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WEDNESDAY
27 June 2018

Page 2



Cessnock City Council
NOTICES

Page 3



Cessnock takes out Excellence Award

Page 19



Well Done Not So Well Done

Page 20 & 21



SCHOOL NEWS

New hospital issues 'Service Statement'

Maitland Hospital's future



Artist's Impression

#weownit
#keepitpublic

Parliamentary Secretary for the Hunter Scot MacDonald MLC has confirmed the Service Statement for the new Maitland Hospital at Metford has been released.

"We are delivering on our promise," said Mr MacDonald.

"The community of the Lower Hunter can see for the first time the increased breadth of services expected to be delivered at the new hospital. They include - emergency, emergency short stay, psychiatric emergency, intensive care, critical care, enhanced medical and surgical inpatient services, perioperative suite, maternity and delivery suites, pediatric and adolescent services, expanded imaging and support services, cardiac catheterisation lab, day chemotherapy, mental health including an acute inpatient unit, rehabilitation, ambulatory care and outpatient services."

Services are being planned with an anticipated 13% increase in population in the Lower Hunter catchment over the next decade, but with changing age profiles.

The Statement includes an intention to provide a range of professional and vocational study streams and research opportunities.

The community can see there will be more than a 50% increase in bed numbers and 12 chemotherapy chairs on site.

"The 2018 State Budget handed down last Tuesday allocated \$23.5 million towards this \$470 million Health Infrastructure project. We anticipate a preferred contractor will be announced in the next six months." The New Maitland Hospital Service Statement can be viewed at <http://www.hnehealth.nsw.gov.au/about/Pages/New-Maitland-Hospital.aspx>

Please help if you can

The Branxton Playgroup has gone to the local community to seek any assistance, large or small, towards resourcing and fundraising for their community playgroup.

Branxton Playgroup is a community playgroup run by volunteer members and connects parents of very young children (ages 0-5) through playing and learning to strengthen child, family and community wellbeing by building supportive communities. Branxton Playgroup was established in 1965.

They are focussed on improving their resources and activities to enhance the play and learning experiences offered by the playgroup. To meet the needs for their growing membership, and to engage their children in new activities, they aim to restock their toy room and shed with the tools necessary for enriching play and learning activities.

After a review of their resources and premises they would appreciate any assistance to purchase: Age appropriate toys for our babies, toddlers and preschoolers: e.g. dolls, action figures, race tracks and cars, ball pit, trains and tracks, barbie houses, doll houses New, engaging books for our reading corner Wifi speaker/music player and children's music resources for learning and games Rainbow parachute and percussion instruments Rugs for our baby area Cushions for our reading corner New ride-ons, trikes, scooters and bikes Hoops, sports equipment and outdoor toys Arts and crafts supplies: e.g. play doh and cookie cutter shapes, stickers, chalk, individual chalk boards, magnetic art workshop, colour and style items, beads and jewellery making kits, model making kits Wall decals, educational wall charts and window decals Plants, garden edging, garden tools and watering cans for vegetable gardens. With a diverse range of activities and resources, babies, toddlers and preschoolers at Branxton Playgroup experience creative, metacognitive and physical development whilst increasing the social skills for positive peer relationships and interactions between children of different ages and with other adults.

Branxton Playgroup is one of the only playgroups in NSW with their own purpose-built premises, built in 1970 as Branxton Playgroup Hall and owned by Cessnock Council since 1971. Their own premises enables them to provide sessions on four days a week, Monday to Thursday, with both indoor and outdoor activities that enrich early childhood development.

Their fundraising efforts in 2018-2019 will focus on updates to these premises as the building is still in original condition and requires improvements to: entryway and windows, floor coverings, kitchen, bathroom and interior painting.

They are raising money through Bunnings BBQs, pie drives, cookie dough sales, raffles etc. and submitting grant applications.

If you can offer any assistance towards their fundraising, please contact them on the number/email below.

Phone Melissa Wyper (co-secretary) (02)4938 1169 or email playgroupbranxton@gmail.com

"Any support from our local business/tradesperson/service provider will be acknowledged and promoted through our facebook pages, news articles and on site at our premises," said Melissa.

"All expenses from our premises (e.g. utilities and rent) and purchase of resources (e.g. art and craft and toy supplies) are our responsibility. We keep day fees to a minimum for our local members and rely on fundraising to fully address monthly expenses."

"Branxton Playgroup is affiliated with Playgroup NSW Inc. Playgroup NSW Inc. which is a not-for-profit organisation. All the activities are low cost. Playgroup NSW Inc. holds an authority to fundraise under the Charitable Fundraising Act which extends to affiliated playgroups."

Any donations for resources or assistance with updates to our premises are tax deductible.



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DOGS

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

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



CATS

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

\$16.00

Purr cat, purr day



Nathan Hulls to inspire students at the School Leaders' Breakfast 2018

Cessnock City Council is excited to put on another fantastic School Leaders' Breakfast as part of Local Government Week.

This year's guest speaker is Nathan Hulls, a youth motivational speaker who has been called a breath of fresh air, speaking from the heart about issues real to young people.

Cessnock City Mayor, Councillor Bob Pynsent said Nathan will be talking to local students about deciding their own destiny.

"Nathan is a fantastic role model for our young people. He has faced adversity, suffered loss, endured disability and come out on top."

"This presentation will focus on young people looking beyond their circumstances and deciding to rise above the pressures which try to pull them down."

Kicking off at 9am, the School Leaders' Breakfast will be held at the Cessnock Performing Arts Centre on Tuesday 31 July 2018.

Schools from across the region have been invited to attend the event, giving students the opportunity to hear Nathan's story and ask questions.

To find out more about Nathan Hulls visit <http://www.nathanhulls.com>



Photo above: Youth motivational speaker Nathan Hulls



**BRANXTON GRETA
MEMORIAL CYCLEWAY
COMMUNITY MEETING
@ GRETA WORKERS CLUB
Wed 18th July @ 5.30pm**

Cycle Safe



The Branxton Greta Business Chamber in conjunction with the Branxton & Greta RSL Sub branches, will be hosting a Community Meeting, to inform on the latest information.

Contact:- Brian Furner 0429 438 460



UPDATE - TEMPORARY BRIDGE CLOSURE WILDERNESS ROAD LOVEDALE

WORK	Heritage Bridge Repairs
LOCATION	Gillies Bridge, Wilderness Road Lovedale
TIME FRAME	23 May 2018 to 13 July 2018, weather dependent
DISRUPTIONS	Road Closed
INFORMATION	Refer to Roads, Bridges & Drainage on CCC website www.cessnock.nsw.gov.au/community/roads or contact our friendly Customer Service Team on 02 4993 4100

We look forward to serving our community with this infrastructure upgrade.

COMMUNITY SPONSORSHIP & FEE WAIVING POLICY

At its meeting of 6 June 2018 Council resolved to place the Draft Community Sponsorship and Fee Waiving Policy on Public Exhibition for a period of 28 days.

The Public Exhibition period will be from Wednesday, 13 June 2018 to Tuesday, 10 July 2018. The document can be viewed at 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 4pm Tuesday, 10 July 2018 via email recreation@cessnock.nsw.gov.au or post.

Any enquires should be directed to Mrs Nicole Benson on telephone 4993 4252

FINANCIAL ASSISTANCE FOR WASTE DISPOSAL POLICY

At its meeting of 6 June 2018 Council resolved to place the Draft Financial Assistance for Disposal of Waste (charitable and not for profit organisations) Policy on Public Exhibition for a period of 28 days.

The Public Exhibition period will be from Wednesday, 13 June 2018 to Tuesday, 10 July 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 4pm Tuesday, 10 July 2018 via email environment@cessnock.nsw.gov.au or post.

Any enquires should be directed to Mr Michael Alexander on telephone 4993 4253



CESSNOCK COMMUNITY
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www.cessnockperformingartscentre.com.au
WHAT'S ON?
GO TO

The Very Hungry Caterpillar Show
11 July 2018



Based on Eric Carle's books ~ One of the most-read and famous children's books of all time, *The Very Hungry Caterpillar* emerges off the page in a masterful theatrical experience for the whole family.

Cessnock Council takes out 2018 StateCover WHS Excellence Award



Cessnock City Council has been recognised for its commitment to mental health by StateCover taking out first prize in their Work, Health and Safety Excellence Awards. Council identified mental health as a Work, Health and Safety issue following a staff consultation where 83% of staff had experience with mental illness, either personally or through a family member or friend. This is no surprise as statistics released by HealthStats NSW reflect the prevalence of mental health in the Hunter New England Local Health District. In response, Council established a Mental Health Work Group made up of staff from both the indoor

and outdoor teams. This group developed a comprehensive strategy to reduce the stigma around mental illness, increase awareness and highlight avenues to seek support both in the workforce and in the community. Council's General Manager, Stephen Glen said a range of actions were implemented that put mental health in the spotlight for the entire organisation. "The Work Group developed an eye catching logo and brand that helped communicate the key messages of the initiative. The 'Mental Health Matters' logo and 'Kick the Stigma Ninja' are now very well known around our

organisation. They've been printed on everything from posters, flyers, uniforms, coffee cups, key rings and even on car air fresheners that hang proudly in every Council vehicle." "A group of 30 staff have now been trained as Mental Health First Aiders. This has resulted in an increase in the number of staff seeking professional advice, through making initial contact with internal staff who guide them to seek professional support." StateCover CEO, Linda Bostock said StateCover's WHS Excellence Awards acknowledge Councils for significant initiatives that improved WHS performance in a sustainable and innovative way.

"Mental health issues impact workers, their families and the broader community. Through the awards, StateCover is proud to recognise our member Cessnock City Council's efforts for their comprehensive programs to improve awareness and reduce the stigma of these issues, and to provide support for affected workers and their families. Council worked to improve the mental wellbeing of their workers and demonstrates an ongoing commitment to health and safety of their workforce." The initiative is here to stay and Council

look forward to seeing positive outcomes amongst the workforce including kicking the stigma of mental health.

Photo above (L-R): General Manager, Stephen Glen, StateCover Workplace Risk Advisor Joe Powell and Human Resource Manager Darrylen Allan.

New police station for Cessnock



Minister for Police Troy Grant has announced the community of Cessnock will receive a new state-of-the-art \$13.5 million police station, as part of the 2018/19 State Budget.

Mr Grant said the Cessnock community had been calling for a new police station and the Liberals & Nationals Government has listened.

"Community safety is my number one priority and that means ensuring our frontlines officers have every resource possible to help them do their jobs," Mr Grant said.

"Once built the new station will further boost the capability of local hard-working men and women in blue and provide them with modern facilities and equipment to prevent and disrupt crime and keep the community safe."

Police in the Hunter Valley Police District do outstanding work, as evidenced by the most recent quarterly BOCSAR report, which show that 15 of 17 major crime categories remained stable or fell in the 24 months to March 2018 in the Cessnock area.

Mr Grant said frontline officers put their lives on the line day-in and day-out, selflessly responding to violent incidents and robberies, attending to motor vehicle crashes and supporting victims of crime.

"The NSW Government is committed to ensuring police have the best equipment available to do their jobs no matter where they're stationed throughout the state," Mr Grant said.

"Having previously worked at the Cessnock Police Station during my time in the Force, I'm pleased to be able to support the community and provide funding to kick-start the development of the new multi-million dollar facility. I will continue to fight to ensure our men and women in blue are equipped and resourced to continue the amazing work they're renowned for." The 2018/19 Budget allocation for the upgrade of Cessnock Police Station will allow the final planning and development approvals to occur.

Photo above: Police Minister Troy Grant

JUST THOUGHT YOU SHOULD KNOW

* The population of Ireland is still 2 million less than it was before the potato famine, 160 years ago.

* The average four year-old child asks over four hundred questions a day.

* Dolphins have names for each other and can call out for each other specifically.

* A Blue Whale's heart is the size of a VW Beetle and large

enough that you could swim through it's arteries.

* Half of all humans who have ever lived have died from malaria.

* A mouse can fit through a hole the size of a ballpoint pen.

* Michael Jordan makes more money from Nike annually than all of the Nike factory workers in Malaysia combined.

* More people in the world currently suffer from obesity than from hunger.

* Of all the people in history that have reached 65 years of

age, half of them are living right now.

* Jousting is the official sport

of the state of Maryland in the USA

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STEVE'S RANT

Word and phrases abuse

When I was very little I remember a word which cropped up in adult conversation repeatedly. The word was 'terenate'. I did not know what it meant for many years and then it dawned on me that it was not a word but a phrase. "At any rate". A phrase used to maintain ones flow of words in order to keep the conversation yours or to change the subject. Politicians have many of these which they use to fill in their allotted time on the floor of the Parliament. Such as:
 "The bottom line is " BLAH BLAH
 "Let me just say" BLAH BLAH
 "At the end of the day" BLAH BLAH
 "Moving forward" BLAH BLAH
 "At this time" BLAH BLAH
 Mr. Speaker (ad nauseum) and stuff about chickens coming home to roost or birds in the hand.
 When you hear this in a person's conversation you know quite well this person has very little to say or is bereft of the vocabulary to announce their point.
 We of the proletariat when confronted with the problem of lack of words, have this amazing array of foul language with which to punctuate or emphasize what we are trying to say. Listen to conversations and just see how many clichés you can detect. The more

clichés, the more boring the talk.

There are times when a cliché is very appropriate such as when Winston Churchill was told by a lady member of the British Parliament that his fly was undone – replied "never fear My Lady – dead birds don't fall out of the nest".

When a person wishes to avoid answering a question there are wonderful vague clichés and words which we can use i.e.,

Sir when are you going to pay your bill?
Oh directly old boy.
or

Answer the question with a question.

Sir when are you going to pay your bill?

How do you think I can manage that when I have just divorced my wife?

or

So what do you think of that?

Interesting or problematic?

And then of course we must consider the American's use of euphemisms:-

Collateral damage. (Civilian casualties.)

Treat with extreme prejudice. (Assassinate.)

Our left wing politicians are experts in using vague motherhood statements i.e.,

Social equality – (rob the rich to pay the poor.)

Gender equality – (make homosexual studies compulsory in primary schools.)

Public Sector (Labor voters)



Small business (non Labor voters)

Equality of Opportunity – (dumbing down the population and making everyone dependant on government handouts)

Then there were the great Communist terms:-
 Capitalist running dogs.
 Recidivist cur.
 Trotskyite Revisionist.

Feel free to use these on whoever you like. They have a great ring to them and will make you feel good especially if you add a little spittle to accompany your outburst.

So what do we make of all this? Be on your guard, whenever you hear or read non-specific terminology, generalisations which sound good but never really mean nothing much more than the bias of that person. Catch phrases which might be currently popular but mean nothing and language which is nonsensical.

Examples:-

* Mission statements of more than one sentence.

* Policy papers produced by the education bureaucracy or any bureaucracy for that matter, and local council determinations.

health system, which let them down the day of Stephen's stroke, right through to the NDIS.

We've all been aware of the robo-debt recovery process and the way in which Centrelink has been gutted by this Government. I stand by Centrelink staff. I know they are doing it tough in difficult circumstances, but what happened to Tracy Ward was a disgrace. Centrelink is understaffed and under resourced. It's clear that the Government's cutting of 1,280 jobs from Human Services is leading to shocking Centrelink errors.

The Hon. Joel Fitzgibbon, Member for Hunter

Check on your mates

We have just finished the annual Men's Health Week. Very recently the world lost Anthony Bourdain to suicide. My request is for you to

Sadly this all reflects on the infiltration into our education systems of the revisionist running dog intellectual class. (couldn't help myself there.)

When are we going to purge the system and how best to do it?

Finally there are the weasel words. Here I leave you with an experts examples:

Top 20 Corporate Weasel Words By Geoffrey James.

You won't learn about these common corporate phrases in business school, but they're required reading if you want to navigate the corporate world.

In the past, I've written about the dangers of biz-blab, clichés, and jargon. However, I've yet to write about "weasel words"-- phrases that allow a boss or employee to say one thing and yet mean something entirely different.

The ability to identify and understand weasel words is a crucial business skill because without it you're in constant danger of having the proverbial wool pulled over your eyes.

With that in mind, here is the real meaning of the 20 most common weasel terms and phrases.

1. "I'm sorry if I offended

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. The same swindle the banks

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you."

Translation: "You are being oversensitive about what I did or said, and now I want you to shut up about it."

2. "My hands are tied."

Translation: "I could have worked this issue for you but in the larger scheme of what I need to get done, it simply wasn't all that important to me."

3. "Our non-GAAP earnings are..."

Translation: "We are creating a tarted-up version of our horrible financial situation in the hope that investors and reporters are dumb enough to swallow it."

4. "That being said ... "

Translation: "Now that I have provided a straw man characterization of your position, I will explain why that position is short-sighted and stupid."

5. "There is no truth to that rumour."

Translation: "The rumour is true."

6. "This is a development opportunity."

Translation: "I don't want to pay you extra to take on some donkey-work that's outside of your job description, so I'm sugar-coating it as a career move."

7. "This is a salaried position."

Translation: "You will be pressured and expected to work many hours of unpaid overtime."

8. "This position is an unpaid internship."

Translation: "We think you are dumb enough to work for free in order to gain experience that you won't be able to use in the paying job you won't be offered."

9. "We adhere to the highest ethical standards."

Translation: "Within six months our entire management team will be indicted for fraud."

10. "We are an equal opportunity employer."

Translation: "We hire Asian men as well as Caucasian men."

11. "We believe in protecting the environment."

Translation: "We have outsourced our manufacturing jobs to countries where state control of the media will keep massive pollution from becoming public knowledge."

12. "We empower our employees."

Translation: "We foist the responsibility (but not authority) down the management chain."

13. "We encourage work-life balance."

Translation: "You will be

personal to pretend you have a personal life despite working 80 hours a week."

14. "We are rightsizing in order to better meet market needs and put our company in better alignment with industry norms."

Translation: "You're fired."

15. "With respect ..."

Translation: "What you just said was stupid, and I will now correct you."

16. "With all due respect ..."

Translation: "What you just said was incredibly stupid and I will now correct you."

17. "With the greatest possible respect ..."

Translation: "What you just said is so insanely stupid that I can barely believe that you actually said it, and I will now attempt to correct you, even though I think you're a complete idiot."

18. "You are near the top of your salary grade."

