardless of population. The name given to this process is "re-engineering". But the re-engineering hasn't fared well for Cessnock, with Police Officers, now allocated to Cessnock, unable to be based in Cessnock due to the small and inadequate condition of the Police Station. So some of the Cessnock Police are working from other Stations. This affects the people of Kurri Kurri, Greta and Branxton as we are now all under the one Police District. Perhaps Kurri Kurri Police Station needs to be re-opened to at least get our cops into our area.

THE CTP REFUND IS BIG BUSINESS FOR NSW GOVERNMENT

I wrote in my previous column about the CTP refund process and how the Government is looking to take a slice of the money, your money, on the way through. Here are some figures. There are approximately 4 million vehicles registered in NSW. The average CTP refund due is \$120. So the refund scheme is worth \$480M. The Government has decided that they are taking a \$10 handling fee for every account, which is an immediate cash grab of \$40M. The Government have also decided that any refund under \$20 (before the fee is deducted) won't be going out at all, giving themselves an extra \$20M -\$40M. Currently, only 25% of people have sought their refund, meaning the Government have only had to hand out around \$120M, while they are holding on to the other \$360M. I would personally be surprised if the Government end up handing back more than 50% of the total fund, meaning that they get to pocket around \$240M of your money, despite knowing who you are, where you live and how much money they owe you. Imagine if the people of NSW owed them \$240M; I wonder if they would use that knowledge of who we are a little more forcefully? 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

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



Clr Melanie Dagg ~ Cessnock City Councillor - Ward C

LEST WE FORGET Well the rain didn't quite

hold off, but it was a beautiful day nonetheless and it was again an absolute honour to represent Mayor Pynsent at the Greta Dawn Service. I thank the Greta Sub-Branch for having me and for their incredible hospitality at breakfast afterwards. I wish to also congratulate and thank the various sub-branches for all the work they do in organising their services each year – I'm sure there is much that goes on behind the scenes in preparation. Anzac Day is a special day to different people for different reasons and what it means to me has changed as the years have gone by. I'd like to think my appreciation has deepened and with the benefit of maturity, a greater understanding of the sacrifices made for my benefit and that of us all. We must never forget the difficulties faced by the men and women who gave their lives, or who returned home to fight a very different battle, and to those who continue to fight and serve today.

These days, I like to spend the Anzac Day attending the various services around the area and I take a particular interest in how each of them differs from the others, in their own special way. However you like to spend Anzac Day, I do hope you were surrounded by loved ones and the warmth of true

friendship. STRONGER COUNTRY **COMMUNITIES FUND**

Council recently prepared a submission to the State Government requesting \$800,000 for up to three street improvement projects in the Branxton Town Centre, being:

> To improve pavements and provide street tree planting between John Rose Avenue and Church Street To improve pavements and amenity of the intersection of Clift and Maitland Streets

To create a park within the council car park (in part) on the corner of Maitland Street and Cessnock

Road.

These improvements form part of the Branxton Town Centre Masterplan, which was adopted in 2016 after community consultation over a number of years. Should the grant application be successful it will be incredibly exciting to see the delivery of these projects, which will work in partnership with what's

HART ROAD

others.

already been done by

Branxton Tidy Towns and

NIGHTMARE Last meeting I moved a motion of urgency after there were three accidents at the Hart Road intersection in the week prior. I reached out to some of those involved and pledged my support to fight for change. The Hunter Expressway has been an absolute game-changer for our region – for economic activity, the housing market, travel times and better access to the furthest edge of the Upper Hunter down to the Newcastle coastline. There have however been unintended consequences and they can be seen at the various interchanges Informal commuter carparks have appeared at each one and the intersections where HEX exits meet local roads have caused chaos for commuters and residents alike. The Hart Road intersection with Government Road and Gingers Lane at Weston is a perfect example and unfortunately the problem won't be solved without a complete remodeling and loads of money. The aim of my motion however, was to start the planning process and get this item on the agenda through a full and thorough investigation, but most importantly the urgent and immediate implementation of traffic calming measures, such as adjusting speed limits, flashing lights and working with the police to hopefully correct driver behavior. A long-term solution is still a long way off but an interim fix is within arms reach. The accidents so far have not resulted in a casualty, but that will not remain the case forever. I was thankful to have the chamber's unanimous support and I hope to see work on the ground in the very near future. Cheers, Melanie



Sue Moore, Mayor Singleton Council

It's been a big fortnight with discussions around the future of the Resources for Regions program stretching from one end of NSW to the literally

Only two weeks ago I was in Sydney to meet with the Deputy Premier, where I was part of a Hunter Joint Organisation and Minerals Council delegation along with representatives from the Association of Mining and Energy Related Councils advocating for improvements to the Resources for Regions program.

As the Mayor of Singleton and also an executive of the Association of Mining and Energy Related Councils, I was wearing three hats in Mr Barilaro's office in the discussion around the funding program designed to benefit mining communities.

A mere 700 kilometres west, the conversation continued last week in Cobar at the Association Mining and Energy Related Councils meeting, which I attended as a member of the executive committee. The broad consensus is that

a review of the guidelines for Resources for Regions is required, and I look forward to what outcomes may eventuate.

Conversations are also ongoing regarding more public transport options for Singleton.

On the same day I met with the Deputy Premier, the General Manager and I also called in on the NSW Transport Minister Andrew Constance.

We joined representatives from the Two More Trains for Singleton group. including Martin Fallding, his son Samuel and Bruce Henry, to again highlight the shortage of public transport.

We particularly reiterated the community's calls for more train services between Singleton and Maitland, which would deliver considerable benefits for the growing population of Branxton with more options for people moving into new land developments such as Huntlee.

I was particularly impressed by the contribution from young Samuel, who knows first-hand the difficulties involved in the connection times between buses and trains as a student travelling from Singleton to Newcastle for school. I believe he made a considerable impression on the Minister, who assured us he was working with Transport for NSW to gather more information on



the issue.

Cheers, Sue

JOEL FITZGIBBON MP Member for Hunter

FUND OUR PRE-SCHOOLS CAMPAIGN

other – and I mean that very Labor has recently launched its national campaign calling on the Turnbull Government to properly fund our preschools in the recent Budget and end the uncertainty for families in the Hunter

electorate. The Turnbull Government's lack of support for preschools means families and staff in the Hunter can't plan

With funding due to expire at the end of next year, 2370 children in the Hunter electorate are left in limbo. There are around 350,000 children across Australia who access preschool each year who rely on this

for the future.

funding. Instead, year after year the Turnbull Government only begrudgingly roll over one year of stop-gap funding to preschools, creating massive uncertainty not only for families but right across the sector.

That is why Labor has launched our Fund Our Preschools campaign, including a petition, calling on the Turnbull Government to commit long-term funding for universal access to preschool. Since the first agreement

was signed by Labor in 2008, preschool enrolment has increased from 77 per cent to almost 93 per cent. There is no doubt that access to four year old preschool gives our children the best head start to school and for

The government know this and yet won't commit to long-term funding despite being in office since 2013. Their priorities are all wrong. They would rather give a \$65 billion handout to big business and the banks. This is not good enough for the future of our children. The Turnbull Government needs to stop making excuses, commit to longterm funding and provide funding certainty for our preschools in the Hunter. People can show their support by signing the petition at alp.org.au/FundPreschoolsNow.



Cheers, Joel

MICHAEL JOHNSEN MP

UP TO \$30,000 TO KEEP LOCALS SAFE Local communities in our

Upper Hunter electorate know their local streets and roads like the back of their hand. To harness this knowledge, the NSW Government is encouraging communities to identify ways to promote safety in their local area. Applications are now open for the Community Road Safety Grants Program, with up to \$30,000 available for local initiatives ranging from young driver education programs, radio campaigns to workshops for seniors.

CONT. PAGE 8



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9 Ways to Protect Your Ears and Hearing Health

Last Updated: 02/21/2018 Once your hearing is damaged, it's gone for good. That's why we raise awareness about the prevalence of hearing loss, the importance of early diagnosis, and the options for taking action to find the best hearing solution for your needs. Don't wait until it's too late to start taking care of your ears! Here are nine easy ways to protect your ears and your hearing health.

1. Use earplugs around loud noises

Approximately 15% of Americans have noiseinduced hearing loss because of loud work or leisure environments. Clubs, concerts, lawnmowers, chainsaws, and any other noises that force you to shout so the person next to you can hear your voice all create dangerous levels of sound. Earplugs are convenient and easy to obtain. You can even have a pair custom fitted for your ears by your local hearing healthcare provider.

Musicians' earplugs are custom earplugs with filters that allow a person to hear conversations and music but still reduce harmful sound levels while maintaining the quality of the original sound as closely as possible.

2. Turn the volume down According to the World

Health Organization, 1.1 billion teenagers and young adults worldwide are at risk for noiseinduced hearing loss from unsafe use of audio devices.

through headphones or ear buds, you can protect your

ears by following the 60/60 rule. The suggestion is to listen with headphones at no more than 60% volume for no more than 60 minutes a

Ear buds are especially dangerous, as they fit directly next to the eardrum. If possible, opt for over-the-ear headphones.

Don't forget that any loud music, not just music played through headphones, presents a risk for noise-induced hearing loss. If you're hosting a social event, keep the music at a volume which won't force people to shout in of ear infections, which can order to hold a conversation

3. Give your ears time to recover

If you are exposed to loud noises for a prolonged period of time, like at a concert or a bar, your ears need time to recover. If you can, step outside for five minutes every so often in order to let them rest.

What's more, researchers have found that your ears need an average of 16 hours of quiet to recover from one loud night out.

4. Stop using cotton swabs in your ears

It's common for people to use cotton swabs to clean wax out of their ear canal. but this is definitely not advisable. A little bit of wax in your ears is not only normal, but it's also important. The ears are selfcleaning organs, and w stops dust and other harmful particles from entering the canal. Plus, inserting anything inside your ear canals risks damaging sensitive organs like your ear

If you have excess wax, you can clean around the canal with a damp towel—gently. You could also use ear wax removal solution over the course of a few nights. This softens the wax so that it will eventually flow out on its own. The best solution is always to seek a professional flight mode, which is an

opinion and care when possible.

5. Take medications only as directed

Certain medications, such as non-steroidal antiinflammatory drugs (NSAIDS) like aspirin, ibuprofen and naproxen, can sometimes contribute to hearing loss. Discuss medications with your doctor & pharmacist if you're concerned that they'll impact your hearing ability and take them only as directed. 6. Keep your ears dry

Excess moisture can allow bacteria to enter and attack the ear canal. This can cause swimmer's ear or other types be dangerous for your hearing ability. Be sure you gently towel-dry your ears after bathing or swimming. If you can feel water in the ear, tilt vour head to the side and tug lightly on the ear lobe to coax the water out. You can also ensure that your ears stay dry and

healthy by using custom-fit swimmers' earplugs, which block water from entering the ear canal. They're great for adults and kids alike, and they work wonders in preventing swimmer's ear. Make an appointment with your local hearing health

professional to get fitted.

7. Get up and move Did you know that exercise is good for your ears? It's true. Cardio exercises like walking, running, or cycling gets the blood pumping to all parts of your body, including the ears. This helps the ears' internal parts stay healthy and working to their maximum potential. Make sure to stay safe!

When cycling, always wear a helmet. If you fall and hit your head, a concussion can harm your hearing.

8. Manage stress levels Stress and anxiety have been linked to both temporary and permanent tinnitus (a phantom ringing in the ears). High levels of stress cause your body to go into fight or



Magnificent autumn days, spectacular sunsets and superb constellations in the night skies-soon to give way to cooler weather. VIEW clubs offer so much to women-a supportive network, educational and social opportunities, fun and friendship whilst supporting

Smith Family. Why not contact our Secretary, Bethany, 0419 429 364 and arrange to come to a meeting-you will be most welcome! Next month we have two very special local ladies as

guest speakers; Kerrie Shaw and Gemma Bunner, from Branxton Shaw and Bunner

This is a newly established law practice in the Hunter /valley offering a range of general legal services coupled with a boutique skill set in personal injury compensation advice. Their law practice is situated in the former Bank of New South Wales building, Branxton.

Everyone, visitors and friends are invited to this meeting to hear these ladies speak on many topics including making wills, guardianship and other legal matters. They are happy to answer questions from the

meeting.

You may like to

Judy Spillard From PAGE 6

Members say MICHAEL JOHNSEN MP Member for Upper

There are two categories of grants

available:-Smaller projects up to \$5,000 More substantial projects up to \$30,000

Applications are open until Sunday 10 June, 2018.

The NSW Government is awarding up to \$1.6 million in grants over four years, with funding made available through the Community Road Safety Fund. Since 2015, the Government has invested in 76 local community road safety initiatives across the state. Program guidelines and application forms are available online: roadsafety.transport.nsw.gov.au Cheers, Michael

Business opportunity: Tech Savvy Small Business Workshops

Small business owners and employees are being offered free training to get more tech savvy in their businesses. The Tech Savvy workshops will be FREE for small businesses in our region and normally worth \$400 per person! The workshops will demonstrate all the benefits of cloud computing and take basic Word and Excel skills to the next level.

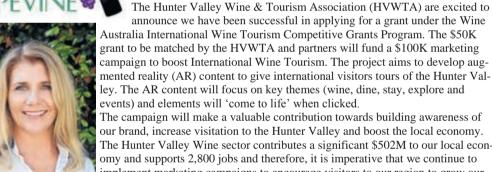
What will I learn?

Cloud computing – an understanding of cloud computing and explore some of the options available to small businesses.

Excel – how to use functions, sort data, create charts, and send via emails. Word – how to format tables, use graphics, work with styles & more. This is a free training program for eligible small business owners and their employees and attendees will receive a statement of attainment. Brunch will be provided and places are limited.

Find out more or register: http://advancecessnock.com.au/free-workshop-tech-savvy/

HVWTA invests \$100K to boost International **Wine Tourism**



with Jo Thomas, General Manager HVWTA

instinctual reaction that fills

your body with adrenaline

to help you either fight or

flee from danger. This

pressure on your nerves,

blood flow, body heat, and

thought that this pressure

and stress can travel up into

process puts a lot of

more. It's commonly

your inner ear and

symptoms.

contribute to tinnitus

9. Get regular checkups

Ask your primary care

physician to incorporate

hearing screenings into your

regular checkups. Because

gradually, it's also recom-

mended that you have annual

hearing consultations with a

hearing loss develops

hearing professional.

HEARD IT THROUGH_

the .

announce we have been successful in applying for a grant under the Wine Australia International Wine Tourism Competitive Grants Program. The \$50K grant to be matched by the HVWTA and partners will fund a \$100K marketing campaign to boost International Wine Tourism. The project aims to develop augmented reality (AR) content to give international visitors tours of the Hunter Valley. The AR content will focus on key themes (wine, dine, stay, explore and events) and elements will 'come to life' when clicked.

The campaign will make a valuable contribution towards building awareness of our brand, increase visitation to the Hunter Valley and boost the local economy. The Hunter Valley Wine sector contributes a significant \$502M to our local economy and supports 2,800 jobs and therefore, it is imperative that we continue to implement marketing campaigns to encourage visitors to our region to grow our wine and tourism industries.

The HVWTA will share with you the campaign strategy in the coming weeks and invite industry to partner with the Association to ensure this is a huge success.

Whats Cookina?

