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WEDNESDAY
25 July 2018

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Free discount and entertainment guide for Cessnock LGA residents launched

From Monday 16 July, residents of Cessnock City will be invited to collect their *Resident's Buy Local Guide*. This special magazine is part of a new 'Buy Local' campaign developed by Cessnock City Council under the Advance Cessnock City partnership, in order to

encourage residents to support more local businesses. The Guide is a useful annual publication which offers fantastic deals and local discounts on everything from dining out, to furniture sales, to hairdressing and everything in between. It also encourages residents to

get out and about, and excited about what our region has to offer. Cessnock City Council's Economic Development Manager, Jane Holdsworth said it was really exciting to be able to launch the new free 64 page magazine and hopes to see more and more

residents out and about supporting local businesses. "The Guide offers locals everything you need – things to do during the school holidays, arts and craft classes, keeping active, markets and event dates, self-guided bush walking trails and a comprehensive business directory," said Jane. "We need to reinforce the importance of shopping local and this is the perfect way to do it. We are helping people to choose local businesses first, keeping dollars in our community and assisting family businesses to grow," added Jane. Cessnock City Mayor, Councillor Bob Pynsent said this was a wonderful magazine that every household will benefit from and keep handy in their top drawer. "Knowing where to find a reliable local plumber, gaining some inspiration for where to take visitors or finding out what events are coming up. These are all helpful bits of information for a resident to have on hand," said Cr Pynsent. Home owning households can redeem their magazine with a collection slip found in their July rates notice, whereas rental tenants will



receive flyers from their real estate agents. All household residents in Cessnock City are welcome to collect their magazine or follow the instructions on the flyer to download a copy online. There are a number of collection points:-
* Cessnock City Council Administration Building – 62-78 Vincent Street, Cessnock
* Hunter Valley Visitor Information Centre - 455 Wine Country Drive, Pokolbin
* Cessnock City Library -

65/67 Vincent St, Cessnock
Kurri Kurri Library - Corner Lang & Allworth Streets, Kurri Kurri
* R&W Real Estate, Branxton - 66/68 Maitland St, Branxton
Residents can also download their copy of the magazine online from advancecessnock-city.com.au/buylocal. Simply enter your details, and the access key BUYLOCAL18. For more information on the project, call Jane Holdsworth on 4993 4257 or

Rhiannon Stevens 4993 4185.
■ Photo (L-R): Rhiannon Stevens; Cessnock City Council's Economic Development Officer, Kayla Perkins and Zoe McDougall; The Happy Tooth, Robert Brewster; East Coast Supplements, James Harvey; Sternbeck's Real Estate, James Jarvis; AMP Vintage Wealth, Geoff Walker; Hunter Valley Visitor Information Centre, Eric Stanley; Financial Feedback, Cessnock City Mayor Councillor Bob Pynsent, Rose Beverley; Leisure Inn, Dayne Poole; Hunter Area Plumbing, Jane Holdsworth; Cessnock City Council's Economic Development Manager.

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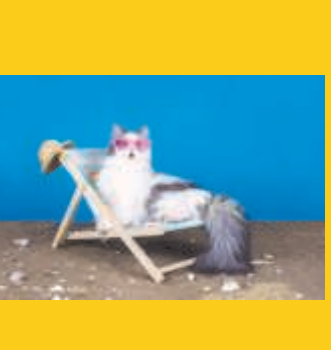
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DOGS
2018 Pricing schedule as of 1st February (daily price from)

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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



New Chef for Miller Park Sports Club

Miller Park Sports Club is proud to announce a new partnership is taking over the Restaurant and catering facilities. This new partnership is Casey Parsons and local girl, Megan Ayscough.



The Chef

Casey started his cooking career with the Point Restaurant in Port Stephens. With passion and commitment, Casey won Apprentice of the Year which lead him to work at the coveted Emirates Wolgan Valley Luxury Resort in the Blue Mountains. This resort and restaurant is rated 5 stars on Trip Advisor, Trivago and all other traveller review sites.

On Casey's return to the Hunter Valley he took up a position on the opening team of EXP. Restaurant (another 5 star restaurant) and went on to become the Executive Chef and Hotel Manager of Restaurant 221 at Cessnock (rated 4.5 stars)

After hard work and dedication, Casey and Megan purchased their first business together; Simply D'vine Café at the Nulkaba Nursery. They have, since taking over the business, increased it's rating to 4.5 stars for service, food and value (as per Trip Advisor).

They have now decided to open their very own Simply D'vine Restaurant at Miller Park Sports Club.

Simply D'vine Restaurant is proud to be partnering with Miller Park Sports Club.

They bring years of hospitality experience and knowledge with them. Together they will create something special for the town and its surrounding suburbs.

Please do yourself and your family a favour and visit Miller Park Sports Club to enjoy not only the quality food but also great service. Whether its lunch, dinner or a special occasion you will not be disappointed.

Group bookings welcome.

They together have great ideas and views for the restaurant within the club and look forward to sharing the new venture with all the guests. There will be a NEW MENU that will continuously evolve, yet always carry the classics. The new restaurant will be opening on the 8th of August, Wednesday to Sunday for lunch and dinner. Stay tuned for all the exciting things the couple have planned.

Now easier to do business in the LGA

Parliamentary Secretary for the Hunter Scot MacDonald MLC today announced it will be simpler and faster to open a café, restaurant or small bar in Cessnock. Cessnock City Council is 'going live' with the NSW Government's Easy to do Business program.

Mr MacDonald said the decision by Council to join the program paves the way for an expanded foodie industry and café culture in the local area.

"Starting up a hospitality business used to mean completing up to 48 forms, talking to 13 government agencies, and waiting up to 18 months," Mr MacDonald said.

"With Easy to do Business, local entrepreneurs can now complete one online form, call one phone number and open a café, restaurant or small bar in 90 days or less.

"New cafés, restaurants and small bars will create jobs, bring vibrancy to our streets, and foster a lively night time culture - I'm delighted that Council has gone live with this great program."

Cessnock City Council Mayor Bob Pynsent said the Easy to do Business program is a great win for Cessnock, creating opportunities for the region's economy and culture to thrive.

"Opening your own business is a big decision and it's fantastic to be part of a program that will take some of that pressure off," Mr Pynsent said.

"We support small business and look forward to supporting delivery of the Easy to do Business initiative."

Deputy Premier and Minister for Small Business John Barilaro congratulated Cessnock City Council for getting on board with the Easy to Do Business program.

"As a former small business owner, I know how important it is to do everything we can to make it easier for businesses to start up, operate and employ people and Easy to Do Business is a fantastic opportunity for local entrepreneurs," Mr Barilaro said.

Businesses wanting to start up a café, restaurant or small bar can apply at <https://www.service.nsw.gov.au/easy-do-business> or phone 13 77 88.



FACS Scholarships awarded

A \$1000 cash boost will help hundreds of vulnerable young people pursue their educational goals, with the NSW Government announcing the successful recipients of the 2018 FACS Scholarship Program.

The Scholarship program, which allows students to receive financial assistance from Year 10 up until they complete their tertiary education, provides \$1,000 that can be spent on items to support a student's education including text books, computers and private tutoring.

Parliamentary Secretary for the Hunter Scot MacDonald MLC & the Member for Cessnock Clayton Barr MP have welcomed the announcement and said that 34 students from across the Hunter would benefit greatly from the funding.

"This money will help students in our area in many practical ways; it may be as simple as paying for the internet or buying new textbooks but it all counts in enabling a vulnerable young person reach their potential," Mr MacDonald said.

"We want the best for young people and we know a good education is one of the keys to a successful start in life."

The Minister for Social Housing Pru Goward congratulated the 400 new and continuing recipients of the Family and Community Ser-

vices (FACS) Scholarship Program for 2018 and thanked all those who had applied.

"With 250 scholarships awarded in 2017, I am delighted that this year we have been able to help even more students across the state with financial assistance," Ms Goward said.

To be eligible to apply for the grants, students must be either living in social housing (public, community or Aboriginal housing); on the NSW Housing Register; receiving private rental assistance; living in crisis or supported accommodation or living in out of home care. Further information on the FACS Scholarship Program can be found here:

<https://www.facs.nsw.gov.au/families/support-programs/all-families/facs-scholarships>



PLANNING PROPOSAL - 18/2015/1 JOINT CESSNOCK AND SINGLETON VINEYARDS DISTRICT

On 3 March 2016 the Department of Planning and Environment issued a Gateway determination enabling Cessnock and Singleton councils to place the Planning Proposal 18/2015/1 Joint Vineyards District RU4 Primary Production Small Lots Zone on exhibition for a period of 21 days. This is consistent with the resolution of Singleton Council and Cessnock City Council to proceed with the Proposal on 16 November 2015 and 9 December 2015, respectively.

The exhibition period was due to end on 20 July 2018; however, to provide the community additional time to review the relevant information and prepare submissions, it has been decided to extend the exhibition period by 14 days, until Friday 3 August 2018.

The Proposal applies to the RU4 Primary Production Small Lots Zone in the Cessnock and Singleton Local Government Areas. The objective of the Proposal is to standardise, as far as possible, the RU4 Zone, which applies in both Local Government Areas. The Proposal will amend the RU4 Zone objectives (Singleton LGA only), amend the list of permitted land uses in the RU4 Zone and introduce development standards for Rural Workers Dwellings.

The Planning Proposal can be viewed at Cessnock and Singleton Council's Administration Buildings; Cessnock and Kurri Kurri Public Libraries; Singleton Public Library and Council websites at www.cessnock.nsw.gov.au and www.singleton.nsw.gov.au.

Any person may make a written submission in relation to the Planning Proposal. Any views expressed in written submissions will be considered by Council before a final decision is made on whether or not the Draft Plan should be made.


In order to be considered by Council, submissions must be received by 5pm on 3 August 2018 and should quote "18/2015/1 - Planning Proposal Joint Cessnock & Singleton Vineyards District". Submissions should be addressed to The General Manager and can be submitted via

• Email to council@cessnock.nsw.gov.au or

• Post to Cessnock City Council, PO Box 152, CESSNOCK NSW 2325

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

Any enquiries should be directed to Council's Strategic Planning section on 4993 4155



Stranger than Fiction

A marriage proposal around the Moon for 145 million dollars
Starting in 2022 it will be possible to ask for the beloved's hand in marriage while flying over the lunar surface to the sound of Frank Sinatra's "Fly Me to the Moon". The one-week interplanetary flight will be carried out using a self-contained and autonomous spacecraft allowing the two lovers to travel alone.

The ApoteoSurprise agency, a French marriage proposal planner specialized in creating extravagant proposals, introduces a whole new service for 145 million dollars which will allow 21st century handsome princes to propose while flying around the Moon. Reaching for the Moon in the name of love is about to become a reality, the ultimate goal of the Paris-based agency being to "stage the craziest and most outstanding marriage proposal of the last 13.8 billion years". From March 2022, elite lovers will be able to book the all-included service on the site www.proposeinparis.com and five months later find themselves enjoying the following program:

- Twelve weeks of pre-requisite technical and physical training.
- Takeoff on D-Day from the Kennedy Space Centre in Cape Canaveral, Florida.
- Richard Strauss's "Thus spoke Zarathustra, Op.30" (Theme from 2001 Space Odyssey) resounding in the two space tourists' helmets when the first effects of weightlessness are felt.
- Arrival in lunar orbit, three days later, flying over the satellite's grayish surface at only 200/300 kilometres altitude.
- Cut-off of all communication with Earth for around thirty minutes while the capsule flies over the dark side of the Moon.
- The Frank Sinatra song "Fly Me to the Moon" played halfway through the orbital flight, allowing the suitor to make his marriage proposal far from any form of human life (engagement ring secretly hidden in his spacesuit).
- A spectacular Earth-rise seen from behind the lunar craters and return trip of nearly four days before atmospheric re-entry and final touchdown.

The flight-plan followed by the space capsule will mirror that of the mythical Apollo 8 mission in 1968. The spacecraft, travelling at a speed of up to 38,000 km/h, will be equipped with eight cameras allowing the couple to immortalize their entry into the history of the conquest of space and the conquest... of love!

Mayoral Minute calls for more information about dwelling entitlements for small rural lots



Sue Moore, Mayor Singleton Council

Mayor of Singleton, Cr Sue Moore has used a Mayoral Minute to call for a report on the number of properties affected by the loss of a dwelling entitlement under the *Singleton Local Environmental Plan 2013* (LEP).

The Mayoral Minute to last night's ordinary Council meeting also asked that the report clarify the loss of dwelling entitlement when an existing house was demolished, and discuss

strategic planning implications and process should Council pursue the State Government to reintroduce dwelling entitlement provisions. The issue was raised recently when the owner of a small residential lot lodged a development application for a dwelling. Clause 4.2A (3) (part a, b, c, d) in the Singleton LEP 2013, endorsed by the State Government, states a dwelling house must not be

approved on small rural land lots under 40ha in size and which were created before 7 January 1966. A dwelling entitlement for small rural lots did exist under the previous LEP 2006 and Council proposed that the entitlement continue when drafting for the new LEP (Singleton LEP 2013) began in 2010. However, the NSW Department of Planning and Environment did not support this position.

A sunset clause was in place for 12 months following the implementation of the LEP in September 2013 to allow approval for a dwelling on existing small rural lots. Cr Moore said in addition to tonight's Mayoral Minute, she had also raised the issue directly with Upper Hunter MP Michael Johnsen about whether the State Government, through the NSW Department of Planning, would support an

amendment to the LEP to reintroduce dwelling entitlement provisions. "It will be beneficial for everyone involved to know how many properties are affected by this clause, and the process for Council to approach the NSW Department of Planning to amend the LEP," she said. "A report will be presented to Council's August meeting when we will be better informed to make a decision about a course of

action moving forward, including whether to take up the matter with the NSW Department of Planning. "I empathise with people in our community who may be in the situation where they are unable to build their forever home because of this clause led by the NSW Department of Planning, and assure them we are investigating all the avenues available to us to find a solution."

Direct flights to & from Auckland a great opportunity to boost tourism

Virgin Australia and Newcastle Airport announced last week direct international flights between Newcastle and Auckland, opening up a range of travel and tourism opportunities for the Hunter region.

Virgin Australia will operate three return services per week during the peak holiday period from 22 November 2018 to 17 February 2019, providing 13,000 additional seats. New Zealand is a key market that the Hunter Valley Wine & Tourism Association will target for leisure tourism and business events in 2018/19. As part of our strategic partnership with Newcastle Airport, the Hunter Valley Wine & Tourism Association will seek out marketing activities to leverage this fantastic opportunity and to drive overnight visitation to the Hunter Valley, working with the Airport, Virgin Australia and industry stakeholders. The Hunter Valley Wine & Tourism Association congratulates Newcastle Airport's CEO Peter Cock (pictured) and his team for their dedication in striving to become a second international gateway into NSW and recognises the significant contribution this will have for our local economy.

■ Pictured at right: Jo Thomas, GM Hunter Valley Wine & Tourism Association and right Peter Cock, CEO Newcastle Airport.



Author event with Ben Doherty at Cessnock Library

Cessnock City Library is proud to present a free author event with former foreign correspondent and now journalist for The Guardian, Ben Doherty from 11am-12pm on Thursday 2 August.

Ben launched into the literary world with his enthralling debut novel, *Nagaland*, which is set in the far north-east of India.

Nagaland is an extraordinarily powerful and evocative literary work that traverses new ground in the hinterland between biography and mythology. Library Services Co-ordinator, Rose-marie Walters said this is a fascinating event that is not to be missed.

"Ben is a three-time Walkley award winner for his foreign and immigration reporting and this event is a great opportunity to hear about his journey from journalist to novelist and the adventures in-between," said Rose-marie.

This event is free to come along, but bookings are essential. Don't miss out. Book your spot today by calling the team at Cessnock Library on 4993 4399. Signed copies of *Nagaland*

will also be available for sale at the event at a cost of \$25.



Author event with Jeremy Scott at Cessnock Library

Cessnock City Library is proud to present a free event with Jeremy Scott, who is the inspirational author of *The Long Road From A Broken Heart* from 10:30 to 11.30am on Thursday 26 July.

As a toddler, Jeremy suffered from a huge hole in his aorta valve that cruelly denied him the opportunity to live the life of a normal healthy child. At just four years of age Jeremy underwent open heart surgery.

Thirty four years later with practically no experience or training, Jeremy took the unbelievably courageous plunge and began a two and a half year, 51,916km bicycle ride that would see him cycle through 29 countries from London to New Zealand.

Jeremy is a recipient of the Australian Open Heart Foundation 'Heart Hero Award' and his incredible story highlights what anyone can achieve in life, if they are willing to take that first step.

Library Services Co-ordinator, Rose-marie Walters said that this will be an inspirational talk and anyone who loves a good biography should come along and hear this amazing true story.

"Jeremy's story about the beautiful side of humanity is an example of what someone can achieve if they believe in themselves and have the courage to chase their dreams." This author talk is for everyone so make sure you don't miss this inspiring event!

Book your spot today by calling the team at Cessnock Library on 4993 4399.