Translation: "We have created arbitrary categories to provide a plausible reason for giving long-time employees the most miniscule raise possible."

19. "Your participation is voluntary."

Translation: "Your participation is mandatory."

20. "Your comments will be held in strict confidence."

Translation: "Your comments can and will be used against you during your next review."

I will rant again in the fullness of time, but its early days and I will have to see what occurs as an inspiration. Have a nice day,

Cheers, Steve.



GOVERNMENT'S CENTRELINK DEBT RECOVERY DEBACLE HITS A NEW LOW

I have spoken out in Parliament over the Government's Centrelink debt recovery debacle. Specifically I spoke about Denman resident Tracy Ward, who a fortnight ago, arrived home to a letter from Centrelink seeking to recover \$39,581.13. The next day Tracy Ward attended Centrelink and was told there had been a case of mistaken identity and in fact, the alleged debt was owed by a resident by the same name in a different State. I praise Tracy Ward's cool and measured response to the letter. Tracy received that letter late in the afternoon after

returning from work. She had to sleep on that letter. Imagine if someone less tough or less calm than Tracy Ward had received that letter. I can only imagine what the ramifications could have been. I shed light on the Hunter local's display of resilience in challenging circumstances following her husband Stephen's stroke.

Tracy has been an energetic contributor to her local community. That didn't change when family life grew busier and it didn't change when Stephen suffered his terrible stroke. She has had the tenacity to negotiate every hurdle of bureaucracy which has been placed in her path from Centrelink and the

Emergency Phone Numbers

Dial 000		Police		Electricity	
FOR FIRE, POLICE AND AMBULANCE ANY TIME, DAY OR NIGHT FOR 24-HOUR SERVICE		Branxton..... 4938 1244		Energy	
It's a free call. Just tell the operator what you need-fire, police or ambulance. Then wait to be connected.		Lochinvar..... 4930 7209		Australia..... 131 388	
When reporting an emergency by calling 000, the telephone number & address you are calling from may be given to the emergency service so they can respond quickly. If you don't want the telephone number or address details passed on, you must call the emergency service direct.		Ambulance 131 233		Hospitals	
ALL CALLS TO 000 ARE VOICE RECORDED		NSW Fire Brigade		Maitland..... 4939 2000	
		Branxton..... 4938 3396		Cessnock... 4991 0555	
		Rural Fire Brigades		Singleton... 6572 2799	
		Belford..... 6574 7149		SES132 500	
		Broke..... 6579 1491		Crime Stoppers	
		Greta..... 4015 0000		1800 333 000	
		Bishops Bdg 4015 0000		Poisons Info 131 126	
		Nth R'bury... 4015 0000		Hunter Water	
		Rothbury.... 4015 0000		1300 657 000	
		Pokolbin.... 4015 0000		Ausgrid 131 388	
		Bishops Bdg 4015 0000		Gas Emergencies .131 909	
		Nth R'bury... 4015 0000		Lifeline.....131 114	
		Rothbury.... 4015 0000		Mental Health Line	
		Pokolbin.... 4015 0000		1800 011 511	
		Rothbury.... 4991 1733		Domestic Violence Support	
		Scotts		4990 9609	
		Flat..... 6575 1200		Centrelink Self Service	
		Central		136 240	
		(Cessnock)... 4015 0000		Medicare 132 011	
				Native Animal Rescue	
				0418 628 483	



or coffee if you prefer. Finishing with slices/tea/coffee. Raffle/Lucky Door prizes. Guest Speaker. 10.00am for 10.30am. Very good value. We would happily welcome anyone interested in helping to raise money to help others in need, or assist in any other ways, and also making new friends. Should anyone be interested in joining Branxton/Greta CWA, or like any information, or attending any of our functions, please contact our Secretary, Marie Shearer on 0402015850 or email branxtongre-tacwa@hotmail.com

Denise McGoldrick
Publicity Officer.

CWA NEWS
members are busy preparing for the All-in-One Day on Tuesday, 3rd July at the Branxton Community Hall which is fast approaching. The day encompasses our Birthday, Handicraft, Cultural, International (Poland) and Agricultural. It will be a hot lunch - \$15.00, which will start off with the usual homemade soups (made by Marie and Noeleen) on arrival and tea

Does your community group need some help in the Garden? Enter the Garden Organics Garden Blitz 2018



Community groups, schools and preschools are being encouraged to apply for a garden makeover as the Garden Organics Garden Blitz 2018 opens. The Blitz will see one lucky garden get a complete overhaul. The Garden Organics team will be making a visit to your site for the day with everything on hand to help get your garden flourishing. They'll be doing up a fantastic landscape design, supplying plants, compost and mulch produced from your Garden Organics kerbside collection. The ANL products used are processed for a minimum six months so there's no worry about weeds, seeds or chemicals. The best thing is the team will put in the hard yards and complete the project all in one day. Cessnock City Mayor, Councillor Bob Pynsent said it's a great opportunity for community groups to

get the magic touch of a green thumb. "It's easy! Briefly tell us about your project, be it a vegie garden, bush tucker or native garden to support local fauna, outdoor meeting area, landscaping around a new structure or a neglected area just needs some TLC. Complete the online application form and you're in the running!" Be sure to include three to five photos of your proposed site from different angles. Any drawings or plans you may have would also be useful. We'll also accept short video applications. Together lets complete the cycle from your garden organics bin to garden bed. Applications close 20 July 2018 and the successful candidates will be announced 10th August 2018. Read the criteria closely and apply now at www.yourorganicsbin.com.au/garden-blitz-2018/.



Husband Creche

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

Surviving Cold and Flu Season

By Belinda Doe. Herbalist, Nutritionist, Massage Practitioner

Your immune system is responsible for fighting off the foreign invaders that can make you sick. Needless to say, the best way to survive cold and flu season is to look after it! The following dietary, herbal, and lifestyle tips can help you do just that.

Dietary:

Nutritional deficiencies and poor dietary choices are a sure-fire way to reduce your immune function, leaving you vulnerable to illness.

Foods to include:

- Whole foods such as fruits, vegetables, wholegrains, nuts, seeds, and legumes
- Daily probiotics or fermented foods (sauerkraut, yogurt, kefir, kimchi, tempeh, miso, kombucha), as good gut health is essential for immune function
- Bone broths provide many immune boosting nutrients. Consuming them daily and when you are ill is highly beneficial.
- Manuka honey for its immune boosting and anti-microbial properties
- Medicinal mushrooms (reishi, shiitake, mitaki, oyster, etc.), as these contain many immune boosting properties

2-3L pure water daily

Foods to reduce:

- fried foods
- refined and added sugars
- processed foods

excessive red meat consumption

These foods hinder good health and immune function, particularly sugar which has been found to reduce immune function by up to 75%!

Herbal:

Herbs are very useful for supporting immune function, and they also provide a range of healthful properties. Using them daily in cooking and in herbal teas is an easy way to reap their benefits. Include herbs such as astragalus, cayenne, clove, coriander, echinacea, elderberry, garlic, ginger, marjoram, peppermint, rosehip, rosemary, sage, thyme, and turmeric.

Lifestyle:

The number one suppressor of your immune system is stress. Others include smoking, excessive alcohol consumption, carrying excess weight, poor or inadequate sleep, and lack of physical activity. When your immune system is being suppressed it cannot fight off foreign invaders effectively, leaving you vulnerable to illness.

Cheers, Belinda



Site safety a top priority

Cessnock City Council is encouraging residents attending the Cessnock Waste Management Centre (CWMC) to follow the site rules to stay safe during their visit. Council designed the CWMC with safety in mind separating the heavy machinery from customer traffic flow and pedestrian activity. These upgrades have improved safety but there are still rules customers need to follow to make sure everyone on the site remains safe. Council's Environment and Waste Services Manager, Michael Alexander said it's as simple as making the right footwear choice. "One of the things we've noticed is a lot of people wearing shoes that expose their feet or are thinly soled like thongs. Wearing closed in shoes will reduce the likelihood of injury caused by stepping on a sharp item or dropping something." "Children and pets should stay inside the car. There's always a lot happening at an active waste site and visitors need to be aware at all times. Children and pets don't have the same level of awareness as adults and should remain safely inside the car." The other safety rules that customers need to follow at the CWMC include
 ☺ Sticking to the 10km/h speed limit
 ☺ No smoking on site
 Council also encourages residents to pop on some gloves to reduce the risk of getting a cut or blisters and would like to see people using correct lifting techniques when disposing heavy items.

To find out more about how to make a safe visit to the CWMC visit www.cessnock.nsw.gov.au/wastecentre.



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Bob Pynsent, Mayor Cessnock City Council

Behind the Mayors Desk

It is great to announce a new local competition that will see a local preschool, school or community groups garden get a makeover. The Garden Organics Garden Blitz 2018 is now open. The Blitz will see one lucky garden get a complete overhaul. The Garden Organics team will be making a visit to your site and spend the day transforming your garden. They will look after everything from landscape design, supplying plants plus they will be providing compost and mulch produced from your Garden Organics kerbside collection. The crew will put in the hard yards and complete the project all in one day.

It's easy to apply. Tell us a bit about your project, be it a veggie garden, bush tucker or native garden, outdoor meeting area, landscaping around a new structure or if a neglected area needs a green thumb. Applications close 20 July 2018. Read the criteria and apply at www.yourorganicsbin.com.au/garden-blitz-2018/.

Residents making a trip to the Cessnock Waste Management Centre (CWMC) are being encouraged to follow the site rules to stay safe during their visit. CWMC has been designed with safety in mind separating heavy machinery from customer traffic flow and pedestrian activity. These upgrades have improved safety but there are still rules customers need to follow. Very simple decisions like wearing the right footwear will reduce the likelihood of injury caused by stepping on a sharp item or dropping something. Children and pets should also stay inside the car. Council encourages residents to pop on gloves to reduce the risk of getting cuts or blisters and would like to see people using correct lifting techniques when disposing heavy items. To find out how to make a safe visit to the CWMC visit www.cessnock.nsw.gov.au/wastecentre.

Congratulations to Iain Riggs who was named a Member of the Order of Australia (AM) in recognition of his service to oenology as winemaker, to

the development of the Australian wine industry and promotion of the Hunter Region. I would also like to extend my sincerest congratulations to Margaret Albury on receiving an Order of Australia Medal (OAM) on this year's Queen's Birthday honours list. Margaret has made a valuable contribution to our community through her work as a volunteer with various organisations throughout the local government area.

NAIDOC Week 2018 celebrations started on Tuesday 12 June and run through until Wednesday 25 of July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The NAIDOC Week Art Trail will be a highlight. NAIDOC Week themed artworks will be on display at the Cessnock Regional Art Gallery, Hunter Valley Visitor Information Centre, Kurri Kurri and Cessnock Libraries, and Council Administration Building. This begins from 6 July.

The Barkuma's NAIDOC Family Fun Day is also planned to be a great day out, with bush tucker sausage sizzle, craft, stalls and lots of entertainment. To find out more visit www.cessnock.nsw.gov.au/community/events-ceremonies/naidoc.

I was also very pleased to hear the news that the 2018/19 NSW budget will include \$13.5 million to build a new police station in Cessnock. This is a fantastic result for our local police and the wider community as it will go a long way towards making the Cessnock LGA a safer place for everyone.

Congratulation Matthew Brandt from Rothbury who was awarded the only gold medal in the National Work Skills in the category of auto body repair.

Cheers, Bob



Member for Cessnock Clayton Barr MP

Raising the BARR OUR POLICE, A NEW STATION AND RECENT SUCSESSES

People, understandably, get really frustrated about the petty politics. I have seen plenty of it over the past 7 years and I have seen a reasonable share of it in the past 7 days following the announcement about a new Police Station. Can I say this, our collective political treatment of police and

other emergency services needs to be above the day to day politic. Hence, the announcement for a new Police Station at Cessnock shouldn't come as a surprise. It was the right thing to do. The current Police Minister had previously worked at Cessnock Police Station back in 1994-1996 and he knew better than most the conditions of that Station. There are many now claiming the announcement as a result of their own personal good work.

Congratulations to all of them – I wish I had met you along the way. But from where I sit it has been a collective and sustained effort including police, community, Council and politicians.

In recent months, the community will be pleased to know that we have had several major police operations to tackle unregistered and stolen motorbikes. The police have used a massive amount of information that had been fed into police by the community. Every motorbike starts and finishes a journey somewhere, and these various "somewheres" are what the police really need to know.

So my huge congratulations to the police and the community for making all of this possible. And no, we won't ever have streets free of the unregistered motorbikes, but I am sure that there are many who have been enjoying more peaceful nights recently. And we should continue the information flow to police, so that we can edge ever closer to peace and tranquillity in our streets.

WHEN SECRECY IS THE NEW NORM

During my 7 years in Parliament, I have been witness to an incredible level of secrecy and refusal to hand over Government documents. As one visiting politician from the US commented to me recently "you Aussies might think American politics is crazy, but across all parties, we would never allow these documents to be kept secret". It was a sobering comment.

I am repeatedly bashing my head against a brick wall in search of documents and business cases, for the sale of public assets and spending of public money, that I have started to accept secrecy as the norm. No, it shouldn't be, and it frustrates me to no end, but the Government has refused -refused-refused to hand over documents, or make public documents on so many occasions. This led to an incredible scene in Parliament 2 weeks ago. The NSW Upper House had demanded presentation of certain documents related to the Stadiums splurge, the Powerhouse Museum and

child safety. The Government refused. Their senior Minister in the Upper House was going to be suspended for 35 days and quite frankly the people of NSW would have been entitled to think the worst, in relation to what was in the documents, if the Government continued to refuse. Literally, at the last minute, the Government agreed but said that it would take several days to get the information together (nonsense!). This is the tip of the iceberg in the secret state of NSW. It is my view that we have an approach to transparency that is more like the regimes of China and North Korea, than other more genuine democracies. Secrecy is a choice of the conscience.

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



Sue Moore, Mayor Singleton Council

It's been a whirlwind week heading to Canberra for the 2018 National General Assembly of Local Government, back to Sydney for a day of meetings and home for the Branxton Greta Business Chamber meeting on Monday. Add in the adoption of the 2018/2019 Singleton Operational Plan and it's a comprehensive snapshot of what local government really looks like.

I've had plenty of conversations with people from councils from across Australia and a common theme was having to do more with less – reinforcing the ever-growing importance of funding opportunities from other sources to deliver the range of services and infrastructure to support vibrant and prosperous communities. Residents of the Singleton LGA tell us they want a diverse local economy and all the modern services they need without having to

sacrifice the country lifestyle they covet.

But we also know our community expects sensible financial management from their local Council. That means making difficult decisions and putting some projects on hold until we can find other sources of funding.

Singleton's 2018/2019 Operational Plan sets out an \$86.9million operational budget, including \$31.45million in capital works. Actions include the development of a future plan for Singleton in the areas of the arts, culture and recreation; condition assessments on all critical road, drainage, building, open space and transportation assets; commission of a new animal shelter; and the ongoing commitment to reviewing the efficiency of our services.

The document also reaffirms Council's commitment to continue to advocate for the needs of the Singleton Local Government Area to other levels of government in order to deliver more. With reports the "bigger-than-expected" \$3.9billion NSW Budget surplus announced last week was built partly on the back of mining royalties derived right here in our Local Government Area, I certainly hope we will see some of that money coming back to Singleton in the lead up to the March election.

Cheers, Sue



Cllr Melanie Dagg - Cessnock City Councillor - Ward C

Operational Plan Approved

Council recently endorsed its Operational Plan, which sets out our goals to be achieved over the next year, allowing us to continue to meet our objectives under the Delivery Program 2017-2020. After months of consultation, the approved plan will see Council continuing to invest in the community, this time to the tune of \$35M.

Cessnock and Kurri Kurri Libraries will continue to be supported, together with the Cessnock Performing Arts Centre and community and cultural programs receiving \$2.5 million. Recreation and community facilities will receive \$4.96 million in works, which includes \$45,000 for upgrades of Branxton Community Hall. \$1.3 million will be spent on

council-owned swimming pools and there will continue to be a roll-out of the newly designed LGA signage.

One of our main focuses is the improvement of local infrastructure, with some key projects to be carried out being \$6.85 million for road works on Frame Drive & Links Road, \$3.5 million for the Local and Regional Road Renewal Program and \$3.13 million for bridge construction and refurbishment.

Flood mitigation and drainage construction continues to be addressed with \$1.05 million allocated, \$522,000 of which is to be spent in Thomas Street in Branxton and Anvil Street and Whitburn Estate in Greta.

ALGA supports Cessnock Motion

I recently attended the National General Assembly of the Australian Local Government Association and moved a motion on our Council's behalf, which was successfully endorsed by the delegation. The motion related to short-term holiday letting (STHL) arrangements, such as through Air BnB, which have largely been unregulated until now.

Council pressed for the requirement of a DA submission for the use of a property as STHL, on the basis that it triggers specific requirements relating to flood and fire safety, public health, waste management, parking and traffic impacts, local amenity and disabled access, none of which are currently provided for. It is important to identify an appropriate level of regulatory intervention to manage the impacts of STHL without excessive regulation that could put the industry at risk, however its important to note that this type of accommodations are often rented out without the owners being present, which can result in the homes becoming 'party houses'.

Whilst Council doesn't wish to be a party pooper, it's important that local government has the means available to it to enforce appropriate levels of regulation which ensure the safety of STHL customers and the peace and happiness of the neighbouring community.

Congratulations to Queens Birthday Honours recipients

I'd like to finish by offering my sincere congratulations to Iain Riggs of Branxton and Margaret Albury of Cessnock, both of whom were acknowledged in the 2018 Queens Birthday Honours List for their contribution to industry, their community and the region. The awards are recognition of exemplary leadership and ongoing commitment to community and we are incredibly lucky

to have such dedicated people among us. Congratulations again. Cheers, Melanie



MICHAEL JOHNSEN MP Member for Upper Hunter

NOMINATIONS FOR HIDDEN TREASURES NOW OPEN

Nominations are now open for the 2018 NSW Hidden Treasures Honour Roll which recognises the outstanding efforts of women volunteers. There are countless women in the Upper Hunter electorate who dedicate their time to crucial community groups and charities such as emergency services, the arts, environment, social justice, education and sport organisation, and so many others within rural and regional communities. I encourage people to nominate friends, family members and colleagues who donate their time to improving our rural communities and neighbourhoods.