Braised whole chicken chilli verde

Start by charring chillies for a deeper flavour then together with spices bake the whole chicken until tender and skin is

Ingredients

- •2 green bullhorn chillies
- •2 poblano chillies
- •1/4 cup (60ml) olive oil, divided
- 3 teaspoons ground paprika
- •1 teaspoon ground cumin
- •1 RSPCA Approved Australian Whole Extra Large Chicken (about 2.5kg), backbone removed with kitchen shears, flattened
- •1 cup (250ml) salt-reduced chicken stock
- •1 red onion, halved, cut into 1.5cmthick wedges
- •3 garlic cloves, finely chopped
- •1 jalapeño or serrano chilli, thickly sliced (optional)
- •2/3 cup coarsely chopped fresh coriander, divided
- •1 lime, cut into wedges •8 corn tortillas, warmed

Method

- •Preheat grill on high. Toss bullhorn and poblano chillies with 1 tbs oil on a baking tray. Grill, turning, for 10 mins until charred and tender. Cover. Set aside for 10 mins. Peel and seed. Cut into 2cm-wide strips. Preheat oven to 205°C (185°C fan-forced).
- •Heat a large ovenproof frying pan over medium-high heat. In a small bowl, mix 2 tbs of the oil with paprika, cumin, 2 tsp salt and 11/2 tsp pepper. Rub over chicken. Step 3
- •Place, skin-side down, in pan. Cook for 4 mins or until well browned. Transfer to a plate. Combine stock, chilli strips, onion, garlic, jalapeño or serrano chilli, if using, and 1/2 cup coriander in pan. Season. Add chicken, skin-side up. Step 4
- •Braise for 1 hour or until chicken shows no sign of pink when pierced in thigh. Set aside for 10 mins to rest. Sprinkle with remaining coriander. Serve with lime wedges and tortillas.



FIREARMS REGISTRY Information on

in NSW It is an offence in NSW for a person to possess or use a firearm without the authority of a licence or

Firearms Licence

How do I apply for a firearms licence?

permit.

obtaining a

You can request forms to apply for a firearms licence from the homepage of our

website https:// www.police.nsw.gov.au/ online_services/firearms/ licences/. Simply fill in the online form, including the categories and genuine reason you wish to apply for and submit it by using the email button on the form. You will receive pre-printed application forms in the mail within 10 days. You may also request application forms by phoning our Customer Service line - 1300 362 562. When you receive the pre-printed application forms in the mail, fill in the sections and send them back with any supporting documents for processing.

Genuine Reason To make an application for a firearms licence you must be able to prove a genuine reason for possessing and using a firearm. NOTE: Personal protection

or the protection of another person does not constitute a genuine reason for possession and use of a firearm. Additionally, the protection of property does not constitute a genuine reason for possession and use of a firearm, other than

Report

for the genuine reason of **Business Security** Industry. What are the genuine reasons for obtaining a firearms licence?

There are eight genuine reasons for obtaining a firearms licence.

Sport/Target Shooting target shooting activities as a club member on an approved target shooting range.

Recreational Hunting/ Vermin Control - hunting and vermin control on rural land where the person is the owner/occupier or has permission to shoot from an owner/occupier or a Government Agency.

Primary Production - the business of Primary Production.

Vertebrate Pest Animal Control - Contract shooters or officers of prescribed government agencies needing to suppress vertebrate pest animals or primary producers participating in an authorised eradication campaign.

Business or Employment - Security Business, security guards, commercial fisherman, or other businesses who can demonstrate a genuine need for a firearms licence. **Rural Occupation** - a person employed or engaged in a rural

occupation and who requires the use of firearms. **Animal Welfare** - RSPCA or Animal Welfare League employees, Veterinary Practitioners, employees of the Department of Lands or Local Land Services, Owner, transporter, drover or other handler of animals which require the use of

firearms Firearms Collection - a person who is a club member wishing to collect firearms or a genuine historic, thematic, financial

or commemorative value. Is there a restriction on the category of licence for which I can apply?

Any person wishing to make application for a licence over and above a category A firearms licence must provide evidence of special need. The special need for a Category B, C, D or H licence is established by the applicant providing evidence that a special need exists and giving reasons why the special need cannot be met by a smaller category of firearm or by any other means. Each licence application includes a genuine reason form which has provision for completion of a special need.

Firearms Safety Training Prior to applying for a firearms licence you will need to complete an

approved firearms licence safety training course. Training providers are as follows:

For Longarms: The Firearms Safety Training Council - Phone: 02 9486 3077, Sporting Shooters Association of Australia -Phone: 1300 746 683, Department of Primary Industries, Game Licensing Unit - Phone: 02 63913750, Your nearest firearms club. For Pistols: You must complete the safety training for pistols. Courses are run by approved firearms clubs for club members. For assistance on courses run by other providers, call the Firearms Registry - 1300 362 562.

How long does it take to issue my licence? A new licence application has a mandatory waiting period of 28 days from the date of receipt before the licence can be issued. Applicants and licensees should familiarise themselves with the Firearms Act 1996 and the associated Regulation, which are available on the NSW Legislation website www.legislation.nsw.gov.

How much will my firearms licence cost? Firearms Registry A personal firearms licence is issued for 2 or 5 years. * 2

year licence = \$100 * 5year licence = \$200 Probationary Pistol Licence = \$100 for one year. Pensioners and Primary Producers are exempt from fees for certain licences. Where do I pay? Fees for most licences are paid at the RMS when your photo licence is produced.

What would prevent me from being issued a firearms licence in NSW?

There are certain requirements to be met if you wish to hold a firearms licence in NSW. You must: * Be a NSW resident (or about to become a NSW resident). * Be 18 years of age or over. * Complete a firearms safety training course for longarms or handguns. * Confirm that you are able to meet the safe storage requirements for the category of licence concerned. * Be a fit and proper person and be able to be trusted with possession of firearms without presenting a danger to public safety.

Personal History Checks Personal history checks are conducted on all applicants to ensure that provisions within the legislation, including provisions with respect to public safety, are met. Certain criminal history may prevent a person from obtaining a firearms licence in NSW. A

licence cannot be issued if: * A person is subject to an Apprehended Violence Order (AVO) or Interim Apprehended Violence Order (IAVO), or for 10 years from the expiry of the AVO (unless the AVO has been revoked). * A person is subject to a good behaviour bond for a prescribed offence. * A person is subject to a firearms or weapons prohibition order. * A person is a registrable person or corresponding registrable person under the Child Protection (Offenders Registration) Act 2000. * A person has been convicted within the last 10 years of an offence prescribed by the regulations. A prescribed offence is a conviction for offences involving firearms or weapons, prohibited drugs/ plants, fraud/dishonesty/ stealing, prescribed

groups and recruitment, riot, affray or an offence of a sexual nature. Is there an exemption to the requirement to obtain a firearms licence to authorise the possession and use of firearms? Yes. There is an exemption to the requirement to hold a

restricted substances,

enforcement officers.

terrorism, violence, public

order, assaults against law

robbery, organised criminal

firearms licence to possess and use firearms which applies to police, prison officers and members of the armed forces while acting in the ordinary course of their duties. There is also an exemption which applies to people using an approved shooting range but only while under the direct supervision of an appropriately licensed person and only after completing the required paperwork.

Body modifier arrested over alleged genital mutilation

Tuesday, 01 May 2018 09:17:33 AM New South Wales detectives have arrested a body modifier over the alleged genital mutilation of a woman in Newcastle. Officers allege the 33-yearold woman engaged the body modifier for a procedure at a business in Newcastle West in 2016 but later made a formal complaint of mutilation to police.

Detectives from the Brisbane Water and Tuggerah Lakes Police Districts formed a joint strike force, codenamed Nellievale following the incident. Around 8am, (Tuesday 1

May), Strike Force

the tattooist/body modifier at his home at Terrigal on the Central Coast. The 37-year-old man, who is not a qualified medical practitioner, has been taken to the Gosford Police Station where he is assisting detectives with their inquiries. Body modification is currently not legislated in New South Wales however members of the so-called Skin Penetration industry are required to follow

Nellievale officers arrested

public health regulations. Teen charged over alleged armed robbery near Maitland

Wednesday, 02 May 2018 12:13:20 PM

A teen will face court after allegedly robbing another teen at knifepoint at Woodberry Police were told about

5.30pm (Tuesday 1 May 2018), a 14-year-old teen was on his bicycle at a skate park on Lawson Avenue, when he was approached by another 14year-old teen.

A knife was allegedly produced and the rider pushed off his bike, before it was taken by the other teen. Police from Port Stephens / Hunter Police District were later notified of the incident and commenced inquiries.

About 9.30pm (Tuesday 1 May 2018), officers attended a home in Thornton and arrested a 14-yearold teenager. He was taken to Maitland Police Station and charged with robbery armed with an offensive weapon. The teen was refused bail to appear at a children's

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involved in real estate. Some properties I have resold 4 & 5 times. Knowing the market intricacies of the local area means that we can price your property to maximize your sale price". I offer FREE property appraisals, domain.com.au website, 20,000 local papers per month with up to 6 full pages of local properties for sale, Property signage, NO sale, NO charge & NO contribution for advertising with property auctions the exception.

"The local area has changed over the last 25 years that I have been





Gemma BUNNER BA/ LLB (Hons), Acc Spec (Personal Injury) & Kerri SHAW B.Comm/ LLB (Hons)



SHAW & BUNNER

LEGAL

Emojis and the law

Technology is everywhere; people young and old are using smart phones, tablet devices and laptops to communicate.

With the increasing use of texts, messaging apps, emails and social media, many people are using emoji in these conversations.

An emoji is a small digital image or icon used to express an idea or emotion, they include, just to name a few, faces, foods, animals, sports and objects.

The options seem almost endless when in the 'category' of faces along there are some 120+ choices.

People are using emoji for a range of purposes from a smiley face at the end of a message to a whole conversation using only emojis, in 2015 Foreign Minister Julie Bishop conducted an interview using just emojis.

While emoji may often be used in a light-hearted, affectionate or humorous way, Professors Elizabeth Kirley and Marilyn

McMahon of Deakin Law School, authors of 'The Emoii Factor: Humanizing the Emerging Law of Digital Speech', point out that emoji can also serve more malicious functions and be taken very seriously in the context of law.

The popularity of emoji means they have made their way into evidence in Courts both in Australia and overseas in a variety of different areas of law. In 2017 Queensland Supreme Court case of Re Nichol a man saved a message to the drafts folder in to his phone labelled "My will" with a smiley face emoji, the Judge found that the informality did not prevent it constituting a

Turning to contract law, in a case from Israel a landlord was messaging a couple about renting an apartment and removed the listing after receiving a message from them with a string of emoji (a smiley face, a comet, champagne bottle, dancing figures and more) combined with expressions of interest, they

later stopped returning the landlord's messages and he sued them. The Judge relied on the couples repeated expressions of interest, their misleading messages with festive icons and a smiley face at the end of the negotiations to find for the landlord

Cases in New Zealand, France and the US have included the consideration of the role of emoji in threats. In New Zealand a man sent his ex-partner a message telling her "You're going to f**king get it" followed by an aeroplane emoji.

The Judge concluded generally that the message indicated that the man was "coming to get" his ex-partner and charged him with stalking and sentenced him to 8 months in jail. Kirley and McMahon note with claims that more than 9 million Australians use emoji, determining their meaning in a particular communication may increasingly emerge as a significant legal issue."





Welcome to this week's edition of the Fresh Produce Report from Wolombi Road Providore...

Well the cooler nights are now upon us and a welcome change for the farmers who are waiting to plant in cooler earth. Also bringing on the local citrus; mandarins are in plentiful supply now & as the cooler weather comes so does the sweeter tasting mandarins. Perfect fruit for lunch box or a quick snack at home.

Persimmon fruit are now in season; the traditional glossy orange persimmon skin changes to a deep red/ orange when it is ripe and ready to eat.

Once ripe cut open, remove the seeds and spoon out the soft flesh. Enjoy on its own or with ice cream, Greek or

sweetened yogurt... for something different add to your muesli or cereal of a morning. The persimmon contains twice the dietary fibre of an apple and is a major source of vitamin C. Persimmons are a great alternative on a cheese platter; simply cut into wedges to present. Pears are delicious and in season; try our full flavoured varieties:

The Packham: green and firm serve as they are or add to salads, or slice to poach.

Beurre Bosc: brown and semi soft skin great poached fruit.

Corella: smaller, firm and crispy versatile pear serve as is, cook with, poach or even soup. All our pears are full of

flavour, high in fibre and loaded with sweetness of flavour.

Beurre Bosc

Pears are rich in antioxidants and flavonoids Local Broccoli and Cauliflower are now in store come in and try the Ironman variety fresh from Farmer Richard at Kulnura. They are picked, packed straight from the paddock and to Providore. The local Broccoli has a lot more flavour, you can taste the difference...

Broccoli can be lightly steamed, baked with a drizzle of oil, serve with crushed nuts or cheese or added to stir fries. Quick and easy cook vegetable that contains a high content of vitamin C, also contains vitamin A and B6. Cheers Michael



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

It was inevitable that





Interest rates remain at 1.50%

has kept interest rates on hold at its May board meeting. REINSW President Leanne Pilkington said the fundamentals have remained relatively static, meaning the RBA has no impetus to adjust interest rates at this time.

"There's a strong argument to leave the cash rate unchanged for the foreseeable future," Ms Pilkington said.

"Given the downward slide in property prices, the marked

The Reserve Bank of Australia drop in investor lending and other macro challenges to the economy – especially when the banks cannot be trusted not to hike rates independently, there is no need for the RBA to act." The RBA will next meet on Tuesday, 5 June 2018.



Stamp duty brackets unchanged in 32 years



It is time for the NSW Government to correct the stamp duty brackets according to REINSW President Leanne Pilkington. REINSW has continuously lobbied the NSW Government in an effort to persuade them to address the punishing effects of stamp duty bracket creep. "However, to date, government has chosen to ignore the damage these outdated tax rates are causing. By doing nothing the government is simply of the consumer. "The government's conduct consumer and a win for

in regard to this issue is nothing less than unconscionable", Ms Pilkington said. "The current NSW Transfer

Duty brackets (other than the top bracket for residential land over \$3 million) have been in place for 32 years.

"The Second Reading to the needs to search for its 1986 Bill which on enactment increased NSW Transfer Duty rates and

introduced the current base thresholds included the following statement: 'the increased rates for conveyances only affect properties worth more than \$300,000 and thus will not affect the average home purchaser'.

"The median house price in Sydney is now at \$1,179,519*. This clearly shows that the government is ignoring the market in which the current stamp duty rates were to apply. "Last financial year more than \$7.3 billion was collected in stamp duty and to February 2018 the government has raised in excess of \$4.7 billion, on par with the same amount collected in the first eight months of that financial year.

"Importantly, there is empirical evidence available that supports that reducing stamp duty will create greater volumes of transactions which in turn generates more revenue for is a win for the property government.

"It is completely disingenuous for government to express sympathy for our first home buyers and other property consumers and then rip them off without dated stamp duty rates.

"The NSW Government conscience and fix these out dated stamp duty brackets," Ms Pilkington said.

Stamp duty has remained unchanged in NSW for 32 years despite median house prices rising by 1181.55 per cent, according to the REINSW President Leanne Pilkington. When the current NSW Transfer Duty brackets were put into place in 1986 the median dwelling price, according to statistics from CoreLogic, was \$80,675* compared to the current median house price of \$1,033,892.