AGM 2018
ANNUAL GENERAL MEETING

NOTICE OF ANNUAL GENERAL MEETING
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STEVE'S RANT

In the last issue of The News our local Federal Member, Joel, banged on about penalty rates. During his address to the ACTU congress this week Bill Shorten banged on about penalty rates. These socialist do not get it. Penalty rates are a tax on employment opportunities for our young people, a burden on small business and a threat to the Hunter Valley tourist potential. People in Sydney will not drive to the Hunter if they are going to be ripped off for a cup of coffee and a cheese toasty. The Labor Party is pushing this as a bribe to voters because in years gone-by the weekend was sacrosanct time; a part of the week for worship and sport. Well here is news for the Cro-Magnon recidivist in the Labor Party. No day of the week is special anymore ~ we can worship whenever we want, sport is played every day of the week and the price of service should be the same on any day of the week or year - including Christmas Day, Good Friday, Anzac Day and Australia Day. Pushing the line that workers will be worse off without penalty rates is nonsense when the common good of extra jobs

and greater turnover in small business is balanced against the lucky few who have jobs that attract penalty rates. This is the tactic of envy and divisionism that the Labor Party have practised for years. It is in their DNA. They cannot help themselves. It was born out of the origins of the Labor movement in the 19th Century when work conditions were, as Charles Dickens described them, virtual indentured slavery. Well just look around you folks. The standard of living and the opportunities for work, enterprise and the improvement of the general population's knowledge and understanding have never been greater. The only threat to this situation is the stupidity of the left and the Greens with their NO Coal crap and the dumbing down of education. Since we have advanced so far from the 19th Century the union movement is basically a 'Rebel without a Cause'. To justify their existence they must continually foster division within the country and create bogey men to frighten the proletariat. As the proletariat becomes better informed and



educated it becomes more and more difficult to frighten the people, despite the fact they are aided and abetted by the ABC and the lefty press. So people, think about what is being touted as the high moral ground and correct thinking. There is no high ground and we must think for ourselves. Cheers, Steve

Old news but just to remind you that 'The Brantton-Greta Memorial Cycleway project' & Maitland councillors, have invited the Duke and Duchess of Sussex to their LGA while they are in Australia for the Invictus Games in late October. It appears we will be

finding out if they have or have not accepted the respective invitations by the end of next week. The newlywed royal couple will be Sydney from October 20 to 27 for the Invictus Games, a multi-sport event for wounded, ill or injured armed forces personnel and veterans, which Prince

Harry founded in 2014. Brantton-Greta Memorial Cycleway Limited chairman Brett Wild said the cycleway project – which will pay tribute to the twin towns' World War I servicemen – was strongly aligned with the games' values, and would be a meaningful event for the Duke and Duchess to attend. "When we were informed of his attendance at the Games we immediately sent the invitation to the Palace which was immediately responded to in a very positive fashion," said Brett. The invitations were sent to Buckingham Palace via the offices of Governor of NSW David Hurley AC, DSC, FTSE (who is a

patron for the project), Minister for Veterans Affairs David Elliott, and the Invictus Games. "It ticks all the boxes & it would be an amazing boost for our small country town – it would be huge for the entire Hunter Valley," said Brett. The last official Royal visit to the Hunter was in March 1983 when Prince Charles & Lady Diana visited Maitland passing thousands of people as they walked down High Street before leaving their names & comment in the visitors book; "Charlie and Di, Buckingham Palace, London England - 'Maitland's a curious and charming town. Long may she prosper!'" If the Duke and Duchess of Sussex do accept the invitation to Brantton/Greta we will need an official visitors book &, no doubt, a gold shovel for the turning of the first sod on the Memorial Cycleway project. Here's hoping! Cheers, Mike



What's Happening & other matters

with Mike Lowing



ognises the special circumstances of farmers; 4. Ensure that social support services are accessible to farm families; and, 5. Provide a framework for jurisdictions' responses during periods of drought. Clause 17 of the agreement states: parties will report against their roles and responsibilities in this agreement and their implementation plans annually during the operation of the agreement. Reports are to be provided for Primary Industries Standing Committee (PISC) and Standing Council on Primary Industries (SCOPI) meetings. The Coalition won office four months later. One of its first acts was to abolish SCOPI and the PISC, two key COAG commitments. The Intergovernmental Agreement will expire on July 1, 2018. Next to no

work has been done on a new agreement. Farmers on Farm Household Support (unemployment benefit for farmers) are near the end of a three-year period of assistance. What will drought-affected farmers do now? The Turnbull government says they should apply for a concessional loan. But more debt is simply not an option for most. To be fair, the government has improved a tax scheme which encourages farmers to put money away for tough times. It enhanced accelerated depreciation arrangements for farmers investing in water infrastructure. But neither scheme helps farmers who have no money to invest or save. The COAG process must be restored. Its abolition was a terrible mistake. Only then

can we put drought policy back on track. Drought can no longer be viewed as an "abnormal event". The focus for policy makers and farm leadership groups must be helping farmers build resilience. Tax concessions for drought proofing will no doubt remain part of the plan. So too will income support. The foundation for any drought policy must be adaptation and the embrace of better natural resource management practices. More market-based programs are needed to incentivise a focus on soil health, water efficiency and carbon abatement. Of course, you can't expect a

government to act on a changing climate if it doesn't believe the climate is changing. Drought-affected Hunter farmers would welcome that recognition as an important first step. Joel Fitzgibbon MP Member for Hunter

TIME TO PUT DROUGHT POLICY BACK ON TRACK. The Prime Minister did a drought tour in late May but the Hunter was not on his itinerary. On May 3, 2013, the Commonwealth and the states and territories entered into a new COAG agreement on drought policy. The Intergovernmental Agreement on National Drought Reform enjoyed the unanimous support of the nine governments as well as the National Farmers' Federation. It was, in part, driven by a 2009 Productivity Commission (PC) inquiry into drought policy. It found that in 2007-08, 23 per cent of Australia's 143,000 farms received drought assistance of more than \$1 billion. The PC argued that former

Exceptional Circumstance (EC) declarations and related drought assistance programs did "not help farmers improve their self-reliance, preparedness and climate change management". It concluded: "the EC declaration process is inequitable and unnecessary". State and territory governments agreed a new approach was needed. Five objectives were agreed: 1. Assist farm families and primary producers adapt to and prepare for the impacts of increased climate variability; 2. Encourage farm families and primary producers to adopt self-reliant approaches to manage business risks; 3. Ensure families in hardship have access to a support payment that rec-

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For non-life threatening calls.....		Ambulance... 131 233		Maitland.... 4939 2000	
Police Assistance Line (PAL)..... 131 444		NSW Fire Brigade		Cessnock... 4991 0555	
		Branxton..... 4938 3396		Singleton... 6572 2799	
		Rural Fire Brigades		SES132 500	
		Belford..... 6574 7149		Crime Stoppers	
		Broke..... 6579 1491		1800 333 000	
		Greta..... 4015 0000		Poisons Info 131 126	
		Bishops Bdg 4015 0000		Hunter Water	
		Nth R'bury... 4015 0000		1300 657 000	
		Rothbury.... 4015 0000		Ausgrid 131 388	
		Pokolbin.... 4015 0000		Gas Emergencies . 131 909	
		Rothbury.... 4991 1733		Lifeline131 114	
		Bishops Bdg 4015 0000		Mental Health Line	
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		Rothbury.... 4015 0000		Domestic Violence Support	
		Pokolbin.... 4015 0000		4990 9609	
		Rothbury.... 4991 1733		Centrelink Self Service	
		Scotts		136 240	
		Flat..... 6575 1200		Medicare 132 011	
		Central		Native Animal Rescue	
		(Cessnock)... 4015 0000		0418 628 483	

2018/19 waste vouchers have landed



The 2018/19 waste vouchers for the Cessnock Waste Management Centre have been distributed to residents in the July rates notice and there is an important change to note.

Cessnock City Council would like to advise that the 2018/19 vouchers include a property address and residents are now required to show a proof of address to match the one listed on the voucher.

Council's Environment and Waste Manager, Michael Alexander said, "This change is about process improvement and to ensure reports on the Centre's use are accurate each year."

Each household that pays the Domestic Waste Management Charge (DWMC) will receive four vouchers attached to their July rates notice and renters should speak to their property manager about collection of these vouchers. Each voucher entitles residents to dispose of up to 500kg of waste. Anything over this amount will need to be paid for by cash or card, or the use of multiple vouchers. Residents are also reminded that vouchers are not transferrable or permitted to be sold. If this happens, it will result in the voucher(s) being voided. Households that are out of the waste management service area and do not receive vouchers can purchase alternate service vouchers. These are sold at a discounted rate compared to the gate fees at the site. For more information about waste vouchers or the Cessnock Waste Management Centre, visit www.cessnock.nsw.gov.au/wastecentre or call 4993 4100.

Approval in principle paves the closure of Wallaby Scrub Road

Singleton Council will act to formalise the closure of Wallaby Scrub Road after receiving approval in principle from the Department of Industry. The approval relates to the closure of 5.99km of Wallaby Scrub Road from the intersection of Putty Road, but excludes a portion of Crown road adjoining the road corridor. The closure is also conditional that the land is sold to adjoining landholders Warkworth Mining Limited and Miller Pohang Coal Company Pty Limited. The portion of Crown land will be subject to an application to Crown Lands by the mine to acquire. Council resolved to proceed with the application to the Minister for Lands and Forestry to close the road at an extraordinary meeting in August last year, after hearing from a number of speakers who addressed the

meeting during public access. A report presented to the meeting also included a synopsis of 1,639 submissions as the result of a public exhibition period. General Manager Jason Linnane said Council was notifying objectors about the decision this week. "This is a matter that attracted significant community interest and Council appreciates the input from everyone who made a submission during the public exhibition period last year," he said. "Council's role was to consider the merits of the road closure based on its role as a roads authority and did not include consideration of matters relating to mining approvals. "As a result of the approval in principle, Council will now act to continue the formalisation of the road

Recovering From Colds and Flu

With Belinda Doe of Wise Deer Natural Health

A cold or flu occurs when your body becomes infected with a virus. Unfortunately, there aren't any medications that can cure this, and it's usually a matter of letting the illness run its course. Here are some natural things you can do to help your body fight the infection and reduce your symptoms.

Dietary tips

When your body is fighting off illness it requires more nutrients than usual.

Eat light, easily digested meals

(e.g. broths, soups), as digestive capacity is often reduced

Avoid mucus-forming foods such as dairy, wheat, and processed foods

Avoid immune-suppressing foods such as processed foods, sugar, alcohol, and caffeine

Take Vitamin C and regularly suck on Zinc lozenges at the first sign of a cold, as this has been shown to reduce its severity and duration

Increase fluids (water, diluted vegetable juice, broths, herbal teas)

Herbal tips

You should have some pretty effective herbs just lying around your kitchen. Try a tea of thinly sliced ginger root with honey (raw or manuka), cinnamon, and lemon juice. Add fresh chilli, onion juice, and garlic for added benefits. Herbal teas containing elderflower, peppermint or echinacea are also wonderful for their warming and immune stimulating properties.

Lifestyle tips

The key to recovering from illness is rest. Other important factors are:

Sleep

Stress reduction

Fresh air

Sunlight

Sweating (to encourage elimination of toxins) – use warm clothes, warm baths, and warming herbal teas

Essential oils may aid breathing and prevent further infection. Try eucalyptus, clove, lavender, oregano, peppermint, rosemary, or tea tree.

Good hygiene (viruses can survive for several hours on hands, tissues, hard surfaces, etc.). The mechanical action of washing your hands physically removes the virus particles; antibacterial soaps do not kill viruses.

www.wisedeernaturalhealth.com

Cheers, Belinda



Charge (DWMC) will receive four vouchers attached to their July rates notice and renters should speak to their property manager about collection of these vouchers. Each voucher entitles residents to dispose of up to 500kg of waste. Anything over this amount will need to be paid for by cash or card, or the use of multiple vouchers. Residents are also reminded that vouchers are not transferrable or permitted to be sold. If this happens, it will result in the voucher(s) being voided. Households that are out of the waste management service area and do not receive vouchers can purchase alternate service vouchers. These are sold at a discounted rate compared to the gate fees at the site. For more information about waste vouchers or the Cessnock Waste Management Centre, visit www.cessnock.nsw.gov.au/wastecentre or call 4993 4100.



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Is it a cold or flu?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

closure, with future reports to be prepared for Councils consideration regarding the sale of the Wallaby Scrub Road corridor." Arrangements are being made to implement the Wallaby Scrub Road Closure Plan, which includes Variable Message

Signs to be placed at key locations several weeks before the road is closed to inform drivers. Mr Linnane said Council would negotiate with the adjoining landholders in relation to the sale of the land.

"Formalising the closure of

the road will allow Council to sell the road corridor, which would involve a valuation and negotiation process," he said. "Proceeds from the sale of the land will be re-invested in the local road network in accordance with the *Roads Act, 1993*."





Bob Pynsent, Mayor Cessnock City Council

The HSC is fast approaching which can be a stressful time for many young people. In an effort to help develop strategies to cope with the pressure of HSC exams, Cessnock City Library is hosting a free workshop for local students from 4.30 to 6.30pm tomorrow. The workshop will be hosted by writing expert, Keith Whelan who has been a writer for the past 20 years. The workshop will cover what works and what doesn't, planning writing schedules for each exam, time management, using key words, and practical ways to write under pressure. I encourage students studying for the HSC to book in and take advantage of this wonderful opportunity. I attended the opening of the NAIDOC Art Trail which is an exciting new inclusion on our annual NAIDOC Week program and has a strong focus on women as the theme this year is 'Because of her, we can'. It was so wonderful to see how the local students have portrayed this theme through their art by showing how local Aboriginal women have inspired them in their own lives. The Art Trail is a partnership between Kiray Putjung Aboriginal Corporation, Cessnock Regional Art Gallery, Cessnock City Council, CYCOS, Kurri Kurri & Cessnock Libraries and Hunter Valley Visitor Information Centre and you can view the artworks at each of these locations. Along the way, you'll discover artworks by inspirational women including Lesley Salem, Saretta Fielding, Tamika Elvin and Auntie Cynthia and by local students involved in Aboriginal Education Teams. Wannarua artists are also in the spotlight! The Art Trail is open until 12 August and I encourage everyone to check it out.

I was delighted to hear the news that Cessnock City Council was allocated \$15,000 towards a \$30,000 Business Capability Study under the Australian Government's Building Better Regions Fund (BBRF). This is a welcome funding boost that will go a long way to helping local businesses. The Study will determine how many businesses operate within our region, their size, employment capacity,

export and import status, ICT take up, and also identify opportunities and barriers to doing business or driving investment within the region. The Study will nicely complement the \$30,000 Skills Audit and Business Jobs Portal currently being implemented which was also made possible with successful funding under the BBRF in 2017.

Have you picked up your copy of the *Residents Buy Local Guide* yet? The Guide is a useful annual publication which offers fantastic deals and local discounts on everything from dining out, to furniture sales, to hairdressing and everything in between. It also encourages residents to get out and about, support local business and excited about what our region has to offer. Home owning residents can redeem their copy with the collection slip found in their July rates notice and rental tenants will receive flyers from their real estate agents. There are several collection points including Council's Admin Building, Cessnock and Kurri Kurri Libraries, Hunter Valley and Kurri Kurri Visitor Information Centres, R&W Real Estate Branxton and Wollombi Real Estate. Cessnock City Libraries are always looking for ways to improve their service and have developed an online survey to get your feedback about what you love and what you'd like to see happen in our local libraries. Your feedback and suggestions will be considered for future planning of our library service and I encourage you to fill one out before it closes on Tuesday 31 July. Simply visit www.surveymonkey.com/r/CessnockCityLibrary to complete the survey online or call into Cessnock or Kurri Kurri Libraries to complete a paper copy. Cheers, Bob



Sue Moore, Mayor Singleton Council

With all the change in the Singleton Town Centre over the past few years – and fingers crossed for more to come – the groundwork is now underway for the transformation of the village of Bulga.

I was really happy to chair the inaugural meeting of the Mount Thorley Warkworth Voluntary Planning Agreement Community Committee last week,

because it marked the start of an exciting project to reimagine the future of the historic village.

The Voluntary Planning Agreement was signed between Council and Yancoal in December 2017, to potentially deliver \$11 million to the Singleton community over the next 15 years. That includes \$6.6 million for a Bulga Community Project Fund to support the sustainability of Bulga and surrounds. Comprising representatives from the community, Council and Yancoal, the committee is a sunset committee of Council that will assist in engaging with the community to implement the VPA.

The first challenge for the committee is to recommend a list of principles for the prioritisation of projects that will build sustainability and enhance the quality of life for the people of Bulga and Milbrodale. The community can have input into the projects via their community representatives. That will then lay the foundation for a works program to guide the projects on the ground in accordance with the community's desires. There's a lot of planning to do first, but it's important that we get the right projects with the right amount of funding, and that we do the proper design work and consultation with the community before we rush into construction.