With a growing list of over 850 inductees, the Honour Roll has been a way to publicly thank rural women volunteers since 2010. The Honour Roll captures the inspirational stories and recognises the important and diverse roles women volunteers play within NSW rural communities. All rural women nominated will be included in the 2018 Hidden Treasures Honour Roll, which will be launched at the annual NSW Rural Women's Gathering being hosted by women from Merimbula on 19-21 October 2018. There are almost 1.7 million volunteers, who give more than 241 million hours of voluntary work to the NSW community.

It's extremely important that we celebrate the valuable work of volunteers, from the provision of everyday services to their assistance in times of emergency, volunteers are the bedrock of our rural communities. To nominate a Hidden Treasures volunteer, simply complete a nomination online or download a nomination form and share a few paragraphs about why your nominee is worthy. Please use the following link:-

<https://www.dpi.nsw.gov.au/about-us/rural-support/rural-womens-network/hidden-treasures>

For more information contact the Rural Women's Network on 02 6391 3612 or email rural.women@dpi.nsw.gov.au

Cheers, Michael



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Celebrating NAIDOC Week



Cessnock City Council is proud to have worked with the local community to present another fantastic program of events and activities for NAIDOC Week 2018 across the LGA, and everyone is invited to join in. NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and provides a great opportunity to recognise, enjoy and learn about these cultures in our local community.

The theme for this year's NAIDOC Week is 'Because Of Her We Can'. This theme celebrates the invaluable contributions that Aboriginal and Torres Strait Islander

women have made, and continue to make to our community, history and families. While celebrations are officially held from 8 to 15 July, the program in Cessnock kicked off a little earlier with a spectacular sold out matinee performance of Stolen by Jane Harrison on 12 June and will run through to 25 July. The NAIDOC Week Art Trail is a new addition to the program. The Cessnock Regional Art Gallery, Hunter Valley Visitor Information Centre, Kurri Kurri and Cessnock Libraries and Council's Administration Building will be displaying NAIDOC

Week themed art projects from 6 July to 12 August. Kiray Putjung Aboriginal Corporation NAIDOC Family Fun Day and Street Parade will be held at TAFE Park, Cessnock on 7 July and Barkuma's NAIDOC Family Fun Day will be hosted at a new venue on Old Maitland Road on 10 July. Both events are great days for the whole family with bundles of fun and entertainment. Cessnock City Mayor, Councillor Bob Pynsent encourages our local community to check out the program and join the NAIDOC Week festivities. "As always it is incredible to

see the fantastic range of activities that NAIDOC Week provides. It is great to see community involvement growing each year, this is an opportunity to have some fun, get involved, and learn about local Aboriginal and Torres Strait Islander culture." A copy of the program is available online at www.cessnock.nsw.gov.au/NAIDOC or pick up a copy from Council's admin building, Cessnock City Libraries or participating venues. Cessnock City Council would also like to acknowledge the support of Aboriginal Affairs NSW.

PHARMACY ADVISOR



Lee Grundy Pharmacist & proprietor of Branxton Pharmacy

Generic medicines vs. brand-name medicines

When getting a prescription filled, you

appears, it is protected by a patent for several years. The patent is designed to allow the company to make enough profits to recover the money it spent developing the medicine, or on buying the rights to market it.

While the medicine is covered by patent, other companies cannot sell a similar medicine containing the protected active ingredient.

After the patent expires, other companies are allowed to develop medicines based

the same active ingredient and dose, they will work in the same way.

Generic medicines can only be sold in Australia if they meet the same strict standards of quality, safety and effectiveness as the original. **Why are generic medicines often less expensive?**

Generic medicines cost less than brand-name medicines because the manufacturers have not spent money on research and development of the medicine, or buying the rights to sell it.

HEARD IT THROUGH the GRAPEVINE



with Jo Thomas, General Manager HVWTA



Lara Vella presenting from Kirrkton Park Hunter Valley

WEEKEND TODAY VISITS THE HUNTER VALLEY

Last Saturday over 2 million Australians woke up to the Hunter Valley in the comfort of their homes. Channel 9's Weekend Today visited the Hunter Valley with TV personality Lara Vella to forecast the weather live. They showcased the best of the Hunter Valley in the picturesque grounds of Kirrkton Park Hotel as part of the Hunter Valley Wine & Food Festival.

An initiative through Destination NSW to promote regional areas in partnership with Destination Sydney Surrounds North and Hunter Valley Wine & Tourism Association (HVWTA). Florence Rocca, Publicist at Destination NSW said 'This national broadcast will provide fantastic publicity for the Hunter Valley, and we're excited to work closely with the HVWTA on this activity'. Hunter Valley Wine & Tourism Association's General Manager Jo Thomas says 'this is a great opportunity to showcase the Hunter Valley and its epicurean delights to a huge national audience and

is timely in the leadup to the launch of a major destination marketing campaign. The HVWTA is a not-for-profit organisation working in partnership with local, state and national bodies that recognise, celebrate and grow the contribution our wine and tourism industries makes to the local economy. To become a partner of the Association, please contact us on 02 4990 0900 for a 2018/19 Partnership Prospectus.

GENERIC DRUGS



VS

BRANDED DRUGS



might have been asked whether you would prefer the generic alternative. Understanding the differences between generic and brand name medicines can help you make an informed choice. **Are generic medicines the same as brand-name medicines?**

In the way they work, yes. In other ways, maybe not. Every medicine has a brand name, which is given by the pharmaceutical company that markets the drug, and a generic name, the drug's 'active ingredient' that makes it work.

When a medicine with a new active ingredient first

on the active ingredient. These are known as 'generic' medicines. There may be several of them with different brand names, but the same active ingredient as the original. Generic medicines may be different from the brand name version in:

- shape, size and colour
- packaging
- 'inactive ingredients' that do not contribute to the treatment effect of the medicine

Are generic medicines as effective and safe as brand-name medicines?

Yes. Because they contain

What to consider when offered a generic medicine

- A generic medicine will cost you less than the original and will have the same effect as the original.
- You may choose not to switch to avoid confusion, especially if you take several different medicines.
- If you have allergies, you would want to check whether or not the generic medicine contains something you are allergic to.

If you have any questions about generic medicines, ask your doctor or pharmacist for more information.



For a healthy no-fuss dinner, try this simple one-pan salmon and broccoli bake

Ingredients

- 4 green shallots, trimmed, thinly sliced, plus extra, to serve
- 2 garlic cloves, crushed
- 1 long fresh red chilli, thinly sliced, plus extra, to serve
- 2 teaspoons finely grated fresh ginger
- 60ml (1/4 cup) soy sauce
- 2 tablespoons honey
- 1 teaspoon sesame oil
- 4 x 200g skinless salmon fillets
- 500g broccoli, cut into florets
- 1 tablespoon olive oil
- Steamed jasmine rice, to serve

Method

- Step 1
- Combine the shallot, garlic, chilli, ginger, soy sauce, honey and sesame oil in a large glass or ceramic dish. Add the salmon fillets and turn to coat. Set aside for 30 minutes to marinate.
- Step 2
- Meanwhile, preheat oven to 200C/ 180C fan forced. Line a baking tray

One-pan salmon and broccoli bake



with baking paper. Place the broccoli in a bowl, toss with olive oil and season. Place on the prepared tray and roast for 15 minutes.

Step 3

- Push the broccoli to the sides of the tray. Place the salmon fillets in the centre of the tray and drizzle with the marinade. Roast for a further 12-15 minutes or until the salmon is cooked through. Sprinkle with the extra green shallot and chilli. Serve with steamed rice.



Report

after a young girl was approached by a man at Muswellbrook this morning. About 7.45am (Friday 15 June 2018), a 12-year-old girl was walking through Glenbawn Place when she noticed a man standing

near a unit block. It appears the man followed her through Wollombi Road, Jersey Road and onto Dangar Road. The girl became concerned and pretended to yell out to someone.

The man jumped a fence and ran to the passenger seat of a waiting car in Wollombi Road. The car is described as being a blue/green coloured older model Commodore sedan with flaking paint and rust near the tyre well. The windows also had a dark tint.

Police attended and a canvass was conducted. Investigations are continuing.

Anyone with information is urged to contact Crime Stoppers on 1800 333 000. Meanwhile, the incident has again prompted police to encourage parents to discuss the 'Safe People, Safe Places' messages with their children, including: - Make sure your parents or another adult you know knows where you are at all times.

- Always walk straight home or to the place you are walking to. Walk near busier roads and streets, or use paths where there are lots of other people.

- Know where safe places are - a shop, service station, police station, library or school. If you are ever frightened, you should go to one of these places and ask them to call the police. - Learn about safe adults

you can look for and talk to if you need help - police officers, teachers at school, adults you know and trust.

- Don't talk to people you don't know and never get into a car with someone you don't know. If a car stops on the side of the road and you don't know the person inside, do not stop.

- If you are scared and can use a phone, call 000 and tell them you are scared.

- If someone tries to grab you, yell out, 'Go away, I don't know you'. This lets other people know you have been approached by someone you don't know.

NSW Police Force prepare to deliver Strike Force Parrabell findings

The NSW Police Force is appealing for victim families to make contact as they prepare to release findings next week of their review of investigations into historical deaths potentially motivated by gay-hate bias.

Strike Force Parrabell was established in 2015 to review 88 deaths that occurred between 1976 and 2000, which were highlighted by researchers as having potential gay-hate bias motivation, or connection with the Gay, Lesbian, Transgender, Bisexual, Intersex, and Queer (LGBTIQ) community.

The strike force operated under the command of the Corporate Sponsor for Sexuality, Gender Diversity, and Intersex, Assistant Commissioner Tony Crandell, and included nine specialist investigators, which include Gay and Lesbian Liaison Officers (GLLOs).

The review was also supported by the Homicide Squad's Unsolved Homicide Unit. In addition, Strike Force Parrabell has been further scrutinised by an independent academic review team from Flinders University.

The final Strike Force Parrabell report will also include a series of recommendations for the

NSW Police Force, which aim to continually strengthen its relationship with the LGBTI community.

It is anticipated the complete Strike Force Parrabell report will be publicly available today (27 June 2018).

Ahead of the release of the findings and recommendations, police are asking victim family members to contact the Strike Force Parrabell team if they would like to discuss the findings of the review into their loved one's death.

Further, to reduce the impact of emotional stress that may be caused by publication of individual cases, the Strike Force Parrabell team are appealing for victim families to make contact if they wish to discuss redactions for their loved one's case.

Victim families should call police on 131 444 and reference 'Parrabell' with their inquiry or request. An officer from the Strike Force Parrabell team will make contact as soon as possible.

Anyone who has information relevant to the investigations reviewed by Strike Force Parrabell can contact Crime Stoppers on 1800 333 000

Some sound advise

Protect your home

Home Security

Home should be a place where you and your family can enjoy safety and security.

Criminals are often opportunists, and will target homes with poor home security to steal belongings.

You can secure your home by taking a few simple steps which will significantly lower the risk of your home being the target of thieves.

Here are some simple steps we all

can take to help protect our home.

Secure your home

* Fit quality security doors, windows, locks, alarms, lighting and warning signs
* Secure all windows and doors.

* Activate your alarm, smoke detectors and security lighting.

* Lock your gates, sheds and garages.

Check your home

* Ensure your street number is clearly visible.

* Keep trees and shrubs trimmed to improve visibility around your home
* Lock away items such as ladders, tools and gardening equipment.

* Don't leave spare keys outside the home.

* Don't leave valuables, mobile devices or keys (home or vehicle) in clear view.

* Mark valuable property and record details.

When away from home

* Use a timer to activate an internal light or radio to give the impression someone is home.

* Have family, a trusted friend or neighbour check on your home. Inform them of your travel plans, park a vehicle in the driveway, collect the garbage bins and mail.

* Consider redirecting your mail, newspapers and deliveries.

* Never advertise your travel on social media sites

Cessnock Council puts energy into efficiency



An internal fund set up by Cessnock City Council to invest in energy efficient projects is proving to be a real success as the benefits start to flow.

The Revolving Energy Fund was set up in 2015 driven by staff keen to see Council improve and embrace more efficient technologies. The purpose of the fund was to establish an internal loan system for investing in energy efficiency. All the savings made from the investment are returned to the fund and can be re-invested into the next energy saving projects.

Cessnock City Council's General Manager Stephen Glen said the fund has seen Council undertake some fantastic projects including replacing fluorescent lights with LEDs.

"Very recently we undertook lighting retrofits

at the Kurri Kurri Library and in our Administration building. We also installed reflective blinds at the Cessnock Library. It cost \$36,800 to do the installation of the administration building."

"Since the installation of the LED lights in the administration building our monthly electricity bill has reduced by about \$1,000. These savings are being put straight back into the fund. We'll have covered the cost of the installation in three years if this rate of saving continues."

Council is now preparing to roll out new lighting at the Works Depot, the Hunter Valley Visitor Information Centre, Cessnock Aerodrome, Cessnock Performing Arts centre and Cessnock City Library. All of these are planned to be completed by the end of July 2018.



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- * Sample some produce, enjoy the store and what it has to offer.
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Come in and Enjoy - Lisa and Michael

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WITH

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

LAW REPORT

SHAW & BUNNER

LEGAL

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Australian superstar Rebel Wilson potentially to star in the High Court of Australia

For many Australians, the name Rebel Wilson is not only synonymous with the movie "Pitch Perfect" but also one of the countries most highly publicised defamation case. The trial gained a lot of public attention – for obvious reasons – which was only heightened following the record breaking damages award of over \$4 million at first instance. The media industry then rallied together and took the matter to the Court of Appeal where the damages award has been slashed. In the most recent development, Rebel Wilson has taken to 'Twitter' to announce the possibility of a High Court appeal. One thing that remained unchallenged is the 'defamatory aspect' of the case. The jury found the publications were

defamatory and that reports about her age and upbringing were untrue. It was found that Bauer knew of the falsity of what they were publishing and a 'take down' campaign against Rebel went unchallenged on appeal. What was in issue however was the damages awarded to Rebel. The award for non-economic loss, that is the humiliation caused by the publications, was initially awarded at \$650,000.00. On appeal, this was reduced to \$600,000.00. This wasn't overly significant however what was significant was the Courts decision to uphold the trial judge's ruling that the statutory cap on damages awarded for non-economic loss can exceed the cap where circumstances of aggravation are established. The other head of damages awarded related to loss of opportunity. Initially this was awarded at \$3.9 million dollars. The Court of Appeal reduced this to

zero. It highlights how difficult it is for a Plaintiff to establish a loss of opportunity claim in a defamation case. In Rebel's case, the Court of Appeal conducted a "real review" of the evidence on which the trial Judge came to the assessment of Rebels economic loss. They questioned and ultimately doubted the evidence as to Rebel's career trajectory, the "grapevine effect" of the articles in the USA and the veracity of Rebel's expert evidence. The reduction in damages was essentially based on issues in relation to Rebel's own evidence as opposed to any particular evidence of Bauer. Time will tell whether the superstar takes steps to challenge the decision in the High Court of Australia and it will be interesting to see how the tale pans out. No doubt if the matter proceeds to the High Court, it will be a show Rebel would rather she was not a part of.



On the PLATE

Welcome to this weeks 'Winter Selection' of what's best and fresh. We all seem to gravitate towards comfort food as the weather cools down. Potatoes of all the different vegetables we can choose from they are the one staple vegetable in winter. Varieties of potatoes such as Sebago, Dutch Creams, Kipler, Desiree, and chats are the most popular choice in many homes. There is an array of different kinds of potatoes; we have Purple Bliss & Royal Blue in store now. Why not try purple chips for the kids. The Sebago's are from a local farm at Kulnera, they are a perfect all-round potato and commonly used in baking, roasting, chips and mash. The white flesh is suitable for just about

anything.

High in starch, low in sugar and moisture, nutrients are high & virtually fat free. Always try to store your



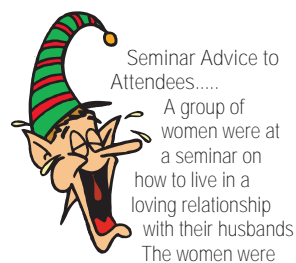
Royal Blue Potatoes

potatoes in a dry dark place; a cooler temperature is preferred but *not* in the fridge. Sweet potatoes are high in nutrients, have less carbs and more fibre than potatoes. They are also high in Vitamins A, B6 & C. Sweet potato can be used as a replacement to potatoes as a variation to your favourite

dish. Sweet potatoes and the different varieties follow the potato in being popular in many families. Oven roasted sweet potatoes are delicious. We have orange, white, purple and white and full purple. All with their distinct flavour; worth a try. Navel oranges, grown locally by Joe at Mangrove Mountain, are now in full season. This super sweet citrus are seedless, easy to peel and are considered the best tasting orange by many. High in Vitamin C they are great eating with low acid and helping boost your immune system. One

fresh orange is all you need for your daily vitamin C requirement. Valencia oranges are slightly juicier than the navels, both are sweet and good for you.

Fresh is best
Michael



Seminar Advice to Attendees....
A group of women were at a seminar on how to live in a loving relationship with their husbands. The women were asked, "How many of you love your husband?" All the women raised their hands. Then they were asked, "When was the last time you told your husband you loved him?" Some women answered today, a few yesterday, and some couldn't remember. The women were then told to take out their cell phones and text their husband - "I love you, Sweetheart." Next the women were instructed to exchange phones with one another and read aloud the text message they received in response to their message. Below are 12 hilarious replies. If you have been married for quite a while, you understand that these replies are a sign of true love. Who else would reply in such a succinct and honest way?
1. Who the hell is this?
2. Eh, mother of my children, are you sick or what?
3. Yeah, and I love you too. What's wrong?
4. What now? Did you wreck the car again?
5. I don't understand what you mean.
6. What the hell did you do now?
7. Don't beat about the bush, just tell me how much you need.
8. Am I dreaming?
9. If you don't tell me who this message is actually for, someone will die.
10. I thought we agreed you wouldn't drink during the day. (My personal favourite!)
11. Your mother is coming to stay with us, isn't she?