Leanne said: "The government's unwillingness to act on this is outrageous. The numbers speak for themselves. Median unit prices have also seen a similar increase with a rise of 841.80 per cent from \$80,331 to \$756,557.

"Consumers should be angry about this huge injustice and the government needs to start listening. A full review must be undertaken and it must be undertaken now."

The forgotten consumers



Investment in the residential property market is important to the economy, yet government policy seems to be making it as unattractive as

possible. Landlords are subject to a raft of unfair taxes and legal obligations that is encouraging them toward other investment

options The vast majority of these investors only have one investment property and are 'mum and dad' investors who rely on the rental income the property generates. They help contribute to tax revenue, job

creation, rental accommodation supply, self-funded retirement and economic growth. But as their rights reduce and their compliance costs increase, these property investors are increasingly looking elsewhere for more attractive investment ontions

The REINSW will continue to lobby for a fairer go for landlords and property investors **Property investors to** lobby the government A new lobby group has been formed with the aim of stopping residential landlords being 'singled out'. Property investors to lobby the government The Property Investors Council of Australia describes itself as a not-for-profit association run "by

property investors, for

investors".

the interests of property

residential property investors would be drawn together to lobby the government, because they shoulder more burden than other types of investors. including the costs of a tenant's personal circumstances Every investor has a long list of concerns they focus

on, and one of the most important is the threatened abolition of negative gearing. Real estate institutes across

the country have lobbied against negative gearing restrictions for years and we welcome this group lending its voice to these concerns.

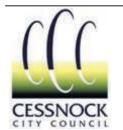
NSW needs more residential property, yet government's response is to disincentives investment.

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Cessnock City Council Statutory Notices

Phone during working hours 4993 4100 After Hours Emergency 4940 7816 Address all communications to:- The General Manager, PO Box 152, Cessnock 2325 NSW

DEVELOPMENT PROPOSAL

PROPOSAL: Win

Winery Running Festival Hunter Valley 2018

LAND:

LOT: 1904 DP: 1202101, LOT: 2 DP: 270636, LOT: 21 DP: 749996 107 Vintage Drive POKOLBIN, 125 Vintage Drive POKOLBIN, 790 McDonalds Road POKOLBIN

Humphreys Events Pty Ltd T/as H Events

APPLICATION NO.:

APPLICANT:

8/2018/258/1

CONSENT AUTHORITY:

Cessnock City Council

Council is in receipt of an Application for the abovementioned property. For your convenience a locality map and details of the development proposal, as specified above, can be viewed utilising Council's online enquiry system, called 'Application Tracker. 'Application Tracker' can be accessed through Council's website on

http://datracker.cessnock.nsw.gov.au and using the above application number and then clicking on the "Documents" view link; or alternatively: utilising free internet at either Cessnock and Kurri Kurri Libraries to view electronic

documents; or inspecting hardcopy documents at Council's Customer Service Counter, between

9.00am and 5.00pm, Monday to Friday.

Before determining the Application, Council is inviting the public to make a submission in relation to the proposal. The patification period commences on 16 May 2018 will

relation to the proposal. *The notification period commences on 16 May 2018 will conclude 30 May 2018.*Where a submission is made by way of an objection, the objection must be in writing and the

grounds for objection must be clearly specified. The views expressed in written submissions will be considered by Council before a determination is made.

All comments or objections should be made by utilising Council's 'Application Tracker' "Make a Submission" link which is located under the "Exhibition Details/Make a Submission" Tab. Once you have submitted your submission you will automatically receive a confirmation and copy of your submission via reply email.

Submissions are NOT kept confidential. Council releases submissions when a request is made in accordance with privacy laws and the relevant provisions under the Government



Pets and Patrols with Ranger Kurt

There is nothing worse than losing your furry friend, but there is something you can do to ensure they are back with you before you know it – make sure they're microchipped!

We are proud to once again offer local residents free microchipping days for their furry friends during the month of May.

Microchipping your pet is one of the most important things you can do as it ensures they are easily returned home if they become lost rather than being unnecessarily impounded.

The free microchipping days will take place on Thursday 17 May at the Kurri Kurri Aquatic Centre carpark and Thursday 31 May at Turner Park in Aberdare. On both days, Council Rangers will be there in the morning from 8 to 10am and then again in the afternoon from 2 to 4pm.

This is a great opportunity for community members to get their dog microchipped free of charge. While it will only be dogs microchipped on the day, cat owners are encouraged to contact Council if they'd like to make an appointment to get a free microchip for their cat.

We are really pleased roll out this wonderful initiative in our community once again.

Our free microchipping days are always so popular and we encourage anyone who has a dog that needs a microchip to come on down and get it done. We are not there to pass judgement about your dog not being microchipped, but rather see it as an opportunity to engage the community in a positive discussion

about responsible pet ownership. It is important to note that we will not microchip litters of puppies as they are at high risk of not being vaccinated or vet checked. Please also ensure your dog is

on a lead. For more information on being a responsible pet owner, visit www.cessnock.nsw.gov.au/community/animals.

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

Information (Public Access) Act 2009. When a submission is released by law, Council routinely withholds contact numbers, email addresses and signatures. Should you wish for all personal details or any information that may identify you to be withheld from the public, please advise Council of this in your submission.

Should you intend to make a submission to Council your attention is drawn to your statutory obligations under the Environmental Planning and Assessment Act 1979 regarding disclosure of political donations and gifts. You are required to complete a Political Donation and Gifts Declaration if you or an associate made any political donations or gifts to a Councillor or Council employee during the two (2) years prior to the submission. Please also note that should you make a donation or gift to a Councillor or Council employee in the period between the date of your submission and the determination of the Application, you are required to submit a Declaration within seven (7) days of the donation. Further information regarding Political Donation and Gift Declarations including the Declaration Form can be obtained from Council's website or from Council's Customer Service Centre.

If you have any enquiries in relation to the application please contact Miss Madaline Smith of Council's Planning and Environment Department on 4993 4110.

REGULATION OF TRAFFIC "WINERY RUN" DEASYS ROAD, MCDONALDS ROAD, VINTAGE DRIVE, CLARET ASH DRIVE, CASUARINA DRIVE & MISSION DRIVE, ROTHBURY SUNDAY 22 JULY 2018 – 05.30AM TO 1.30PM

Council advises that it has received an application from Paul Humphreys to conduct the Winery Run on Deasys Road, McDonalds Road, Vintage Drive, Claret Ash Drive, Casuarina Drive & Mission Drive Rothbury, scheduled for 22 July 2018. Council intends to seek consent from Roads and Maritime Services, pursuant to Division 2 of Part 8, of the *Roads Act 1993*, for the regulation of traffic, by means of temporary road closures as follows:

Sunday 22 July 2018 - 5.30am To 1.30pm

Council appreciates that the regulation of traffic may affect road users within the immediate and surrounding areas.

Written submissions relating to the Regulation of Traffic should be forwarded to the General Manager, Cessnock City Council, PO Box 152 Cessnock 2325, endorsed "Regulation of Traffic – Winery Run". The closing date for submissions is 4.00pm on Wednesday 13 June 2018.



An Engineer dies and goes to Hell. Dissatisfied with the level of comfort, he starts designing and building improvements. After a while, Hell has air conditioning, flush toilets and escalators. The engineer is a pretty popular guy. One day God calls and asks Satan, "So, how's it going down there?" Satan says, "Hey things are going great. We've got air conditioning and flush toilets and escalators, and there's no telling what this engineer is going to God is horrified. "What? You've got an engineer? That's a mistake - he should never have gone down there! You know all engineers go to Heaven. Send him up here! Satan says, "No way. I like having an engineer on the staff. I'm keeping him." God says, "Send him back up here or I'll sue." "Yeah, right," Satan laughs, "and where are you going to get a lawyer?"



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Vacant Land 2559m²

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

ASKING \$160,000 ONO

FERNHILL ROAD, DALWOOD



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

ASKING \$400,000

NORTH ROTHBURY



Vacant Land 809m²

Vacant Building Block Fantastic visage \$130,000 ONO

East Branxton



Three bedroom Duplex with large backyard.

Immaculate Duplex with 3 large bedrooms all with built-ins. Other features include large open plan living area opening onto undercover entertainment area, large double lock-up garage, in quite area.

This family home presents 'as new'.

ASKING \$350,000







Branxton



A Great Retreat

13.29 Hectares/32.83 Acres

An ideal property for those who want to escape the 'hustle & bustle' of city life. The property, a tad over 32 acres (31.22 acres/12.634Hectares), is just 15 minutes to the centre of Hunter Wine Country which offers all you need in entertainment, the best in Australian wines, many 'hated' restaurants & a selection of great golf courses. The property is nicely secluded with great bush ambiance and only minutes to Branxton. If your enjoyment is of an equine nature then this property is just for you; stables, round yard & makings of a good arena.

The large family home has 4 good sized bedrooms with an ensuite off the main bedroom. There is a spacious lounge-room with a split system air conditioning unit & a cosy slow combustion fire. Floorboards accentuate the feel of country living. Two large Queensland rooms at the rear, 'wrap-a-round' verandah & a large inground pool make the home ideal for entertainment.

There are 3 dams, a large machinery shed plus a large freestanding garage.

The land abuts the very popular 'Dalwood Acres' small acreage development & if the area continues its rapid expansion the property would invariably come under consideration for further development.

ASKING \$870,000

Glendon Brook

(Lot 61 DP 1100235) 6.217HA

Features include:-15Acres approx divided into 2 paddocks. Double frontage to Webbers Creek (permanent

Webbers Creek (permanent water supply). 90% flat country. Bitumen to front gate. Weekly rubbish service. 20 min to Singleton & Branxton & 15 min to Gresford, 800mm annual rainfall. Fully fenced 2 paddocks + barn area.

20% Kikuyu & 80% native grasses (paspalum, rye, couch etc.). 13.5m x 10.5m 'American Barn' with 3 equal 3.5m bays & a 3m x10.5m workshop. 3xphase 100amp/phase underground power from front gate to barn. Barn has ample fluro lighting & GPO's, ceiling fans, instantaneous gas Hot Water Service, electric upright stove & oven, small kitchen with sink & microwave + pantry. Bathroom with shower, toilet (flush), laundry tub. Barn has council occupation certificate whilst building new house. Council approved in-situ water treatment plant (enviro-cycle). Phone cable installed underground to barn but not connected. DA approved new residence (Colonial style 4 bedroom with all plans & engineering certificates available). Honda pump on Webbers Creek with underground piping to barn. 2 x 30,000 litre fresh water tanks with pressure pump. 2 x horse stables with underground water from barn & horse proof yards attached. All weather gravel road from front gate to barn & Bushfire free.

ASKING \$680,000

East Branxton



4-bedroom modern family home on 780 square metres; presented as new

A beautiful magnificently maintained family home situated at the end of cul-de-sac.

This spacious home boasts separate light filled living zones catering for all family members. Main bedroom has ensuite and all bedrooms have built-ins. A modern kitchen with dishwasher, pantry & plenty of cupboard space. A large Queenslander entertainment area looks out to well manicured garden & lawn.

ASKING: \$550,000

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

between 9am and 12am

on Tuesday or

Saturday.

Family history workshop: Earning a Crust



Cessnock Library has partnered with the Cessnock Historical Society to host a free family history workshop aimed

at researching your ancestor's occupations.

The workshop will be hosted by professional genealogists

Laurie and Lorraine Turtle and will take place from 9.30am to 12.30pm on Saturday 19 May 2018.

Interested locals will learn about why occupations can be important, where to find out what their ancestors did, what that occupation means and how to access employment records. Cessnock City Mayor, Councillor Bob Pynsent said

this workshop is a must for anyone who is interested in their family history.

"This is a new and highly

practical talk for ancestry researchers from the beginner to the experienced."

Morning tea will be provided and you can book your spot today by calling Cessnock Library on 4993 4399.

The late Errol Jordan



Errol's family wish to express their sincere appreciation to friends & the Branxton community for the beautiful flowers, cards, telephone calls of condolence & cooking. Donations to the Australian

Cancer Council totalled \$317.00 Please accept this as our personal thanks.

Anne Jordan & Family

2018 Community Building Partnership Program

State Member for the Electorate of Cessnock, Clayton Barr, MP, has announced that the NSW Government will once again conduct the Community Building Partnership Program in 2018.

The Program opened on Monday 7 May, 2018 and will close at 5pm on Friday 15 June, 2018.

"There will \$330,000 available in each NSW electorate, including the Cessnock Electorate and the Program is open to local councils and not-for-profit groups to apply for the funds they need to deliver projects with social, environmental and recreational outcomes" Mr Barr said. "Local sports clubs, charities, Men's Sheds and Scouts or Girl Guides are just some of the groups that can benefit from the

The Community Building Partnership Program, first introduced by the Labor Government in 2009 has provided funding to thousands of community groups, sporting clubs and councils across NSW to build or upgrade local facilities.

Applications can only be made via the Community Building Partnership website www.nsw.gov.au/cbp where potential applicants must read the program guidelines to ensure their club or organisation and the proposed project are eligible.

Applications will close at 5pm on 15 June, 2018 and late applications will not be considered.





On Saturday 5th May 2018 North Rothbury Tidy Towns completed a 'Cleanup and Work Party' around North Rothbury. We completed a cleanup on both sides of Wine Country Drive from Mitchell Street to Hanwood Estate & collected 13 bags of rubbish. Members Steve and Maureen Lind took these to the Cessnock tip. Some of the rubbish had been chopped into small pieces when the edge of the road had been slashed for maintenance in the past. This section of Wine Country Drive is part of the Adopt-a-Road program. The Branxton Girl Guides and North Rothbury Tidy Towns had maintained this until Huntlee Academy took it over in March 2015. We moved and whipper snipped the footpath on Wine Country Drive and the Flood Mitigation Area with some of the weeds waist high. We also whipper snipped the sticky beaks on the edge of the car park of the Ayrfield Miners Memorial Park & pruned a dead tree and removed some dead branches from the trees and bushes in the long garden at the Ayrfield Miners Memorial Park. We have asked Cessnock City Council to remove the pruning's as some pieces are too big for us to remove.

We certainly have improved the presentation of the village along Wine Country Drive. Thank you everyone for a job well done; it looks fantastic. Pat Abeles, Sec NRTT

FREE

ANXIETY DISORDERS SUPPORT GROUPS

Branxton

3rd THURSDAY of the month Branxton Community Hall, 35 Bowen Street 10am

Rutherford

1st FRIDAY of the month Maitland City Corps Church, Bunning Avenue

10am

Cessnock

Last MONDAY of the month Cessnock PCYC, I B Short Street 10am

Singleton

3rd TUESDAY of the month Generate Church, 3 Campbell Street

10am

4 free Support Group meetings are held in the Hunter region for people living with an anxiety disorder and their family and friends.

We meet in a friendly caring and supportive environment to share experiences.

Groups are for ages 18+

Anxiety disorders include:

Generalised anxiety disorder, Panic Attacks, Agoraphobia, Obsessive Compulsive Disorder, Social Anxiety and Specific Phobias.