I have no doubt this will be a very positive committee and we will see a lot of good things come out of this process for the benefit not only of Bulga and surrounds, but everyone across our LGA. What will also benefit everyone in our LGA is the ongoing conversation about improvements to public transport. I'm joining members of Two More Trains for Singleton today (Wednesday) to meet with senior representatives from Transport for NSW right here in Singleton, to discuss the need for more services. It's no secret our community rates more public transport, and particularly rail services, as one of our major issues. There have been numerous meetings with the Minister for Transport Andrew Constance both in Singleton and in Sydney. I appreciate he is taking this matter very seriously and look forward to the outcomes that I'm confident will eventuate. Cheers, Sue

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Clr Melanie Dagg - Cessnock City Councillor - Ward C

WASTE VOUCHERS

Residents will already be receiving their waste vouchers in the mail and noticing they look slightly different. The 2018/19 vouchers include a barcode, which is linked to the property address.

There has been a lot of feedback from the community around the barcode and whilst all feedback is welcome, there has been some misinformation flying around. The introduction of the barcode is designed to allow better tracking of waste and reduce the misuse of the voucher system. This normally occurs through residents selling vouchers or the use by businesses for commercial gain. Any profit made from their inappropriate use, from illegal dumping or other criminal behaviour, is subsidised by you the ratepayer. Residents can continue to dispose of waste with a voucher from another household (i.e. for their elderly family member or neighbour that isn't able to do it themselves), as can tenants who receive a voucher from their landlord but don't have a rates notice.

This can be achieved by providing a proof of address which matches the voucher. Proof can include a rates notice, a drivers licence or a utility account verifying it's on behalf of a ratepayer. The transfer of vouchers to a commercial business for delivery on a customer's behalf will not be accepted by Council officers. Council is aware of misuse of vouchers by these businesses, bringing in a substantial amount of additional commercial waste through these types of transactions, with the financial burden being worn by you the resident. It may be frustrating that people can't use the vouchers to dump whatever they want, even if it's not residential waste and its not from the LGA – its all rubbish, right? Wrong! The problem is, Council has to pay a levy (**\$138.20 per tonne**) to the State Government for every tonne of waste that goes over the weighbridge. This ultimately has an impact on waste charges for the subsequent financial year, with the potential to artificially inflate prices if the waste is not managed and disposed of correctly. The vouchers aren't merely an entitlement, they are an important step to ensuring the appropriate management of our waste. Gone are the

days of just digging a whole and burying it, waste management is the name of the game.

RECYCLING CRISIS

Keeping with the rubbish theme, I moved a motion at our recent meeting regarding the Waste Levy and pushing for it to be handed back to local government to allow us to invest in innovation, research and development in an attempt to solve the recycling crisis that councils are currently grappling with. China's newly introduced National Sword Policy has real implications on how councils manage the waste we collect from the community, with our only practical options at the moment, being to stockpile or return it to landfill. After decades spent educating the public about the importance of recycling, neither option is palatable and there is a real possibility that if we don't act now, we will lose the gains already made in the fight against waste.

As shown above, you the ratepayer, paid millions of dollars to the State Government via the waste levy that councils are forced to collect on their behalf. In the 2016/17 financial year the Government collected \$656 million in waste levies and in 2017/18 they collected \$373 million. Only 18% of that \$1 billion has been returned to local communities to for waste reduction and management. The State Government has announced a rescue package of \$47 million to help consumers, councils and the waste industry cope with the recycling crisis. But this isn't new money, it is re-gifted from the 18% already allocated to tackle the problem. In the last financial year, Cessnock alone paid almost \$8 million dollars in Waste Levy, with only \$218,000 being returned. This is unacceptable, given the circumstances of the current crisis!

Despite the doom and gloom, this could be a great opportunity for local government to adapt, innovate and improve the system to allow us to be a circular economy. Our neighbours at Lake Mac have already begun this on a small scale, with the reuse of recycled glass as road base, but there is more to do. With the connectivity of the Hunter Expressway, our LGA is uniquely placed to take full advantage of the opportunities coming out of this crisis. With the support of the State Government, and in partnership with the other Hunter Councils, we could create a regional processing facility, which turns recycled matter into reusable product. In an area such as ours where we have seen the decline of mining and heavy industry, it would be a welcome boost to employment and the economy. Innovation is difficult without adequate investment and it is important we work in partnership with Government and the private sector. But first things first,

if the State Government is serious about tackling waste, it needs to return the full waste levy back to communities so they can better manage this serious issue.

Cheers, Melanie



Member for Cessnock Clayton Barr MP

Raising the BARR

I'M A POLITICIAN – PLEASE BELIEVE ME

The credibility of politicians is at an all-time low – I am not too stupid to not understand that. I see the facts and the truths as they happen and as they are written in documents like the Budget. Then I see the language that is used to spin the message; and I see the spin that is put on the truth by the various media outlets; and then the language of social media which ranges from accurate to absurd.

So who should you believe? This is possibly my most difficult job on a day to day basis. At every meeting in the community, with every conversation that I have, I see all types of variations of the truth and the lies that have been spun. More often than not, I won't try to change a person's mind or tell them a different version of the same issue, because I am a politician and I am probably the least likely to be believed.

There are so many examples of smoke and mirrors along the way. Let me give you this one small example: the State Government recently announced a Budget surplus of \$3.9B and were congratulated for their financial management, but what they didn't tell people is that to get the surplus they are borrowing \$10.5B. The \$10.5B borrowings, which prove that more money will be spent than is available, were lost on every media report of the Budget. The surplus is not actually real – it is a Clayton's surplus. Here is another example of the smoke and mirrors; the Government tells everyone that they have zero debt. The poorly informed media outlets, stripped of their staff and resources, simply repeat it over and over. Joe and Jane Citizen end up repeating the line themselves. The Treasurer is clever enough to say zero net debt. The word "net" is crucial to the truth, but would be lost on most. Most other MP's, even the Premier are guilty of saying zero debt, without using the word net. The truth is that the State currently has borrowed a total of \$34.38B of debt. This will be \$47B of debt

by 2021. When Mr O'Farrell won the election in 2011, the previous 160 years of NSW Governments debt amounted to \$22B. In just 10 years, the State borrowings (debt) will have more than doubled. That's not zero debt! We pay \$50M per week in interest on our debt. That's not zero debt!

The Government won't challenge me on this because they know that it is true, that I am telling the truth. If you are so inclined, check online for the 2018/19 Budget Papers and go to Budget Paper 1, Table D2 of page D-3. Despite the fact that I am a politician, please believe me.

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



MICHAEL JOHNSEN MP Member for Upper Hunter

\$9 MILLION TO SAVE THREATENED SPECIES

The NSW Government has put \$9 million on the table to deliver more local projects to save threatened species, and I would encourage the Upper Hunter electorate community to apply for grants to help save threatened native wild life. Saving threatened species can be as simple as planting native vegetation, weed programs or research projects that involved people of all ages keeping a record of a specific bird or animal. Under the program individual grants of up to \$350,000 are available for projects that will run for 7 years and will require a contribution from the successful organization including local community groups, business and councils.

All applicants are strongly encouraged to develop and deliver projects with other collaborating partners. Applications are currently open and close on the 13 August 2018. More information: <http://www.environment.nsw.gov.au/grants/saving-our-species-contestable-grants-program-2018.htm> Contact: My Email address: upperhunter@parliament.nsw.gov.au, phone numbers; 6543 1065, Cheers, Michael

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Seasonal Influenza Vaccination 2018 Update

There has been unprecedented demand for influenza vaccine in Australia in 2018. NSW Health has distributed more than two million doses of state and national program influenza vaccines, around half a million more than in 2017. NSW Health is working closely with the Australian Department of Health to manage the influenza vaccine supplies provided under the National Immunisation Program and they expect additional supplies of some vaccines within the next few weeks. All vaccine supplies for adults under the National Immunisation Program continue to be constrained at this point. As a precaution, they are restricting the quantities of vaccines they are distributing to GPs. Flu shots are available for free under the National Immunisation Program to members of the community who are pregnant, over 65 years of age, are Aboriginal or have medical conditions such as severe asthma,

diabetes and heart problems. They are advising anyone who is yet to have the vaccine to call ahead to their GP to ensure the correct formulation for their age is in stock before they attend for vaccination.

The NSW Government this year purchased vaccines for children up to five years of age which they are providing for free this year, in addition to vaccines for all public health facility staff.

NSW Health can confirm that the supply of vaccine for children six months to under three years of age is not affected, and due to controls in place for the vaccine for three and four year old children, expect that supply will be sufficient to meet demand.

Influenza case numbers continue to remain low in NSW, however the start of the flu season is expected in the coming weeks.

For the past few years Australia has had record-breaking, fatal flu seasons. So this year a few changes have been made to the vaccine to try and boost its protection abilities.

What am I being protected against?

The flu is different to the common cold — it's more than just a runny nose. Symptoms include a dry cough or one with phlegm, chills, a fever, body aches, congestion, swollen lymph nodes and a sore throat.

The flu can become so bad it can leave you bedridden for days or even send you to hospital.

Several Australian adults and children died last year from the flu and hundreds were hospitalised.

The flu vaccine protects you from four strains of the influenza virus — two type A viruses, called A/H1N1 and A/H3N2 and two type B influenza viruses, called B/Yamagata and B/Victoria.

These are the groups of viruses that we will see in the coming year.

How does the vaccine differ this year?

Aside from kids under five being included in the free program, two new "enhanced" vaccines have been created for people over 65 years old, a particularly at-risk group. Particularly in the elderly, the influenza vaccine was not as effective as we hoped it would be.

The real advantage of those two new vaccines for over 65s is they will provide an enhanced immune response and better protection for that group of patients. They are the ones they are most worried about protecting and the ones where the normal vaccines tend not to work quite so well.

Can the vaccine really give you the flu?

No. It's physically impossible.

The flu vaccines that are available in Australia are inactivated viruses. It is impossible for the vaccine to cause an infection because the viruses themselves are dead — they have been killed.

Then why do some people get sick after having a flu shot?

Getting "sick" or getting a cold is very different to contracting full-blown influenza.

The time of year when people are getting vaccinated is often at the end of autumn and the start of winter and there are lots of bacteria and illnesses circulating that can cause similar symptoms.

It's probably one of these other viruses. They might think 'this vaccine has caused me to become ill', but they have been hit by another infection.

It's also important to note that it can take two weeks to develop immunity after you get the shot.

Grandparents Day – 2018 photography competition



State Member for Electorate of Cessnock, Clayton Barr, MP, is encouraging grandparents and grandchildren of all ages to get involved in the NSW Grandparents Day Photography Competition.

The competition is open to all residents of NSW, young and old and celebrates older people and their contributions, while encouraging connections between generations. While it doesn't matter whether you're a beginner, an enthusiast or a professional photographer, entrants under the age of 18 will need permission from their parent or guardian to enter.

There are two categories:

Open: open to all community members (NSW residents).

School: specifically for school-aged entrants in NSW, from Kindergarten to Year 12.

All entries will be judged by a panel who will select one winner from each category, who will be awarded a

Microsoft Surface Pro tablet.

The theme for the 2018 competition is 'intergenerational' and all entries need to bring this theme to life in some way. This could be through the focus of your image, it could be the way you play with 'older' and 'younger' in the colour scheme, it could be the subject matter or part of your caption – feel free to get creative!

Judges love to see what the older people in your life and community mean to you, whether it's a portrait of your superstar grandparent or an abstract image depicting your stereotype-defying neighbour.

Entries close 5.00pm AEST on Friday 14 September 2018. For more information about how to enter, simply visit <https://www.grandparentsday.nsw.gov.au/photo-comp>

HEARD IT THROUGH the GRAPEVINE



with Jo Thomas, General Manager HWTA

and Fawk Foods' own popular black garlic range will be featured heavily throughout the menu. For those wanting to attempt the dishes at home, a brand-new range of Fawk Foods artisan products will also be available for purchase. Fawk Foods Kitchen & Bakery will become the only bakery in Hunter Valley Wine Country catering to wholesale and retail customers. To find out more visit winecountry.com.au

THE HUNTER VALLEY CONTINUES TO GROW IN DIVERSIFICATION

The launch of two new offerings in the Hunter Valley contributes to the diversity of the area offering locals and visitors new and exciting products to experience. Owners of the already established 'The Woods Pokolbin', Anne Marie and Ewen Cameron have recognised a developing market in elaborate engagements, generous elopements, micro-weddings. They identified a movement of couples simply recoiling and spoiling themselves and felt this market needed more attention. And so, emerged the concept of their newly built luxury accommodation Blackwood. An intimate guesthouse that boasts opulence, seclusion and style. Couples travel in general has been a hot topic with recent studies showing that travel and shared experiences with loved ones is on the rise and becoming more and more favourable over material possessions. The recent minimalist, more intimate wedding trend has also been identified and the property can easily cater for. The owners have also appointed a passionate "Concierge" who will assist with planning a luxury stay, from private yoga sessions on the jetty, to Helicopter flights being scheduled to land and take off onsite right through to marquee hire and catering arrangements for groups large and small.

Frank Fawcner, talented chef and owner of the highly regarded EXP restaurant has launched Fawk Foods Kitchen & Bakery. The bakery-come-café is offering up a daily serving of baked goods and delicious café meals in the heart of Pokolbin, seven days a week from 7am and is set to fill a gap in the local market for accessible high-quality food and drinks as well as fill the stomachs of hungry locals and Hunter Valley visitors alike. With a focus on locally sourced products; foraged ingredients, local bacon, free range eggs

Cheers, Jo



Roast beef with sweet roasted garlic



Drizzle 1 teaspoon oil over each bulb.

Step 3

•Heat remaining oil in a frying pan over high heat. Add beef. Cook for 2 to 3 minutes each side or until browned. Place beef on top of vegetables. Season well

with salt and pepper. Add remaining rosemary sprig to pan. Roast for 45 minutes to 50 minutes for medium or until cooked to your liking. Cover loosely with foil. Rest for 10 minutes.

Step 4

•Slice beef. Serve with garlic, vegetables and gravy.

Notes

It's important to rest beef after roasting, to ensure the meat stays moist and tender.

Cook's note: Trim the top of each bulb about 1/3 of the way down, to expose the top of the garlic cloves.

To make gravy: Transfer beef, garlic and vegetables to a plate to rest. Cover with foil. Combine 2 cups beef stock and 3/4 cup red wine in a jug. Skim fat from pan, leaving pan juices and 1 1/2 tablespoons fat in pan. Place pan over high heat. Add 2 1/2 tablespoons plain flour. Cook, stirring with a wooden spoon, for 1 to 2 minutes or until mixture bubbles and becomes golden. Slowly add stock mixture to pan, stirring constantly. Cook, scraping pan, for 8 to 10 minutes or until thickened.





School's back! Slow down to 40 when bus lights flash.

Report

Boy critical after house fire – Singleton Heights

Thursday, 19 July 2018 09:58:34 AM

A five-year-old boy is in a critical condition in hospital after a house fire in Singleton Heights last Thursday.

About 8am today (Thursday 19 July 2018), emergency services were called to Bridgeman Road, Singleton Heights, following reports of a house on fire.

Five occupants of the home, a woman, and four children aged between three and 16 escaped the blaze with minor injuries.

A five-year-old boy sustained serious burns to his body and was airlifted to Westmead Hospital in a critical condition.

Fire fighters attended and extinguished the blaze, however; the house was totally destroyed. Officers from Hunter Valley Police District established a crime scene, which will be forensically examined once deemed safe.

The cause of the fire is yet to be determined. *Anyone with information is urged to come forward.*

Domestic and Family Violence

The continuing increase in the number of reports of domestic and family

violence over the past ten years is seen by police and other community agencies, as evidence of an increase in community awareness reinforcing that this form of abusive behaviour must no longer be seen as a 'private' matter. It is recognised by all sectors that abusive behaviour towards a person in a relationship constitutes 'criminal' behaviour and is punishable by law.

NSW Police Force is actively committed to improving our operational response to this crime. We are also actively involved in providing improved support and referral for victims through collaborative working relationships with a range of government and non-government agencies. The message to the perpetrators who are abusing their partners, children or family members is this:

"Unlike other crimes committed involving personal violence, the NSW Police Force will know who you are. At some time in the future, you will come to our attention and you will be held to account for your actions, it is just a matter of time. Your partner (the victim) is not responsible for your behaviour. You must take responsibility for your actions and stop the abuse and violence now. If you need help to change the way you behave, then

you should seek help. It is up to you."

Domestic and Family Violence is a crime.

It is well documented that domestic and family violence is a significantly under-reported crime and a complex crime for police to provide an effective response to. For many victims of domestic and family violence they do not want to end their relationships with their abusive partners, they just want the violence to stop. Others require assistance from police and human services agencies to assist them in leaving their violent relationships.

Domestic and family violence involves an abuse of power, mainly perpetrated by men in an intimate partner relationship or after separating from the relationship. It extends beyond physical violence and may involve the exploitation of power imbalances and patterns of abuse.

The NSW Police Force is committed to using all lawful means to police domestic and family violence. This includes wherever possible:

- removing offenders from the victim (victim safety is a priority)
- taking out an Apprehended Domestic Violence Order (ADVO) on behalf of victims and any children living or spending time with the victim (whether they are by consent or not)
- investigating breaches of ADVOs

- developing solutions to managing repeat offenders

Children in DV

It is not only adults who are affected by domestic violence. Children who live in homes where domestic and family violence occurs are at risk of harm and actual injury. Whether a child witnesses domestic and family violence, is in another room when an assault occurs, or attempts to intervene to protect their parent, the impact upon children exposed to violence in the home is serious.