Vacancy Rate Survey Results May 2018

REINSW

Region	May 2018	Apr 2018	Mar 2018	Feb 2018	Jan 2018	Dec 2017	Nov 2017	Oct 2017	Sep 2017	Aug 2017	Jul 2017	Jun 2017	May 2017	Apr 2017	Mar 2017	Feb 2017	Jan 2017	Dec 2016	Nov 2016	Oct 2016	Sep 2016	Aug 2016	Jul 2016	Jun 2016	May 2016	Apr 2016	Mar 2016	Feb 2016	Jan 2016	Dec 2015	Nov 2015	Oct 2015	Sep 2015	Aug 2015	Jul 2015	Jun 2015	May 2015	Apr 2015	Mar 2015	Feb 2015	Jan 2015	Dec 2014	Nov 2014	Oct 2014	Sep 2014	Aug 2014	Jul 2014	Jun 2014	May 2014	Apr 2014	Mar 2014	Feb 2014	Jan 2014	Dec 2013	Nov 2013	Oct 2013	Sep 2013	Aug 2013	Jul 2013	Jun 2013	May 2013	Apr 2013	Mar 2013	Feb 2013	Jan 2013	Dec 2012	Nov 2012	Oct 2012	Sep 2012	Aug 2012	Jul 2012	Jun 2012	May 2012	Apr 2012	Mar 2012	Feb 2012	Jan 2012	Dec 2011	Nov 2011	Oct 2011	Sep 2011	Aug 2011	Jul 2011	Jun 2011	May 2011	Apr 2011	Mar 2011	Feb 2011	Jan 2011	Dec 2010	Nov 2010	Oct 2010	Sep 2010	Aug 2010	Jul 2010	Jun 2010	May 2010	Apr 2010	Mar 2010	Feb 2010	Jan 2010	Dec 2009	Nov 2009	Oct 2009	Sep 2009	Aug 2009	Jul 2009	Jun 2009	May 2009	Apr 2009	Mar 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Gemma Bunner of Shaw & Bunner Legal Retains Accredited Specialist Status for 7th Year

Branxton based solicitor, Gemma Bunner, has recently retained her Accredited Specialist status with the Law Society of NSW in Personal Injury Law for the seventh year.



retains their accreditation year on year their clients know the value of the advice they receive." Gemma Bunner is one of only a small number of Personal Injury Accredited Specialists based in the Hunter Valley. Ms Bunner said of the accreditation: *"I am proud to be retaining my Specialist Accreditation going into my seventh year and I am excited to be able to offer this level of expertise locally to clients of the Hunter Valley".* For more information on Specialist Accreditation visit www.lawsociety.com.au/specialists If you have a personal injury enquiry or matter you need advice on, you can contact Shaw & Bunner Legal on (02) 4046 1805 for an obligation free discussion with NO WIN – NO FEE arrangements available.

Photo: Gemma Bunner

Accreditation is a structured peer to peer assessment process enabling legal practitioners to be recognised for their expertise. Each year the Law Society runs the accreditation program for a select number of areas of law. The program consists of meticulous assessments on both legal knowledge and its application in practice. For accreditation to be conferred the candidate must pass all assessments. To retain their accreditation specialists must demonstrate their commitment to their accreditation through their

work and by undertaking additional professional development in their area of accreditation. Specialist Accreditation Chair, Richard Harvey, said: *"Specialist Accreditation is held by less than 6% of the profession here in New South Wales. We are proud that Specialist Accreditation is such a rigorous process and getting accredited is just the start. When a specialist*

retaining my Specialist Accreditation going into my

FROM PREVIOUS PAGE

How much deposit do I need to buy my first home?

..... \$17,000 for residential buyers. "Different lenders negotiate different LMI premiums and it can be worthwhile to shop around. A mortgage broker can help with this," Tindall says.

Is a first-home buyer better off saving for a bigger deposit?

Of course, in today's rapidly changing markets, waiting a few extra months to save additional money to avoid paying mortgage insurance might mean that the properties in your price range increase in value by much more than the cost of the insurance.

Mortgage broker and Port Finance Group director Anthony McDonald says you should factor those increases in when making your decision about when and how much to borrow.

"Sometimes it's better for the customer to go into a property and pay that insurance, knowing that by the time they try and save that money to avoid paying the mortgage insurance, the market's moved another 10% or 12% and they're actually behind even further," he says. Depending on which state you're buying in and the price of the home you're purchasing, first-home buyer concessions can shave off many of the extra costs normally associated with buying a home.

Support given to drought affected Hunter farmers

Parliamentary Secretary for the Hunter Scot MacDonald MLC has welcomed the announcement by the Premier, Deputy Premier and Minister for Primary Industries of an additional \$284 million in the NSW 2018 Budget to assist drought affected farmers, including those in the Hunter. This brings the total drought relief package by the NSW Liberal National Government to over half a billion dollars. The drought-relief package announced today includes:

- An additional \$250 million in the Farm Innovation Fund, which provides farmers with low-interest loans of up to \$250,000 to improve farm infrastructure and help farmers prepare for and deal with drought;
- New one-off loans of \$50,000 as part of the Farm Innovation Fund that will be interest-free for seven years, to allow producers to bring in fodder and grain or install key water infrastructure.
- New criteria in the

- Farm Innovation Fund which allows farmers to use the loans to "bio-bank" the genetics of their herd that would otherwise be lost during de-stocking;
- A new kangaroo management plan to reduce kangaroo numbers in drought-hit areas, including:
 - o Removing the need for landholders to physically tag culled kangaroos;
 - o Removing the 'shoot and let lie' conditions;

CONT PAGE 13

Whatever you want to do in later life, start thinking about it now.

Australian Government

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Whatever you're looking forward to, whether it's to keep working, change jobs, start a new business, or just keep healthy, active and connected - the government has programs to assist you.

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4 Tonne Load \$460
1 Tonne Load \$120

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East Branxton



OPEN HOUSE Sat 30th June at 11am
78 Yates Street, 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

Branxton



One for the Handyman

The bones are good ~ just needs to be tidied up. Three good sized bedrooms, sep lounge, eat-in kitchen opening onto back decking. Good sized block.

ASKING \$299,000 Neg

Branxton

Beautiful old home with many special features of a by gone era. Features include polished Floors, high ceilings, 2 large bedrooms with builtins, separate dining, modern kitchen with dishwasher, spacious lounge room with split air con, large entertainment area at rear & free standing double garage. All this on a low maintenance fully fenced block.

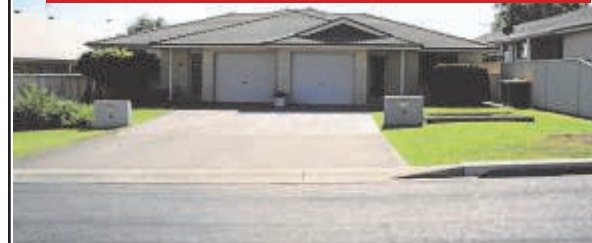
PRICE: \$370,000



OPEN HOUSE Sat 30th June at 11:30am
18 Station St BRANXTON

East Branxton

OPEN HOUSE Sat 30th June at 10:30am
74 Yates Street, EAST BRANXTON

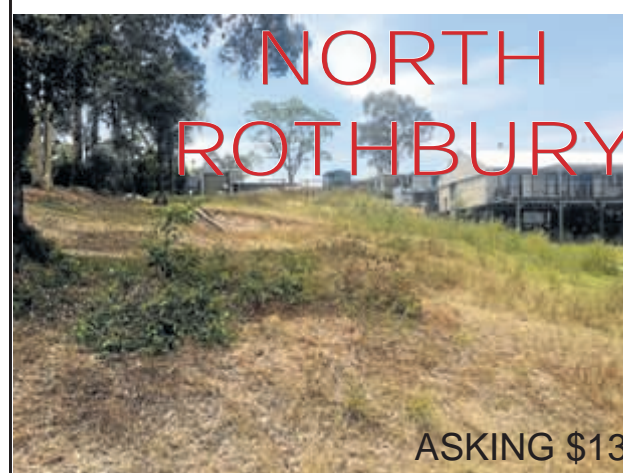


Three bedroom Duplex with large backyard.

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



NORTH ROTHBURY

Vacant Land 809m²

Vacant Building Block
Fantastic visage

ASKING \$130,000 ONO

NORTH ROTHBURY



Lots 521, 523 & 524
Littlewood Road,
Vacant blocks

4ha (10 acres) very private bush blocks.
Fully Fenced & within minutes to Hunter Wine Country

ASKING: \$420,000 each

Glendon Brook

(Lot 61 DP 1100235)
6.217HA

Features include:-

15Acres approx divided into 2 paddocks. Double frontage to Webbers Creek (permanent water supply). 90% flat country. Bitumen to front gate. Weekly rubbish service. 20 min to Singleton & Branxton & 15 min to Gresford. 800mm annual rainfall. Fully fenced 2 paddocks + barn area. 20% Kikuyu & 80% native grasses (paspalum, rye, couch etc.). 13.5m x 10.5m 'American Barn' with 3 equal 3.5m bays & a 3m x 10.5m workshop. 3xphase 100amp/phase underground power from front gate to barn. Barn has ample 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

Another successful Business Chamber breakfast

LAST Monday morning 43 members & guests of the Branxton Greta Business Chamber gathered at the RSL Hall in Branxton for a breakfast meeting. Apart from a wonderfully prepared breakfast members & guests were treated to a presentation given by Steve Wait who is the Chief Operations Officer for the Business Connect Centre based in Newcastle.

Steve said that the Business Centre encourages all individuals to explore and develop their business ideas. He said their strength is in the face to face delivery of support from their qualified,

accomplished and genuine team of Business Advisors, Trainers and Mentors.

Steve went on to say that their team has curated a range of business advisory programs, accelerators, incubators, workshops, accredited and unaccredited training courses.

“They are all about empowering business Intenders, Start-Ups, Scale-Ups and Exiters to achieve their goals,” said Steve.

“Our services are offered across the Central Coast, Lake Macquarie, Newcastle, Hunter, Upper Hunter and Mid Coast.



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



Members and guests enjoying breakfast



Singleton Mayor Sue Moore was a guest at the breakfast as was Cessnock Mayor Bob Pynsent

FROM PAGE 11 Support given to drought affected Hunter farmers

- o Expanding the commercial harvest zone for kangaroos in the South East of NSW;
 - o Enabling more shooters to operate under each licence
 - o Connecting landholders with commercial harvesters.
 - More than \$4 million in mental health support specifically targeting drought-affected communities including:
 - o Support for the Centre for Rural and Remote Mental Health, including continued funding for 13 statewide co-ordinators to link rural people to the help they need.
 - o Additional counselling support through funding for the National Association for Loss and Grief, a Dubbo-based NGO.
- "It is important farmers don't self-assess their eligibility," Mr MacDonald said. "They should talk to their Local Land Services or Rural Assistance Authority. RAA can be contacted on 1800 678 593 or website www.raa.nsw.gov.au. Hunter LLS can be contacted (02) 4930 1030 and www.hunter.lls.nsw.gov.au."



Steve Wait, Chief Operations Officer for the Business Connect Centre based in Newcastle, giving his presentation to the local Business Chamber.

FREE ANXIETY DISORDERS SUPPORT GROUPS

<p>Branxton 3rd THURSDAY of the month Branxton Community Hall, 35 Bowen Street 10am</p>	<p>Cessnock Last MONDAY of the month Cessnock PCYC, 1 B Short Street 10am</p>
<p>Rutherford 1st FRIDAY of the month Maitland City Corps Church, Bunning Avenue 10am</p>	<p>Singleton 3rd TUESDAY of the month Generate Church, 3 Campbell Street 10am</p>

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

Wonderful initiative by Singleton Library

From 3D printers to virtual reality, Singleton Library is encouraging people of all ages to embrace new and emerging technology with a collection of a different kind to inspire creativity, exploration and discovery.

Singleton LABrary will be officially launched on Friday 29 June 2018, when the Library will throw open the doors to the future, unveiling 3D printers, a laser cutter and engraver, virtual reality, green screen, audio and visual equipment, animation software and a range of coding and robotics technology.

Mayor of Singleton, Cr Sue Moore said it was another example of how Singleton was not only at the forefront of emerging library services, but meeting the needs and expectations of the modern community.

The LABrary has been made possible by funding from the State Library of NSW, Public Library Infrastructure Grants.

“The LABrary is designed to be a space for people to experience a whole range of new and emerging technologies to be creative, to learn and to socialise,” Cr Moore said.

“People can come together to invent and tinker with equipment such as virtual reality, coding and robotics that they might not get to use otherwise. “And the best part is it doesn’t matter how old you are. This equipment may help prepare our younger people for jobs that don’t exist yet, or inspire older people to reimagine the future. The possibilities are endless.”

Library staff have been busy setting up the equipment to be available to the community as part of the Library’s regular programs.

“Most of us have only heard about this kind of technology in the realms of science fiction, so this is an exciting opportunity not to only see it in action but to have a go,” Cr Moore said.

“I’m looking forward to seeing as many people as possible at the launch, and to keep coming back to use the equipment.”

The LABrary launch will be held on Friday 29 June from 11am to 1pm. All are welcome to attend.

WANTED

Croquet players wanted to join friendly, established club at 8 John Rose Avenue, Branxton.

Come and try for free, no experience or equipment needed. You'll have lots of fun! Phone Carole on **0249387234** or call at grounds between 9am and 12am on Tuesday or Saturday.

WANTED

RESIDENTIAL PROPERTIES TO LEASE

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

BRANXTON & VINEYARDS REAL ESTATE
P: 4938 3300

“Branxton Gardens” Senior Living, Branxton

Recent sales

SOLD
UNIT 2

SOLD
UNIT 10

SOLD
UNIT 12

SOLD
UNIT 18



	4/03/2018	8/04/2018	27/05/2018	Leader Board	Total(pts)
Rob Beckett	61	57.9	40.1		159
Scott Beckett	61	251	34.9		346.9
Glenn Beckett	83.4	98.25			181.65
Brad Dorn	33.2				33.2
Joel Platt	62.5		95.5		158
Dan Adam	50.2		28.9		79.1
Beck Dougherty	51.75	48.2			99.95
Tyson Nevin		34			34
Steve Nevin		48.25	74.6		122.85
Tracey Miller		52	38.7		90.7
Mick Edwards		53.9	35.4		89.3
Kye Barnes		30			30
Dominic Platt		49.7			49.7
Anthony Fields		41.5	32.5		74
Skye Adam		44			44
Kerriann Dries		18			18
Jeff Nevin		21.8			21.8
Logan Dever		14			14
Mark Dever		44.5	58.7		103.2
Jake Mason			12.5		12.5
Zac Mason			13.95		13.95
Greg Mason			15		15
David Hodges			38		38
Aaron Holz			25		25
Tom Fields			39.9		39.9
Jack Hill			31.5		31.5
Lorry Fields			21.7		21.7
Troy Fields			125.2		125.2
Orey Dorn			26.6		26.6
Judy Masters			38.8		38.8
Jason Salna			24.4		24.4

Leaders in each fish category

FISH	FISHERMAN	WEIGHT (KG)	WEIGH IN DATE
Snapper	Rob Beckett	1.85	4-Mar
Tailor	Mick Edwards	1.05	4-Apr
Whiting	Glen Beckett	0.27	4-Mar
Flathead	Brad Dorn	2.22	4-Mar
Nannygai	Dan Adam	0.33	4-Mar
Bream	Aaron Holz/Steve Nevin	0.69	27-May
Tarwhine	Troy Fields	0.45	27-May
Leather Jacket	Tyson Nevin	0.745	4-Apr
Morwong	Steve Nevin	0.505	4-Apr
Mulloway	Scott Beckett	19.95	4-Apr
Salmon	Joel Platt	1.72	27-May



Nevo with 1 of his 4 catch and release Jewies



Kerriann Dries with her haul of fish off Forster

May Madness at Sandbar
The weekend of 25/26/27th May saw a big group of members head up to Sandbar to chance their arms at the Winter Bream. The record for the amount of members to weigh in got smashed out of the park. The beach appeared to be perfect with beautiful deep gutters but the sweeping current made it nearly impossible to hold bottom.

The North end of the beach was the only real hope to bag a few decent fish and it was a constant race to get a spot. Overall highest point's scorer for the weekend Troy Fields (125.2 points) ended up with 10 Bream, 1 Tarwhine, 1 Salmon, and a Whiting. Joel Platt finished not far behind on 95.5 with 6 Tailor, a Whiting and a Salmon. Biggest Bream for the weekend was shared between Club Secretary Steve "Bodgie" Nevin and Aaron Holz with identical fish 0.69kg. Tom Fields scored highest for the Juniors with 39.9 points (4 Bream and a Whiting), and Judy Masters scored highest for the Women (38.8, 2 Bream and a Tailor)

The next outing will be Harrington 6/7/8th July. Our last club meeting was held Sunday 3rdth June. Finchy provided out the back after the raffles. Once again a big thanks to Mick Finch and the gang at the Tatts for their loyal support of The Fishing Club and also BCF Rutherford who have donated a lot of prizes and discounts for the club over the past 2 years. Make sure for all your fishing needs BCF Rutherford is your number 1 choice!

New members are still welcome for \$30 adult and \$50 family, just see the staff at the Tatts to sign you up. Any questions or enquiries please feel free to email Steven.nevin@coalandallied.com.au or call Nevo on 0457547478.

June Long Weekend Fishing Report



Aaron "The Hulk" Holz with his winning Bream as Joel Platt looks on in admiration.

The Weigh in for the Tatts hotel fishing club was down on numbers over the June Long Weekend due to the wet weather but some keen anglers braved the rain and still recorded some good catches. Mark Dever Fished the "Gibber to Gibber" comp and recorded 133 points for the fishing club with 16 tailor 1 bream and a

1.26kg Drummer. Beck Dougherty continued her dominance and regained the lead in the women's division by recording a Flathead and a Bream. She overtook Tracey Miller but has Kerriann Dries gaining momentum after a 110.2 point haul of Trag, Flounder and Flathead off Forster. She was also engaged in the fight of a lifetime when a migrating Whale got caught up in her line (unfortunately she was unable to turn it J). Tyson Nevin took the lead in the

Junior division with a few Flathead caught under the guidance of old Seadogs Orey & Brad Dorn and The Lucky Kingfisher himself Steve Nevin. Other fish logged for their boat "The Rubber Ducky" were Squire, Bream and more Flathead. The next trip is 6/7/8th July and it will be Harrington. A number of members have booked a house together and others are talking about staying in the Caravan Park. There will be a 10am weigh in at Harrington for anyone who cannot make it back to Greta Sunday 8th. Address is 31 Crowdy Street Harrington. This is where 10 members have booked the house for the weekend. The midyear fishing club raffle

will also be drawn Sunday 8th after the weigh-in at the Tatts. Anyone interested in tickets should call into the Tatts and get some tickets for \$1 each for your chance to win some great fishing gear donated by BCF. Any questions or enquiries please feel free to email Steven.nevin@coalandallied.com.au or call Nevo on 0457547478.