For more information

WayAhead Anxiety Disorders Info Line 1300 794 992

supportgroups@wayahead.org.au



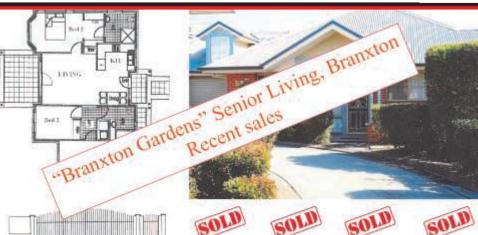


RESIDENTIAL PROPERTIES TO LEASE

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

BRANXTON & VINEYARDS REAL ESTATE

P: 4938 3300



UNIT 2





What does a JP do?

The primary functions of a NSW JP are to:

- witness a person making a statutory declaration
- witness a person making an affidavit
- certify that a copy of an original document is a true and accurate copy.





Local Justices of the Peace

Witnessing a person making a statutory declaration or affidavit involves receiving the person's declaration, oath or affirmation that the contents of the document are true and correct, and witnessing the person's signature on the document. The law authorises certain people, including JPs, to perform this function. The purpose is to provide independent verification that the signatory provided the information under oath or affirmation and signed

the document himself or herself. This may be very important to a court, a government agency or any other organisation that needs to rely on a document. Another common function of a JP is to certify a copy of an original document, if satisfied that it is a true and accurate copy of the original. A certified copy may sometimes be accepted, instead of the original document, by an organisation that wishes to reply on information contained in the original.

NSW JP Register	r ~ JP	s on the Re	egister are	Timothy Robert Pavey	Mr	04 1942 2686	Branxton	Robert James Arnold	Mr	0415830267	Stanhope
volunteers. They may not be available at			Anthony John Redgrove	Mr	04 1231 8647	Branxton	Kris BUDERIDGE	Mr	0407892721	Branxton	
short notice or at all times of the day. You			Sandra Jane Redgrove	Mrs	04 0958 2858	Branxton	Elizabeth Anne Bailey	Mrs	02 4938 3665	North Rothbury	
must not use the information on the				James Anthony Christopher Sheedy	Mı	02 4938 3907	Branxton	Dianne Therese Bard	Ms	02 4938 1241	Branxfon
Register to send unsolicited communications, other than those necessary to enable you to make legitimate use of the JP services. When seeking the			John Stephen Slusarski	Mı	02 4938 1256	Branxton	Kerrie Ann Bendeich	Mrs	02 4938 3374	Branxton	
			Lauren Ann Smith	Mrs	0412 204 083	East Branxton	Peter Kevin Bridge	Mr	02 4912 2240	Branxton	
			Douglas Fleming Stewart	Mr	02 4938 3107	Branxton	Jodie Lee Cam	Mrs	0419 922 501	Branxton	
services of a JP, 1			0	Desmond James Thomas	Mi	04 3957 8263	Branxton	Suzanne Denise Cludio	Mrs	04 1949 7008	Brauxton
advance to make	-			Jason Andrew Thomas	Mr	02 4938 3203	Branxton	Andrew John Copeland	Mr	0411 726 393	Belford
to telephone during weekday business hours. If urgent contact on a weekend is			Peter John Thorpe	Mr	0429 033 449	Branxton	Natalie Anne Cory	Mrs	04 2938 7425	Lambs Valley	
			Wendy Marie Thrift	Mrs	0409 743 947	Branxton	Michael George Craike	Mr	02 4938 3967	East Branxton	
necessary, please				Craig Michael Trunk	Mr	04 2875 2362		John Andrew Cullen	Mr	04 5914 9450	Branxton
reasonable time of	of the	day.		Stephen John Wall	Mr	02 4938 1553	Branxton	Carol May Cunningham	Mis	04 3838 3155	Branxton
Gail Patricia Jacobs	M	02.4028.1668	Donostos	Ian Frank Waterman			Branxton	Teigan Louise Dagg	Mrs	04 2458 2506	Branxton
UI SS: SWEETEN	Ms	02 4938 1665	Branxton		Mr	02 6574 7179	Lower Belford	Bruce Allen Duncan	Mr	04 0419 8319	Brauxton
Jane Carol Johansen	Mrs	04 0912 7163	Branxton	Annemaree Winter	Mrs	02 4938 1028	Branxton	Anon Earl	Mrs	0404 027 954	East Branxton
Gary Francis Kedwell	Mr	0400 684 461	Branxton	Geoffrey Winter	Mr	0402 065 692	Branxton	Ty Ferguson	Mr	0412521982	North Rothbury
Lisa Adele Keevill	Mrs	04 1489 4487	Branxton	Margaret Christme Campbell	Ms	04 6895 4890	Greta	Sarah Elizabeth Fitzgerald	Mis	0414 893 383	North Rothbury
Jenna Lee Kleinschafer	Mrs	04 3267 1979	Branxton	Jonathan Arthur Christy	Mr	02 4938 7744	Greta	Philippa Margaret Furner	Mrs	02 4938 1020	Branxton
Phillip Patrick Lancaster	Mr	0427533893	East Branxton	John Shannon Cormack	Mr	04 0874 5639	Greta	Stephen Lester Goodworth	Mr	02 6542 4912	Lower Belford
Amanda Lee Leader	Mrs	02 4938 3910	Branxton	Monique Jane Crick	Mrs	04 0224 5199	Greta	Erin Ameha Hall	Miss	02 4938 1922	Branxton
Michael Denis Lowing	Mr	04 1475 7826	Branxton	Nicole Fraser	Mrs	0419 252 911	Greta	Samuel George Hobbs	Mr	02 6574 7106	Branxton
Diane Patricia MacFarlane	Mrs	04 0738 3491	Branxton	Sharon Joy Grant	Mrs	02 4938 7008	Greta	Damian John Hogan	Mr	0408 306 293	Lambs Valley
Amanda Alison McCaffrey	Ms	04 5831 3333	North Rothbury	Glen Wyatt Hoffmann	Mr	02 4938 7974	Greta	Deborah Evelyn Holder	Mrs	04 4755 1438	Branxton
Susan Rosalie Moore	Mrs	0429002431	Elderslie	Peter Andrew Keegan	Mr	04 0283 3332	Greta	Alan Philip Humphreys	Mi	04 2738 1311	Brauxton
Louise Ann Neilson	Mrs	0401783134	Stanhope	Brett Andrew Laing	Mi	0411133770	Greta	Margaret Dianne Hunt	Mrs	04 2832 3327	Branxton
Katherine Maree Nolan	Ms	0412677793	Branxton	Elizabeth Georgina Royston	Mrs	04 1301 4703	Greta	Geoffrey John Hurst	Mr	04 2743 3248	Branxton
Kenneth Ray Partridge	Mr	02 4938 3989	Brauxton	Warwick Richard Sharpe	Mr	0431 277 259	Greta	Paul James Ireland	Mr	0419 001 486	Branxion
								4 CHA COLLEGE ALCERTIC	15.44	CHAIN THAT HOUSE	THE STREET, STREET



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GRETA WORKERS CLUB 4938 7325 MILLER PARK SPORTS CLUB 4938 1226

GRETA WORKERS

COURTESY BUS WEDNESDAYS, FRIDAYS & SUNDAYS CALL GRETA FOR DETAILS

OAKS RESTAURANT
AUSTRALIAN CUISINE
WEDNESDAY - SUNDAY
LUNCH & DINNER
LUNCH SPECIALS

FROM \$12.00 GREAT FOOD - CLUB PRICES

MEMBERS BADGE DRAW

Thursday 17th MAY \$1,300 Sunday 20th MAY \$5,000 Must be present to win

RAFFLES

Friday 6.00pm Sunday 6.00pm MEAT TRAYS **ENTERTAINMENT**

FRIDAY 18th MAY

DARREN ROLLING KEYS DUO

FRIDAY 25th MAY

ROB WILSON

MEMBER'S BADGE DRAW

WEDNESDAY 16th MAY - \$2,000

SUNDAY
20th MAY - \$900
Must be present to win

HAPPY HOUR

MILLER PARK WEDNESDAY 4.00—7.00pm

> GRETA THURSDAY 4.00-6.00pm

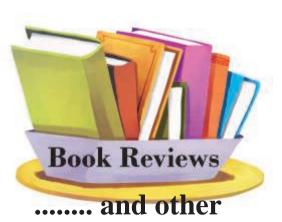
\$3.60 a Schooner

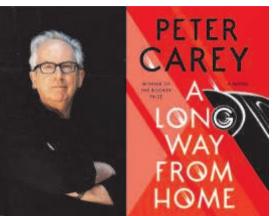
BLANCHIE'S KITCHEN

AT MILLER PARK CHEF: MATHEW BLANCH

WEDNESDAY - SUNDAY LUNCH & DINNER

WHY NOT TRY HIS MENU?





Book Review: Peter Carey explores the outback heart of darkness in 'A Long Way From Home'

By Simon Caterson

Like James Joyce and other literary exiles, Peter Carey left his homeland to live elsewhere and has never ceased writing about the place he departed. A permanent resident of New York for almost 30 years, Carey, in his 14th novel, offers a densely imagined recreation of the Australia of his youth. It is also one of the more pessimistic visions of the country offered so far in Carey's fiction.

A Long Way From Home tells the tale of an outback road trip in the 1950s that takes on a kind of Heart of Darkness symbolic significance, albeit with the main characters travelling across the desert within the claustrophobic confines of a sedan rather than heading upstream on a boat into the jungle.

As Carey's motorists venture into the interior of the continent, a vast, arid and barely inhabited landscape which even today most Australians never visit, three ordinary people find themselves confronting deeply troubling aspects of the colonial past involving the treatment of the Indigenous population by European settlers. The physical and psychic stresses of the ordeal force them to question their assumptions about personal identity and their relationships with each other.

The story begins simply enough. In the mid-1950s Irene Bobs agrees to go along when her car salesman husband Titch decides to compete in the Redex Round Australia Trial, taking with them as navigator their neighbour Willie Buchhuber, a former quiz show champion with a fondness for maps.

In real life, the Redex Trials were internationally famous endurance rallies that required competitors to drive for days on end over thousands of kilometres on unmade roads in cars never designed for outback conditions that were not permitted to be modified. A test of reliability rather than speed, the Redex Trials attracted many amateur entrants as well as professional racing drivers. Some of the more flamboyant competitors became celebrities – they were the reality TV stars of their day.

Carey's three main characters live in Bacchus Marsh, the town in Victoria where the author grew up in the 1950s and where his father operated a car dealership. The novel is replete with references to local car culture and post-war rural life which a non-Australian reader of this book would require a lengthy glossary to have fully explained. In this regard, Joyce himself might have approved of Carey's uncompromising provincialism.

Carey in interviews has likened his approach to historical research to that of a magpie. Indeed, the pages are packed with eye-catching pieces of information that evidently have come from a wide range of sources, the accumulation of detail amounting to a kind of kaleidoscope in prose. In common with other Carey novels, the fast-paced narrative alternates between two contrasting voices - in this case those of the practical Irene and the dreamer Willie. In keeping with the breathless aggregation of factual detail, Carey keeps things moving with short chapters describing brief incidents and fleeting impressions. As they speed across the desert, the characters are so absorbed in the drama of their inner lives that they barely have time to notice the landscape through which they move. The syncopated dual narrative is more attuned to the rhythms of the road than it is to the stillness and quiet of the Australian

In filmmaking terms, it is as though the action in *A Long Way From Home* action has been captured through the lens of a tightly focussed GoPro camera rather than shot with the epic sweep of Super Panavision. A film adaptation of this outback novel would probably suit a director with the frenetic style of a George Miller rather than the more meditative approach of a David Lean or a Nicholas Roeg.

There is some relief from general busyness and intensity. One unforgettable scene involving a night-time Aboriginal fire ritual staged to revive a dead car battery with heat deserves to rank alongside similar displays of set piece virtuosity in Carey's fiction such as the floating glass church in *Oscar & Lucinda*.

continued to write highly regarded advertising copy and unpublished fiction. Move to New York: 1990—present Carey sold his share of McSpedden Carey and in 1990 moved with Alison Summers and their son to New York where he took a job teaching creative writing at New York University. He

In a statement accompanying advance copies of the book, Carey acknowledges that his previous work has "avoided a direct confrontation with race, and the question of what it might mean to be a white Australian". Among the three main characters, the most profound transformation experienced during the journey is that of Willie, who discovers that he is part Aboriginal. This contrivance allows Carey to approach Indigenous characters and themes from a certain respectful distance. As concerned as the novel is with questions of aboriginality, the prevailing mood is one of despair that non-Indigenous Australians will ever belong in the land of their birth. The original sin that accompanied the foundation of Australia – the dispossession of the original inhabitants and the near erasure of their language and culture – by its very nature can never be extirpated.

Notwithstanding the energy and inventiveness that Carey brings to the storytelling, there is an underlying negativity in *A Long Way From Home* that is made explicit in the very last line of the book. To repeat it here in isolation from the preceding text would be to rob the words of their power.

The bleak message of the novel is signalled earlier on in the words spoken to Irene by a lugubrious Lutheran missionary who lives among the Aborigines in the desert: "'There is no right thing", the old man said, "there are just many, many wrong things and sometimes we can do no better than pray to be forgiven".'

A Long Way From Home is published by Penguin, \$32.99

ABOUT **P**eter Carey

Peter Phillip Carey AO (born 7 May 1943) is an Australian novelist. Carey has won the Miles Franklin Award three times and is frequently named as Australia's next contender for the Nobel Prize in Literature. Carey is one of only four writers to have won the Booker Prize twice—the others being J. G. Farrell, J. M. Coetzee and Hilary Mantel. Carey won his first Booker Prize in 1988 for *Oscar and Lucinda*, and won for the second time in 2001 with *True History of the Kelly Gang*. In May 2008 he was nominated for the Best of the Booker Prize. In addition to writing fiction, he collaborated on the screenplay of the film *Until the End of the World* with Wim Wenders and is executive director of the Master of Fine Arts in Creative Writing program at Hunter College, part of the City University of New York.

Early life and career: 1943–1970 Peter Carey was born in Bacchus Marsh, Victoria, in 1943. His parents ran a General Motors dealership, Carey Motors. He attended Bacchus Marsh State School from 1948 to 1953, then boarded

at Geelong Grammar School between 1954 and 1960. In 1961, Carey enrolled in a science degree at the new Monash University in Melbourne, majoring in chemistry and zoology, but cut his studies short because of a car accident and a lack of interest. It was at university that he met his first wife, Leigh Weetman, who was studying German and philosophy, and who also dropped out.

In 1962, he began to work in advertising. He was employed by various Melbourne agencies between 1962 and 1967, including on campaigns for Volkswagen and Lindeman's Wine. His advertising work brought him into contact with older writers who introduced him to recent European and American fiction: "I didn't really start getting an education until I worked in advertising with people like Barry Oakley and Morris Lurie—and Bruce Petty had an office next door."

During this time, he read widely, particularly the works of Samuel Beckett, William Faulkner, James Joyce, Franz Kafka, and Gabriel García Márquez, and began writing on his own, receiving his first rejection slip in 1964, the same year he married Weetman. Over the next few years he wrote five novels—Contacts (1964–1965), Starts Here, Ends Here (1965–1967), The Futility Machine (1966–1967), Wog (1969), and Adventures on Board the Marie [sic] Celeste (1971). None of them were published. Sun Books accepted The Futility Machine but did not proceed with publication, and Adventures on Board the Marie Celeste was accepted by Outback Press before being withdrawn by Carey himself. These and other unpublished manuscripts from the period—including twenty-one short stories—are now held by the Fryer Library at the University of Queensland.