Parents who stay in an abusive relationship with a perpetrator need to understand the significant impact of abuse and violence on their children. Children can be directly affected by being present or indirectly when they witness an assault occurring (pushing, hitting or twisting and arm); destroying property, seeing or hearing ongoing harassment and intimidation or witnessing the victim parent constantly crying from the trauma. Some children are brave and try to stop the perpetrator and often get physically hurt themselves. Other children may react by copying the perpetrator and begin hitting the victim parent or their brothers and sisters.



Landholders urged to exercise caution before burning in current climate



The NSW Rural Fire Service (NSW RFS) is urging land managers and landholders undertaking hazard reduction to carefully consider current weather conditions after firefighters across the state had to be called to contain and extinguish escaped hazard reduction burns during the past week.



NSW RFS Commissioner Shane Fitzsimmons said hundreds of firefighters have attended a number of escaped hazard reduction or pile burns in areas including the Bega Valley, Mid North Coast, New England, Northern Rivers, Northern Tablelands, Wingecarribee and Wollondilly.

In the past fortnight, NSW RFS crews have been called to at least 142 reported escaped or illegal landowner burns across the state.

"Given the dry and windy conditions are forecast to continue over many parts of the state for the next few days, it is vital that landholders only light up when it is safe to do so," Commissioner Fitzsimmons said.

"We have also received many reports about people lighting up without providing proper notifications and carelessly allowing burns to escape."

Landholders who fail to notify firefighters and neighbours face fines of up to \$5,500 and/or 12 months jail while escaped fires attract penalties of up to \$110,000 and/or five years prison.

"The dryness of the landscape and the lack of rain is worrying, especially when you take into account the number of hazard reduction burns that had to be postponed during the past two years due to unfavourable weather conditions," Commissioner Fitzsimmons said.

"With the Bush Fire Danger Period fast approaching, beginning on 1 August in some areas in the state's north, I encourage everyone to start preparing their property now, including checking and maintaining your firefighting equipment, and to make or update your bush fire survival plan."

Information about hazard reduction burning and required notifications is available on the NSW RFS website at www.rfs.nsw.gov.au/fire-information/BFDP.

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REPORT

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How does marriage, separation or divorce affect your Will



Many people are unaware that when they marry their Will becomes invalid. A Will is not invalid when you marry if a specific clause is included in the Will which was made prior to the marriage that states the Will is made "in contemplation of marriage". If a clause like this is not included then you will need to update your Will if you marry. There are exceptions and some parts of your Will are

not revoked when you get married, for example if you have appointed your spouse as an executor, trustee or guardian that appointment would remain in place. Similarly, any gifts left to a spouse are not revoked if you die before updating your Will. Another important time to consider updating your Will is marriage separation because separation does not have an impact on your Will. In NSW you must be

separated from your spouse for 12 months before a family court will finalise your divorce. If you fail to update your Will after separation and any gifts which you have given to your former spouse in your Will would still be distributed to them if you died. A divorce affects your Will by revoking parts of the Will, including any gifts to the former spouse and an appointment of them as executor, trustee or guardian. These parts of the Will would not be revoked in this way if you have expressed a contrary intention in your Will. In the event of a substantial personal life change such as marriage, separation or divorce you should consider creating a new Will to ensure that your estate planning reflects your testamentary objectives.



What's Fresh and Best
Welcome to our column
We are well into winter with the focus on colds and flu; Vitamin C is the best vitamin to beat these illnesses and build your immune system. While we can have orange juice or citrus, sometimes we need more, fresh fruit and vegetables is the best way to get these vitamins. Fresh peas, custard apples and baby garlic are tasty ways to get your essential cold and flu fighting vitamins. Garden fresh peas, in the pod or shelled, eaten raw or cooked it is hard to beat



fresh garden peas for sweet flavour. Each pod contains several

peas and are high in vitamin C, A and K and are a reliable source of dietary fibre and high in protein. Fresh peas hold much more flavour than frozen kind and are delicious added to pasta, risotto, frittatas, salads and soup dishes. When every cooking peas, add last to the dish and need only to be cooked for a few minutes to avoid

them going to soft. I tempt you to come try our fresh peas v's the frozen peas ~ you choose; whilst a little more time consuming -- the sweet taste will be worth it. Custard Apples: Luscious custard apples are sweet they are easy to eat by cutting in half and scooping out the flesh with a spoon. They can be enjoyed fresh or utilised in savoury or desert dishes, apple tea cake or pudding. Custard apples are high in vitamin C and A. Sourced locally from Kulnura we have baby garlic in store... a great fighter of the cold and flu with vitamin C and immune building enzymes. Baby garlic is softer in flavour to than the more mature garlic. Therefore, it can be used in many dishes without the heavy flavour, yet you can still benefit with all the health benefits of more mature garlic. Baby garlic can be baked, sautéed, sliced and added to many dishes to lift the flavour and vitamins. Replace shallots with baby garlic or leeks & is perfect in stir fries using the bulb and green stem... Why not try baby garlic and fresh pea risotto with custard apples as dessert and fight the colds and Flu season. Cheers Michael

■ Photos at top: Custard apple & photo below Baby Garlic



services, such as Pexa and Sympli, have revolutionised the completion side of property transactions. However, buyers must still complete paper documents to satisfy legal requirements. "Whether it's a smart phone, tablet or app, people use technology every day to manage their lives. Property transactions shouldn't be any different," Minister for Finance, Services and Property, Victor Dominello said late last year when the NSW Government requested feedback on promoting technology in property transactions. "Technology has transformed businesses and consumer expectations. We must ensure that property transactions are fit-for-purpose in the digital age." If successful, the NSW digital property reforms could become an example for other states. The new laws are slated to be introduced in September and, if passed, could be in place as early as mid-2019.



NSW pushes for paperless property processes

In a landmark decision, the NSW cabinet has cleared legislation that could allow electronic signatures in property transactions. The move builds on laws passed last year that allowed the NSW Government to digitise a raft of paper processes. It also follows calls from industry professionals and representatives, including REINSW, to update the legislation to suit the modern

digital landscape. "We have been lobbying the NSW Government for the last couple of years to change the law to allow signatures to be witnessed electronically," says Tim McKibbin, REINSW CEO. Digital from the start If passed, the law will significantly streamline property transactions for buyers and banks. Electronic transaction

Housing finance numbers confirm market feedback

The May 2018 housing finance figures released today by the Australian Bureau of Statistics show the number of loans for

housing has continued to decline over the last eight months, according to the Real Estate Institute of Australia (REIA). "Overall the figures for May 2018 show, in trend terms, that the number of owner-occupied finance commitments decreased by 0.7 per cent – the eighth consecutive month of decreases," says REIA president, Malcolm Gunning. "If refinancing is excluded, in trend terms, the number of owner-occupied finance commitments decreased by 0.6 per cent – the ninth consecutive month since an increase. "In trend terms, decreases were recorded in all states and territories except Tasmania, where lending increased by 0.3 per cent. The largest decrease of 1.9 per cent was in the Australian Capital Territory." "The value of investment housing commitments decreased by 1.9 per cent in May, in trend terms," continues Gunning. "The dollar amount approved for the purchase of dwellings by individuals for rent or resale is at the lowest level since February 2016. "In trend terms, the number of established dwellings purchase commitments decreased by 0.6 per cent while the purchase of new dwellings decreased by 0.9 per cent and new dwelling construction fell by 1.5 per cent." The proportion of first

home buyers, as part of the total owner-occupied housing finance commitments, remained unchanged at 17.6 per cent. "The continued decline in housing finance confirms the feedback from the market that the APRA restrictions and the fallout from the Royal Commission into Banking have resulted in an extremely cautious approach by lenders," says Gunning. "Loan applications are now being scrutinised for real costs of living, including outgoings such as school fees and use of credit cards. At the same time, an ultra conservative approach is being taken by banks with their valuations which means funds available are below purchaser's expectations. "We need to ensure that lending approaches reflect the market rather than set the market, which appears to be case at the moment."

Complaints register improvements needed



By Tim McKibbin, CEO, REINSW NSW Fair Trading

introduced a Complaints Register in 2016 which lists businesses that are the subject of 10 or more complaints in a calendar month. Prior to this, REINSW lodged a submission with suggestions for improvements. Unfortunately we were ignored. Currently it misleads consumers in relation to franchises and brand co-operatives which are combined together and not as individual traders. Small businesses with perfect records that are operating as a franchise are indistinguishable from unbranded traders. The definition of a complaint also needs an urgent review. The current definition is ludicrous and consequently misleading. Here's hoping for change soon.

In 2018 it costs more to hire a removalist than any other tradesperson or household service

Removalists charge the highest hourly fees in the country of all trades and household service professionals – even more than plumbers, electricians and carpenters.

According to data from service hiring website ServiceSeeking.com.au, the average national hourly charge-out cost for a removalist over the 2018 financial year was \$93.24, up 3.04 per cent from 2017. Removalists in NSW are charging even more than the national average – with an hourly rate of \$95.21. Plumbers are the second-most highly paid of those providing a household service, according to the data which is based on a sample of 121,000 jobs quoted during the 2018 financial year. They charge on average \$83.04 per hour while electricians' fees increased 4.25 per cent to \$75.71. The biggest national increase was for general handymen, whose rates jumped 11.97 per cent over the year to \$56.73 an hour, putting them in fourth place. Fifth was carpenters, up 6.23 per cent to \$55.71. Certain states are proving lucrative for particular tradespeople. Plumbers in WA and NSW are ahead of the pack, pulling in \$92.22 and \$90.83 respectively, and Victorian plumbers raised their average charge out rates by 10.88 per cent. Queensland builders, too, had a 32.73 per cent increase in their average charge out hourly rate. Employing any expert is a decision you need to make based on the quality of the work you'll get from them.

\$611,000 project serves up a refreshment for saleyards kiosk

The transformation of the Singleton Regional Livestock Market will continue after Singleton Council received \$305,955 under the Federal Government's Building Better Regions Fund to upgrade the kiosk building. The dollar-for-dollar funding will see the \$611,000 project go ahead to provide disabled facilities and access, up-to-date food preparation and dining facilities, and improved structural capacity including new walls, roof and flooring. Council has budgeted the remaining funds in its 2018/2019 Building Capital Works Program. Senator for New South Wales John Williams and Minister for Regional Development, Territories and Local Government John McVeigh announced Singleton had been successful in its application earlier this week, saying the project was a significant investment in building a stronger economy and driving jobs for the long-

term, with flow-on effects to the local community. The kiosk upgrade follows the official opening of the \$7.73million upgrade in February this year, funded by \$6million from the NSW Government's Resources for Regions program and \$1.73million from Council, with works including a roof over the Northern Yards selling area, almost one kilometre of raised aerial walkways and installation of rainwater harvest tanks. Director Corporate & Community Anthony Egan said the kiosk was an important next step in making the Singleton Regional Livestock Market an industry-recognised state-of-the-art facility. "The detailed design and construction of the kiosk was proposed as part of the original saleyard upgrade works, given the poor condition of the building and its lack of conformance to building standards and requirements and it has always been Council's intent for it to be

upgraded," he said. "The upgrade unveiled earlier this year was a significant improvement in the facilities for the hundreds of cattle that pass through the yards each week, and the agents and buyers who come from across NSW and interstate to attend the weekly sale. "An improved kiosk will provide a much-needed benefit to all users through improved access, amenity and service provision for refreshments and networking away from the noise and activity of the sale floor. "Construction of the project

is scheduled to commence late January 2019 and is anticipated to take 12 weeks to complete." The funding announcement also comes as Council moves ahead to assure the ongoing viability of the Singleton Regional Livestock Market following a Council resolution in March to invite a selective tender process for the lease and operation of the site. Council is currently finalising tender and lease documents to enable the Selective Tender to be advertised in August, with a decision on the outcome to be made by Council later

this year. "Singleton Regional Livestock Market is an important economic and historic facility for our community and Council is committed to ensuring the facility provides the best value not only for sales agents and buyers, but the people of Singleton as a community asset.

"The operation of the kiosk will be advantageous in any lease arrangement and this investment in asset renewal will assist in securing the best outcome for the community as well as an eventual lessee in providing the best possible services," Mr Egan said.



10% of all photos in the world have been taken in the past 12 months.

Did you know(?) Before he became president, Abraham Lincoln was wrestling champion of his county. He fought in nearly 300 matches and lost only one.

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East Branxton



OPEN HOUSE Sat 28th July at 10:30am
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



Sat 28th July at 11:30am
18 Station St BRANXTON

BELFORD



Vacant Land 2559m²

Vacant Land with building approved Lot 1 DP 1205549 Well over half an acre of good level block. **ASKING \$160,000 ONO**

NORTH ROTHBURY



Lots 521 & 523 Littlewood Road, Vacant blocks

4ha (10 acres) very private bush blocks. Fully Fenced & within minutes to Hunter Wine Country **ASKING: \$420,000 each**



NORTH ROTHBURY

Vacant Land 809m²

Vacant Building Block Fantastic visage

ASKING \$130,000 ONO

East Branxton



NEW ON MARKET



OPEN HOUSE Sat 28th July at 11am
39 Wyndham Street, BRANXTON

Solid Home ~ Solid investment

This brick & Tile family home is potential plus+. Features include:-
 * Spacious formal & informal living areas * Country feel kitchen * Builtins in all bedrooms * Modern bathroom & 1 extra * Enclosed BBQ area * Massive shedding to house all your 'grown up' toys (boats, caravans etc.) * Set on 1183sm fully fenced block
INSPECTION RECOMMENDED

ASKING \$550,000



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

2018 NSW Community Safety Fund

The NSW Department of Justice is administering significant grants program for local communities across NSW through the 'Community Safety Fund' to support local crime prevention projects. Applications for up to \$250,000 are invited for innovative projects designed to prevent crime and to help people feel safe and proud of their community. Non-government organisations, community groups, NSW Councils, chambers of commerce and businesses across NSW can apply for funding for capital works/infrastructure and service delivery projects which will:

- address local crime hot spots
- address anti-social behaviour in communities
- promote safer and

inclusive use of public space; and promote collaborative approaches to community safety, crime reduction, prevention and detection initiatives. Applications for projects that aim to improve community safety in regional areas of NSW are encouraged particularly in disadvantaged, regional and remote areas. Applications close at 5pm on Friday 10 August, 2018. More information about the program can be obtained by phoning 02 8688 8666, emailing csf@justice.nsw.gov.au or by visiting the website <http://www.crimeprevention.nsw.gov.au/Documents/community-safety-fund-program-guidelines-2018-4.pdf>

Drop into Service NSW for cost of living advice

The Service NSW centre in Maitland may become a one-stop shop for NSW Government cost of living support, providing more people access to hip pocket measures such as energy bill relief, Active Kids vouchers and lower Green Slips. Parliamentary Secretary for the Hunter Scot MacDonald MLC said that the 2018 NSW Budget included funding to allow Service NSW Centres to become one-stop shops for customers to save hundreds of dollars. There are currently more than 40 cost of living programs provided by the NSW Government across more than 12 separate agencies. The new service will provide one point of contact for customers wanting to find out what savings they are eligible for and to also apply for those savings.

"The NSW Government understands the cost of living pressures faced by families and individuals and we want to make it as easy as possible to save money," Mr MacDonald said. "Individuals and families across Port Stephens already have access to a range of Government cost of living programs including the energy bill relief, Active Kids vouchers, cheaper Green Slips, and the FuelCheck app. "Customers will be able to access the service through a face-to-face interview in Service NSW Centres, via a dedicated hub on the Service NSW website, and over the phone."

This new service will be piloted from this month across Service NSW Centres in Wynyard, Lismore, Parramatta, Taree and Wetherill Park. Findings from the pilot will inform a state-wide rollout later this year. Cost of living support provided by the NSW Government includes:

- Around 382,000 Active Kids vouchers worth a total of \$37.8 million redeemed by parents;
- 1.54 million policyholders claiming \$88 million in CTP refunds;
- 220,000 drivers downloading the FuelCheck app

The Maitland Service NSW centre is located at 4 Garnett Road, East Maitland and is open Monday to Friday 8.30am to 5.30pm and Saturdays 8.30am to 12.30pm.

Off to Darwin for a great cause



Photo above (L-R): On their way to Darwin to raise money and awareness for the Black Dog Institute. Neil Thomas, Ian Morris, Brian Thomas & Colin Thomas. Donations can be given online by going to <https://blackdogride.giveaway.org/campaigns/black-dog-ride-2018-branxton/>

ON the 9th August four local fellow bikers are heading to Darwin via Longreach to raise money & awareness for the Black Dog Institute. 'Team Branxton', photo above, will gladly accept any donation prior to their ride, during the ride or after their return. The Black Dog Institute, founded in 2002 and based in Sydney, Australia, is a not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. Donations online <https://blackdogride.giveaway.org/campaigns/black-dog-ride-2018-branxton/>

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FREE ANXIETY DISORDERS SUPPORT GROUPS

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

4 free Support Group meetings are held in the Hunter region for people living with an anxiety disorder and their family and friends. We meet in a friendly caring and supportive environment to share experiences. Groups are for ages 18+.