Fresh into the Greta Museum in High St.

Rainbow lollipops - 80c or \$1.60

Come in and try one!

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

STANHOPE HANDYMAN SERVICES

Branxton and surrounding areas

I'll consider any job and will tell you if I can't do the work!

- ✓ Broad experience
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- ✓ Small construction work
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- ✓ Renovations, painting and decorating
- ✓ Landscaping, paths, steps, pergolas, arbours, gardens, fire pits etc.
- ✓ 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

TAX RETURNS From \$99

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- After Hour Appointments Available

PH 49387023

Email: prestonaccounting@bigpond.com

ADDRESS: 59 Florence St Greta 2334

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

MILLER PARK

MEMBERS BADGE DRAW

Thursday 28th JUNE

\$2,100

Sunday 8th JUNE

\$5,000

Must be present to win

RAFFLES

Friday 6.00pm

Sunday 6.00pm

MEAT TRAYS

ENTERTAINMENT

FRIDAY 29th JUNE

2STUFD2JUMP

FRIDAY 6th JULY

THE HOPS

MEMBER'S BADGE DRAW

WEDNESDAY

27th JUNE - \$2,600

SUNDAY

8th JULY - \$1,700

Must be present to win

HAPPY HOUR

MILLER PARK WEDNESDAY
4.00 – 7.00pm

GRETA THURSDAY
4.00 – 6.00pm

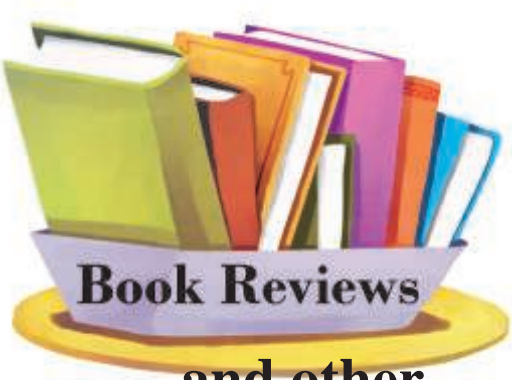
\$3.60 a Schooner

BLANCHIE'S KITCHEN

AT MILLER PARK

WEDNESDAY - SUNDAY
LUNCH & DINNER

WHY NOT TRY HIS MENU?



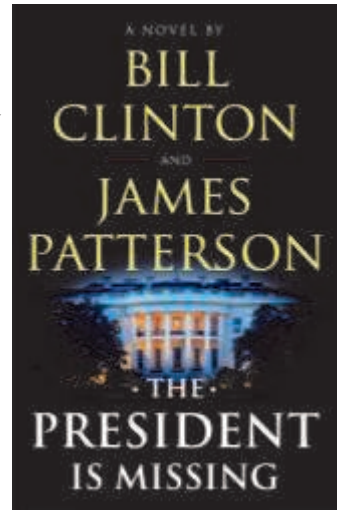
..... and other

THE PRESIDENT IS MISSING

by Bill Clinton and James Patterson

A terrorist and a president vie for supremacy in Bill Clinton's daft fiction debut

In Martin Amis's 1995 novel of literary enmity, *The Information*, Richard Tull, failing writer, walks the entire length of the plane that's taking him to the US, from economy, where he is ignominiously marooned, to first class, where his super-successful rival, Gwyn Barry, lies "practically horizontal on a crimson barge".



During this perambulation, he somewhat loftily observes the books his fellow passengers are reading and thus is able to boost his increasingly wobbly *amour propre*. In economy, you see, it's all *Daniel Deronda* and the first world war. Move towards the front of the plane, though, and the guys in "prestige stockings and celebrity slippers" are majoring exclusively in "chunky chillers and tub-like tinglers": *Cartel* and *Avarice* and *The Usurers*; *Magenta Rhapsody* and *Of Kingly Blood*. The much-hyped fictional "collaboration" between Bill Clinton, the 42nd president of the US, and James Patterson, a writer whose books have sold more than 375m copies worldwide, is a tingler (allegedly) that comes in at a distinctly tub-like 513 pages – and my nickname for it, during the long hours I spent ploughing through them, was: *Of Presidential Blood*. Partly this had to do with its self-important cover, on which we find gold embossed letters and a stirring image of the White House at night; you can just picture it splayed open across the soft belly of some knackered executive as he sleeps in his club-class bed, having taken one too many champagne refills with his wagy steak. Mostly, though, it seemed to me simply to be a better, more appropriate title than *The President Is Missing*. This novel is indeed missing several things, including a believable plot and even the remotest sense of narrative tension. The president, however, is not one of them. Can Duncan stop the virus? Two things stand in his way. The first is a music-loving Bosnian assassin, Bach OK, so he briefly slips out of the White House minus his Secret Service detail, the better that he might meet an actress friend who will give him distracting new eyebrows to match the beard he has grown in record time (so very manly, this particular leader of the western world). On the other hand, given that he is the novel's principal narrator, we always know where he is, be it bunker or bathroom. He's also, incidentally, just about the most reliable narrator ever written in English, even if he does say everything in a present tense so weirdly emphatic and muddled, you half wonder if American is his first language – or his second ("Her face once again becomes a poker-face wall"). He does not lie. He does not dissemble. If he tells us he's "enjoying the comfort" of the embrace of the Israeli prime minister – don't panic: it's not what you think – we'd better believe him. What a guy he is, this Jonathan Lincoln Duncan: a veteran of his country's adventures in Iraq, he is principled, determined and believes in God. But how many problems he has, too: newly widowed, suffering from a chronic blood disease, political enemies who'd like him impeached. More urgently, he has got wind of

an imminent cyber-attack cooked up by a Turkish-born but confusingly non-Islamic extremist who leads – the Lord knows why, if he's not a Muslim – an organisation called the Sons of Jihad. Should this prove successful, the consequences will be a bit more serious than when, say, Visa went down. America will become "the largest third world country on Earth". In Duncan's crisis den, there is talk of dark hospitals and silent smartphones. Reading between the lines, however, I took it to mean that Arby's would no longer serve curly fries – or not every day.

Can Duncan stop the virus? Two things stand in his way. The first is a music-loving Bosnian assassin, Bach, who has perky breasts (otherwise referred to as – brace yourselves – her "girls") and who is carrying the baby of a man known only as Geoffrey. (I wondered at first if this was a little joke, aimed in the direction of the novelist Jeffrey Deaver, whose jacket quote for *The President Is Missing* refers, with unintentionally amusing accuracy, to the "relentless" nature of Patterson's plotting – only then I remembered: This Book Does Not Include Jokes.) The second is the password that will deactivate it. What could it be? Pages and pages are devoted to Duncan's various guesses. On and on Clinton and Patterson go, seemingly unaware, what with having so many aides at their disposal, that most of us spend quite a lot of time every week wondering what password we used for this or that. "Try Abkhazia!" the president says at one point, to which – the excitement builds – an aide can only reply: "How do you spell Abkhazia?" Like I said: if you want tub-like, dive in. Just don't expect any tingles on the way. *Rachel Cooke*

ABOUT ~

James Patterson

James Brendan Patterson (born March 22, 1947) is an American author and philanthropist. Among his works are the *Alex Cross*, *Michael Bennett*, *Women's Murder Club*, *Maximum Ride*, *Daniel X*, *NYPD Red*, *Witch and Wizard*, and *Private* series, as well as many stand-alone thrillers, non-fiction and romance novels. His books have sold more than 300 million copies and he was the first person to sell 1 million e-books. In 2016, Patterson topped *Forbes's* list of highest-paid authors for the third consecutive year, with an income of \$95 million. His total income over a decade is estimated at \$700 million. In November 2015, Patterson received the Litarian Award from the National Book Foundation, which cited him as a "passionate campaigner to make books and reading a national priority. A generous supporter of universities, teachers colleges, independent bookstores, school libraries, and college students, Patterson has donated millions of dollars in grants and scholarships with the purpose of encouraging Americans of all ages to read more books."


Early life

Patterson was born on March 22, 1947, in Newburgh, New York, the son of Isabelle (Morris), a homemaker and teacher, and Charles Patterson, an insurance broker. He graduated *summa cum laude* with a B.A. in English from Manhattan College and *summa cum laude* with an M.A. in English from Vanderbilt University. Patterson was a Ph.D. candidate at Vanderbilt but acquired a job in advertising. He was an advertising executive at J. Walter Thompson. After he retired from advertising in 1996, he devoted his time to writing. His greatest influence, he said later, was probably Evan S. Connell's 1959 debut novel *Mrs. Bridge*. He published his first novel in 1976 called *The Thomas Berryman Number*. The novels featuring his character Alex Cross, a forensic psychologist formerly of the Washington D.C. Metropolitan Police and Federal Bureau of Investigation, who now works as a private psychologist and government consultant, are his most popular and the top-selling U.S. detective series in the past ten years. Patterson has written 147 novels since 1976. He has had 114 *New York Times* best-selling novels, and holds *The New York Times* record for most #1 *New York Times* bestsellers by a single author, a total of 67, which is also a Guinness World Record. His novels account for one in 17, roughly 6%, of all hardcover novels sold in the United States; in recent years his novels have sold more copies than those of Stephen King, John Grisham, and Dan Brown combined. His books have sold approximately 305 million copies worldwide. In 2008, he replaced Jacqueline Wilson as the most borrowed author in Britain's libraries. He retained this position at least until 2013. In 2018, he worked with Stephen David Entertainment on the true crime television series *James Patterson's Murder Is Forever*. Patterson's awards include the Edgar Award, the BCA Mystery Guild's Thriller of the Year, the International Thriller of the Year award, and the Children's Choice Book Award for Author of the Year. He is the first author to have No. 1 new titles simultaneously on *The New York Times* adult and children's bestsellers lists, and to have two books on NovelTracker's top-ten list at the same time. He appeared on the Fox TV show *The Simpsons* (in the episode "Yokel Chords") and in various episodes of *Castle* as himself.

The New York Times Best Sellers ~ Fiction

1. New this week ~ **THE PRESIDENT IS MISSING** by Bill Clinton and James Patterson ~ President Jonathan Duncan, a Gulf War veteran and widower, takes on adversaries at home and abroad.
2. 3 weeks on the list ~ **THE OUTSIDER** by Stephen King ~ A detective investigates a seemingly wholesome member of the community when an 11-year-old boy's body is found.
3. 2 weeks on the list ~ **SHELTER IN PLACE** by Nora Roberts ~ Survivors of a mass shooting outside a mall in Portland, Me., develop different coping mechanisms and face a new menace.
4. New this week ~ **TURBULENCE** by Stuart Woods ~ The 46th book in the Stone Barrington series.
5. New this week ~ **BRIEF CASES** by Jim Butcher ~ A dozen stories about Harry Dresden, Chicago's only professional wizard.
6. New this week ~ **WHEN LIFE GIVES YOU LULULEMONS** by Lauren Weisberger ~ Emily Charlton plans a comeback from the suburbs. From the author of "The Devil Wears Prada."
7. 8 weeks on the list ~ **THE FALLEN** by David Baldacci ~ Amos Decker, known as the Memory Man, puts his talents toward solving a string of murders in a Rust Belt town.
8. 2 weeks on the list ~ **THE DEATH OF MRS. WESTAWAY** by Ruth Ware ~ A tarot card reader mistakenly receives an inheritance letter and attends the funeral of the deceased.
9. New this week ~ **SOMETHING IN THE WATER** by Catherine Steadman ~ A documentary filmmaker and an investment banker must decide whether they should protect a secret.
10. 6 weeks on the list ~ **THE 17TH SUSPECT** by James Patterson and Maxine Paetro ~ The latest installment in the Women's Murder Club series.

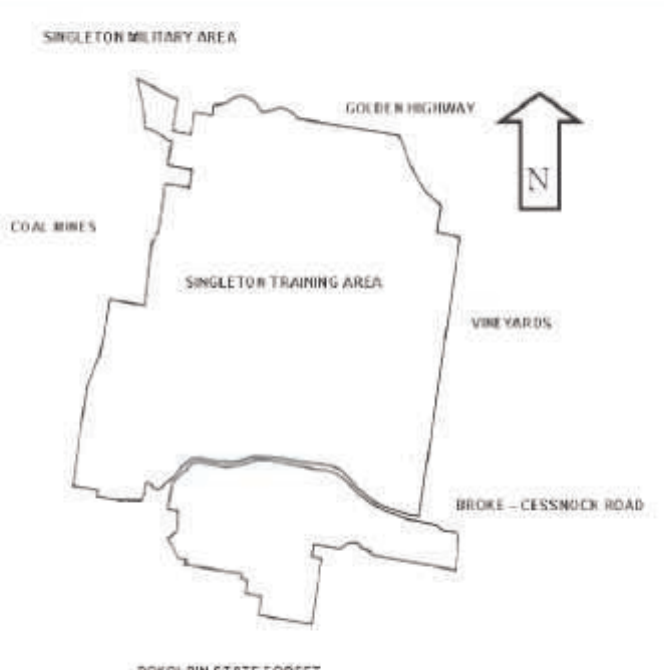
NY Times Best Seller list ~ FICTION



Australian Government
Department of Defence

DEFENCE FIELD FIRING RANGES

WARNING NOTICE



Residents of areas adjacent to Singleton Training Area are warned it is an Army Live Firing Range. Singleton Training Area is described generally as the area bounded to the south by Pokolbin State Forest, to the east by commercial vineyards and to the west by a combination of rural developments and open cut coal mines. The northern boundary is defined by the Golden Highway which separates the range area from the Singleton Military Area.

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

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

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

Persons found trespassing on Army Training Areas will be prosecuted.

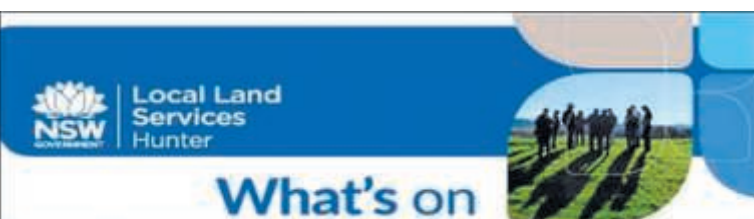
Enquiries regarding the Singleton Training Area should be directed to:

The Range Control Officer
Range Control,
Directorate of Operations and Training Area Management
Range Road
Singleton Training Area
Singleton NSW 2331.

Branxton & Vineyards Real Estate

P: 4938 3300 M: 0412 566 041

FREE PROPERTY MARKET APPRAISALS



Detailed saleyard report

Saleyard report - cattle

Singleton report date 20 June 2018

Numbers eased and quality remained mixed, with the majority younger drafts and suitable for the restockers and feeder orders. There were percentages of high yielding younger cattle suitable for the butchers also in the penning. Cow numbers declined compared to the last market and the price trend throughout the sale was variable. The over 200kg vealers to the restockers decreased 15c, with the steers making from 190c to 270c, while the heifer portion sold from 160c to 230c/kg. Yearling steers carrying plenty of weight sold to very strong competition, as those weighing over 400kg and purchased by the lot feeder orders topped at 315c/kg. The younger, high yielding, prime conditioned cattle that sold to butcher orders reached 348c/kg, this was dearer compared to the last market, however yield was also higher. Grown steers to the lot feeders made from 170c to 240c/kg depending on age. The plainer cows to the processors improved from 9c to 12c and made from 120c to 162c/kg. The better finished heavy weights lifted 3c, making from 165c to 180c/kg. The best heavy weight bull reached 210c/kg.

Scone report date 19 June 2018

Consignments doubled as the quality overall declined, although there were numbers of good cattle spread throughout the penning. The bulk were younger drafts, with 165 cows in the offering. The younger cattle trended cheaper, while overall the cows sold dearer. The over 200kg vealer steers and heifers to the restockers declined by up to 20c/kg, with breed and quality contributing in places. The steers sold from 166c to 280c, with the heifer portion making from 140c to 260c/kg. The medium weight yearling steers sold well, with few being presented at recent markets, priced from 246c to 280c/kg. The yearling heifers sold at similar prices compared to the last market. The prime conditioned younger cattle suitable for the butchers topped at 351c/kg, this was attained for high yielding B muscled yearling steers. The plainer cows improved as much as 15c, with the lighter end making from 50c to 160c, as the heavier drafts ranged from 133c to 176c/kg. The better covered 3 and 4 score heavy weights sold from 158c to 192c/kg. Restockers competed for the lighter plainer cows. The best heavy weight bull topped at 242c/kg.

TRLX Tamworth report date 18 June 2018

There were similar numbers in a penning which saw a slight rise in yearling heifers, but a generally, static numbers for young cattle. Grown heifer saw extra numbers penned, but cows reduced by 300 head. There was a dearer trend through most categories, however, little change experienced in the plainer grades. The regular gallery of buyers attended, competing strongly for the better grades. Light restocker steer weaners sold to dearer trends of 15c/kg, with the better bred and forward conditioned drafts showing those trends. Heifer weaners also sold to forward trends, with the lighter grades finding places in southern restocker orders. The best of the yearling steers to feed saw averages of up to 30c better, with heavy feeder steers selling to dearer trends of 14c/kg. Light yearling heifers saw improvements of 10c and medium weight feeders made 253c/kg. Grown heifers made 212 to 235c and saw increases of 15c/kg. Cows were dearer overall, with one scores 10 to 14c dearer and two score cows to 12c/kg better. High yielding, grain assisted cows made to a top of 215c to sell between 190c and 207c/kg. The good yarding of bulls sold to dearer trends.