Carey's only publications during the 1960s were "Contacts" (a short extract from the unpublished novel of the same name, in *Under Twenty-Five: An Anthology*, 1966) and "She Wakes" (a short story, in *Australian Letters*, 1967). Towards the end of the decade, Carey and Weetman abandoned Australia with "a certain degree of self-hatred", I travelling through Europe and Iran before settling in London in 1968, where Carey



Open 7 days 8am-8pm

4990 3485

202 Wollombi Road, Cessnock (opposite ALDI) continued to write highly regarded advertising copy and unpublished fiction. Move to New York: 1990—present Carey sold his share of McSpedden Carey and in 1990 moved with Alison Summers and their son to New York, where he took a job teaching creative writing at New York University. He later said that New York would not have been his first choice of place to live, and that moving there was his wife's idea. [18] Carey and Summers divorced in 2005 after a four-year separation. Carey is now married to the British-born publisher Frances Coady.

The Tax Inspector (1991), begun in Australia, was the first book he completed in the United States. It was followed by The Unusual Life of Tristan Smith (1994), a fable in which he explored the relationship between Australia and America, disguised in the novel as "Efica" and "Voorstand". This is a relationship that has preoccupied him throughout his career, going back to Bliss (1981), Illywhacker (1985), and the early short stories Nevertheless, Carey continued to set his fiction primarily in Australia and remained diffident about writing explicitly on American themes It was only after nearly two decades in the United States that he embarked on Parrot and Olivier in America (2010), loosely based on events in the life of Alexis de Tocqueville. Carey says "Tocqueville opened a door I could enter. I saw the present in the past. It was accessible, imaginable." Carey continues to extend his canvas; in his most recent novel, The Chemistry of Tears (2012), "contemporary London is brought intimately in touch with ... a 19th-century Germany redolent of the Brothers Grimm" Awards and distinctions ~ Carey has been awarded three honorary degrees. He has been elected a Fellow of the Royal Society of Literature (1989), an Honorary Fellow of the Australian Academy of the Humanities (2001), a Member of the American Academy of Arts and Sciences (2003), and a Member of the American Academy of Arts and Letters (2016), which has also awarded him its Harold D Vursell Memorial Award (2012). In 2010, he appeared on two Australian postage stamps in a series dedicated to "Australian Legends". On 11 June 2012, Carey was named an Officer of the Order of Australia for "distinguished service to literature as a novelist, through international promotion of the Australian identity, as a mentor to emerging writers." And in 2014, Carey was awarded an honorary Doctor of Letters (honoris causa) by Sydney



Australian Government

Department of Defence

DEFENCE FIELD FIRING RANGES

WARNING NOTICE

COAL MINES

SINGLETON TRAINING AREA

VINEYARDS

BROKE - CESSINDER ROAD

Residents of areas adjacent to Singleton Training Area are warned it is an Army Live Firing Range.

POKOLBIN STATE FOREST

Singlet on Training Area is described generally as the area bounded to the south by Pokolbin State Forest, to the east by commercial vineyards and to the west by a combination of rural developments and open cut coal mines.

The northern boundary is defined by the Golden Highway which separates the range area from the Singleton Military Area.

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

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

Unexploded ammunition is extremely DANGEROUS and should NOT be handled, but should be reported immediately to the hearest Police Station or Army unit. No reward will be paid for the reporting of ammunition which may be located on the training are a.

Persons found the spassing on Army Training Areas will be prosecuted.

Enquirle's regarding the Singleton Training Area should be directed to:

The Range Control Officer
Range Control,
Brigge Control,
Brigge Control,
Range Road
Singleton Training Area
Singleton Training Area

Singleton NSW 2331.

1048LM

Just my opinion

Marginal seats get more attention



I went to a public meeting on Thursday 10 May 2018 at the East Cessnock Bowling Club organized by the NSW Police Association Cessnock branch, who are concerned about the lack of duty police officers and the current Police Station. As reported in the Cessnock Advertiser around 150 people attended and heard from the Cessnock Branch president of the Police

Association and other speakers about community safety, lack of resources and the condition of the current police station. Our local Member of Parliament the Clayton Barr MP introduced the Shadow Minister for Police and Emergency Services, Guy Zangari, to the assembled audience. Now this was an ideal opportunity to make a promise to the residents of the Cessnock LGA, that when elected the NSW Labor party would build a new station and increase the number of police in the district. But alas it wasn't to be as we are in a very safe seat. Let's look at some history of the Cessnock electorate

been in power in NSW for 23,304 days while the LNP have held State power for 9,193 (as of May 2018) The State seat of Cessnock with the exception of 3 years 1988-1991, which was held by Bob Roberts Liberal, has been held by Labor while the seat of Hunter has been in Labor hands since Federation. In 1996 the then Premier of NSW Bob Carr appointed Police Commissioner Peter Ryan (1996-2002). Commissioner Ryan, approved by Labor, was responsible for the introduction of the Local Area Command (LAC) which was then headquartered in Maitland at the old Hunter Valley County Council building. Prior to this move Cessnock Police Station had a full contingent of Police and a division of detectives, while Kurri Kurri Police Station also had a full roster of police plus a resident based 'Lockup Keeper'? The Local Area Command has been an abject failure in Mt Vincent NSW 2323 The NSW Labor Party have the Regions and this

decision by Labor back in the late 1990s has had serious impacts on the Cessnock LGA. Today Kurri Kurri is unmanned and the district has no rostered detectives as they come across from Maitland and now maybe Muswellbrook under the new LAC structure. In 2011 the Kurri Kurri 2030 committee held a public meeting with community leaders to discuss a new Emergency Services Precinct adjacent to the Hunter Expressway. While supported by the Police and Fire Brigade then, nothing ever eventuated. It is time we the people of the Cessnock LGA stood up to Macquarie Street to both Labor and Liberal to ensure we get a fair share of police resources and a new command centre. Lastly "marginal seats get the attention" from both

sides of politics.

0409 448 191

FRIDAY 25th MAY 2018

SHOT GUN START ~ 8.15 for a 9.00am START

\$30.00 per Person, Includes Lunch

Clr. Rod Doherty

1050 Leggett's Drive

MUSWELLBROOK GOLF CLUB

Be scam aware



The 21 to 25 May is National Scams Awareness Week and our local libraries will be screening webinars by the Office of the eSafety Commissioner aimed at helping older Australians stay safe online. In 2017, Australians aged 55 and over lost \$39 million to online scammers which is more than every other age group combined. The webinar screenings will take place at Kurri Kurri

UPPER HUNTER VETERANS OPEN GOLF TOURNAMENT

Library from 12.30 to 1.30pm on Friday 18 May and at Cessnock Library from 9 to 10am on Friday 25 May. These one hour presentations will cover the most common scams targeting seniors, tips on how to spot them, what to do or not do and who to speak to when you need

help. Cessnock City Mayor, Councillor Bob Pynsent

1USWELLBROOK GOLF CLI

said the internet is a wonderful place to explore and connect, but it pays to be savvy.

"I think we all know someone who has been a victim of online scams and I encourage those who would like to be better informed to book in and come along to these presentations.' Book your spot today by calling Kurri Kurri Library on 4937 1638 or Cessnock Library on 4993 4399.

Fresh into the

and more broadly the

Hunter electorate.

Greta Museum in High St.



Rainbow lollypops - 80c or \$1.60

Come in and try one!

Museum is open Wednesdays & Saturdays 11am - 3pm.

INDIVIDUAL STABLEFORD COMPETITION

Payment to accompany the Entry Forms.

Trophies for A, B, & C Grades for both Men & Women Nearest the Pin on all Par 3's & a Long Drive Competition

ENTRIES CLOSE: 18th May 2018

STANHOPE HANDYMAN SERVICES

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- High pressure water cleaning
- Clean-up and rubbish removed
- Firewood cut, split and stacked

Free quotes or will work for hourly rate on any project. Seniors Discount!

Great attention to detail and always clean-up at the end of the day! References available.

Satisfaction Guaranteed!

For a FREE quote, call Peter on: 0419 441 257

PAYMENT DETAILS:

Cheques made out to:

Upper Hunter Veteran Golfers Association

EFT: U H Veteran Golfers Association [This is the preferred option] EFT Receipt Number must be noted on the Entry Form.

Account Number: 418221 BSB: 932000

Please return entry forms to: Bruce Robinson [Tournament Director]

PO Box 178 Muswellbrook NSW 2333

Email: bruce24273@bigpond.com

Mobile 0427 133 446

Muswellbrook Golf Club [02] 65431767

Please Note Carts will start furthest from the Club House



The Importance of Strong, Secure Passwords

Unauthorized access is a potentially major problem for anyone who uses a computer or high-tech devices such as smartphones or tablets. The consequences for victims of these break-ins can include the loss of valuable data such as presentations, emails, and music. Victims may also have their bank account information, money, or even their identity stolen. Moreover, unauthorized users may use someone else's computer to break the law, which could put the victim in legal trouble. A strong password provides essential protection from financial fraud and identity theft.

ways that hackers break into computers is by guessing passwords. Simple and commonly used passwords enable intruders to easily gain access and control of a computing device. Conversely, a password that is difficult to guess makes it prohibitively difficult for common hackers to break into a machine and will force them to look for another target. The more difficult the password, the lower the likelihood that one's computer will fall victim to an unwanted

One of the most common

Information Sharing & Security Issues

Thanks to modern technology, computing devices come in many different forms, such as desktop machines, laptops, smartphones, music players, and tablets. Any one of these devices may connect with other computing devices and share information, and in many cases, they may also connect with banks to conduct financial transactions. All of these machines are potentially vulnerable to misuse by unauthorized users, and therefore, users should always protect them with passwords.

Passwords are a means by which a user proves that they are authorized to use a

computing device. A single device may have multiple users, each with their own password. Passwords are not unlike a lock-and-key system, in which only the right key will enable a person to have access. The difference is that each person has a different key for the same door. Some computing devices, such as desktop computers and laptops, also have a management-level user, or "superuser," who has the ability to control other users and modify the computing devices software, among other things. This superuser account is also known as the "root" or "administrator" account. This is important to know because while hackers will try to acquire any password they can get, they will generally try to guess the superuser password first, as it gives them the most control over a device. **Key points of Password**

Security

There are key points of password security that users must know in order to reduce the likelihood of a hacker cracking their password and thus gaining access to their device.

- Most importantly, passwords must be long and complex.
- Long and complex passwords require more effort and time for a hacker to
- Passwords should contain at least ten characters and have a combination of characters such as commas, percent signs, and parentheses, as well as upper-case and lower-case letters and numbers.
- Users should never write down their passwords, as that makes it easier for the passwords to be stolen and used by someone

Also, never use the same password for two or more devices, as hackers who break into

one machine will try to use the same password to take control of others

Mobile Devices Security

On mobile devices, a PIN or pass code is also needed. This is like a password for a computer, but it may have a minimum of four characters or digits and be something that is not personal or easily guessed. Pass codes for devices should also be set to time out after a short period of time. Upon timing out, the code will then need to be re-entered. Ideally, the timeout should occur in no more than 20 minutes, although shorter periods between time-outs are best. Importance of a Strong

Password One of the concerns that people often have when it comes to creating complex passwords is a fear of forgetting them, particularly when there are several to remember. Naturally, a person should try to think of something that will be easy for them to memorize. One way to do that is to turn a sentence or phrase into something that is not easily recognized by others. To do this, use the first letter of every word in the sentence, replacing certain words with numbers or symbols. For example, the word "for" may be replaced with the number 4 or the word "*number*" with the # symbol. With this method, a password such as "Save the number for later in the year" may read St#4LITY.

Measures Passwords are undoubtedly essential to security, but they are not the only method that can or should be used to protect one's computers and devices. In addition to creating a good password, people should learn how to safeguard it and use it wisely. This means never sharing it and, if unable to remember it, keeping the written copy in a secure location.

Other security measures outside of passwords include only providing personal information on websites that are encrypted. An encrypted website can easily be recognized by the presence of https at the beginning of the Web address. Computer security software is also critical when it comes to securing computers, and both security software and the firmware on mobile devices should be regularly updated. Security measures such as passwords are critical when it comes to preventing the unauthorized access of one's computer and mobile devices. In today's world, hackers and other cyber-criminals are continuously finding new ways to gain access to these devices in order to steal or exploit the information within. Careless use of passwords, however, can be as bad as leaving one's computing devices unprotected. For this reason, people should create and protect their passwords with

passwords?

These are just a couple:-Social engineering This is becoming a popular method for obtaining passwords. Social engineering takes advantage of the trust people develop in their social media accounts. Conning people into revealing their passwords is a common technique used and surprisingly, it is often very successful. Often the hacker will just ask a user for their password. For example, a hacker might call a user to tell them that there are high priority e-mails stuck in the mail queue, and their password is required to enable the caller to log in and release the messages. As crazy as this sounds, it often works, with no questions asked. "Ask and you shall receive!" Social engineering is made easy for hackers if staff details (names, phone numbers, and e-mail addresses) are

posted on company websites.

Social media sites such as

LinkedIn, Facebook, and

Twitter can also be used

these sites often reveal

against a company because

Jason Reitman's career has been on an odd trajectory since he smashed into the mainstream with his 2008 teen classic Juno. Since then he's produced Academy Award bait (*Up in the* Air), Nicholas Sparks-style schmaltz (Labor Day), and outright trash (Men, Women and Children). How do the hackers crack In the midst of this tonal he briefly reunited with Junoscreenwriter

and qualitative vacillation, Diablo Cody for 2011's biting, uncompromising Young Adult and now, in his third outing with Cody, he successfully returns to acidic comedy with *Tully*. Marlo, played by Charlize Theron, is a mother of two tricky kids, with a third on the way. She's exhausted, rejecting maternal tropes in favour of the frustrated venom that neron brought, so bril liantly, to *Young Adult*.

employees' names and contact information. Keyloggers A Keylogger is a program that hides in your computer's memory and runs at startup. It logs every keystroke you type and creates a log, which is then sent to the hacker. It can be customised so that it cannot be shown in the "Processes" tab of Windows Task Manager, making it extremely difficult to detect.

magic that

MOVIE REVIEW

A new comedy from Academy Award (R)-nominated director Jason Reitman ("Up in the Air") and Academy Award (R)-winning screenwriter Diablo Cody ("Juno") Marlo (Academy Award (R) winner Charlize Theron), a mother of three including a newborn, is gifted a night nanny by her brother (Mark Duplass). Hesitant to the extravagance at first, Marlo comes to form a unique bond with the thoughtful, surprising, and sometimes challenging young nanny named Tully (Mackenzie

> Her brother Craig (played by Mark Duplass, whilst the identically squishy middle-aged Ron Livingstone plays her husband, Drew) is some amorphous tech billionaire, and he recommends a night nanny so that Marlo can get some rest and return to matter. peak mental condition. After some "umming" and "ahhing" (which constitutes a fair chunk of the film) enter Tully, played by Black Mirror and Blade

Davis. She is perfect. Not just at her job but as a lifestyle guru, whipping up brownies and reigniting Marlo's diminished sex drive. She's a sort-of hipster Mary Poppins in a crop-top. From there, the story transitions from an ode to motherhood to an exploration of womanhood, of its trim 96-minute run-

Runner 2049's Mackenzie

past, present and future. Theron is predictably terrific, throwing herself into the central role with a commitment that has become her trademark. She reads the tragic darkness of Cody's script with a naturalism that smooths out its occasional, rather arch, edges. Around her, Davis, Duplass and Livingstone orbit like satellites in thrall

charisma. The problem, when it arises, is the story. There is a vague sense of mystery or

to the gravity of her

hangs over the film, but when Reitman shows his cards it feels like a cheap reveal. For such a human film to have such a constructed conclusion rings false. There is a tendency in the director's work to include slightly pompous

moralising - see the antiporn rhetoric in *Men*. Women and Children, or even the lay-offs narrative in Up in the Air – that is absent from his best films, like Thank You For Smoking and Juno, however contentious their subject

Tully ends up feeling as though it has been crowbarred into the zeitgeist conversation about mental health, when it was already, under its own steam, saying a lot about the nature of the female experience in the modern world. The fact that the conclusion manages to hit the double-note of emotional and narrative cliché is only further evidence that a trick has been missed. But there is enough to

redeem Tully in the first 80 ning time. At the top of her game, as she has been consistently these past few years, Theron is undoubtedly one of the great movie stars of her generation. Like *Young* Adult, Tully will likely end

up as a fairly minor instalment in her canon, but that shouldn't distract from the pleasure of watching a performer in full command of material that is occasionally very sad, but often very funny.