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

For more information
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"Branxton Gardens" Senior Living, Branxton

Recent sales

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Free workshop to ease HSC pressure



Cessnock City Library is offering local students a free workshop aimed at developing strategies to cope with the pressure of the HSC from 4.30 to 6.30pm on Thursday 26 July. For those students who find exams challenging or stressful, this free workshop will help to develop the skills needed to take charge and perform more confidently under pressure. The workshop will cover what works and what doesn't,

planning writing schedules for each exam, time management, using key words, and practical ways to write under pressure. The facilitator is writing expert, Keith Whelan who has been a writer for the past 20 years. Starting life as a Journalist, he progressed to becoming an Author, Lecturer, Publicist, Copywriter, Researcher and Editor. Keith holds a Diploma in Journalism and Media Studies

(major in Creative Writing) from Griffith College, Dublin, a Bachelor's Degree in Public Administration from the University of Limerick and a Masters Degree in Social Change & Development from the University of Newcastle, Australia. Library Services Co-ordinator, Rose-marie Walters is encouraging HSC students to take advantage of this wonderful opportunity to learn how to hone

their writing skills and ace their exams. "Cessnock City Library wants to support our local students to achieve the best possible outcome with their examination results. The workshop will include discussion about writing related questions and issues in a friendly, supportive atmosphere," said Rose-marie. Students can book by calling 4993 4399 (library).



Beaver Philosophy 101

A Look at Simple philosophy

Science is what you know. Philosophy is what you don't know. - Bertrand Russell

Stripped of ethical rationalizations and philosophical pretensions, a crime is anything that a group in power chooses to prohibit. - Freda Adler

A fool's brain digests philosophy into folly, science into superstition, and art into pedantry. Hence University education. - George Bernard Shaw

The philosophy of one century is the common sense of the next. - Henry Ward Beecher

History is Philosophy teaching by examples - Thucydides

Locals dig in to save critically endangered North Rothbury plant

The population of a critically endangered local plant has grown by 400 after two successful planting out campaigns by the Office of Environment and Heritage and local volunteers. More than 40 volunteers took to their shovels in a community planting day for the Persoonia pauciflora or North Rothbury Persoonia last month. This followed staff from the Office of Environment and Heritage and National Parks and Wildlife Service recently planting 200 of the species. "There are only 1,000 known North Rothbury Persoonia in the wild, so getting 400 out there is a significant contribution to preserving the species," Office of Environment and Heritage Senior Project Officer Paul Hillier said. "It's an attractive bright green shrub with small yellow flowers and edible fruit. As the species recovers, it will become a valuable food source for native bees, grazing animals and fruit eating birds. The program of supplementing the wild population with translocated stock began in 2015, with some experimental planting and as a result, the population has been increased by 700. "Echoing past years, 42 volunteers came along, ensuring the job was done in no time and the volunteers were rewarded with their own Persoonia plants to take home," Mr Hillier said.



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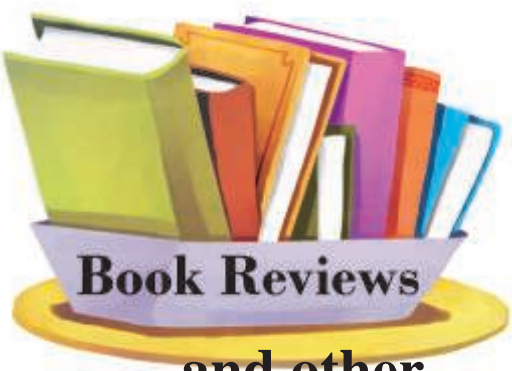
Thursday 26th July

\$900

Sunday 29th July

\$5,000

Must be present to win



..... and other

Miles Franklin Literary Award: A reader's guide to the 2018 shortlist

Now in its 61st year, the Miles Franklin Literary Award continues its focus on Australian fiction's heavy-hitters, with a shortlist that includes two previous winners and a current favourite for the Nobel Prize in Literature. The \$60,000 literary prize is named after feminist icon Stella Maria Sarah Miles Franklin (widely considered to be Australia's first literary novelist) and purports to distinguish a novel "of the highest literary merit" which presents "Australian life in any of its phases". Past winners include a number of canonical stalwarts: Patrick White (at this point, the only Australian to win a Nobel Prize in Literature), Ruth Park, Thea Astley and Tim Winton (who, along with Astley, has received the award four times).

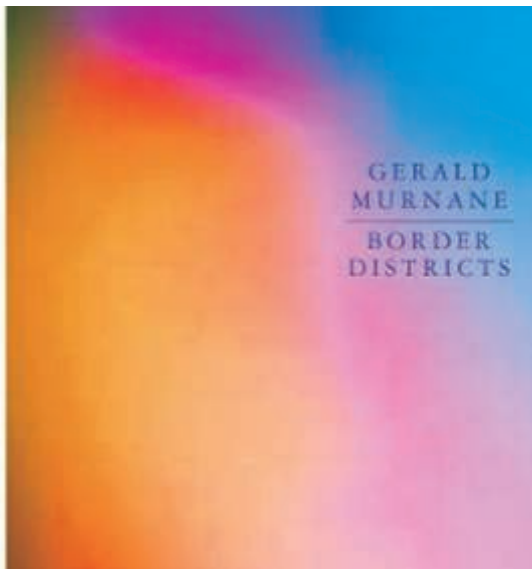
This year's shortlist is characteristically august, including novels by Michelle de Kretser, who took out the award in 2013 with *Questions of Travel*, and Kim Scott, who has won the award twice, for *Benang* in 2000 and *Dead Man Dance* in 2011.

Just months after being described as "Australia's most distinguished unread writer", Gerald Murnane has secured his first Miles Franklin shortlisting for his experimental novel *Border Districts*.

This comes after widespread speculation that the 79-year-old writer was in with a very good chance at this year's Nobel Prize in Literature (which was subsequently postponed).

Rounding out the selection are three newcomers to the Miles Franklin hall of fame: Eva Hornung (best known for her 2009 masterpiece *Dog Boy*), Felicity Castagna (who won the 2014 Prime Minister's Literary Award for Young Adult Fiction for *The Incredible Here and Now*) and Catherine McKinnon (whose play *Tilt* was selected for the 2010 National Playwriting Festival).

- The list:-
- # **Taboo** by Kim Scott
 - # **The Last Garden** by Eva Hornung
 - # **Storyland** by Catherine McKinnon
 - # **The Life to Come** by Michelle de Kretser
 - # **Border Districts** by Gerald Murnane
 - # **No More Boats** by Felicity Castagna
- The winner of the 2018 award will be announced on Sunday, August 26 at a ceremony in Melbourne.



Gerald Murnane's first novel *Tamarisk Row* was published in 1974. *Border Districts* is said to be his last. **Prelude:** *Border Districts* opens with the unnamed narrator reflecting on his schooling, the building where he was taught, and his admission that he is indifferent to architecture (although he then spends the next couple of pages writing about the features of his neighbourhood



Gerald Murnane

church). The narrator frequently references the writing process, what he's written and the act of reading. He's recently moved to a town near the border. What is this border? It is a metaphorical border as much as a geographical one. His book sits in the space between fiction and non-fiction.

He writes: "I have never travelled more than a day's journey by road or trail from my birthplace. Foreign countries exist for me as mental images, some of them vivid, and many of them having originated while I was reading works of fiction."

He is more interested in the inner geography of his mind than what can be discovered through travel.

Border Districts is a novel without plot; it is more a philosophical meditation of an author who turns 80 next year.

In the New York Times profile of Murnane this year, the headline read: Is the Next Nobel Laureate in Literature Tending Bar in a Dusty Australian Town? Now that the Nobel prize for literature has been cancelled this year and possibly in 2019, perhaps he'll have to settle for winning the Miles Franklin instead.

Beejay Silcox reviews 'Border Districts' by Gerald Murnane

I always dreamed that I would read a book that would be absolutely everything that I've wanted, and because I didn't find that book, I wrote it myself. I don't mean one particular book. I mean my collected works.'

Gerald Murnane (2015 interview)

There is a whiff of mythology about Gerald Murnane. He is quietly infamous for who he isn't: for the things he's never done (travel by aeroplane); the things he'll never do (live outside of Victoria, wear sunglasses); the things he'll never do again (watch movies or a Shakespeare play); the books he won't read (contemporary fiction); the books he won't write (interrogations of national identity); and the literary prizes he hasn't won (almost all of them – much to critical incredulity). Australians often struggle with strangeness: we do not easily surrender to the unconventional, the wilfully eccentric, or the unapologetically clever. It's hard to know what to do with a writer who is all three.

As its blurb explains, *Border Districts* has been 'conceived as Gerald Murnane's last work of fiction'. Conceived is a slippery word: it seems to offer the weakly flickering hope that more fiction might follow, despite the author's initial resolve, but – more likely – it reflects the defining quality of Murnane's fiction: intention. Murnane has a deliberate mind. If *Border Districts* has been conceived as his last fiction, it will have a particular role to play – a culmination, a closing. An unnamed man is writing a report 'for his files'. Like his author, the man is writing in the blurred, liminal space between fiction and non-fiction: 'I am not writing a work of fiction, but a report of seemingly fictional matters.' Like his author, the man has moved from the city to a remote border town, the last place he intends to live (Murnane is now based in Goroke, on the edge of Victoria's Wimmera plains). As the man explains with measured directness: 'I moved to this district near the border so that I could spend most of my time alone and so that I could live according to several rules that I had for long wanted to live by.' It is a premise with echoes of Thoreau's ascetic isolation ('I went to the woods because I wished to live deliberately'), but without his marrow-sucking outwardness.

Murnane has spent more than forty years interrogating and re-interrogating a recurring set of potent images that unite, unlock, and anchor his memories: a dark-haired woman, the swirled centres of childhood marbles, morning light through coloured window panes, the vividness of jockeys' silks, a spectral pattern of 'stems and leaves and petals'. In *Border Districts*, he returns to this kaleidoscopic inspiration, but with a sense of calm finality. 'Here, near the border,' he explains, 'I am even more inclined than of old to complete a pattern in my mind and then go on writing until I learn the meaning for me of such an image.' There's a deceptive simplicity about this endeavour; it is simultaneously concrete and ethereal, haphazard and cyclical.


When J.M. Coetzee insightfully profiled Murnane for *The New York Review of Books* in 2012, he observed: 'Whether the connections between images lie implicit in the images themselves or are created by an active, shaping intelligence ... [and] whether that energy is always to be trusted – these are questions that do not interest him.' In this last

book, Murnane again deflects these questions, and their implications. Murnane has never been a theorist or a theologian; he is a cartographer of the inner 'homeland-of-the-mind'.

Murnane divides readers. He can seem bloodless and cerebral, overly complex and obscure. Such criticisms are valid, but inevitable to Murnane's enterprise. Like Woolf, Proust, and – more recently – Karl Ove Knausgaard, Murnane's fiction maps the terrain of a particular mind. Murnane's fictional minds are like the old-fashioned marbles his child-self favours, they do 'not readily give their contents away'. If this neural landscape feels too alien, so too will its narrative and allegorical logic. His project is not wilfully exclusionary, but neither is it actively inclusionary.

Devotees are drawn in by Murnane's dispassionate contemplation, and his willingness to inhabit the borderlands between conjecture and reality, memory and imagination, writer and written, life and death, love-letter and elegy: 'Even in my youth,' he writes, 'I seem to have been seeking evidence that the mind is a place best viewed from the borderlands.' In Australian literature, Murnane is sui generis: *Border Districts* is – quite simply – a book for those who

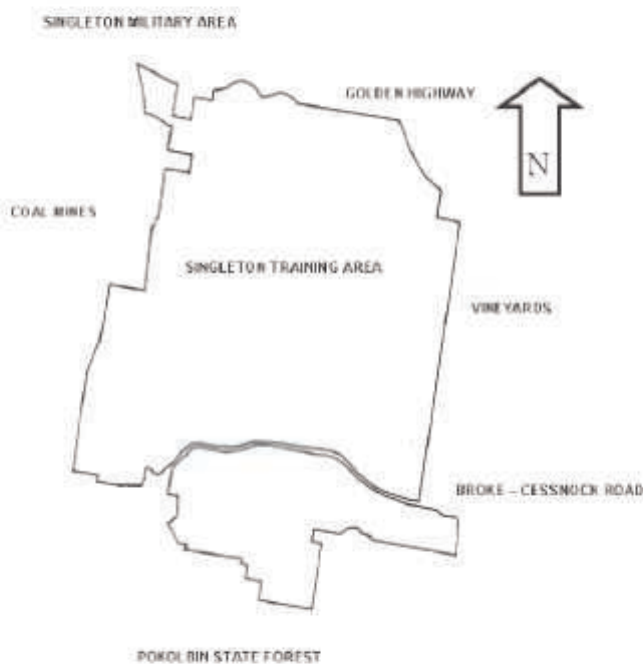
love Murnane. *Border Districts* is a quieter, gentler book than its forebears, weighted, but not haunted, by Murnane's Catholic upbringing and its echoes. It's also a synesthetic book, heady with colour: 'I consider myself a student of colours and shades and hues and tints. *Crimson lake, burnt umber, ultramarine ...* I was too clumsy a child to paint with my moistened brush the scenery that I would have liked to bring into being.' There is nothing clumsy about *Border Districts*. In its final pages, the narrator's calm contemplation is jolted by a radio interview with woman on the other side of the border, a writer, a fellow seeker of answers. He imagines sharing his report with her, crossing the border and placing the pages in her hands. It is sublime writing – a plea for connection; an aching, transcendent coda.



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

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

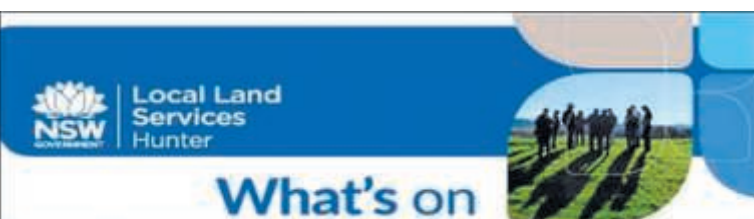
Unexploded ammunition is extremely DANGEROUS and should NOT be handled, but should be reported immediately to the nearest Police Station or Army unit. No reward will be paid for the reporting of ammunition which may be located on the training area.

Persons found trespassing on Army Training Areas will be prosecuted.

Enquiries regarding the Singleton Training Area should be directed to:

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

1548LM



Local groups urged to apply for pest and weed drought funding

Hunter Local Land Services is urging local groups with an interest in pest and weed management to apply for the Australian Government's \$1.5million pest and weed drought funding program.

The program will support regional initiatives in drought affected areas like the Upper Hunter. Funds will be directed to projects that reduce grazing pressure from pest animals, stock losses from pest animals and the spread of weeds. Hunter Local Land Services supports landholder or community groups working together to control pest species such as foxes, wild dogs, pigs, rabbits and deer.

"Working cross tenure to support neighbours is the best way we can collectively manage to target pest species," said Hunter Local Land Services Biosecurity Team Leader Luke Booth.

"Recently at Upper Rouchel we saw 33 landholders come together in a group program to put out 4,645 baits targeting wild dogs, as a follow on activity after our Autumn aerial baiting program.

"It's these sorts of community efforts that have the biggest knockdown results on pest animals in our region."

With ongoing drought conditions continuing to impact the region, Hunter Local Land Services is urging pest and weed organisations to apply for the pest and weed drought funding program before 18 July 2018. Installing cluster or grazing fencing, or target weed control or pest management activities such as baiting, trapping, shooting, trail camera use are all eligible under the program.

Hunter Local Land Services will also be working with local wild dog associations to coordinate an application to undertake a spring aerial baiting program to follow on from the autumn program, to ensure maximum pressure is put on pest animals during this drought period.

Landholders or local organisations are being urged to contact their nearest Hunter Local Land Services office to discuss the program or contact our Biosecurity team directly if you wish to discuss pest animal control in your area on 1300 795 299.

Lower Hunter Drought Review - Tocal

While drought is ongoing in parts of our region, conditions have mostly eased in the majority of the Lower Hunter.

Hunter Local Land Services wants to help you review your drought preparedness and coping mechanisms to ensure local producers have the tools and capabilities they need to handle the next time we are faced with worsening seasonal conditions.

The workshop will guide you through a drought plan for your property, to help you make informed decisions in the future when the need arises.

Plus, we want you to give us feedback on what resources and support you needed during the recent drought to ensure our services provide what you need in tough times.

Local beef industry expert Ian Blackwood will step you through a best practice drought management guide in an interactive and informative session. Each event is limited to just 15 farmers – more events can be arranged in your area if demand warrants.

RSVP here: <https://hunterlls.wufoo.com/forms/zo7zx9a01xw9hb/>

When ~ 8th Aug 2018 9:00am-3:00pm

Where ~ North Court 3, Tocal Agricultural College, Tocal

Contact ~ Col Freeman 0428 043 427 Eva Twarkowski 0437 056 978

Racing review

Williams Welcomes The Kosciuszko Challenge

by Ray Hickson
Leading country trainer Danny Williams has thrown his support behind The Kosciuszko concept and is already working on how to tackle the challenge of showcasing his best horses to gain places in the 12 horse field. The Kosciuszko is run over 1200m under set weights and penalties conditions, carries prizemoney of \$1.3 million and will be run at Royal Randwick on October 13 on the Everest program.