Dry sees April cattle slaughter swell

Below average rainfall across most of Australia saw Australian adult cattle slaughter in April increase 26% year-on-year, totalling almost 617,600 head. This brought slaughter levels for the year-to-date (January–April) to almost 2.4 million head, 10% higher than the same period in 2017. Victoria recorded the largest increase in cattle slaughter, up 26% year-on-year to almost 493,000 head for the year-to-date – with Victoria absorbing some of the capacity lost with the temporary closure of a major SA processor. SA cattle slaughter was back 37% on 2017 levels totalling just over 73,000 head. On the back of the higher April slaughter, production for the month lifted 23% year-on-year, totalling almost 180,000 tonnes carcass weight (cwt). This brought the year-to-date total to just over 711,000 tonnes cwt, an 11% increase on 2017 levels. The national average carcass weight for April was 291.3kg, easing 3% from year-ago levels. The female proportion of cattle processed across all states except SA was 53% in April, 6 percentage points higher than the same time last year. The year-to-date average (January–April) was 298kg, just shy of the 300kg mark surpassed for the first time in November last year.

Beef farm income reaches 20-year high

In 2016–17 and 2017–18, farm cash incomes for Australian beef producers are estimated to be the highest in over two decades (in real terms).

The average farm cash income in 2016–17 was estimated to have increased 4% year-on-year, to \$188,800 per farm, according to data collected from the ABARES Australian Agricultural and Grazing Industries Survey (AAGIS). Cash receipts for beef farms were up 7% over the same period – to be the highest average for beef farmers since 2006-07 (in real terms), underpinned by high livestock prices and above-average crop production. However, increased receipts were somewhat offset by an increase in costs, associated mostly with greater expenditure on hired labour and livestock purchases. For 2017–18, the average farm cash income is projected to rise 3%, to be the highest in more than 20 years, as total cash costs are anticipated to decrease by a greater extent than cash receipts. Even though more cattle were turned off, lower cattle prices have seen total cash receipts reduce. ABARES is projecting the drop to be 11% in 2017–18, down to \$461,000 per farm.

.After rising to record highs in 2016–17, farm business profit is projected to decrease by 3% in 2017–18, as cattle prices decline and the value of livestock on hand follows suit. Despite the decline, it is still predicted to be the second highest year in the past two decades (in real terms), at an average of \$113,000 per farm. In 2017–18, beef farms recording negative business profits is projected to average 44%, well down on the ten-year average of 61%.

North vs South

The average farm cash income varies greatly between northern and southern Australia, and by scale operation (herd size). Increases in financial performance have been more prevalent in northern regions as, on average, the larger average farm size has allowed producers to make the most of price rises.

In 2016-17, the average farm cash income for beef farms in the northern region was \$248,500 and \$163,000 per farm in the southern region. In 2017-18, late seasonal rain gave the northern sector a boost ahead of their southern counterparts. The southern region has experienced the more severe of the weather conditions with farm cash income projected to fall by 4% in 2017-18, to \$157,000 – still 60% higher than the average farm income since 2001 (in real terms).

Other factors ~ While the Eastern Young Cattle Indicator (EYCI) has reached its lowest point since 2015, it is still higher than anything prior to that. There is, however, no great outlook for conditions to improve with long range climatic outlooks forecasting higher than average temperatures combined with less than a 50% chance of above average rainfall for most of the country with the exception of Tasmania.

National Landcare Program (Phase 2)

The Australian Government has released information on the next phase for the National Landcare Program (Phase 2).

The National Landcare Program(2) is a \$1.1billion program to with the majority of activities to commence from July 2018 to June 2023.

The investment will primarily be delivered by the Department of the Environment and Energy and the Department of Agriculture and Water Resources and will include a range of measures to support natural resource management and sustainable agriculture, and to protect Australia's biodiversity.

With its investment in the next phase of the National Landcare Program, the Australian Government aims to work in partnership with governments, industry, communities and individuals to protect and conserve Australia's water, soil, plants, animals and ecosystems, as well as support the productive and sustainable use of these valuable resources.

The National Landcare Program is a nationwide effort to address problems such as:

- loss of vegetation
- soil degradation
- the introduction of pest weeds and animals
- changes in water quality and flows and changes in fire regimes.

Hunter Local Land Services have submitted projects within the National Landcare Program, under the **Smart Farm Program** (grant program closed in December 2017).

Our proposed projects include:

- **Confident Dairy Decision via the Cloud to App-** Optimising pasture growth efficiency across a variable farming landscape
- **Connecting farmers and science-** Beef Producer Community of Practice linking innovation research outcomes and experience for farmers producer networks service providers landcare government
- **Connecting for improved practice-**Small Scale Free range poultry egg producers Community Of Practice
- **Hunter region estuary-dependent industries partnership** - innovations for improving sustainability, habitats, production and adaptation **Advancing floodplain grazing** while progressing estuarine health and oyster production using precision positioning technology

Hunter Local Land Services is also in the process of developing a tender proposal to the **Regional Land Partnerships program**.

The Regional Land Partnerships program is a five year program, with \$450 million nationally towards environmental and agricultural outcomes.

Under new program, the requirements are specific and targeted. The Australian Government has identified specific targets in the program including Ramsar wetlands, World Heritage Areas, 30 plants, 20 mammals and 20 bird species listed under the Threatened Species Act, targeted Threatened Ecological Communities and identified priority actions for agricultural outcomes including addressing hillslope and wind erosion, soil acidification, soil carbon, vegetation and supporting agricultural systems to adapt to significant change.

Within the Hunter region, specific priorities have been identified by the Australian Government.

Racing review

THE VERBAL BLAST THAT COULD REVERBERATE?

by Ben Dorries

There's one thing that really worries me about outgoing Queensland chief steward Allan Reardon's extraordinary and very public verbal attack on his boss.

Reardon has been a steward for 40 years and if, on his way out the door, he wants to give Queensland Racing Integrity Commissioner Ross Barnett a spray then that is a matter for him. Certainly, there has been discontent between Queensland stewards and the coppers from QRIC who sit above them for the last two years and Reardon is entitled to have his say.

As a journalist, I'm certainly all for racing participants speaking their mind – the last thing I want is anyone censoring their opinions!

However Reardon's statement to The Courier-Mail that: "We should change

our name from the Queensland Racing Integrity Commission to Queensland Racing Commission because there's no integrity" is a worrying one.

Apart from the obvious, in that it brings flaring tensions to the surface, I'm concerned it could perhaps have the potential to compromise ongoing or future cases? The most obvious one I can think of is the current Ben Currie matter, with the leading Queensland trainer facing 31 charges across a wide spectrum of the rule book primarily relating to raceday treatment. Currie has not been found guilty of anything as yet. Surely his legal team would be derelict in their duties if they didn't make a huge song and dance about Reardon's comments at any future stewards' hearing or potentially any appeals proceedings?

I can already see how it will unfold. Currie's legal eagle to

stewards: "Hang on, you've charged my client all of these things yet Allan Reardon himself says there's no integrity in QRIC?"

Stewards: "Umm, ahh."

WHAT A GOOD RACING STORY

by Ben Dorries

I'm loving the story of



Indian-born trainer Julius Sandhu who made the move to train in Victoria via Dubai. Often you find that racing's warm and fascinating stories don't involve the super stables or mega rich owners.

Sandhu learned his craft in India, took out his Victorian trainer's license last October and only has a tiny team of four horses in work.

But Sandhu has had huge success lately having enjoyed metropolitan wins three times including twice in just four days.

It's great to see a trainer

like Sandhu - from different cultural background and upbringing – making a good fist of his career. More diversity in Aussie racing can only be a good thing.

Photo Above: Sandhu



TAKE SOME GOOD ADVICE

Setup rules, filters, or labels E-mail

Today, all e-mail programs and online e-mail services have rules, filters, or a labelling system that allows you to move and otherwise organize incoming e-mail. Use these features to organize your e-mail and get to what is most important first. Below are some suggestions for rules we suggest trying first.

- Move important and unimportant e-mails to a folder of their own.
- Highlight or set priority to certain addresses. For example, a rule could be created to highlight any user in your address book.
- Filter out common spam words that get into your inbox (e.g., Viagra).
- In programs that support rules, mark messages that are not important to keep your inbox clean and prevent you from getting overwhelmed when you first open e-mail.
- If you are getting lots of spam filter your e-mail through Gmail.

Do not be afraid to delete

After reading e-mail, always take action on that e-mail. Do not save it for later or move it into a folder to deal with later. If you are unable to take action on the e-mail, delegate it to someone else, or postpone it for later that day delete it. Every e-mail does not need a response and there is no reason to save e-mail that is going to be deleted later.

Automatic replies, FAQs, and canned responses

If you find yourself using the same reply over and over again, consider creating a list of your frequent replies that you can copy and paste. Or, try using a tool such as one of the ones listed below to help make replying to these e-mails even faster.

Thunderbird Quicktext - Fantastic Mozilla Thunderbird e-mail add-on.

Lifehacker Texter - Easy to use script tool that can be used in anywhere in Windows including e-mail.

AutoHotkey - Another

great tool although much more advanced. However, this tool can be used to automate *anything* on the computer.

Keep it simple

Many times people over complicate their e-mail by creating dozens of different folders to help organize their e-mails. Keep it simple do not have dozens of different folders to organize your e-mail into. If there is no way getting around your need for folders in e-mail use the rules to filter your messages into the folders. Folders can save hundreds of hours you may be spending thinking about and organizing each of the e-mails you receive.

Always do quick short replies

When replying to any of your e-mails try to keep the reply as quick as possible and do not spend too much time on an individual e-mail. We suggest spending no more than five minutes on a single e-mail and avoid anything longer than three paragraphs.

You are e-mail is not a calendar or to-do list

Many times a person's inbox is full because they are treating it as a calendar of things that they need to do. Do not use your e-mail for this. Have a separate program or text document that keeps a list of things you need to do or that keep track of your calendar of events.

Unsubscribe from newsletters and disable notifies

Although you may have had good intentions when subscribing to a newsletter or other e-mail list these are often distracting and often clutter your e-mail. Unsubscribe from any newsletter you have not been reading.

The same is true for notifications from social network sites such as Facebook, MySpace, and Twitter you may be receiving. Disable all notifications about posts made on your wall, new friends, or followers, which clutter your inbox and distract you.

Do not reply to spam

If spam sneaks past your protection or rules never reply to it; just delete the message.

Keep at it but

not too much

Try to read your e-mails at least once daily or every hour, depending on how much e-mail you receive. However, do not live in your e-mail. Create a schedule where you check your e-mail in regular intervals and then ignore it all other times. If you have any notification about new incoming e-mails disable these or close your e-mail program or e-mail web page.

Delete some more

Finally, if after following all the above steps you still have e-mails that are weeks old delete them. If you have a hard time deleting e-mails create a folder and move all old e-mails into that folder. After a few weeks have passed the e-mail becomes too old for a reply.

Watch free online computer lectures and courses

Today, there are millions of free online lectures available in almost any conceivable topic. Below are a few of our favourite locations containing free online lectures and courses that are focused around computers and computer related topics.

Computer Basics GCFLearnFree.org - Includes free courses on computer basics, Windows, Mac, Office, and more.

Basic to advanced computers

LearnersTV - A fantastic site with links to hundreds of free computer related links to videos around the web covering computer basics to advanced computer information. The site also has thousands of other links to videos on dozens of other topics.

TheNewBoston - Great collection of computer programming, computer science, and Adobe related video tutorials.

Advanced computer and computer science

Codecademy - Fantastic site that helps everyone for free learn to program in such languages as JavaScript, HTML/CSS, PHP, Python, and Ruby.

Coursera - A collection of advanced computer and computer science courses from colleges around the world. Some of the topics covered include Algorithms, Artificial Intelligence, Machine Learning, Programming, and much more.

KHANACADEMY - Well known for its math related lessons and now also includes Science, Math, Economics, Humanities, and test preparations.

OnlineCourses - Great site that lists hundreds of links to direct courses online for all the major Universities and is one of the best places we've found for finding Computer related courses.

Academic Earth - Subjects include Business, Computer Science, Mathematics, Engineering, Science, Humanities, Social Services, Art & Design, and test preparations.

General PC Cleaning Tips

Below is a listing of suggestions to follow when cleaning any computer components or peripherals as well as tips to help keep a computer clean.

- * Never spray or squirt any liquid onto any computer component. If a spray is needed, spray the liquid onto a cloth.
- * You can use a vacuum to suck up dirt, dust, or hair around the computer. However, **do not** use a vacuum inside your computer as it generates static electricity that can damage your computer. If you need to use a vacuum inside your computer, use a portable battery powered vacuum or try compressed air.

* When cleaning a component or the computer, turn it off before cleaning.

* Be cautious when using any cleaning solvents; some people have allergic reactions to chemicals in cleaning solvents, and some solvents can even damage the case. Try always to use water or a highly diluted solvent.

* When cleaning, be careful to not accidentally adjust any knobs or controls. Also, when cleaning the back of the computer, if anything is connected make sure not to disconnect the plugs.

* When cleaning fans, especially smaller fans, hold the fan or place something in-between the fan blades to prevent it from spinning.

Spraying compressed air into a fan or cleaning a fan with a vacuum may cause damage or generate a back voltage.

* Never eat or drink around the computer.

* Limit smoking around the computer.

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MOVIE REVIEW

'Jurassic World: Fallen Kingdom'

Dinosaurs eat all the right people, but movie is more appetizer than meal ★★★★★

- Directed by J.A. Bayona. With Chris Pratt, Bryce Dallas Howard, Isabella Sermon, Ted Levine, James Cromwell, Daniella Pineda, Justice Smith, Toby Jones and B.D. Wong.
- Running time: 2 hours, 9 mins.



by **Gary Thompson, MOVIE CRITIC**

In *Jurassic World: Fallen Kingdom*, dinosaurs get loose in a spooky Gothic castle.

The building turns out to be full of British accents, giving the whole thing a Hogwarts vibe. *Hmmm*. A suspicious person who Googles "Harry Potter" and "Jurassic Park" will discover that the two franchises are blended this summer in a new show called "Universal Orlando's Cinematic Celebration" at the theme park, where Harry Potter and Jurassic Park already coexist.

I guess that kind of corporate synergy is hard to pass up. Profit finds a way, and on that score you have to give *Fallen Kingdom* credit for honesty. The movie is about money-making imperatives, and since that's not a very cinematic subject, it's also about a dangerous volcano and gigantic ocean-going predators attacking surfers. There's a massive eruption on the fabled Isla Nublar, home of the Jurassic Park and its genetically engineered animals. The catastrophe threatens to destroy the remaining dinosaurs roaming the island, and their re-extinction becomes a cause célèbre for dinosaur-rights activists, led by Claire (Bryce Dallas Howard) the former theme-park manager who has come to

love the creatures she once saw mainly as a source of entertainment.

She's traded her corporate heels for compassion and potential boyfriend Owen (Chris Pratt). Off they go to the doomed island, along with heavily armed commandos (led by Ted Levine).

The movie is initially Jurassic Classic — newcomers (feisty dino-vet Daniella Pineda and computer nerd Justice Smith) stare in open-mouthed Spielbergian wonder at the dinosaurs, trigger-happy mercenaries behave arrogantly, and hidden agendas are revealed. *Fallen Kingdom*, though, isn't meant to repeat the franchise so much as to send it off in a new direction. The rest of planet Earth, perhaps? That's what chaos theory guy (Jeff Goldblum) seems to promise in the trailer.

First stop — that spooky castle, where Cromwell lives with his precocious granddaughter Maisie (Isabella Sermon). She is starting to grow alarmed at the strange goings on. Who are those strange men turning up on the estate? (They are Toby

Jones and BD Wong from the earlier pictures.) What are they up to?

The movie is competently directed by J.A. Bayona, who has a background in disaster movies (*The Impossible*) and horror (*The Orphanage*), and both come into play here. The opening sections has a feel of a competent if familiar effects movie, but the film changes mood and tone when story movies the foreboding castle — perhaps a nod to Mary Shelley, among the first to warn us of the hazards of scientists who interfere with the natural order. For Bayona, it's a chance to shoot dark corners, shadows, lightning bolts, and — eventually — dinosaurs.

A ferocious new genetic freak is loose in the building, and it is more monster the raptor — we see (and hear) its claws picking at window latches outside the room where Maisie quakes under her blanket. But the effects artists fail to make the scale of the beast and the mood of the story line up — the creature seems to change size, and often seems to have the wrong weight and substance for its surroundings. On the other hand, it eats all the right people. As for the movie, a transparent transition to future stories, it's more appetizer than meal.





'Trump slump': gunmaker American Outdoor Brands hit by sharp sales drop

By Edward Helmore in New York ~ (Edward Helmore has reported for the Guardian since 1996)

- Firearms sales fall 40% for firm once called Smith & Wesson
- Figures continue downward trend under pro-gun president



The "Trump slump" struck again on Wednesday as American Outdoor Brands Corporation, the gunmaker formerly known as Smith & Wesson, reported another sharp drop in sales. Full year net sales were \$606.9m compared with \$903.2m a year ago, a decrease of 32.8%. Firearms sales alone were even harder hit, dropping more than 40%. The results followed an established trend set during the Trump era. Gun sales have tumbled as the threat of tighter gun laws have receded under the pro-gun lobby president, leaving the companies with too much inventory on their hands and falling revenues. Sales – and gun company share prices – hit record highs under Barack Obama, who tried, but failed, to bring in tighter gun laws. Following Obama's comments after a series of mass shootings gun owners stocked up ahead of a feared crackdown.

"Fiscal 2018 was a year characterized by lower consumer demand for firearms, heightened levels of inventory in the consumer channel, and a host of aggressive, industry-wide promotions," said [James Debney](#), American Outdoor Brands' chief executive officer.

Despite the drop, investors reacted warmly to the results, pushing shares in American Outdoor up 5.8%. The company said it anticipated higher earnings toward the end of the year as it cleared out existing inventory and cut firearm production.

In December, American Outdoor Brands reported that its profits had fallen 90% year over year, from \$32m to just \$3.2m. Sales fell 36%.

Last October, Sturm Ruger, the US's largest firearm manufacturer, announced its quarterly revenues had fallen 35%. Both companies will report their latest results shortly but neither is expected to announce a dramatic increase in sales.

Remington, the oldest US gun maker, is using the US's chapter 11 bankruptcy law to offload \$700m of its \$950m in debt, and to restructure the company.

Why I won't be using green bags

by Charis Chang 'The Chronicle'

AS THE plastic bag ban gets underway across Australia, some people have pointed out that their alternatives may not be much better.