Editors' Choice

Stats. and facts on Australian pubs or some useless bits of info!

Australia has eight different licensing jurisdictions with many and varied categories of licences. There are Hotels, Taverns, Bars, Off-Licences, Roadhouses, Licensed Restaurants, Club Licences

Gathering information on Hotels or Pubs as I colloquially refer to them, has required making determinations as to the suitability of some categories. I settled on an establishment with a bar with public access, providing either food or accommodation as a basic.

In the process of gathering this information I have come up with the following, interesting, statistics. Total Hotel Pubs & Bars 6033 (est.)

By State: NSW ~ 2052, QLD ~ 1251, VIC ~ 1092, SA ~ 658, WA ~ 595, TAS ~ 281, NT ~ 72 & ACT ~ 32 **Every Pub Has Its Name:**

Everyone's heard of the most popular names for pubs -Royal, Commercial, Railway, and Grand etc but never been sure of the definitive lists or popularity of names. So here goes. Be prepared for some interesting surprises.

Royal	242 Federal	31 Farmer	11
Commercial	137 Criterion	29 Telegraph	11
Club	107 Albion	23 Metropolitan	10
Grand	81 Junction	23 Riverview	10
Railway	74 Courthouse	22 Reef	10
Central	44 Shamrock	21 Bush	9
Victoria	43 Palace	20 Commonwealth	8
Exchange	42 Union	19 Oriental	7.
Imperial	39 Empire	17 Wheat sheaf	7
Australian	34 Terminus	16 Waterloo	7
Crown	34 Globe	15 Racecourse	6
Golden	34 Post office	16 Robin Hood	6
Star	32 Prince of Wales	14 Jockey	5

Irish: There are 85 "Irish - themed" pubs such as O'Malley's, Mick O'Shea and Dooley's.

Some are named after animals:

There are: 13 Bulls, 11 Dogs, 9 Horses, 7 Cows, 6 Ducks, 2 each of Frog, Parrot, Goose, Rabbit, Pelican, Crow, Kangaroo, Wombat, Emus, Hound. And 1 Wallaby, Cat, Koala, Cockatoo, Cattle Dog, Bird and Dingo. But there could be more. We'll leave it to you to search

Some pubs have more direction: Northern ~ 17 , Western $\sim 14 \&$ Eastern ~ 7

Australian icons:

It's been popular to name pubs after historical and cultural Australian icons.

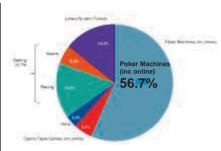
Here's a few: Digger, Colonial, Billabong, Aussie, Boomerang, Southern Cross, Nugget, Thunderbolt, Bourke & Wills, Cobb & Co, Bunyip, Black Stump, Dad & Dave, Wattle, Buckley's, Geebung Polo Club, Drover, & The Man from Snowy River.

Check 'em out. See if you can find some we've missed. While you're at it, there's The Pub with no Beer, The Outback Inn, The Town & Country, The Pickled Parrot, Smithy's @ Plumtree via Stanage, and The Leap via Mackay. Or, you could stroll to the Amble Inn, relieve yourself at The Lue Hotel and you could 'drive' to The Tap Inn (which has its own indoor driving range). If that's not enough you can wait a while at The Linga Longa Inn if you've just come from The Nevertire Hotel.

Location Facts:

- •69% of hotels/pubs/taverns etc are located on corner blocks.
- •52% of taverns are located next to or in suburban shopping centres.
- •As a general rule taverns are not required to provide accommodation Australian gambling market -December 2017

Source: Roy Morgan Single Source Australia, January 2017 - December 2017. **Base**: Australians aged 18+.



The true story of the 'Pub with no

beer' ~ In 1943 local farmer Dan Sheahan rode 20 miles to town for a beer at the Day Dawn Hotel in Ingham. Beer was rationed during the war and the American servicemen had drunk the bar dry the night before. On hearing this from the publican Gladys Harvey, and unhappy about riding home dry, Dan penned a poem that he called the "Pub without Beer". On January 1st 1944, the NQ Register published the poem in Ben Bowyangs column.

In 1956 songwriter Gordon Parsons was handed a scrap of paper at the Taylors Arms Hotel in NSW with the poem as an 'anonymous' verse. He revamped it and presented it as a song to Slim who recorded it on the back of "Saddle Boy" on April Fools Day 1957. Confusion of the songs origin reigned for years until Slim acknowledged Dan's claim in his book "The Country Mile"

The Original Day Dawn Hotel was owned by the Harvey family and was partly demolished and rebuilt as Lees Hotel. Recently Lees Hotel received Queensland Icon status through the Queensland Heritage Trust and was formally recognised as the Original Pub With No Beer

No.476 | WEDNESDAY 16 May 2018

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

TO Paul Smyth of Smyth Funeral Services, Mother Jane of the Parish of Branxton Greta Lochinvar, my son Andrew (who flew out from Canada), the local St Vincent de Paul Branxton Conference, Carmen from Housing NSW in Newcastle, Josh Davis, Helen from Branxton & Vineyards Real Estate & Kerri & Gemma from Shaw & Bunner Legal for all your unbelievable support after the sudden unexpected loss of my partner Scott Furlong. No words can describe my appreciation & hearth-felt thanks for all you have done.

Maureen Taylor, East Branxton.

the shelter at North Rothbury Park. I promise you that your days are numbered. We have you on CCTV so expect a visit from you know who!!!

To the local 'little grubs' who scratched graffiti into the newly refurbished tables in

TO the kind hearted lady who found our elderly dog wandering on Dalwood Road in Branxton and took her to the Branxton Vets. Luckily she was microchipped. After a phone call she was reunited with her very worried owners. Thank you so much for taking the time to do such a kind act.



TO our eastern neighbour who chooses to spread chook manure, just yards from my house. Consequently, my whole house stinks including all my clothes. Not content with one day, continues each consecutive day in the late afternoon, just when the easterly is getting up. No prior warning given and when confronted no apology offered.

Classified's

Classified's

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

Agistment wanted for 6 horses. Phone 0447 381989 Computer Tuition: From basics to highly skilled & learn all about ebay. P: 0429 381 908

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

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 Moving Sale: two 6-seater patio settings; one 'as new'. Price negotiable P: 4938 3542

For Sale: Childs violin quarter size in very good condition. Comes with Bow, Resin, Carry Strap and Velvet line case. \$135 ono please ring. Shirley 0476893922. Largs

For Sale: Firewood. Well seasoned, mostly iron bark. 6x4 trailer \$90. Pick-up only *Call Greg 0411 315 548*

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/sfenton

E: sfenton@mtatravel.com.au

Moving Sale: two 6-seater patio settings; one 'as new'. Price negotiable P: 4938 3542

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

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 Nork Wanted: HORSE CLIPPING - PERFORMANCE

READY. Hunter Valley & Central Coast. Phone Caron 0416 128 701

Work Wanted: Lawns properties, mowing, trimming, removals, maintenance. Paul 0478103814 or 49987567 Work Wanted: Sick of cleaning, cooking dinner, washing. Call me! Taking bookings now. Professional and reliable service. Sue 0497257081 Work Wanted: Rural Fencing (TW & A Hollingshed)

P: 4998 1583 or Trevor on 0429 320 787 for quotes. Work Wanted: experienced baby sitter looking for work. Very reliable P: 0458 606 804 Work Wanted: Lawn & Garden Maintenance, P: 4938 3153

Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989 Work Wanted: Contract stock work with horses & dogs.

Design & building wooden stock yards ~ rural fencing P Shaun: 0416 226 538



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

Dates for your diary >

Fri 18 May ~ Branxton Public School Walk Safely to School THUR 24/05 ~ Cessnock Prostate Cancer Support Group 3pm

at Cessnock Leagues Club. Guest speaker Alisha Moore Quality Assurance Manager at TROG. Topic- Information on some current and past Prostate Cancer Trials, past achievements and current activities happening at TROG Cancer Research. Public welcome Cost Free. More information- Barry 0457073852 - Rose 49904554 Sat 26 May 2018 ~ New spot for Cessnock City Council

Mattress Drop-Off Day; 8am to 12pm at the Council Work Depot car park, Old Maitland Road, Cessnock. Fri 1 June ~ Branxton Public School PBL Assembly & Regional

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

TUES 12/06 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St., Branxton

TUES 03/07 ~ B/G CWA ALL-IN-ONE DAY (Birthday, Handicraft, International, Ag/Env). Further Details TBA in 2018. TUES 14/08 ~ B/G CWA Mtg. 9.30am, Old St Brigids School

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

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

Dates for your diary >

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

SUN 18/11 ~ The Branxton Uniting Church will be 100years old on the 18th November 2018 and a celebratory service will be held on that day in the church. Times TBA

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

JAZZ IN THE VINES at Hope Estate, 24th November 2018 SHANIA TWAIN 'Now Tour' at Hope Estate, 8th December

Other dates to remember

Saturday 26 May 6:30pm OPERA BY THE LAKE ~ A night of fine food, fine wine and world-class opera in the Hunter Valley. Location: Oaks Cypress Lakes Resort, Cnr McDonalds and Thompsons Road, Pokolbin, NSW 2320 Sunday 9 September BROKE VILLAGE FAIR; The famous Vintage Car Display brings all sorts of vintage and classic cars, motorbikes, trucks and tractors and an amazing array of vintage farm machinery. The kids will love the amusement rides, laser tag and the petting zoo while mum and dad can enjoy the festival atmosphere. Over 60 market stalls. McNamara Park, Broke NSW 2330 21st & 22nd Sept - WOLLOMBI MUSIC FESTIVAL

SAT 3/11 ~ North Rothbury Tidy Town Twilight Markets

Open Day at Branxton Fire Station

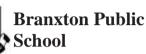
Firefighters are encouraging people to visit Branxton Fire Station for the Fire & Rescue NSW (FRNSW) annual Open Day on Saturday, 19 May 2018.

Branxton Fire Station will be open from 10.00am to 2.00pm and families can go along and meet their local firefighters and learn more about home fire safety and fire prevention.

A range of free activities will be on offer; including firefighting demonstrations, station tours and fire safety presentations. Firefighters will also be able to provide advice on installing or replacing smoke alarms, and preparing a home fire escape plan.

Children will be able to see the fire engines and firefighting equipment up close – always a highlight of this much-anticipated day. They'll also be able to take home a "Brigade Kids" activity booklet, which teaches them vital fire safety lessons.





The P&C held their annual Mother's Day stall last week with many happy shoppers making big decisions about which lovely item to buy their loved one. Thank you to the helpers who made the stall so successful. We hope all our Mothers, Grandmothers and Aunties had a lovely Mother's Day. The P&C's next big fundraising event is the Branxton Greta Movie Night on Friday 25th May. The children's movie Coco will start at 5:45pm, with gates open from 4:30pm. The entertainment will start with the JD 4 Magic show at 5:00pm. The local Lions club is running a BBQ and there are many other food and goods stores selling items on the night. There are many community businesses coming together to help us run this great family night including our major sponsors the Greta Branxton Business Chamber and Belford Land. Tickets are on sale soon through Flexi Schools or available on the night at the gate. Please come along and enjoy a wonderful family evening.



Mothers Day Stall



We thank Mrs Heinzel and McDonalds for organising their reading program to visit our school in Week 1. We listened to a story and were encouraged to think about what we want to be when we grow up. They then donated some books to our library. Thank you to the many students who marched with our school in the town Anzac march. So lovely to see our children taking the opportunity to pay respect and honour all those who have served, who still serve and who will serve for our



Zone Cross Country was a great day for BPS! It was a wonderful performance from all competitors and we have 8 students going to the Regional Carnival in 3 weeks. The first race saw Jake G (1st), Max W (2nd), Jake C (3rd) rounding out the top 3 spots. Ella K (1st), Oliver W (1st), Ella M (2nd), Aden M (5th) & Connor M (5th) also placed and will represent the Zone.

National Walk Safely to School Day is on Friday 18th May. The annual event encourages primary school children and their parents and carers to walk regularly and safely to school. Objectives of the campaign include promoting the health benefits of regular walking, helping children to develop road safety skills, reducing our dependency on cars and reducing air pollution created by motor vehicles. Branxton Public School teachers will be walking from two locations and we invite students and parents to walk with us. We will meet at Miller Park (opposite the pool) or North Rothbury (cnr Wine Country Dr and Thomas St) at 8am to walk safely to school.

Dates for the Calendar

Friday 18th May – Walk Safely to School Day Friday 1st June – PBL Assembly & Regional Cross Country

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



Scotts Flat Rural Fire Brigade

AGM

5 June 2018 **Scotts Flat Station,** Glendon Road 7pm All welcome



INVITATION TO QUOTE FOR THE PROVISION OF TRADE AND PROFESSIONAL SERVICES 2018 / 2020

QUOTATION NO: 18/00220

For further information and quotation documents visit www.singleton.nsw.gov.au/tenders

Singleton Council PO Box 314 Singleton NSW 2330

Jason Linnane General Manager

HUNTER COMMUNITY HAS A SAY ON PEST ANIMAL

MANAGEMENT

Local Land Services has received more than 400 public submissions about 11 draft regional strategic pest animal management plans, after a recent six-week consultation. The draft plans were a direct result from the NSW Government after a Natural Resource Commission report into



pest animal management. Local Land Services Chair, Richard Bull, said nearly 50 face-to-face information sessions were held across the state to explain how the plans were developed, what they mean for land managers and the community and how to

"The plans target priority pests in each region and outline how government agencies, community groups and landholders will work together to prevent, contain and manage the impacts of pest animals," he said.

"They will also guide investment decisions for existing government, industry and individual landholder resources that can be dedicated to coordinated pest animal management.

"With the introduction of the Biosecurity Act 2015, the regional strategic pest animal management plans can be used by all community members to meet their general biosecurity duty obligations.'

Hunter Regional Pest Committee Chair Art Brown said there had been great interest across the community about the plans and what they mean at a local

"We received 37 responses about the Hunter draft regional plan, we are now incorporating that feedback to make sure we've got the plans right and that they meet the needs of our region," he said.

"The top priority pest animal species in our region include wild dogs, foxes and deer and we've outlined tools and best practice methods to help contain and control these species.