Like The Everest, a horse earns a run in the race via somebody owning that place and making a deal with a horse's connections.



Trainer Danny Williams. (Pic: Bradley Photos)

The major difference is that anybody can win one of those 12 places by purchasing a \$5 ticket at TABs and AHA pubs across New South Wales.

"I think it's a great concept and I'm highly excited it's incorporated the punter in the pub and gives them an opportunity throughout NSW to select a horse," Williams said.

"It's a bit like a lottery. I honestly think it is going to be a real winner and bring Everest Day to the attention of a lot of people."

The \$5 Kosciuszko sweep tickets go on sale from Thursday and the owners of the 12 places in the race will be known in mid-September and it will then be up to those winners, with assistance from Racing NSW, to source their Kosciuszko runners. Williams has a number of horses that appear desirable like Country Championships runner-up Don't Give A Damn, Kopi Luwak, the in-form She Knows, Acquittal and Highway Sixtysix. He said now it's up to him to work out programs particularly for those horses that need exposure.

"We'll learn a lot about the concept from this year to next year," he said.

"We are a bit shell-shocked at the moment but I think it's a very positive concept. It's doesn't just give someone with the best horse an opportunity but someone lucky enough to be associated with drawing a horse.

"I know I am going to have to highlight my horses by the draw date.

"Horses like Don't Give A Damn and She Knows, that perhaps have a bit of a following, may be more likely to get in based on what they've done already. As long as people know they are there to chase them."

Williams also welcomed increases in prizemoney for Highway races – he has won 15.5 Highways since their inception – from \$60,000 to \$75,000 from September 1 and the boost to those that don't finish in the placings.

The trainer of horses finishing from fourth to tenth in races at metropolitan, provincial and country races will receive an extra payment to be credited to an owner's account.

"That in itself is huge, particularly in the country it is going to give people confidence to have a horse in work," Williams said.

"You know if you're running sixth or eighth you're picking up prizemoney to sustain having that horse in work.

"Ultimately I tell my owners to enjoy having a horse and our endeavour is to try and make it pay its way and have fun."

TAB's market on The Kosciuszko has Care To Think a \$6 favourite ahead of Victorem and Eckstein (\$8) with Don't Give A Damn at \$11.

Detailed saleyard report



Saleyard report - cattle

Singleton report date 18 Jul 2018

Consignments nearly halved, as the quality remains similar week-on-week. Majority of cattle were in younger categories, with the bulk being suitable for restockers and feeders. There were approximately 130 cows in the penning, with some high yielding pens carrying plenty of weight. One buyer was absent in the competition causing a cheaper trend for younger cattle. The over 200kg vealer steers to restockers remained close to firm, making from 200c to 270c/kg. The heifer portion with the same weight struggled to maintain solid prices decreasing 20c, receiving from 150c to 224c/kg. The medium weight yearling steers to restockers and lot feeders maintained firm prices from 236c to 270c/kg. The better quality yearling heifers, suitable for the restockers, made from 180c to 230c/kg. Prime, high yielding younger cattle, suitable for local butchers, sold at slightly cheaper trends, with better pens making from 308c to 328c/kg. Cows maintained solid prices, with the feature of the cow market being a pen of high yielding heavy weights, weighing 805kg they made 258c/kg, returning \$2,077/head. The plainer cows sold from 120c to 220c, depending on cover and weight, while the better finished pens made from 198c to 258c/kg. The best heavy weight bull topped at 235c/kg.

Score report date 17 July 2018

Numbers declined this week and on average, quality was plainer, as the majority on offer were in younger categories. There was a good number of cows, however the bulk were showing effects of the season. One buyer was absent, meaning the younger cattle sold at cheaper levels. The over 200kg vealers to restockers were 15c to 20c/kg cheaper, with the heifer portion experiencing greater losses. The steers sold from 162c to 248c, as the heifer portion sold from 158c to 238c/kg. Yearling steers to lot feeders eased 10c, with the medium weights making from 258c to 294c/kg. The yearling heifers going to lot feeders made from 198c to 240c/kg. There were very few young cattle in prime condition suitable for the butchers in the penning, with the best topping at 300c/kg. Restockers purchased the bulk of the grown heifers, paying from 170c to 220c/kg to secure their selections. The light weight cows were plainer this week and prices adjusted lower accordingly, with restockers and processors paying from 78c to 126c/kg. The heavier cows improved 12c throughout all categories, with drought affected plainer drafts making from 70c to 170c/kg. The better covered heavy weights sold from 225c to 228c/kg. The best heavy weight bull reached 218c/kg, with quality decreasing further week-on-week.

TRLX Tamworth report date 16 July 2018

Numbers remained stable, with large supplies of light and medium weight young cattle and another large penning of cows. There were limited supplies of grown steers and heifers and the overall quality of the offering was very mixed. Once again, the majority of the well finished lots came from the older cattle, along with a few supplementary fed yearlings. All the regular buyers attended, however the extra restocker competition on cows from last week was absent. Faced with the continuity of poor seasonal conditions, restocker activity was again somewhat subdued. This resulted in cheaper trends through the light weight, young cattle and those deemed unsuitable to provide supplementary feeding. Once again, feedlot demand was strong for medium and heavy weight yearling steers, with the market trend firm to dearer. The best of the price improvement was made by heavy weights, up to 9c/kg dearer. Medium and heavy weight yearling heifers to feed sold to a slightly cheaper trend overall. However, there was some quality related price change. Well finished grown steers sold to a cheaper trend, down 4c, with breed and quality contributing to price decreases. The plainest condition light weight cows suffered from the reduced restocker competition, selling on a firm to cheaper trend. Medium and heavy weight cows to process sold on a firm to slightly dearer market trend. The price increase was more noticeable on 2 score medium weight cows, displaying a higher yield potential. However, the price increase was not as noticeable for the 3 and 4 score heavy weights. Breed and yield potential were contributing factors in price variability.

May cattle slaughter surge

National slaughter and production increased again in May as a result of drier than average conditions.

May rainfall for much of the eastern states and southern WA was lower than average levels. This largely contributed to national cattle slaughter for the month increasing 11% year-on-year, to over 758,000 head in May (ABS). This brought the year-to-date (January – May) total to almost 3.15 million head, also up 11% on 2017 levels.

Victoria saw the largest increase in adult cattle slaughter, up by 30% or just over 35,000 head on May last year to total almost 152,000 head. Most other states also saw an increase, with the exception of South Australia, which eased by 41% (14,569 head) from last year with the closure of a major processor earlier in the year having an effect.

On the back of higher May slaughter, production increased 9% year-on-year, totalling almost 220,000 tonnes carcass weight (cwt). This brought the year-to-date total to over 931,000 tonnes cwt, a 10% increase on 2017 levels.

The national average carcass weight for May was 290.1 kg, back 2% on year-ago levels, as female cattle made up a larger proportion of the total kill. In April and May this year, females accounted for 53% – whereas the five-year average for these months is 50-51%. Female cattle slaughter in May almost reached 403,200 head – the highest monthly volume since July 2015. For the year-to-date, females made up 49% of national slaughter an increase of 4 percentage points from the same period last year.

NSW racing's huge prizemoney pay rise a huge boost for metropolitan, provincial and country racing

From September 1, Racing NSW will pour an additional \$24 million to boost prizemoney levels with each Sydney Saturday race to be worth \$125,000, an increase of \$25,000, city midweek meetings has minimum race prizemoney of \$50,000 (up from \$40,000), and public holiday racedays has a stakes surge from \$50,000 to \$60,000 per race.

Provincial races will boast stakes of at least \$35,000 (up from \$30,000), while country races will be worth \$22,000 per race (up from \$20,000) while TAB Highways for bush gallopers at Sydney Saturday meetings will boast minimum stakes of \$75,000 (up from \$60,000).

Metropolitan, provincial and country racing are the big winners from prize money increase. Also included is the increase in prizemoney to two of The Championship races namely the Percy Sykes Stakes and the Arrowfield 3 Year Old Sprint which have an additional \$400,000 added to take them to \$1 million per race.

This means that the 10 Championship races now carry a minimum of \$1 million per race.



Some iPhone camera tips to take better photos

By Karen Haslam |

The best camera is the one you've got with you, they say. And for a great many of us, that's the camera in our iPhones. Fortunately, any iPhone released in the past couple of years will have an extremely solid built-in camera, with plenty to offer everyone from everyday snappers to serious iPhoneography enthusiasts. In this series of articles we offer detailed advice on making the most of the most useful camera features, settings and controls available to today's iPhone photographers.

The basics

Before we start using the iPhone's camera features, we need to actually open the Camera app.

You can do this in a few different ways. You can tap the Camera app icon on the Home screen, or slide up from the bottom of the screen to access the Control Panel and select the Camera app icon there. But the easiest is to simply swipe inwards from the righthand edge of the lock screen. (That's in iOS 10 and later. In iOS 9 it was slightly fiddlier: you had to place your finger on the camera icon on the lock screen and swipe up.)

Once the Camera app is open you'll see a range of controls under the main photo frame: Time-Lapse, Slow-Mo, Video, Photo, Square, and Pano. There are also controls at the top to toggle the flash and HDR modes, set a timer and flip the camera for a selfie. (And if you're on an iPhone 6s or later there's a button to activate or deactivate the Live Photos feature - don't worry, we'll get to that.)

Finally, there's a quick-jump to the Photos app on the left (showing your most recent photo as a thumbnail), although if you haven't unlocked your iPhone only the photos you've taken this time will show up, protecting your privacy should someone else use your iPhone to take a shot. And there's a filter select control at the bottom-right: access these by tapping the greyed-out circles beside the white shutter button.

Quickly jump to a specific shooting mode with 3D Touch If you've got an iPhone 6s, 6s Plus, 7 or 8, press hard on the icon for the Camera app on your Home screen and you'll get the option of jumping straight to slo-mo, video, selfie, or regular photo mode. If you've got a 7 Plus, 8 Plus or X, Portrait Mode will be added to this list.

(It's worth reinstating the Camera app back to your first screen of apps if you'd previously banished it because of the Control Centre button for launching it, partly for this direct-mode-launch feature but also because Touch ID is so fast on the 6s and later that you never get the chance to see Control Centre from the Lock screen!)

An interesting extra fact: if there's room for the 3D Touch popup menu to appear above

the Camera icon, you get 'Take Photo' at the top, then slo-mo, video and selfie. But if your icon is high up, as is the case in our screenshot, the menu drops down instead and is reversed, with selfie at the top. **Using the Timer button** The Timer button can be seen at the top of the screen (or left in landscape). Tap it and you can set a self-timer of 3 or 10 seconds. You'll see the numbers come up on the screen as it counts down. On our iPhone 5s the phone automatically took a burst of 10 photos.

You are most likely to use this feature if you have the facility to set up your iPhone on a platform and step away from it to take a photo without it falling over. We imagine we will see a lot of people propping their phones up on walls and then stepping into shot so take selfies - no more extending your arm out to take photos of yourself. Expect to see lots of third-party manufacturers coming out with tripods for the iPhone.

To take a selfie on a timer, tap the dial, choose the number of seconds and tap the shutter button - then make sure the shot is lined up the way you want before the time runs out!

Selfie sticks

While we're on the subject of selfies, have you considered buying a selfie stick? They might look a bit odd, and we can't guarantee you won't get some funny looks from passers by. But they really are useful: the extra distance you can get between your face and the camera lens will make for a far more flattering portrait. We've got another article with advice on How to use a selfie stick.

Using Time-lapse mode

Apple introduced a slow-mo option in iOS 7 capable of taking movies and slowing parts of them down for hilarious effects. The Time-lapse mode added in iOS 8 is even more appealing, taking photos at what Apple calls "dynamically selected intervals" to create videos. To take a Time-lapse video, swipe all the way to the right on the Camera app's display, past video and slow-mo. Tap the record button and the app will automatically take a still picture every few seconds. When you're finished, tap the red button again. The app will stitch all those pictures together to form a time-lapse video.

For the best results, make sure the iOS device is completely still - you may want a stand for it - and leave it recording for a minute or more. You'll find the Time-lapse video in Photos > Albums > Videos.

How to reduce camera shake Although things have improved dramatically, the iPhone can still struggle in low light, such as at dusk or indoors. To compensate for the low light it will often take longer exposures, and so if you're not holding your iPhone completely still, the scene will get a bit smeared. (The iPhone 6 Plus, iPhone 6s Plus and later all have optical image stabilisation to help mitigate this.) One reason you may tend to get blurry photos with your

iPhone is that it's light and thin, and hence rather awkward to hold compared to a full-size camera.

You can reduce camera shake with some old-fashioned techniques that literally stop your hands from moving as much: pushing the side of your body against a vertical surface to steady it, resting your elbows on a low wall, or even simply bracing your iPhone by holding it in both hands and tucking your elbows into your body. Take a deep breath and let out a slow, steady exhale as you gently tap the shutter release button.

Or you can use the two-second self-timer. With this, so you're not actually pressing a shutter when you're taking a shot and so shaking the camera with the simple act of doing so, you enable the timer, press the shutter, then in the two seconds before the camera actually takes the shot, brace yourself and hold the iPhone firmly. Of course, if you really want to get serious about beating camera shake, you may want to consider buying an accessory. Which leads us on to the next section...

Tripods

Time-lapse shots are particularly helped by the use of a tripod, but a decent iPhone-compatible tripod can prove its worth in almost every area of photography. Camera shake is a constant worry for smartphone photographers, and tripods can be a brilliant way of setting up a stable shot. Alternatively, you could just search Amazon for iPhone tripods.

Use a hardware shutter

You can use the physical volume buttons on the side of your iPhone to take the shot rather than the big onscreen button - handy if you're holding the phone at an awkward angle - but this also extends to headphones (including the bundled ones) that have inline volume controls on the cable. Pro photographers would use something like this with big fancy SLRs especially as a way of reducing camera shake; the act of pressing a real or onscreen button can shake the camera at the very instant you want it to be still, so by triggering a shot using a button which is on a cable, usually with the camera held in a tripod, you're removing that shake completely. You can go one better: there are remote controls that connect over Bluetooth (whisper it: selfie sticks), but if you've got Bluetooth headphones with volume controls already, they should work too as a completely wireless shutter trigger.

Use your Apple Watch as a remote shutter

If you've got an Apple Watch, remember that you can use it to see what your iPhone's camera is seeing - useful in surprising situations, such as when checking the tops of cupboards for lost items or contorting yourself down the back of the TV trying to take a shot of its serial number - and for triggering a shot. The handy Camera app preinstalled on the Apple Watch enables you to use the watch as a remote shutter trigger for your iPhone camera.

Open the Camera app on your Apple Watch and it will automatically open the Camera app on the paired iPhone. Prop up the iPhone in a nice vantage point (perhaps use one of these lovely iPhone camera tripods?) while checking the shot is right on your Apple Watch.

When you're happy, either tap the white circle on the watch screen to take the photo, or hit the '3s' button to set a three-second delay. The latter is useful when you want to take - and be in - a group family photo and not be looking down at your watch at the moment the shutter goes off.

Take shots in HDR - but keep the original too

Even if you've got a tiny-capacity iPhone, if it's capable of taking HDR shots, turn that feature on (or leave on Auto so the iPhone decides when to use it) but also turn on the option in Settings > Photos & Camera to save the original shot too.

This way you can take advantage of High Dynamic Range photos - which mix together three different exposures of a scene so that you still see detail in very bright and very dark areas - but also have the regular, non-HDR version as well, since HDR shots can look either a bit flat or a bit peculiar. Basically, this way you have options.

HDR melds several exposures to create a single picture with an impressive amount of detail and a broad range of tones and colours. Try using it instead of the flash when you're faced with tricky lighting conditions.

Portrait Mode Available on iPhone 7 Plus, 8 Plus and X

Portrait Mode, added in the iOS 10.1 software update, is currently available only for the iPhone 7 Plus and 8 Plus (and imminently on the iPhone X), because it depends on those devices' twin-lens rear cameras.

Portrait Mode applies an arty depth effect to your photos, putting the subject in focus and blurring the background: a sought-after effect known in photographic circles as bokeh. To access Portrait Mode, swipe across the rotating menu at the bottom of the camera interface - it's just to the right of Photo. Try to make sure the subject is within 2.5 metres and the background is significantly further back; and good lighting is important too.

A quartet of professional photographers canvassed for their thoughts on Portrait Mode by Apple came up with a series of tips, including "cut out the distractions from your subject", "pulling the exposure down just a hair really makes images look more cinematic", "soft, diffused lighting will help with keeping the photo flattering", and "a distance of about eight feet away is recommended".



More tips continued next edition

MOVIE REVIEW

Skyscraper

Global icon Dwayne Johnson leads the cast of Legendary's SKYSCRAPER as former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer, who now assesses security for skyscrapers. On assignment in China he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family who is trapped inside the building...above the fire line.

- Rating: MA (for sequences of gun violence and action, and for brief strong language)
- Genre: Action & Adventure, Drama
- Directed By: Rawson Marshall Thurber
- Written By: Rawson Marshall Thurber
- Runtime: 103 minutes
- Studio: Universal Pictures



Review: 'Die Hard' wannabe 'Skyscraper' just dies

Adam Graham, Detroit News Film Critic

Dwayne Johnson falls hard in "Skyscraper," a ho-hum homage to the original "Die Hard" that hits the ground with a resounding splat.