Studies have emerged showing reusable bags such as the green bags commonly sold at Coles and Woolworths have to be used 104 times (weekly for two years) to make them more environmentally friendly than those grey single-use plastic bags.

This is because it takes more material and energy to make the green bags. It's also worth noting that these bags are also made of plastic.

Other non-plastic alternatives can also be problematic.

A 2016 report by the NSW Environmental Protection Agency (EPA) found a cotton bag had to be used 131 times to equal the environmental impact of those single-use plastic supermarket bags used just once.

Clean Up Australia has recommended jute bags as because they are made from a sustainable fibre that doesn't require much water to produce.

"Jute doesn't take as much water to produce as cotton," a spokeswoman told news.com.au. "It can be grown very quickly and harvested quickly."

"Jute is also non-edible so we are not using a food source. The most sustainable elements to turn into bags are jute or bamboo."

The catch with these bags is that jute is mostly grown overseas and so there is a carbon cost to transporting it to Australia.

It's quite clear there is no perfect alternative and many people appear to be using this to suggest that the plastic bag ban is pointless or even just a way for supermarkets to make money.

Whether or not supermarkets are saving money is a separate issue because the reality is, plastic bags are not free. Someone has to pay for them whether that is at the checkout or in the future when we have a serious landfill problem, or we have to spend money cleaning up our oceans.

Putting a price on plastic is an important step to shift our mindset away from the idea that it is a "free" resource.

But in deciding what other bag to use, I believe people need to choose what works for them as one thing is clear: you have to use them often to make them worthwhile.

As someone who has been trying to reduce their use of plastic for years now, I've realised I don't like the green bags, partly because they are also made of plastic, but also because they are bulky and don't wash well.

I've also tried a jute bag, which I liked until some liquid detergent spilt in it and I had to clean it, which wasn't easy and left the bag looking pretty sad.

I prefer cotton bags because I can keep them in my handbag, making it more likely I will have them on me when I need them. They are also easy to throw into the washing machine with my other laundry.

I have also started to use a LOQI bag made of polyester, which is also a form of plastic, but is extremely compact and lightweight. It's also easier to clean as you can just wipe it down. While it's not ideal in terms of plastic use, if it helps me avoid other disposable options I feel like it's OK.

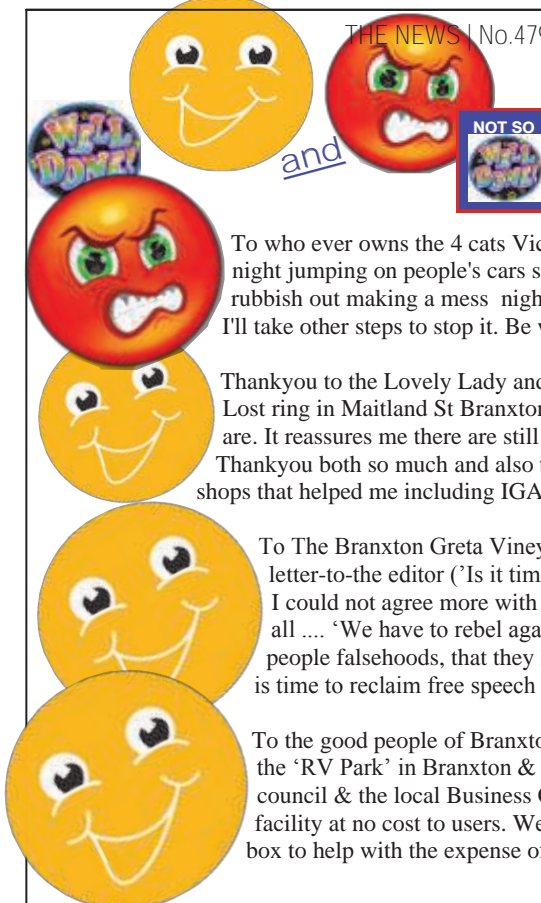
If you have to use a bag at least 100 times to equal the environmental impact of using a disposable plastic bag once, it's very important that it works for you.

I use my bags all the time, definitely more than once a week on average, so I feel confident that I'm getting my environmental money's worth.

Getting bogged down in identifying the most "green" bag is pointless if the best one is something you don't use. As they say, don't let the perfect be the enemy of the good.

■ Photo Above: A calico bag from Apple Green Duck Pty.

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



To who ever owns the 4 cats Victoria st East Branxton that roam all day and night jumping on people's cars scratching them and getting in bins tearing rubbish out making a mess night after night I've had enough if it keeps going I'll take other steps to stop it. Be warned

Thankyou to the Lovely Lady and her honest Husband who found My Loves Lost ring in Maitland St Branxton last week . I am sure you know who you are. It reassures me there are still honest caring people in our community. Thankyou both so much and also thankyou to Lees Bakery and community shops that helped me including IGA. A BIG THANKYOU.

To The Branxton Greta Vineyards News for publishing George Helons' letter-to-the editor ('Is it time to reclaim free speech?') in the last edition. I could not agree more with every word written; the last paragraph said it all 'We have to rebel against political correctness and stop telling people falsehoods, that they look good when they really look like shite! It is time to reclaim free speech and tell it as it is!'

To the good people of Branxton; my wife & I have just spent 2 nights at the 'RV Park' in Branxton & we would like to congratulate the local council & the local Business Chamber for providing such a magnificent facility at no cost to users. We would suggest that you provide a donation box to help with the expense of its upkeep as we know every little bit helps.

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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
For Sale: Bathroom fittings: 1 toilet suite, 1 mirror, 1 vanity with basin, 1 shower recess, tap fittings all in good condition. Best Offer - call Carol 0400 526 049 anytime after 8am.
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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
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Work Wanted: HORSE CLIPPING - PERFORMANCE READY. Hunter Valley & Central Coast. Phone Caron 0416 128 701
Work Wanted: Lawns properties, mowing, trimming, removals, maintenance. Paul 0478103814 or 49987567
Work Wanted: Sick of cleaning, cooking dinner, washing. Call me! Taking bookings now. Professional and reliable service. Sue 0497257081
Work Wanted: Rural Fencing (TW & A Hollingshed) P: 4998 1583 or Trevor on 0429 320 787 for quotes.
Work Wanted: experienced baby sitter looking for work. Very reliable P: 0458 606 804
Work Wanted: Lawn & Garden Maintenance, P: 4938 3153
Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989
Work Wanted: Contract stock work with horses & dogs. Design & building wooden stock yards - rural fencing P Shaun: 0416 226 538

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

Dates for your diary >	Dates for your diary >
THUR 28 June: Meeting: Cessnock Prostate Cancer Support Group at Cessnock Leagues Club 3pm. Guest speaker Dana Buzinec from Charlestown Cancer Council Topic: information about supportive care services for cancer patients and their family and carers ect. Cost- Free, everyone welcome. Contact Barry 0457073852 Rose 49904554.	RADE- Branxton Community Hall. All welcome \$15 includes light lunch Phone Bethany 0419 429 364
FRI 29 June: Branxton Public School Primary Infants' Sports Day	TUES 09/10 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
TUES 03/07 Branxton Lions Club monthly meeting 4pm Branxton Golf Club	SAT 3/11 ~ North Rothbury Tidy Town Twilight Markets
TUES 03/07 ~ B/G CWA ALL-IN-ONE DAY (Birthday, Handicraft, International-Poland, Ag/Env). Bxtn Community Hall, 10 for 10.30am, Hot Lunch, Guest Speaker, \$15. RSVP Marie 0402015850 or email brantongretacwa@hotmail.com before 29/06 and with any special dietary requirements. All welcome.	TUES 13/11 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton
THUR 12 July ~ BRANXTON VIEW CLUB Meeting-Greta Workers Club. Guest Speaker Katie Miller-Local Fitness Instructor-All welcome	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 07/08 ~ Branxton Lions Club monthly meeting 4pm Branxton Golf Club	TUES 11/12 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton
THUR 9 August ~ BRANXTON VIEW CLUB 30TH BIRTHDAY- Greta Workers Club-All welcome Cost \$30. Bookings/ information Bethany 0419 429 364	New concert dates to add to your calendar
TUES 14/08 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton	OPERA IN THE VINEYARDS at Hope Estate, 6th October 2018
TUES 04/09 ~ Branxton Lions Club monthly meeting 4pm Branxton Golf Club	JAZZ IN THE VINES at Hope Estate, 24th November 2018
MON 10/09 ~ Visit by NSW Governor 9:15am ~ 3:30pm	SHANIA TWAIN 'Now Tour' at Hope Estate, 8th December 2018
TUES 11/09 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton	Other dates to remember
TUES 25/09 ~ BRANXTON VIEW CLUB FASHION PA-	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
	6th Oct - OPERA IN THE VINEYARDS



Branxton Public School

In Science this term, Stage 3 have been discussing sustainability in their unit of work on ‘built environments’. James and Emily, from Huntlee visited to speak about our most current built environment and how they are being sustainable. A big thank you to both, for taking the time out to talk to our students. We have some wonderful news to report from the library! Mrs Melnik has been appointed permanently for 4 days per week. She has been doing a fantastic job and always provides innovative and engaging lessons for our students. We have big plans for the library with the purchase of new “future focused” shelving and seating, so watch this space! There will be a grand opening of a new look library later in the year. Congratulations Mrs Melnik and welcome to the Branxton Public School team.

Kindergarten held their Public Speaking Competition with finalists Colton, Zoe, Trae and Nick giving speeches. All students did a great job with Trae and Zoe being selected to work with Mrs Nimmo in preparation for the Zone Public Speaking competition next term.

The Primary Athletics Carnival was held last Friday on a fine but windy day. Students participated in track and field events and many personal bests were achieved. The behaviour of the students was excellent and they are to be commended for being so respectful and responsible. Special thanks to our RTHS friends with Mr Griffiths and John Hamson and his Little Athletics volunteers for their help. Also thanks to Mrs Baker and her merry canteen helpers for providing a delicious hot lunch. Both the Boys and Girls Soccer team have progressed to the next round of the PSSA Knockout, defeating Tarro last week. Mr Tattis and Mrs Guilbaud were impressed with the team work displayed by both teams and look forward to their next games.

Kindergarten enrolments are currently being accepted. Please pop in to see the friendly Office Staff or phone the school on 49381214 for more information if you have a little person to enrol for 2019.

Dates for the Calendar

Tuesday 26th June – Aboriginal Performance

Friday 29th June – Infants’ Sports Day

Tuesday 3rd July - Stage 1 Tocal Excursion



☰ Huntlee visitors



☰ Primary Athletics



☰ Ball Games



☰ Trae & Zoe



☰ Primary Athletics

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



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12 Clift Street
BRANXTON NSW 2335

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School News



Kirkton Public School News

Bronze Awards

Bronze awards and badges are earned at Kirkton PS when students receive 20 cumulative points on their FLORA cards. FLORA cards are used as a way to record students making positive choices in the classroom and playground in the areas of friendship, opportunity, respect and achievement.

learning, Congratulations Andre for reaching your 2018 Bronze Award at last week's assembly.

Assembly Awards

Principal's Award: Miguel—a caring and considerate attitude towards peers in the playground.
K/1/2/3: William—trying hard with reading. Lucette—excellent independent skills.
 Riley—improvement in handwriting.
4/5/6: Alyssa—consistent effort and achievement. Drew—effort and positive attitude to learning.
Library Indigo—consistent borrowing. Willow—consistent borrowing.

CWA Country Study & Morning tea

We thank the Country Women's Association of Lower Belford who have put on a morning tea to share our senior student's country study posters on Poland. We were lucky to listen to two guest speakers from Poland and we welcomed our parents who could attend. What a lovely morning. One of the CWA aims is to support schemes which enhance the value of country living, especially health and educational facilities and bring women and families together in a network of support. Lower Belford CWA have shared a long history of links with our school and again we welcome their input in our school.

The CWA meet every 2nd Thursday of the month at 10am at the CWA building (Old church, Corinda Drive). They welcome new faces as well as familiar ones. Below are some photographs from the morning.



Greta Public School

YEAR 6 GOOGLE GRANT

Recently, some students from Year 6 put together a one minute video in the hope of gaining a grant application from Google to enter the First Lego League competition. Gaining the grant would mean that Google purchases a robot for the school and pays the \$400 entry into the competition. The video had to be uploaded to Youtube so that the team at Google could view it. We are delighted to announce that we have been successful in our application.

Here is the link to view the video on Youtube:

https://www.youtube.com/watch?v=_KTh3hBYguc

[GRETA PUBLIC SCHOOL FACEBOOK PAGE](#)

Make sure you like our page to enjoy and share some of the fantastic student achievements, programs and events we have day to day at our school. We are proud of our students and our school and are very excited to now be able to share some of these amazing achievements through our facebook page.

PYJAMA DAY

Last Wednesday our students came to school in their snuggly pyjamas and dressing gowns for a gold coin donation. The money raised will be used later in the term for another exciting, surprise fun day for our students.



Maitland Repertory Theatre *presents* 'The Girl with the Golden Locks'



Win a double pass by being the first to call "The News" after 9am this Friday 29th June 2018.

Think "James Bond meets Goldilocks" and you're halfway to Maitland Repertory Theatre's next production *The Girl With The Golden Locks*. *The Girl with the Golden Locks* brings you all the characters from your favourite fairy tales in a setting of espionage and intrigue, and that means lots of holiday fun for Maitland audiences. Agent Gold is the girl with the golden locks and the top agent at the FBI, that's the Fairytale Bureau of Intelligence. Her partners are a pair of sisters — Rose Red, who is known as Agent Red, and rookie

agent Snow White. Facing dwarves and witches, porridge and magic beans, giants and double-agents, Agent Gold and her crack team will have their work cut out for them as they race to stay one step ahead of the three bears to save the kingdom. The team behind the production may appear young but directors Zac Smith, Emma Ure and Ashlyn Horder have been involved in theatre for a combined total of 38 years. They're using this experience to direct two casts of twenty of Maitland Repertory Theatre's talented young actors to

present 10 fun-filled fairy tale performances from 13 to 28 July. All the actors in this production are students enrolled in acting classes held at the theatre. Maitland Repertory Theatre has a long history of performing children's plays at its theatre in High Street, opposite the Town Hall. The junior group of the theatre, which has now morphed into Maitland Repertory Theatre Acting Classes, was formed in

1974. Tickets are all \$17. Bookings can be made online at www.maitlandreptheatre.org or at Maitland Visitor Information Centre on

4931 2800 (10am – 3pm daily). The play opens at Maitland Repertory Theatre on Friday 13 July at 7pm for ten performances with six evening and four matinee shows.


What: *The Girl with the Golden Locks*, holiday fairy-tale fun with a dash of espionage and intrigue at Maitland Repertory Theatre
Where: Maitland Repertory Theatre, 244 High Street, Maitland (opposite Maitland Town Hall)

When: Opening at 7:00pm on Friday 13 July 2018 - doors open at 6.30pm
Performance Dates:
Evenings at 7:00pm: July - Fri 13, Sat 14, Fri 20, Sat 21, Fri 27, Sat 28
Matinees at 2:00pm: July - Sat 14, Sun 15, Sat 21, Sun 22
Doors open 30 minutes before performances
Bookings: Online at www.maitlandreptheatre.org or at Maitland Visitor Information Centre on 4931 2800 (10am – 3pm daily)
Free Tickets: Maitland

Repertory Theatre is giving away a double pass to the opening weekend on 13-15 July 2018
Behind the Scenes: Directed by Zac Smith and Emma Ure & Assistant

Director: Ashlyn Horder
For more information: Director Contact: Zac Smith: 0431 580 236


■ Photo: The Golden Goose Cast before rehearsal last week



Open 7 days
8am - 8pm

4990 3485

202 Wollombi Road, Cessnock
(opposite ALDI)



Bears for Hope

Bears for Hope is a charity that raises money for pregnancy and infant loss support.

Jaye Hoelscher and her partner Anthony Bower unfortunately experienced the tragic loss of their son Ashton July 2017. Jaye has been driven to do something to help other families that have or are suffering a life changing loss of a baby. Out of their sadness has born a supporting charity "Beards of Hope" while the money raised will go to the parent charity "Bears of Hope" Jaye and Anthony have taken the charity to another level of awareness. "Beards of Hope" invites men across Australia to grow a beard. "May our beards grow longer and awareness stronger" This year the growing season started on the June 1st 2018 and runs to August 31st 2018, so get growing; still plenty of time! Organise a team of mates and challenge others to raise money for this very important charity. Hold an event to measure the beards and raise more awareness. Got to beardsofhope.com.au to donate, grow a beard or buy a T shirt. For more information ~ Jaye Hoelscher FB or Anthony Bower FB ~ Paula Bower 0411 190 677

Branxton & Vineyards Real Estate

4938 3300

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WHAT'S ON AT THE RFH

MONDAY	2 FOR 1 PIZZA From 5pm - Dine in only	CURRY MONDAY Lunch & Dinner
TUESDAY	STEAK STAMPEDE \$15.00 - Dine in only	
WEDNESDAY	PASTA DAY Lunch & Dinner	
THURSDAY	\$12.50 SNITTY Lunch & Dinner - Dine in only	SEAFOOD RAFFLES Tickets on sale from 6pm
FRIDAY	RAFFLES Tickets on sale from 6pm	FOOTY On the BIG screen
SATURDAY	LIVE MUSIC From 8.30pm	
SUNDAY	FREE POOL ALL DAY	

50 Maitland St Branxton NSW 2335 Ph: 49381335

SPORTS RESULTS GOLF

Branxton Veteran Golfers Results 14-6-18 Stableford

Div 1 Winner I Harris 30 pts (c/b) R/u P Hocking 30 pts 3rd G Anderson 28 pts
 Div 2 Winner A Cannon 30 pts (c/b) (SOD) R/u R Hebbe 30 pts 3rd R Showman 27 pts
 Ladies Winner R Friis 26 pts (c/b) R/u J Harris 26 pts 3rd R McCarthy 24 pts (c/b)
 NTPs Ladies R Friis
 Gents P Hocking
 Members draw -- Not won
 A fine, chilly Winter's day with light cloud cover, was the order of the day for our happy group of players who had gathered for to-days event. Congratulations to Alan Cannon on winning his division and achieving the 'Score of the Day'. Well done to all other winners and placegetters.