"Once in place, the plans will provide a funded and coordinated approach to the management of pest animals under the Biosecurity Act.'

The Hunter region is well placed to implement these plans. Hunter Local Land Services have already tripled the operational funds for biosecurity with an annual program of \$1.4million.

WEED CONTROL WORKSHOP ~ WYEE

When: 31st May 2018 9:00am-12:30pm

Where: Wyee Community Hall 114 Wyee Rd, Wyee Contact: Carolyn Jenkinson Ph 4355 8205 or 0408 162 174

Details ~ Come to a FREE morning workshop to find out the best methods for weed control and identification.

Hear from Kim Hignell, Lake Macquarie City Council's Vegetation and Pest Management Coordinator about the most significant weeds in your area and the support and assistance Council can provide you to help reduce the spread of weeds. Meet your Hunter Local Land Services Biosecurity Officer and Veterinarian who will explain your responsibilities in controlling pest animals and the reporting of livestock diseases.

Where possible bring along a weed or two from your own property for identification (please include flowers, leaves, seeds and roots in a sealed container).

Please register by Tuesday 28 May using https://hunterlls.wufoo.eu/ forms/z7fbmfh150pp8r/

Morning tea will be provided.

Racing review

Peter V'landys calls on Racing Victoria to be "true to its word" and support The Everest **Group I push** by Ben Dorries



Racing NSW chief executive Peter V'landys has called on Racing Victoria to "be true to its word" and support a push to make The Everest a Group I receiving elite status.

Racing tensions between the states have escalated with a report in Sydney's

Daily Telegraph claiming a Victorian official on the Racing Australia board used a power of veto to prevent The Everest At a recent Racing Australia board meeting the proposal to elevate the

\$13m The Everest to Group

V'landvs

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Everest

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I level was knocked back despite NSW officials insisting the race won by Redzel last year was clearly the best sprint race held in Australia in 2017. It is understood representatives from NSW and Victoria on the board have powers of veto and the

Victorians used theirs on

this occasion. It is further understood the potential clash between The Everest and the Caulfield Cup next year was one of the reasons for Victoria using its power of veto. A spokesman for Racing Victoria chief executive Giles Thompson reportedly said "decisions on black type racing are a matter for Racing Australia acting on advice from the Pattern Committee who use well established guidelines".

And a spokesman for

jurisdictions. Thompson also said RV is "committed to abiding by the (Pattern Committee) guidelines as we believe it is in the best interests of all stakeholders of Australian

racing"

net.

V'landys believes there is strong and substantial evidence for The Everest to be promoted to Group I level. "I note that Racing Victoria has said that it supports the Pattern Committee guidelines," V'landys told Race

"Accordingly, they would have determined that The Everest is in compliance with the guidelines. 'In particular, there is a clause in the guidelines that enables a race to be promoted in extraordinary circumstances and there is precedent for this clause being activated in other racing

'If there is another reason which now contradicts their statement on the guidelines, they should come out and

detail that reason. 'Racing Victoria states that adherence to the guidelines is critical to the recognition of Australian racing on the world stage and the promotion of The Everest to Group I status only adds prestige and credibility to Australian racing internationally. "We look forward to Racing Victoria being true to its word and supporting The Everest as a Group I race." A race usually needs to achieve an internationally recognised rating of 115 or more in three successive years

to warrant being elevated to Group I status. But there is a clause in Pattern Committee protocols which enables a race to

be promoted

under special or extraordinary circumstances. There is precedence in world racing where this has occurred with the Commonwealth Cup at Royal Ascot in England immediately awarded Group 1 status for its inaugural

running three years ago. With unprecedented hype for a race other than the Melbourne Cup, record betting turnover in NSW and a rating of 120 in its first year, V'landys feels The Everest should be a Group I.

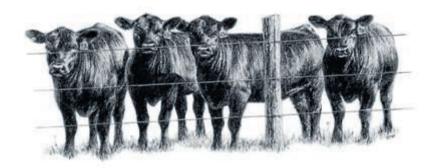
Saleyard report - cattle Singleton

MEAT & LIVESTOCK AUSTRALIA

Numbers reduced slightly to see a penning of very good drafts of supplementary fed butcher cattle, along with numbers of secondary young cattle through the yarding. There was a very limited penning of grown steers and heifers, but cow numbers remained static, mostly on the plainer side. The regular gallery of buyers were in attendance. Vealers and yearlings to slaughter showed cheaper trends, with the best calves seeing a price correction of 23c and 25c/kg for steers and heifers, respectively. The best yearling steers to slaughter saw a cheaper average of 286c/kg. Light weight feeder steers sold to cheaper trends of 23c, the heifer portion back 25c/kg. There were drafts of plain, medium weight heifers offere,d seeing reductions of 20c, with quality affected yearling steers seeing average decreases of 35c/kg. Cow numbers were similar, however quality and weight saw cheaper trends of 4c/kg, with restockers purchasing the very light drafts. Better D3 cows showed cheaper trends of 17c/kg.

Scone

Last reported 8th May 2018 Despite continuing dry conditions, numbers reduced for most categories. While there were good drafts of young cattle available, and some saw dearer trends, there were still plenty of plainer quality cattle, particularly drafts of 1 and 2 score cows due to the dry seasonal conditions. The regular gallery of processors were on hand as well as the usual feeder and backgrounder orders. There was a good selection



Detailed saleyard report

of young calves available with producers opting to sell while there was still some condition in the younger cattle. These mostly went to restockers to grow and feed on. Vealers to the trade sold to firm trends, while weaner steers to restockers saw an improvement, with trends 4c/kg better. Weaner heifers also improved in quality with the better end being 11c/kg dearer. Some plainer conditioned heifers, however, sold to last week's reduced prices. Light yearling steers sold to dearer trends of 8c, with the heavy weight steers up to 15c/kg better. Plainer quality, medium weight heifers saw cheaper trends of 19c/kg. There were insufficient numbers of grown steers and heifers to quote. Very light 1 score cows to restockers saw cheaper trends, while 2 score cows to slaughter experienced corrections of 8c/kg. The best 3 and 4 score cows saw improvements of 2c to 4c/kg.

TRLX Tamworth

Last reported 7th May 2018

Numbers remained steady with young cattle and cows again dominating supply. There were no heavy grown steers and grown heifers were also in limited numbers. The quality of the offering was very mixed and condition, for the most part, was on the lean side. There were small numbers of well finished cattle, mostly restricted to cows. There was reduced processor and feedlot competition and demand was mostly weaker. Restocker activity was somewhat subdued, with most heading into winter with little or no feed. Weaner steers sold to cheaper trends of 15c to 30c/kg with a great range in price brought about by breed and quality. The heifer weaners also sold to a cheaper trend with the better quality lots averaging 11c to 16c/kg easier. The secondary quality weaners were harder to sell, attracting little competition. Medium and heavy weight yearling feeder steers sold on a firm to cheaper market trend. There were few sales that remained firm with those restricted to the sought after breeds. Yearling heifers sold to a cheaper trend of 3c to 9c/kg and more in places. Heifers to the trade experienced greater price reductions than those going onto feed. Due to the low numbers on offer, there was no quote for grown steers and heifers. The large number of plain condition cows sold to cheaper trends, despite restockers competing. The limited supply of well finished cows sold to a slightly dearer market trend.

Upcoming Group 1 Races

Sat 19 The Goodwood (SA) SA \$1,000,000 1200m Morphettville

Sat 19 Doomben Cup (QLD) QLD \$650,000 2000m Doomben

Sat 26 Kingsford Smith Cup (QLD) QLD \$700,000 1350m Doomben

June 2018

Sat 02 Queensland Oaks (QLD) QLD \$500,000 2200m Doomben

Sat 09 J J Atkins (QLD) QLD \$600,000 1600m Doomben

Sat 09 Queensland Derby (QLD) QLD S600,000 2200m Doomben

Sat 09 Stradbroke Handicap (QLD) QLD \$1,500,000 1350m Doomben

Sat 23 Tattersalls Tiara (QLD) QLD \$500,000 1350m Doomben

August 2018

Sat 18 Winx Warwick Stakes (NSW) NSW \$500,000 1400m Randwick

November 2018

Tue 06 Melbourne Cup (VIC) VIC \$6,200,000 3200m Flemington

Greta Community PreSchool receives grant from State government

Parliamentary Secretary for the Hunter Scot MacDonald MLC has announced that Greta Community Preschool has received funding to help increase the number of Aboriginal children and disadvantaged children participating in quality early childhood education in the



The funding is part of the NSW Government's

year before school.

Community Grants program of which Greta Community Preschool will receive \$5,020.

"The Community Grants are flexible and preschools can use the funding for specific individual needs, like t providing regular healthy breakfasts or new equipment like backpacks for children.'

"Children have so much to gain from participating in quality early education so programs like this where we can make preschool services more affordable and accessible for families is a no-brainer for me," Mrs Mitchell said. "Since the Start Strong program was introduced by the NSW Liberals & Nationals, we have already seen average daily fees reduce by 25 per cent and participation rates increase by a huge 40 per cent, and we are committed to continuing this positive trend."



NOTICE

Branxton Golf Club Sat 19 Sharyn/Phil Baker 4 Person **Ambrose**

Next week is a 4 person Ambrose, an event where all golfers can really enjoy themselves, with great shots celebrated by their team mates. This event is once again sponsored by Phil and Sharon Baker with plenty of prizes on offer. The day will be followed by the Pennants dinner to celebrate the excellent season by the club in the Hunter River District Association, especially the awesome B Grade team who defended their title in spectacular fashion. There are still plenty of tickets available for this dinner.



Wild Dog/Fox 1080 Baiting

The NSW National Parks and Wildlife Service (NPWS) will be undertaking 1080 ground baiting for wild dog/fox control in

Wollemi National Park

Yengo National Park

Manobalai Nature Reserve

Belford National Park

NPWS managed land adjacent to Black Creek, North Rothbury

Ground baiting will commence on 01/05/2018 and cease by 30/06/2018.

A 1080 aerial baiting program for wild dog control will be conducted within Manobalai Nature Reserve commencing between 01/05/2018 to 15/05/2018

These baiting programs are being carried out as part of a broader coordinated control program to mitigate the impacts of wild dogs on stock and wildlife. If you would like to become involved in the cooperative program please contact the Hunter Local Land Services on 1300 795 299.

Domestic pets are not permitted in National Parks or Reserves. Neighbours and park users are reminded that 1080 baits are lethal to domestic pets. Domestic dogs are not permitted in parks/ reserves. All areas will have 1080 baiting signs erected at access points to where baiting is being undertaken. In the event of accidental poisoning seek immediate veterinary assistance.

We suggest that working dogs be restrained to ensure that they do not enter the baiting location during poisoning operations, or to muzzle dogs if they are required to work the baiting location during and after poisoning.

For further information please contact NPWS Wollemi **Yengo Area office on (02) 6574 5555**

Rock royalty takes centre stage in a musical author visit to Singleton Library

It's a long way to the top, but finally the story of legendary rocker Angus Young has made it to bookshelves - and Singleton.

Renowned author Jeff Apter has cast the spotlight on the man best known for his trademark schoolboy outfit in High Voltage: the life of Angus Young – AC/DC's last man standing and he'll bring the story to Singleton Library in a special event on Friday 25 May from 5.30pm to 7pm.

Nicole Lonsdale, Singleton Council's Coordinator Community Services, said it was an exciting addition to the Library's program of author visits.

'Angus Young is one of the most iconic musicians in the world and the last surviving original member of AC/DC – the biggest rock band on the planet," she said.

"Jeff Apter's book is the first biography to focus exclusively on the endurance of Angus, charting his rise from working-class Glasgow and Sydney through to the death of vocalist Bon Scott and the forced retirement of his brother, Malcolm Young.

"I have no doubt there will be a lot of interest in what Jeff Apter has to say about his observations on Angus Young, and the experience of writing the book."

was himself an interesting speaker.

"Jeff has carved a niche in capturing the stories of musical history, with biographies of the Finn brothers, Johnny O'Keefe, the Bee Gees, Marc Hunter, 'Shirley' Strachan, Silverchair and Keith Urban," she said

bookings will fill quickly.

Copies of High Voltage: the life of Angus Young - AC/DC's last man standing will be available for sale and signing at the event.







Branxton Veteran Golfers

Results 3-5-18 "Pairs Trophy" Stableford

1st R McCarthy/R Chalmers -2nd G Musialik/G Jones - 54

pts (c/b) 3rd G Gazzard/ I Harris -54 pts 4th S Condran/R Hebbe - 53 pts (c/b)

5th A Cannon/R Showman -53

NTPs Ladies T Martin Gents G Anderson Members Draw - Not won Another beautiful Autumn day greeted our merry band of players, as they gathered for another challenging round of golf. The round turned out to be a tightly contested, as the results will attest.

Congratulations to Ruth McCarthy and Richard Chalmers on winning the event and, well done to all placegetters.

Branxton Veteran Golfers Results 10-5-18 Stableford

Div 1 Winner G Gazzard 30 pts R/u T Seamer 29 pts 3rd G Wilton 27 pts Div 2 Winner S Dunker 34 pts (SOD) R/u R Showman 30 pts 3rd R Brooks 29 pts Ladies Winner R McCarthy

3rd R Friis 22 pts NTPs Ladies R McCarthy Gents J Atton

30 pts R/u M Hunt 26 pts

Members draw - Not won One wonders when this great spell of glorious Autumn days, so suitable for a round of golf, will end. Meanwhile our friendly group of players made the most the conditions. Congratulations to Stanley Dunker on winning his division and achieving the "Score of the Day". A well done to all other winners and placegetters.

Get a bigger tree", could be the phrase for our intrepid Green keeper, Shaun. Whilst 'sheltering Shaun' stood waiting behind a tree, adjacent to the green, for a group to tee -off, his partially exposed shoulder was stuck by a golf ball, fortunately no real harm done.

LN Bootes, Hon Sec

Branxton Lady Golfers

28th March PAR event Winner Carol Miller Runner up Ruth McCarthy Ball comp Caren Caldwell Ball comp Kerrie O'Connell NTP Caren Caldwell 4th April Stableford Winner by count back Ruth McCarthy Runner up Jan Scobie

18th April Monthly Medal Winner Kerrie O'Connell Runner up Ruth McCarthy NTP Ruth McCarthy 2nd May Monthly Medal Winner Trish McMillan Runner Up Robyn Hoffman NTP Robyn Hoffman

The missing weeks (including 14th March) there were no comps for various reasons.