In it, Johnson stars as Will Sawyer, about as boring a name as you can slap on a guy with the bulging build of the Rock. Truth be told, his vanilla name fits his character, who is as boring a guy as Johnson has ever played on screen.

Will, having lost his left leg in a hostage negotiation gone bad (he was an FBI agent), is now a security consultant working on the world's tallest building, a Hong Kong high-rise known as "The Pearl," which is triple the height of the Empire State Building.

While visiting with the building's billionaire designer, Zhao Min Zhi (Chin Han), bad dudes take over the Pearl with the intent of setting fire to the building and smoking out Zhao. But Will's family — wife Sarah (Neve Campbell) and their two children — is trapped in the building as well, so it's up to him to save his family, take out the bad guys and save the day. You know, John McClane stuff.

"Die Hard," which was released 30 years ago this week, endures — and has spawned scores of imitators — because it had top-notch action, great characters (including one of the most charismatic villains in screen history), palpable suspense and a heroic story of one good guy facing insurmountable

odds taking on a team of baddies. Director John McTiernan brought it all to a steady boil with a kinetic, fluid sense of motion and delivered an action movie classic. All "Skyscraper" has going for it is a tall building.

It's an impressive building, to be sure, with expansive indoor gardens, a mile high sphere that overlooks the city and two turbines that churn outside the structure. Top notch real estate — if it were real, it would be worth a visit.

But the building is given more character than any of the humans, whose thin motivations create a glaring lack of investment on behalf of viewers. The villains are particularly formulaic, carrying out a blackmail plan that is revealed far too late in the story to matter, and is too generic to emit anything but a shoulder shrug.

Writer-director Rawson Marshall Thurber, who also worked on "Central Intelligence" with Johnson (and has "Red Notice" lined up with the star in 2020), lacks a sense of placement which is critical in action films, especially those where characters' spatial relation to one another is so important.

You're never quite sure where anyone is, which lessens the suspense. He openly cribbs from sequences from better films; yes, "Die Hard," but also "The Towering Inferno" and "Mission: Impossible — Ghost Protocol," from which he

wholesale lifts the death-defying Burj Khalifa set piece.


And he needlessly tosses in street-level scenes, with groups of people watching the action as it unfolds on big screens in front of them (filmed seemingly by news cameras, which are never seen but manage to score some pretty extraordinary viewpoints for the action), ooh-ing and aah-ing in the appropriate spots. It's like a second screen experience of watching people watch the movie while watching the movie, and adds nothing to the film.

Johnson, meanwhile, lumbers around, too beefed up to buy as an agile fighting machine. (He would have made a better villain than hero.) And his construction crane long jump, where he Air Jordans his way into the building? Not a chance.

The sequence is presented so clumsily that it falls short, regardless of its outcome. Johnson's character in the film has a quick fix for everything: handy, everyday duct tape. "If you can't fix it with duct tape," he says at one point, "then you ain't using enough duct tape."

"Skyscraper" needs a lot more duct tape.



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

Five human rights we should enjoy – while we still can

By Van Badham

In case warnings of impending fascism have merit, here's a bucket list of rights to tick off Fascism is a political philosophy. It exalts the supposed supremacy of a particular national identity or racial group above individual freedoms, social equality and the collective social good.

And these ideas seem frightfully trendy right now.

I'm not saying that today's Poland, America, Russia, Turkey or Hungary are fascist countries. I'm saying fascism seeks to establish an authoritarian government headed by an autocratic leader through the bestowal of enriching favour on regime-friendly private enterprises, restricting the press, politicising justice and policing, the suppression of opposition and relentless persecution of minorities. The ultimate goal of the fascist project is to concentrate power in the hands of an unaccountable few.

Any similarities are just a coincidence. And Poland has just begun purging its judiciary. If only there was some kind of vast, historical precedent we could consult to work out where these – I'm sure, perfectly coincidental – fascist trajectories may lead everyone. If only there was someone we could ask.

I'm not saying we should be fraught with terrified concern, but it is a confusing time. One minute you have the president of the United States making excuses for torch-bearing racists who march on cities, the next he's put real children from an extra-national ethnic minority in real cages. Wow, that really came out of nowhere.

I could be wrong, of course – it's entirely possible that large chunks of the global north are going to hell in a handbasket and we all should be breathless with dread. Last month Fintan O'Toole in the Irish Times urged us to recognise that "trial runs for fascism are in full flow". And Jonathan Freedland in this publication suggested that "Inspired by Trump, the world could be heading back to the 1930s". The Guardian's Suzanne Moore relayed that "when people talk about the rise of fascism, it is in the present tense". First Dog on the Moon did a fun cartoon! Oh, and the former US secretary of state Madeleine Albright has done an even less fun book – called *Fascism: A Warning*.

Rarely discussed by the internet's fact-impooverished self-selecting historians is that the Nazi ascendancy to absolute power in Germany arose from within a democracy. And "fascism doesn't arise suddenly ..." as O'Toole warned, "It is not easy to get people to give up their ideas of freedom and civility. You have to ... get people used to something they initially recoil from."

Is that what's happening? Do these times urge a historical refresher on just how the social catastrophe of Europe's

last-century descent into fascism took place? No one likes breaking Godwin's law and making any Nazi comparison to present events, although Freedland reports Mike Godwin himself has been doing it of late. Donald Trump may have claimed the ranks of Charlottesville's tiki-torch stormtroopers contained "very fine people" but Godwin urged "by all means, compare these shitheads to Nazis".

So, in the spirit of a listicle for every occasion, here's a bucket list of human rights you may want to squeeze for their – perhaps, fleeting – pleasures right now. Just in case, you know, that demon long-thought-slayed is returning – maybe shirtless, maybe riding in a golf cart – and the anxieties of some of the world's sharpest liberal statespeople and intellectuals really will be borne out.

1. An independent justice system
The United States' Holocaust Museum explains that after the Nazi rise to power in 1933, most areas of public life underwent a "coordination" process, to align institutions – like the courts and the various policing agencies – to Nazi goals. One of Hitler's first acts as chancellor was to purge Jewish and socialist judges, lawyers, and other court officers from their professions. Ongoing purges took place to improve the "political reliability" of the judicial system to shield the regime from scrutiny, as well as to punish its critics and opponents. Try managing that with an independent court!

2. A free press
A free press committed to the reportage of facts is a powerful antidote to the propaganda on which fascism relies to encourage people not only into new opinions, but previously unthinkable behaviour. The Nazis realised early how important it was they discredit the sources of objective scrutiny. They demonised journalists as "Lügenpresse" – "lying press" – in biased service to Jews, socialists, foreigners. When the Nazis came to power, there were 4,700 newspapers in Germany. Within a couple of months, they were gone, replaced by controlled and directed state propaganda. The Nazis also burnt books. "The media should be embarrassed and humiliated and keep its mouth shut and just listen for a while," said Hitler's propaganda minister, Josef Goebbels, in 1933. No, wait – sorry – this was said by the Trump adviser Steve Bannon in January last year. My mistake.

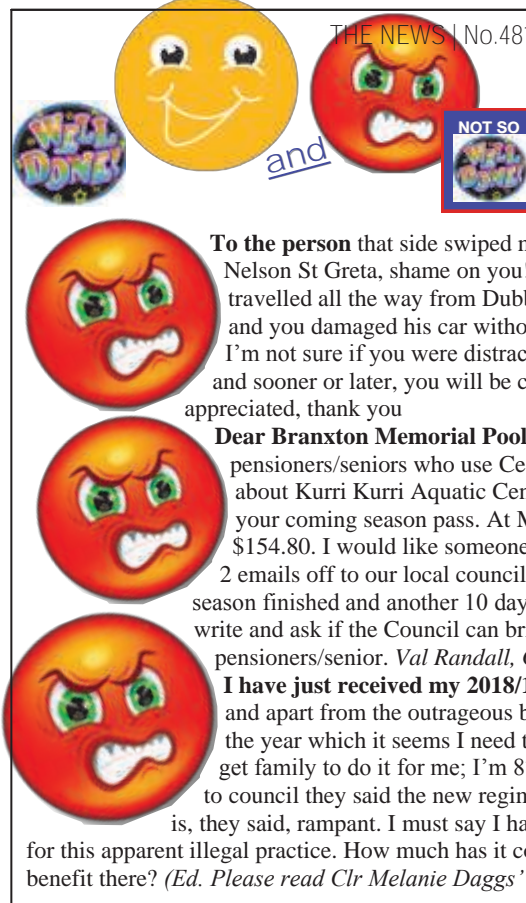
3. Equal rights
As the fascist objective is to concentrate power amid an unaccountable few, it's crucial to destroy social principles of equality and egalitarianism. You do so by creating an enemy so low and loathesome that their destruction somehow justifies the shredding of social contracts around justice, fairness, accessible hierarchies and equal protection. Stereotypes are applied to demonise an entire group as something less than human – vermin, animals, sluts, whores, weirdoes, perverts – and therefore deserving of lesser rights, fewer opportunities, and, ultimately, punishment.

4. ... especially for chicks
It doesn't really matter who the group targeted is. The Nazis proceeded through the destruction of Jews, socialists, Romany people, LGBTQIA+

communities, people with disabilities, Jehovah's Witnesses and many others. Franco, the dictator of Spain, had it in for the Masons. The point is not to whom the different standards apply, but that they do at all. And humiliation and punishment of women has ever been an authoritarian-onset motif, as was Moore's point in her piece "Fundamentalism is coming for us – and women, as ever, will be first". "Look around," she wrote, "and there is already a kind of desensitisation to what is happening, a moral relativism that never sees women's rights as the first rights that are under attack".

5. Trade unions
I mean, if you're trying to hobble ideas of solidarity and inclusion as well as the actual material resources of any democratic resistance movement, it's very sensible to defund, restrict and demobilise trade unions. In the wake of the mysterious Reichstag fire that was used as a pretext by the Nazis to suspend German democracy, the Nazis moved quickly against the organised working class; trade union offices were occupied and union leaders hauled off to concentration camps in the first days. Their realisation was that an organised trade union movement has the labour power to shut down not only factories, but shops, banks, supplies, transport systems, emergency services and, with them, governments. Inconvenient. O'Toole reckons the screaming babies in US cages were a successful trial run for fascism; their howls were mocked on Fox News, and Trump's popularity has gone up. In Australia, we may also be caging refugee children but it's not quite polite to laugh at them. Yet. Amid the wildness of the times, what we choose now to remember of history will determine the shape of our own. Those who pushed personal lives aside to politically mobilise saved America, Britain and Australia from the fascist contagion even as mainland Europe fell. Those generations watched and learned – didn't they? didn't we? – that after shredding of norms comes the shredding of institutions, and, with that, of the societies they exist to protect.

Since you're here...
... we have a small favour to ask. More people are reading the *Guardian* than ever but advertising revenues across the media are falling fast. And unlike many news organisations, we haven't put up a paywall – we want to keep our journalism as open as we can. So you can see why we need to ask for your help. The *Guardian's* independent, investigative journalism takes a lot of time, money and hard work to produce. But we do it because we believe our perspective matters – because it might well be your perspective, too. The *Guardian* is editorially independent, meaning we set our own agenda. Our journalism is free from commercial bias and not influenced by billionaire owners, politicians or shareholders. No one edits our Editor. No one steers our opinion. This is important because it enables us to give a voice to the voiceless, challenge the powerful and hold them to account. It's what makes us different to so many others in the media, at a time when factual, honest reporting is critical.



To the person that side swiped my brother's new bright yellow Ford ute on Nelson St Greta, shame on you! It was late at night and my brother had travelled all the way from Dubbo to help me move Monday the 9th of July and you damaged his car without even stopping.

I'm not sure if you were distracted or drunk but we know it was a white car and sooner or later, you will be caught. Any information on this driver is appreciated, thank you

Dear Branxton Memorial Pool users ~ I would like to let all the single pensioners/seniors who use Cessnock and Branxton pools (I am not sure about Kurri Kurri Aquatic Centre) know that you will be paying \$207 for your coming season pass. At Maitland Pool a single pension/senior pays \$154.80. I would like someone from Cessnock CC tell me why. I have sent 2 emails off to our local councillors since the pool closed (1 just after the season finished and another 10 days ago); I have had no reply as yet. Let's all write and ask if the Council can bring in a new price for all us single pensioners/senior. *Val Randall, Greta*

I have just received my 2018/19 rate notice from Cessnock City Council and apart from the outrageous bill they have also issued my tip-passes for the year which it seems I need to use personally. When I need to use the tip I get family to do it for me; I'm 87 and cannot physically do it. When I spoke to council they said the new regime is to stop unauthorised use of passes which is, they said, rampant. I must say I have never seen anyone go through the courts for this apparent illegal practice. How much has it cost to set up this new system & is the cost benefit there? (*Ed. Please read Clr Melanie Daggs' article on page 6/well explained*)

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

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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: Alpacas Ph 4930 6291
For Sale: Firewood. Well seasoned, mostly iron bark. 6x4 trailer \$90. Pick-up only Call Greg 0411 315 548
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Share House: Fully furnished, double bedroom, Built-ins, ceiling fan, Air Con, very quiet. \$165/week. P: 0413 896 866
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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

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

Dates for your diary >

THUR 26 July – Cessnock Prostate Cancer Support Group meeting at Cessnock Leagues Club. Guest speaker: Prostate cancer specialist from Calvary Mater Hospital. Will include information how to contact them when first diagnosed, during treatment and conclusion of treatment. All welcome. Cost free. Contact: Barry 49904554- Rose 0439404554.

FRI 3 AUG – Branxton Public School Kindergarten excursion to Hunter Valley Zoo

MON 6 AUG – Branxton Public School P&C Meeting – all welcome 6:00pm in the library.

TUES 07/08 – Branxton Lions Club monthly meeting 4pm Branxton Golf Club

Wed 8th Aug – Branxton Public School Education Week Activities

THUR 9 August – BRANXTON VIEW CLUB 30TH BIRTHDAY – Greta Workers Club-All welcome Cost \$30. Bookings/ information Bethany 0419 429 364

TUES 14/08 – B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton

THUR 23 to FRI 24 AUG – Branxton Public School Stage 2 excursion to Sydney

Tue 28th Aug – Branxton Public School Parent Information Evening Kinder 2019

Wed 29th Aug – Branxton Public School Book Week Parade and Book Fair

TUES 04/09 – Branxton Lions Club monthly meeting 4pm Branxton Golf Club

MON 10/09 – Visit by NSW Governor 9:15am – 3:30pm

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

THUR 20 SEPT – Branxton Public School School Concert "A journey through music and time"

TUES 25/09 – BRANXTON VIEW CLUB FASHION PARADE- Branxton Community Hall. All welcome \$15 includes light lunch Phone Bethany 0419 429 364

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

SAT 3/11 – North Rothbury Tidy Town Twilight Markets

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

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

TUES 11/12 – B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton

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

Other dates to remember
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. 21st & 22nd Sept - WOL-LOMBI MUSIC FESTIVAL
6th Oct - OPERA IN THE VINEYARDS

School News



Branxton Public School

Kindergarten enrolments are currently being accepted. Our first official orientation event will take place in Term 3 with a Parent Information Evening on Tuesday 28th August. 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. Our PBL Assembly and reward activities were a great success on the last day of term. Lots of colourful fun for students and teachers alike. Education Week is in Week 3 and we will be celebrating on Wednesday 8th August, with open classrooms and a special Assembly showing off the many talents of our students. Book Week Celebrations will be in Week 6 with the theme this year being 'Find Your Treasure'. Start thinking about you costumes for the Book Week Parade on Wednesday 29th August.



Colour Run



Colour Fun



Colour Run



Colour Fun



Colour Fun

Dates for the Calendar

- Tuesday 24th July – First day of Term 3
- Friday 3rd August – Kindergarten excursion to Hunter Valley Zoo
- Monday 6th August - P&C Meeting – all welcome 6:00pm in the library.
- Wednesday 8th August – Education Week Activities
- Thursday 23rd to Friday 24th August – Stage 2 excursion to Sydney
- Tuesday 28th August – Parent Information Evening Kinder 2019
- Wednesday 29th August – Book Week Parade and Book Fair
- Thursday 20th September – School Concert “A journey through music and time”

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



TRIVIA NIGHT

Branxton Golf Club

Saturday 8 September 2018
7.00pm

Kitchen open for meals from 5.00pm

BYO nibbles for the evening

Tickets \$100.00 per table of ten

Tickets available from

Brian Thomas 0417 282 440



Has your phone stopped ringing?



You need to advertise your business

Call Mike at 'The News'

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Things You May Not Know About

with Neridah Kentwell

.....GRETA

When the Small Town of Greta Had Many Hotels

Greta is usually thought of as having its beginnings as a coal mining town. And because the old way of coal mining required a lot of drinking to wash the coal dust away, and transport was once too slow to get to that necessary drink quickly enough, a pub was needed on every corner. As a small lease in Anvil Creek (near the present Greta Railway station) was the first to produce coal from William Farthing's discovery early in 1862, you might have thought the first alcoholic business would have had to have sprung up near there. Surprisingly, **The Crown** at Anvil Creek already had its first license granted in 1846, and was already well established when the first coal mining started in the village. So farmers would have been their first customers, or more possibly travellers looking for an overnight break from the slow progress, north or south, of horse and cart.