Results 21-6-18 Stableford (Pairs aggregate)

1st I Harris & G Gazzard 61 pts
 2nd J Flynn & M Ryan 56 pts
 3rd R Hebbe & S Condran 55 pts (c/b)
 4th P Tracey & R Yandle 55 pts
 5th G Musiliak & M Ford 52 pts
 Well the mild Winter's day, cloudy with intermittent sunshine, made playing conditions comfortable, for the fewer number than usual, to take up the challenge for today's event. It was a tightly contested round with congratulations going to the winners, Ivan Harris & Gary Gazzard (a formidable team). A well done to placegetters and to Margaret & Lee Hunt for keeping 'Nearest the Pin' in the family.

LN Bootes, Hon Sec Branxton Lady Golfers

Wednesday 6th June
 Monthly Medal Round 4
 Winner: Trish McMillan on 79nett
 Runner Up: Toy Martin on 80 nett
 Putting Comp: Winner Trish McMillan with 31 putts
Tuesday 12th June
Branxton Ladies Open Day
 Overall Stroke Winner: Lyn Banks (Scone)
 Jill Thomas Memorial Trophy (Branxton only): Caren Caldwell
 Division 1
 Stroke: Caren Caldwell (Branxton)
 Nett: Sue Williams (Hunter Valley Golf)
 Stableford: Colleen Rock (Singleton)
 Division 2
 Stroke: Cheryl Thomson (Singleton)
 Nett: Di Atton (Hunter Valley Golf)
 Stableford: Julie Berick (Aberdeen)
 Division 3
 Stroke: Zelma Powell (Hunter Valley Golf)
 Nett: Valmai Pascoe (Denman)
 Stableford: Jen Salna (Branxton)
 NTP:
 Division 1 Lindis Durham (Muswellbrook)
 Division 2 Di Atton (Hunter Valley Golf)
 Division 3 Marlene Rooney (Cessnock)

Wednesday 13th June
 Stableford
 Winner: Carol Miller on 33 points
 Runner Up: Neridah Busch on 32 points
Wednesday 20th June
 Stableford
 Winner Trish McMillan on 33 points on a c/b
 Runner Up aren Caldwell
 NTP Caren Caldwell

Hunter Valley Golf Club

Sunday 10th June
 The Weekly Challenge has been won by Robert King with a solid 40 point return from Killara GC visitor Oliver Knight with 39 points and Toukley GC visitor Brent Farnworth with 37 points. Ball winners were: Tim Hudson v35, John Psaltis v35, Bill Kaldeslis 32, Lucias Haidane V31, Michael Cunningham V31 and Shannon Attewell 31

Tuesday 12th June
 In very tough condition the field were greeted with saw Mark Barrow the only player in the field to match Par (36) and claim the event, runner up went to David Peel with 34 on countback to Angello Wood who also survived a countback to take 3rd spot. Ball winners were; Grahame Sheldon 34, Garry Hedges 34, Tony Morales v33, John Stewart 32, Greg Ireland 32, Rick Turnchini 32. Nearest-the-Pins went to Wayne Barber (3rd) and Rick Turnchini (4th)

Wednesday 13th June
 Tough going featured in this week's Ladies Stroke event with Jill Slatter winning the day with 76nett from Pam Snaddon 80 on countback to playing partner Sue Peel who also survived a countback for 3rd. Ball winners were: Kerrie-Anne Skinner 80, Dale Hamilton 82 and Christine Tancred 85. Next week the Ladies will play Individual Stableford

Thursday 14th June
 The Vets Stabrose event has been won by Ian Newell & Garry Hedges with 55 points from Dave Fury, Geoff Sweetman & Eric Smith on 53. Ball winners were: David Peel & Kevin Smith 50, Wayne Cowan & Wayne Burgess 50, Rex Talbot & Wayne Berry 50 and Ken Springbett & Grahame Sheldon 49 on countback. Nearest-the-Pins went to Wayne barber (3rd) David Peel (4th) Grahame Sheldon (8th) Dale Macklinshaw (10th) and John Stewart (17th). This weeks raffle has been won by Gerry Irwin, Next weeks event will be Stroke.

Saturday 16th June
 Cool windy conditions and Blue Tees contributed to score blowouts for many of the field on Saturday. A Grade went to Andrew Zok with a fine 37 point return with Steve Abel runner with 35 on countback, B Grade to Cronulla GC visitor Greg Moffat with 39 points and 'round of the day' from David Irwin with 34 points and C Grade to Kerry Wyatt with 37 points from Peter Cox 35. Ball winners were: David Peel 35, Anthony Coleavy 34, Corey Lamb 33, Russell Calderwood 33, Harrison Preece 32, Craig Sharp 32, Michael Watson 31, Chris Lodge 31, John Stewart 30, Shawn Parish 30, Peter Holt 30, Matt Killick 29, Jeff Smith v29, Dale Macklinshaw 29, Colin Hinshelwood v29, Paul Davies 29 and Terry Davies 28 c/b. Nearest-the-Pins went to Corey Lamb (3rd) Craig Sharp (4th & 17th) and Grahame Sheldon (10th). Next

weeks event will 4BBB Par Keno qualifier for HV Men and a Medley Stableford for the rest of the field.
Sunday 17th June
 Stephen Bear from the Maitland GC has won the Weekly Challenge with 38 points on countback to Mark Makin, 3rd place went to Joe Mansueto from Palmer Colonial GC with 37 points. Ball winners were: John Cavasinni v36, Peter Maer v35, Paul Neuss 35, Richard Hoare v35, Drew Dewar 35, Tony Krishna v35, Zoran Zdelar v34, Joshua McPaul v34, Gerry Irwin 34 and Doris Hoare v33 c/b.

Monday 18th June
 The Tuesday Stableford moved to Monday this week to allow the HRDGA Ladies to hold an event. With very cool and damp conditions a limited field took the day on with David Peel doing best with 35 points from Bob Prentice on 34. Normal Tuesday Stableford returns next week.

Tuesday 19th June
 The HRDGA Ladies held a Foursomes event in horrendous conditions with many of the field failing to start and several failing to finish. The Open Champions were Shelley Beach pairing of Jude Tarran & Ann Baker with 86 scratch. The Nett winners were: 1st Lyn Banks & Jo Brown from Scone GC with 78, 2nd Helen Castledine & Colleen Rock from Singleton GC with 81, 3rd to Lindus Durham (Muswellbrook) & Shanelle Thomas (Singleton) 84 and 4th to Debbie Cooper & Louise Morressey from Singleton GC with 84.5. The organising Committee wish to thank the Pro shop staff and the many from Hunter Valley Golf Club who assisted in many ways to have an event go ahead in those conditions. Morning tea and coffee provided by the Ladies from HVGC was much appreciated by all. Special mention to HV members Kerrie-Anne Skinner & Jill Ramsden for the efforts making the day as smooth as possible with scorecards, flower arrangements and constant topping up of the urn to make sure all Ladies had a cuppa when needed.

Wednesday 20th June
 The Ladies event was a washout with Golf to resume next week with an Individual Stableford.
Thursday 21st June
 Steve Rawlings claimed the Vets Stroke round with a fine 67 Nett return from David Peel 68 and Garry Hedges 69 on countback. Ball winners were: Wayne Barber 69, Peter Payne 71, Ken Harris 71, Grahame Sheldon 72, Graeme Flynn 72, Wayne Berry 73, Steve Piggott 73, Darrell Preston 73, Greg Amloh 73, Michael Watson 74, Ray Hodson 75 and Eric Smith 76 c/b. Nearest-the-Pins went to David Peel (3rd) Michael Watson (4th) Bruce Chambers (8th) Mark Barrow (10th) and Ken Springbett (17th). Next week's event will be Irish Stableford.

Saturday 23rd June
 No results have been released as yet for Saturday's 4BBB Par no the Medley Stableford. Next week's event will be an American Stableford to coincide with the 4th Juy.

BRANXTON GOLF CLUB
Saturday, 16th June 2018
SATURDAY COMP
STABLEFORD
BRANXTON PRO SHOP
 A Grade 1st Michael Tracey 36 pts
 A Grade 2nd Edward Barrett 33

pts
 A Grade 3rd David Hollis 31 pts
 B Grade 1st David Kinch 33 pts c/b
 B Grade 2nd Paul Bush 33 pts c/b
 B Grade 3rd Neil Bridge 33 pts
 C Grade 1st Richard Turnbull 32 pts
 C Grade 2nd Michael Carling 31 pts
 C Grade 3rd Ronald Hebbe 30 pts
 NTP 2/11 E Barrett 403 cm
 NTP 4 P Bush 144 cm
 NTP 9/18 M Carling 166 cm
 NTP 13 B Bendeich 105 cm
 15 Balls Distributed down to score 29 pts
 50 players

The cool windy weather has certainly ensured good scores are well earned around the tight Branxton Golf Course, with no player breaking their handicap on Saturday-with the DSRating of 72 being the highest for some time at Branxton. Mick Tracey's round of 36 points is even more impressive considering the difficult conditions—no doubt his low ball flight and innate ability to adapt his game to the course conditions ensured his round stayed on track. Runner up was local veteran, Eddie Barrett with a very impressive 33 pts, with Dave Hollis' 31 pts good enough for third. David Kinch won on a countback from Paul Bush and Neil Bridge in B Grade, with their 33 pts indicating how difficult the B Graders handled the conditions. Richie Turnbull prevailed in C Grade, winning with 32 pts, just ahead of Mick Carling and another local veteran Ronnie Hebbe. Anyone hitting the greens deserved some recognition on the par threes, but the shot of the day must go to the sweet hitting Brendan Bendeich, whose shot finished only 105 cms away on the 13th—that must have looked good with the prevailing winds. 29 pts was all that was needed to win a ball. The golf continued on Saturday night with a field of around 45 resilient players engaging in the Night Golf 3 Person Ambrose competition where the fairways, greens and holes were lit up with glow sticks—and players hit a glowing golf ball which reportedly travels around 80 % of the distance of a regular golf ball. This unique golfing experience can be a lot of fun with some players actually hitting their balls "out of sight" when their glow ball went out. Keep an eye on the club's website for some pictures from this enjoyable night of golf.

Has your phone stopped ringing? You need to advertise your business

Call Mike at 'The News'

4938 1773



Winter is here!

If you are anything like me, the cold mornings and shorter days can make it extra hard to find the motivation (or the inspiration) to get out of bed for an early morning exercise session, and even harder to get yourself moving after work. I'm lucky that I run classes at the park three mornings a week, so I have to get up whether I want to or not! But when it is dark outside and it is more tempting to sit on the lounge binge watching Game of Thrones than it is to do some exercise, it's important to remember that exercising in cold weather has special benefits (as well as some special considerations).

Exercise in Winter is good for you!
 In winter we are often driving to and from work in the dark, as well as spending most of our day inside an office. It can be hard to remember that there is an "outdoors" and it can become easy to miss our daily dose of fresh air and sunshine. Exercising outdoors in the fresh air can be a terrific mood booster. Research shows that exercising outside releases more endorphins than exercising indoors, and even more endorphins can be released when we feel like we are battling the elements.

Get off the lounge!
 More time exercising and less time on the lounge means less time eating! Long walks on the weekend can get you outside in the fresh air, expose you to Vitamin D AND get you away from the refrigerator. Why not plan a weekend with your loved ones and go walking somewhere you have never been before? The cooler weather can be the perfect time to go and explore a National Park or the local bushland without the fear of snakes or bushfires!

Burn more calories!
 There is also evidence to show that exercising in cold weather burns more calories! You tend to not stop for as many breaks as you would if you felt yourself overheating, and you need to work harder to keep your body warm – that sounds like a win-win situation to me!

Exercising in cold weather needs a bit of preparation!
Wear Appropriate Clothes
 It's important to wear warmer clothes, but not too warm! I was told once that if you are warm when you are standing on the starting line of a race, then you are wearing too many clothes! The same goes for fitness classes or other forms of exercise. Wear plenty of layers that you can strip off as you warm up but remember that you may have to carry them with you if you take them off while you are running or walking, and jumpers tied around your waist can be annoying. It's better to be a little bit cool when you are starting out – it will encourage you to move a bit faster to warm up!

Choose safe surfaces
 On cold mornings footpaths and roads can be slippery, so it is better to run or exercise on grass or dirt surfaces if you are worried about falling over.

Stay in well-lit areas
 When it is dark, it is better to exercise in parks with flood lighting or along roads with good street lighting so you can see where you are putting your feet. It is also important that drivers as well as other people exercising can see you, so wear bright colours, a reflective vest or a headlamp. I've seen a lady running around Branxton with lights on her shoes – they are really bright and can be seen from a good distance! Another lady also walks along McMullins Road early in the morning and sensibly wears a reflective vest so drivers can see her from both directions.

Take a friend
 There is safety in numbers, so if you aren't sure about exercising alone in the dark, take a friend! An exercise buddy can also be good motivation to get you out the door when you are warm inside.

Drink plenty of water
 You sweat almost as much during winter as you do during summer. The difference is that in winter your perspiration is either caught in the layers of clothing or evaporates more quickly due to the lower humidity. Also, high winds can dehydrate you. On top of that being indoors in warm air-conditioning can dry you out, so make sure you stay hydrated!

Spend a bit more time warming up and less time cooling down!
 In winter it is important to spend a bit more time warming up. This helps your muscles and also helps your heart and lungs – cold air going into your lungs can affect your oxygen uptake so make sure you start out slowly and give your body a little bit more time to warm up. When you are finished exercising, make sure you have dry clothes to change into at the end of a workout as clothes full of perspiration can quickly cool down and chill your body.

If you are heading out from home to go for a run or a brisk walk, do a longer walk to warm up and a shorter walk to cool down.

Exercise indoors
 Winter can be the perfect time to dust off your treadmill and exercise indoors! I have mine set up in front of a TV so I am distracted while I walk or run. I also have a few podcasts I enjoy listening to when I am on the treadmill (something I don't do when I am exercising outdoors). Another good option is to find some online workouts on YouTube – there are thousands to choose from, so there will be one for your fitness level and experience. That way you can work out in the comfort of your own home! The hardest part will be finding one you can trust! I personally like Blogilates.

Make sure you are doing something you enjoy!
 Exercising in winter can be hard enough without trying to drag yourself out the door to do something you don't enjoy! To spice up your workouts, join a fitness group, a running or walking club or go to a gym. You will enjoy doing some new workouts, and also meet some like-minded people to help keep you motivated. One great option for winter is Park Run. You can run or walk, there are always plenty of people there and it is a great way to start your weekend (every Saturday morning at 8am – the local ones are Nulkaba and Singleton).

What else is happening at Louise Cairns Fit for Life?
 Summer bodies are made in Winter! So I will be kicking off a new 10 week challenge on Monday 16th July. The challenge will include 3 classes a week, membership of my VIP Facebook Group, 3 fitness assessments, weekly motivation, fortnightly challenges and weekly food diary review. All this for \$299 per person.

In the meantime, classes will still be running at the park at 6am Monday, Tuesday and Thursday so come along and give them a try!

About Louise
 Louise Cairns is a Personal Trainer and Performance Coach based in Branxton. Louise runs regular fitness classes in Branxton, as well as PT sessions in Branxton and Kurri Kurri. Call Louise on 0439 383478 if you want to find out more or visit www.louisecairns.com.au

BRANXTON GRETA VINEYARDS

The New **SPORT**

RON BANISTER VERSATILTY MIXED TRIPLES 2018

On Sunday 17th June Greta Workers held their annual Ron Banister Versatility Mixed Triples in which each team must have at least one member of the opposite sex and each player must play in a different position each game. Players from Denman, East Maitland, Maitland City, East Cessnock, Mayfield, Raymond Terrace, Kurri, Maitland Park plus locals took to the green in cold and an extremely windy conditions which made things hard for players.

In the end only three teams had won their three games, with the winners being Ingrid Bullen, Glen Robinson and Jayden Robinson from Maitland City with 3w + 24
Second on a countback with 3w + 18 was Trudy Ryan, Eric Ryan and Haydn Bojkowski from Raymond Terrace
Third with 3w + 18 was Jessica

Doust, Adrian Solomons and Clinton Doust from East Maitland and Raymond Terrace.

We are very grateful to GRETA GUARDIAN PHARMACY for their sponsorship. Greta Workers are looking for any new bowlers whether you're a school student or an adult male or female looking to try bowls we can help you with free coaching ring the club on 49387325 for more details.

■ Photo: Leslie Banister with Winners J. Robinson, I. Bullen and G. Robinson



Brothers Jamie & Jake Russell 'fly high' at Australian Titles

Following up on our story (4th April 2018) about two North Rothbury local lads, brothers Jamie & Jake Russell, who earned a place to compete in the National Championships in their chosen, relatively new sport, Scooter, under the auspice of the Australasian Scooter Association.

They have successfully competed in the Australian titles in Artarmon (Sydney) on April 21-22 sponsored by Avoka clothing & both were delighted with their respective first time performance against the best in the land.

We are pleased to report that Jamie was placed 7th in Australia for 7's and under with a total of 14 competitors.

For his 1st year of scootering Jamie is extremely happy with this outcome as he has only just turned 6 years old and had some stiff competition with some of the other children turning 8 this year.

Jake was placed 25th in Australia for 16's and under with a total of 36 competitors.

Placing in this category was extremely difficult due to the high skill level and very close proximity of point scoring for all of these riders. There were a total of 229 competitors over the 2 days.

The event was a huge success and a 'big thank' you must go out to the Australian Scooter Association & all the sponsors and everyone involved.

Both boys were lucky enough to pick up sponsorship by Avoka Clothing so a special thank you goes out to Avoka Clothing.

This is an extremely supportive and friendly sport, which they are proud to be part of & both boys have made a lot of new friends from all states across Australia. They are now practicing for the next season which will commence later this year and are looking forward to more top level competition.

Be sure to check out the website for Avoka clothing for some great quality men's, women's and children's clothing. www.avokaclothing.com.au You can check out and follow both boys on Instagram

@jamie_russell2012

—jake_russell

■ Photo top right: Jamie performing a back-flip on his scooter in his competition run. Currently records are being checked to ascertain if he is the youngest competitor in the world to successfully perform a back-flip.



■ Photo: Jamie & Jake, budding Australian Scooter Champions

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