Hunter Valley Golf Club Sunday 29th April

Brendon Boyd has won the Weekly Challenge with 39 points from Greg Noble 38 and Tom Bellamy 37 on

countback. Ball winners were: Arthur Ling v37, Steve Abel 36, Trevor Patch v36, Mitcham Ostle v34, Brodie Egan 34, Troy Doherty v32 and Patrick Statham 32

Tuesday 1st May Inform Steve Abel claimed the Tuesday Stableford with 43 points from Nick Wilson 42 and Joe Laughlin from Maitland GC 3rd with 41 points. Ball winners were: Dale Macklinshaw 39, Ian Newell 38, Gary Thomas 37, Andrew Edwards v36, Brent Watson 36, Garry Clarke 35, Greg Ireland 35, Rick Turnchini 35, Ray Newton 35 and Garry Johns 34 c/b. Nearest-the-Pins went to Ken Scott-Mackenzie (3rd) Garry Clarke (8th) Dale

Macklinshaw (10th) and Peter Payne (17th) Wednesday 2nd May

Melita Watson has won the Ladies Stableford event with the only sub Par round of the day, a solid 39 points from Jill Ramsden runner up with 35 and Isabel Skeates filling 3rd place with 34 points. Ball winners were: Zelma Powell 33, Jenny Chambers 33, Dale Hamilton 31, Kerry Choromanski 31, Lorraine Clack 30 and Sharon Blackett

30. Next week the Ladies will play Rd 3 of the Golf NSW Medal Stroke/Putting comp in conjunction with the Mabel McKenzie Brooch. **Congratulations to our Ladies Pennant team on winning the Hunter River District Association Rosella

Shield, the first win by any team from the club in Pennants. Team members were: Julie Van Den Berg, Jenny Chambers, Lorraine Clack, Dale Hamilton, Jeanette Irwin, Melita Watson

and Sue Williams. All team members contributed to the final result with Jenny Chambers having a huge role playing every round and

finishing undefeated. Thursday 3rd May As expected the 2018 Vets

Championship provided a very close finish with Ken Harris on producing a Master class to amass 33 2nd round points to end on 60 points and retaining the Scratch title he won in 2017 with a come from behind win by 1 point over first round co-leader Ray Hodson who added 29 points to his 1st round 30 to just fall short. The handicap section went to David Peel with 79 to nudge 1st round leader Bruce Chambers who finished with 76 points adjusted. Congratulations to all who took part. The daily comp was won by David Peel with 41 points from Ken Harris with 40 on countback to Rex Talbot in 3rd place. Ball winners were: Michael Watson 38, Dave Fury 37, Greg Ireland 37, Ian Newell 37, John Harrison 36, Paul Bullock 36, Wayne Barber 36, Ray Hodson 36, Garry Hedges 36 and Wayne Cowan 34 c/b. Nearest-the-Pins went to Michael Watson (3rd) and Steve Piggot (4th, 10th &

Saturday 5th May

17th).

The Medley Stableford field were greeted with an idylic day for scoring with many doing just that, A Grade went to Botany GC visitor George Longbottom with 41 points from Cessnock GC visitor Garry Ackers on 39, B Grade to Melanie Sheekey of the

Breakers GC with 40 points from Michael Ryan of Botany with 39 and C Grade and 'round of the day' to Robert King with 44 points from Kooindah Waters GC member Bohdi King with 42 points. Ball winners were: Scott Jones 40, Don Graham v40, Peter Ramsay v38, John Stewart 38, Shannon Attewell 38, Greg Snook v38, Ken Springbett 37, Ben Simpson v37,Brett Simpson v36, Alex Braude v36, Russ Lightfoot 36, Robert Turner v36, Michael Watson 35, Gary Stark v35, Dean Blair 35, Anthony Bower 35, Kevin Byrne v35, Bruce Chambers 35, David Irwin 35, Glenn Radford v35 and Andrew Wright v34 c/b. Nearest-the-Pins went to David Peel (3rd) John Stewart (4th) Shannon Attewell (8th) Dean Morison (10th) and Sue Peel (17th). Next week's events will be the Monthly Medal rounds along with the Country Championship for Ladies. The raffle winner was Paul Bullock. Next weeks event will be an American Stableford.

Sunday 6th May

Mick Barrett has won the Weekly Challenge with a superb 45 point round from Lloyd Barrett with 40 points and Jason Cowburn 3rd with 38 points. Ball winners were: Brent Watson 37, Steve Piggot 37, Tony Krishna v37, Mark Makin 37, Justin Field v36. Wayne Oliver v36 and Robert MacBeth 35 c/b

Tuesday 8th May

A fine 24 points finishing nine holes by Garry Marsden has seen him claim the Tuesday Stableford on countback after he a John Stewart both returned 40 point rounds, Col Bradley took 3rd spot with 39 points. Ball winners were: Rick Turnchini 37, David Peel 36, Michael Watson 35, Steve Piggot 35, Bob Prentice 35, Anthony Mudd v34 and Paul Smith 34 c/b

Wednesday 9th May

The Ladies Stroke event has seen a return to form from Kay Dunn with an even Par round of 71 net, runner up went to Melita Watson 72 with Dale Hamilton filling the minor placing with 73 on countback. Ball winners were: Jill Ramsden 73, Jenny Cham-75 and Isabel Skeates 75 c/b. Next week the Ladies will play Individual Stableford

Thursday 10th May The Vets American Stableford resulted in a good win to Greg Amloh with 64 points from Geoff Sweetman 60 and Grahame Sheldon 3rd on countback with 59 points. Ball winners were: Wayne Berry 59, Wayne Barber 59, Doug Wand 58, Wayne Cowan 58, Garry Hedges 58, Wayne Burgess 57, Ray Hodson 57, Heinz Kesterman 56, Ken Harris 56, Greg Ireland 55 and Dennis Watson v55 on countback. Nearest-the-Pins went to Greg Amloh (3rd) Wayne Barber (4th & 8th) Dale Macklinshaw (10th) and David Peel (17th). Next week the Vets will play a Medley stableford. The raffle was won by Michael Watson Saturday 12th May

Saturday's cool and windy conditions proved tough for most in the Medal Stroke rounds with A Grade going to David Peel with 72 net from Dale Macklinshaw on 74, B

Grade to Bodhi King with an excellent 64 net on countback to Nicholas Looby also with a great round and C Grade to Scott Jones with 69 net from Luke Johnston with an even Par 71. Ball winners were: Wayne Jenkin 66, John Stewart 66, Peter Milas 69, Paul Bullock 71, Jordan Callinan v72, Adrian Kent 72, Jeff Shanahan 73, Terry Wallace 73, Ray Newton 73, Zac Mexon v74 and Paul Neuss 74 c/b.The Ladies winner was Jill Ramsden with 75 net from Jill Slatter and Kerrie-Anne Skinner. Next week's event will be a 2 Person Ambrose ** Hunter Valley Golf Club has had more success with Blake Rouke, Dale Hamilton, Bruce & Jenny Chambers taking out the handicap section of the Hunter River District Mixed Ambrose played at Branxton last Sunday with

excellent score of 55.625. **Branxton Golf Club** Saturday, 5th May 2018 SATURDAY COMP Stroke **Monthly Medal**

Field: 51 players Medal Winner Josh Davey 65 nett

Grades A Mark Moylan 66 nett Grades A Stephen Ross 72 nett Grades A Ray McGuinness 73 nett Grades B Robert Miller 71 nett Grades B Peter Marquet 72 nett

Grades C Col Hughes 71 nett Grades C Ted Zawirski 73 nett Grades C Peter Mathews 75 nett NTP 2/11 P Wilton 78 cm

Grades B Paul Bush 73 nett

NTP 4 M Tracey 251 cm NTP 9/18 M Moylan 104 cm NTP 13 M Finch 193 cm

Josh Davey won Saturday's Monthly Medal with a very impressive 63 nett score, on a day where the DSR was a 70 and only 2 players broke their handicap. Josh's round stands out like a beacon compared to the rest of the field. Mark Moylan's nett score of 66 was clearly the next best and good enough to win A Grade -a great round on a difficult day, set up by some very difficult pin positions. Steve Ross continued his recent good form to finish runner up in A Grade with his 72 nett with Ray McGuiness third with a 73 nett score. Robert "Shirl" Miller won B Grade with a very pleasing 71 nett, just ahead of Peter Marquet's 72 and Paul Bush's 73 nett scores. Col Hughes was victorious in C Grade with a 71 nett with Ted Zawirski and Peter Matthews filling in the minor places. The shot of the day belonged to Peter Wilton on the 2nd/11th with his tee shot finishing only 78 cms away with

Finch winning the other nearest the pins. Saturday, 12th May 2018

Mark Moylan, Michael Tracey and M.

Stableford ~ 45 players Grades A Mark Moylan 37 pts Grades A Gary Wilton 35 pts Grades A Lee Heuston 32 pts Grades B Douglas Muncaster 39 pts bers 74, Sue Peel 74, Di Atton Grades B Caren Caldwell 37 pts Grades B Kelvin Mather 33 pts Grades C John Martin 41 pts

Grades C Robert Watson 35 pts Grades C Geoff Jones 34 pts

NTP 2/11 D Muncaster 360 cm NTP 4 R Yandle 322 cm NTP 9/18 R Biles 77 cm NTP 13 D Hollis 767 cm Balls 14 balls down to 30 pts Strong cool westerly, winds ensured all players struggled around the tight Branxton course, with 30 pts good enough to win a ball. The form A Grader of late, Mark Moylan, continued to play some great golf, winning the A Grade Stableford Competition with a very solid 37 pts. He finished 2 points clear of local super veteran, Gary Wilton with a very creditable 35 pts with the excellent ball striker, Lee Heuston third with his 32 pts. Doug Muncaster also continued his recent good form to win B grade with an excellent 39 pts, with Caren Caldwell runner up with a very pleasing 37 pts and Kelvin Mather third with his 33 pts. The day's best stableford score came in C Grade with

John Martin "blowing the field away"

with his 41 pts, well clear of runner up

Geoff Jones. The shot of the day belonged

finishing only 77 cms away in very windy

to Bob Biles on the last with his tee shot

Robert Watson and third place getter



Strength training

We all know that regular physical activity promotes general good health, reduces the risk of you developing many diseases, and helps you live a longer and healthier life. For many of us, "exercise" means walking, running, cycling, or other activities that get your heart rate up and the perspiration dripping.

Interestingly, I recently I had a conversation with a friend who said she had joined a local gym so she could visit in her lunch break during the week. Unfortunately my friend only visited a few times and then quit. She said the workout she did during her lunch break was not hard enough to make her work up a sweat so she felt it was not doing her any

But strength exercises are also important. In particular, once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living and to maintaining an active and independent lifestyle.

Strength training, as well as exercise which gets your heart rate up, can help you manage and sometimes prevent conditions as varied as heart disease, diabetes, arthritis, and osteoporosis. It can also help make eve ryday tasks more manageable, and help you maintain a healthy weight. My physiotherapist recently told me that the average 30-year-old will lose about a quarter of his or her muscle strength by age 70 and half of it by age 90. So based on that, unless you are doing strength training you will become weaker and less able to function in your daily life, even if you are doing cardio exercise such as running.

What is strength training?

Strength training encompasses any of the following:

Body weight exercises (eg push ups, squats and lunges) Exercises which use free (handheld) weights, such as barbells and

Resistance (elastic) bands of varying length and tension that you can flex using your arms and legs

How much do vou need?

A beginner's strength-building workout can take as little as 10 minutes a day, three days a week. The key is developing a program which targets a variety of muscles (eg legs one day, arms another day, abdominals on a third day), performing the exercises correctly, and being consistent. A little bit a few days a week will help you develop a routine without leaving you so sore that you can't hang the washing out or sit on the toilet! You will experience improvements in strength and muscle tone within just a few weeks.

Getting started

Buying your own equipment is one option. Sets of basic introductoryweight dumbbells (hand held weights weighing 1-3kg) cost \$35-\$50. Gyms offer the most equipment choices, but of course, you have to pay monthly fees. Videos on YouTube can help you learn some basic movements but make sure that the exercises are being demonstrated by a qualified trainer and they are suited to your level of fitness. It is important to start easy so you don't injure yourself. Mild to moderate muscle soreness between workouts is normal, but back off if it

persists more than a few days. **Strength Training for Specific Conditions**

Strength training is good for just about everyone and especially beneficial for people with arthritis. When done properly as part of a larger exercise program, strength training helps support and protect joints, not to mention ease pain, stiffness, and possibly swelling. If you have arthritis and want to incorporate strength training into your health routine, these tips can help you get started.

Work with a physiotherapist, exercise physiologist, or qualified personal trainer who has experience working with people who have arthritis to design and adapt exercises that will work for you. Your goal should be to include strength training, and flexibility activities that enhance range of motion. Schedule workouts for times of the day when you are least likely

to suffer from inflammation and pain. Avoid exercising when your stiffness is at its worst. If you have rheumatoid arthritis or another form of inflammatory arthritis, it's important to warm up using gentle stretches

before beginning a strength training session. Remember to use slow movements during your warmup, and gradually extend your range of motion. If you have rheumatoid arthritis, balance rest and exercise

carefully. Generally, you should avoid doing strength training with actively inflamed joints, at least until the inflammation eases. In some cases, water workouts may be a better choice than strength training

Exercise within a comfortable range of motion. If an exercise or movement causes significant pain, stop doing it! Discuss your options with a personal trainer, a physiotherapist or your

What else is happening at Louise Cairns Fit for Life?

There is less than a week now until the Ultra Trail Australia event in the Blue Mountains, I will be running in the 100km event for the first time. 6am classes are continuing at Miller Park on Monday, Tuesday and Thursday. My Autumn Special (\$99 per month) is still running! As well as three outdoor fitness classes a week, all new clients receive a copy of my Healthy Eating Recipe e-Book, workouts to do at home, and membership of my VIP Facebook Group. I also offer Personal Training sessions in Branxton which include free goal setting and coaching.

BRANXTON GRETA VINEYARDS



Voluntary Administrator takes control of Cessnock Golf Club



Cessnock Golf Club, one of the oldest golf clubs in the Hunter Valley, has gone into voluntary administration with a reported debt of more than

The club went into a joint venture with Hunter based

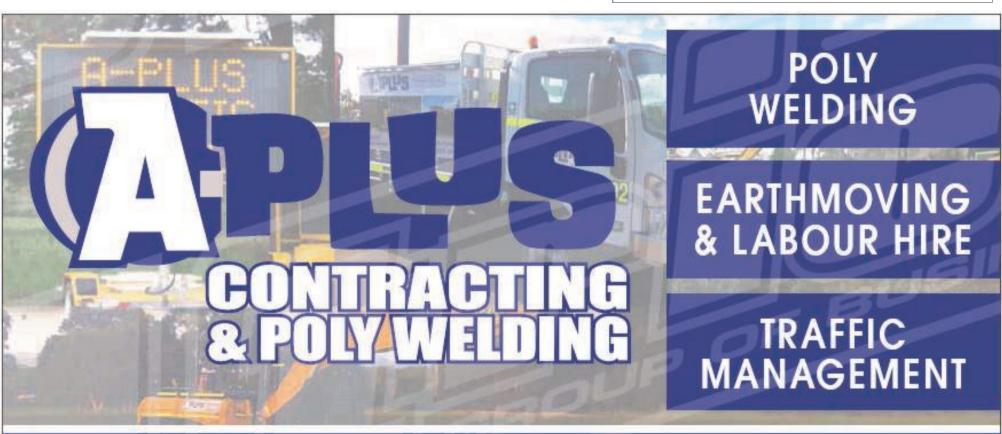
company Daracon Group to spend \$30million to develop its acreage into a golf resort & a 138-lot residential subdivision called Stonebridge Living. The great majority of their debt is owed to David Mingay who is the GM &

owner of the Daracon
Group.
Administrator Simon
Thorn, of PKF Australia,
was appointed
administrator of the cash
strapped club on the 26th
April 2018 & is seeking
amal
regis

interest from other clubs to

amalgamate so they can continue to have the registered club trade. He was reported to have stated that were several "positive" lines of enquiry and expressions of interest with it closing later this month.





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NEXT ISSUE: 30/5/18