In December 1853, in an advertisement in the Maitland Mercury and Hunter River General Advertiser, two hundred acres of land were featured as the Estate of Gretaville at Anvil Creek, on Molly Morgan's old line of road from Maitland to Singleton, which was selling three blocks, one of 100 acres and two of fifty acres each. The previous property/s was said to have been deserted when gold was discovered but now 'farm produce was more likely to pay'.

The area for Greta had been surveyed by Dangar in 1823 and 1824 and the town was laid out by George Boyle White in 1842, then made official geographically in 1843, possibly to become an alternative private subdivision to Black Creek (Branxton). The earliest licence issued in the whole of the colony appears to be the Woolpack Hotel in Parramatta, issued by Governor Phillip around 1796, proving there was liquor laws from early settlement. After that time, which is up until 1860, there were four types of liquor regulation licensed by the Clerk of Petty Sessions. In 1863 the Publican's Act came in, and licensing was reduced to two types issued by the Clerk of Petty Sessions, which didn't change back into four until much later, in 1912. There are now seven types of license in NSW.

A Colonial Wine License (CW) was a license where the vineyard/winery could sell their own wine as well as imported wine, there was also a Wine, Cider and Perry (WCP) license (perry is fermented pear juice) and a Hotel License (HL) could sell wine, spirits and beer.

Owners of hotels and the licensees can sometimes be hard to separate, and finding the licensees can sometimes mean following them as they moved around, managing different pubs. The law said they could only hold one license at a time, but sometimes they tried to overcome this law by getting

someone else to hold it, as will be seen later.

Anvil Creek-

In April 1857 and April 1858, Samuel Chapman received his WCP Licenses for Anvil Creek.

In September 1873 John Stafford also held a WCP License in Anvil Creek. In 1873 and 1874 Andrew Bleakley had a license in Anvil Creek, along with Thomas Tonks in 1874, both of which were WCP Licenses.

The Crown's hotel license at Anvil Creek was held by Henry Kesterton in June 1846, Hector McLean in June 1847, W Holden in June 1848 for a month, with Fred Williams taking it over in July 1848 and holding it until July 1850. William Clift then took it on in December 1850 before Fred Williams took it back in April 1851, which was then taken back by William Clift in April 1852 and June 1854. Samuel Chapman had the license from April 1856 and in April 1858, when it then became **The Dealers Arms** in April 1860 with George Collins holding the license. In April 1864 the name then reverted back to the **Crown Inn**, when it was advertised to let by its owner George Lee who lived in West Maitland. On the 16th July, tenders were being advertised for by its new owner, Charles Atkinson, to repair the house known as the Crown Inn, at Anvil Creek.

In 1875 to 1877, John Green held the Hotel License for the **Anvil Creek Hotel**. From 1878 to 1880, John Redgrove became the owner of this license, which was returned to John Green in 1881, then came back to John Redgrove in 1882 & 1884 which he continued to renew, and be approved for, until 1894.

A Sir Hercules Robinson Hotel, named after the then current governor of New South Wales, was also at Anvil Creek, with its license held by Matthew Hall in July 1875. In March 1878, Charles Francis held the license but it was cancelled when it was discovered he had deserted the hotel. By 1886-1887 Charles Francis held the license again.

Harpers Hill-

In 1866 to 1868 William Taylor held a Colonial Wine License for the **Oswald Inn** at Harpers Hill. In 1877 William Reeves held a Hotel License for the **Horse and Jockey** at Harpers Hill, and in 1878 Ester Reeves then held the Hotel License for it. In July 1882 to the 1st July 1888, Ester Reeves held a Colonial Wine license at Harpers Hill.

1st July 1889 to 1st July 1892, Edward Neems also held a CW License for his wine shop or small inn at Harpers Hill. 1893-1894 Christian Kanter jnr. held a CW License at Harpers Hill.

Also in 1895 Jesse Hawkins held a CW License at Harpers Hill.

From 1910 to 1913 John M Lambert held a Colonial Wine License at Harpers Hill. Also in 1897, Major Edward Walker held a CW License at Harpers Hill, as well as in



1898, 1899, 1909, and 1914. In 1915, 1920 & 1921 William Young Veitch held a CW License at Harpers Hill as well as 1925. In 1932, 1936 & 1938 an Australian Wine License was again granted for renewal to William Young Veitch at Harpers Hill, who was obviously still going strong.

Greta-Railway Hotel -

In 1880 Richard Rostron obtained the Hotel License for the **Railway Hotel** in High Street, and held it until 1886. In 1887 Richard Rostron Jr. took over his father's license for the **Railway Hotel** and continued it until 1891. 1892 to 1896 Daniel Ferguson held the Hotel License, and was the proprietor, for the **Railway Hotel** which also became known as **Ferguson's Hotel** at the time, then William Griffith held this license from 1897 to 1898, George Scarlett from 1890 to 1905 and Alice Scarlett in 1906.

Prince of Wales Hotel-

In 1874, the **Prince of Wales Hotel** was built (where the Norman Brown Memorial Park now is) with the first license taken out by William Scully, from 1875 to 1877 and became known as **Scully's Hotel**, as a Scully always owned it, even when they didn't hold the license for it. In 1878 Edward Maddison held the Hotel Licenses up to 1880, 1880-1888 the license was held by William Scully, then George Young's licenses went from 1889 to 1892, Matthew H. North's in 1893, Bridget Scully's from 1894 to 1896, also Richard Scully's in 1896, said to also be the proprietor, Joseph Scully's from 1897 to 1900, Henry J Heber's from 1901 to 1904, Mark North's in 1905, William Maloney in 1906, Thomas Scully's in 1907 to 1910 and Donald F Roberson's from 1911 to 1913.

It was noted in the Maitland Weekly Mercury on 10th January 1914 that the Scullys actually owned the hotel ever since its beginning forty years ago. The Prince of Wales was closed by Local Option Court and the last license for the existing building ceased on the 31st December 1914 after being given five years to shut down. It had been decided to close the hotel in 1909 after the condition of the building was reported as 'bad' in 1908 and only 50 men were employed in the town; however by the time the five years elapsed there was nearly 600 men back in work. Also in April 1908 there was a No-License political party which the Liquor Trades Defence Union of New South Wales decided to combat with a conference and sent a circular to hotel keepers throughout the state. The circular pointed out that by the recent Reduction Vote possibly 400 hotels would be closed and unless the trade organisation was placed on a satisfactory basis a similar state of affairs would be the result of the next vote taken. In December 1913 a referendum was held to vote regarding

local hotel licenses, with a large majority voting for continuance in Greta.

In 1914 Charles Beswick applied for a conditional licence for premises proposed to be erected at Greta, with the architect James Warren Scobie submitting the plans for a two-story up-to-date brick hotel, with the current two-story building to be demolished and the four original rooms that would be left to be detached from the new building. This was the new **Prince of Wales Hotel** erected on the corner of High and Water Streets, with Messrs J Cook and Son being the contractors. The clerk in the West Maitland licensing court said that it was within the Singleton electorate, with 22 being the maximum number allowed and there were two vacancies, because 20 licenses had been issued. It was argued that another license was urgent for the amount of collieries that were going then. So in October 1915 a new building for the **Prince Of Wales Hotel**, currently still owned by a Scully, a Miss N Scully, was nearly completed and was opened by the licensee, Charles Beswick, who held it until 1916 which is the year he became Mayor of Greta.

Joseph Francis Alexander Scully held the license from 1917 to 1918, Stanley Walter Barnes in 1919, William Howell in 1920, John Taylor Irvine in 1921 and George Fuller in 1922. The 1925 licensee was James Frederick Randolph Keys for the **Prince of Wales Hotel** and in 1926 T O Parker took over the **Prince of Wales** license from James Keys. Herbert Alexander Horton had the license in 1932.

In December 1933, at the time of the Great Depression, Herbert Alexander Horton surrendered his license of the **Prince of Wales Hotel** in Greta to the Licenses Reduction Board, with complete acceptance by those hearing the case. The owners of the premises by then were Tooth and Company, and Charles Beswick confirmed that the situation with the Greta coal mines meant there was no work, with the Chairman of the Board agreeing that '95% unemployed spoke for itself'. In October 1934 the *Maitland Daily Mercury* wrote that the Prince of Wales Hotel had been sold and removed, purchased by a Mr A Williams of Sydney. With the removal of the Sportsman's Arms also, only Tattersall's Hotel remained.

Greta Inn was run by William Gellately from December 1873 to 1875, then again in 1877. Hannah Gellately held the license in 1878 to 1880. In 1876 a **Green's Hotel** was in Greta, along with a **Henry's Hotel**. In 1896 there was also an **Excelsior Hotel** in Greta whose licensee was Henry Marshall. In 1897 & 1898 - There was a **Palmer's Hotel** in Greta, owned by Greta Alderman, John Palmer. There was also a **Mr S Page's Hotel** at the north end of town.

In 1889 William Reay applied for a conditional license to build a brick hotel in Greta, but was refused on the grounds that there was already five public houses in Greta, although the board admitted it would have been good to have had a brick one as the others were all wood. The licensing court also heard objections, one being from George Beatty who produced a plan showing the distance between the present public houses, five within half a mile. The public house was also found to be the same as the one Mr Smallshaw (**Sportsmans Arms**) had already applied for, but had been refused on the grounds that he already had a license. There was a **Sportsman's Arms Hotel in Branxton** which confuses matters even more. In 1860 a converted store was the first **Sportsman's Arms in Branxton** in 1860 by George Collins senior, then was taken over by George Patrick Collins.

23 May 1860 - J G Cox held the license for the Sportsman's Arms, Branxton. 17-4-1862- W McCrossin took it over and called it the Emu and Kangaroo 17-4-1863 - Eli Allen took it back to be called the Sportsman Arms 1865 - John Smith 1866- George Collins 1867 - James O'Neill 1868- M Phelan 1868- Bart Connors 1869- M Phelan 1870-1871- B Connors 1872- Pat Crealey 1873-1875- Thomas Harman 1876- Jane Ludlum 1877 - J Donahue 1878-1882- Thomas Harmon 1883 - The Sportsman's Arms Hotel, Branxton became the Commercial Hotel, Branxton, although George Collins was said to have been granted the license in the Sportsman's Arms Inn in May 1884, along with Thomas Harman.

George Patrick Collins (1883-1890) then sold the building to Henry and Theresa Smallshaw. Henry Smallshaw had the license from 1891 to 1893 of the Commercial and the hotel was then transferred to John & Mary Ann Bayliss to pay off the debt of buying it. In 1917, Bernard Tierney held the license then in 1920, J Ryan held the license for the Commercial Hotel. It was sold in 1925 to Tooth & Co. and during the time of Timothy Quinn as licensee, it was burnt down in 1929. The Branxton Inn took on the license and a family home for Ron & Robyn Black was built on the vacant land. A new Commercial Hotel was built elsewhere by Tooth & Co. and leased to a number of licensees, twenty five in total between 1936 and 1999. The **Greta Sportsman's Arms Hotel**, was established in 1874, with Thomas Harman owning the license from 1873 to 1874 & 1875, when it was first known as **The Miner's Rest**, Greta. It was situated near Branxton. September 1876 - Patrick



Henry was granted a billiard license for this hotel 1878- Martin Durham 1878 - 1879- Joseph Redhead 1879-1882 - Joseph Redhead 1883-1885 - Thomas Harman In 1889 -1891 John Chapman had the license for the **Sportsman's Arms** in Greta. 1892- Thomas Harman 1893-1910- Matthew H North, was also the proprietor and he was an alderman in 1902 until 1904. Samuel Page had the license first in 1893. Matthew North died in 1911. 1911 - Jane North 1912 - License transfer granted from Stewart McCulloch to Patrick James Tierney 1912-1914 - Patrick Tierney 1915- William Lamount 1916- Annie Lamount 1917-1918- Priscilla Emma Reed paid the license fee of £20, which assessed as being worth £100. 1919-1921- John Enright The 1925 and 1926 Greta licenses were also John Enright's for this **Sportsman Arms Hotel**.

In June 1908, a special licensing court was held regarding the **Sportsman's Arms Hotel**, where miners from South Greta and East Greta met for their Miner's Lodges, comprising of 400 members. It had recently been leased by John James Walsh who had paid £700 for the goodwill, furniture and seven years lease of the hotel. **Chapman's Family Hotel** was run by Samuel Chapman and JW Chapman in 1892-1894. In 1897 to 1902 Noah Palmer held the license and then William Green Phillips was said to have had it in 1903, for a short time before he died.

A **Cricketers Arm's Hotel** was also in Greta- 1868 - James Chalks had the Hotel License 1879 - John Kerrigan 1881-1887 Edward Maddison 1888- John Champion October 1890 - Still in operation **Phillips Family Hotel**- 1886 & 1889 - 1891- William Green Phillips. 24th August 1892- John Chapman 27 June 1893- William Green Phillips 27 June 1895 - John Chapman 27 June 1896 - William Green Phillips Mr and Mrs W G Phillips and was still going strong on their 50th wedding anniversary in 1897. They had come to Greta twenty-one years earlier in 1876, where they were first general storekeepers before taking on the hotel in 1885. 26 July 1900 - The license expired and William Green Phillips was supposed to pay the fee for the hotel which H D

Rudd was leasing, which he would repay in instalments, so that the license would then become Rudd's. That day H D Rudd left for Maitland to pay it. His brother Walter Rudd, who was the barman and servant who lived on the premises, kept the hotel open for two days waiting for his brother's return, then closed it to find out if it had been paid, which it had not. Walter Rudd was then summonsed on the 28th July for serving liquor on unlicensed premises. He was fined £30, and 7s 4d court costs, with the court signifying its intention of recommending a reduction of the fine. August 1900 - HP Rudd successfully leased the Family Hotel from W G Phillips 24 August 1901 - William Tobin 1903- William Green Phillips died

In 15 August 1903, the Licensing Court appointed Lawson Charles Guest to carry on the **Phillip's Hotel** business owned by the deceased William Green Phillips after his son, William Phillips, applied for this to be done. However, it didn't work out as Lawson Charles Guest became the licensee of the **Tattersall's Hotel** from 1904 to 1910. 24 August 1904 - William Tobin **Tattersall's Hotel** - The current building is said to be built in 1892, and so is one of the oldest in the area. 1889 to 1896 - Mr John Champion's Hotel was '**John Champion's Tattersall's Hotel**' on the main street, where he was licensee and proprietor. 1897-1902 Noah Palmer Jnr. held the Tattersall's Hotel License, followed by William Green Phillips in August 1902, the next year he died. 1904-1910 - Lawson Charles Guest then held the license and changed the name to **Guest's Hotel**.

In 1917, 1920, 1925, 1926 & 1932 Ellen Palmer held the license which reverted back to **Tattersall's Hotel**. In 1938 **Tattersalls Hotel** at Greta was the only Greta hotel to have a license renewal granted because it was the only one left.

To see more photos, or add to the Greta hotel knowledge, or see more of Greta's history, come into the Greta Museum on a Wednesday or Saturday between 11am - 3pm. For more information call or text Neridah on 0427657150, or email gretamu-seum@gmail.com.

Do you REMEMBER

Wallaby Phil Kearns visit was inspirational

24 THE NEWS No. 355 12 March 2013



Over two hundred kids and parents met Rugby World Cup winning Wallaby, Phil Kearns, when he made a visit to the Hunter Valley Gardens last Wednesday to coach the kids of Pokolbin Junior Rugby Club. Phil inspired the kids by saying that he was a fat, slow, 9 year old boy when he started playing rugby. "From there I went on to play rugby for Australia. There's no reason why one of you Pokolbin junior players can't do the same."

He spent two hours actively coaching the kids in the skills of rugby, both individually and as a collective & stayed behind to sign autographs and have his photo taken with appreciative juniors & parents. "From my experience, rugby is a game where parents and players come together as a community to have fun, which leads to building long lasting friendships and a culture of good spirit. Rugby is also a game that has a place for every kid regardless of

whether she/he is small or big, fast or slow, skilled or not, rugby can accommodate anyone," said Phil. Phil Kearns played in two World Cup winning campaigns and captained Australia on ten occasions. On being congratulated on his success, he humbly replied, "It was fun."

Phil Kearns is a genuine gentleman, well spoken, and approachable. Club President, Tim Murray, said he was an inspiration to everyone who was there.

Pokolbin Junior Rugby Club welcomes any players who would like to join them in 2013. Contact Tim Murray on 0415 459 033. Training starts March 14th at Hunter Valley Gardens.

■ Former Wallaby international & Australian Captain, Phil Kearns, speaks to junior players & parents at the coaching clinic last week

Defibrillator grants open for the Hunter



said. "Across the state, the NSW government will aim to provide more than 2,500 life-saving defibrillators to local communities and I strongly urge eligible local clubs to consider applying."

"23 sporting and recreation clubs across the Hunter were successful in the first round."

Minister for Sport, Stuart Ayres said the Local Sport Defibrillator Program has assisted over 400 sporting organisations attain the life-saving technology during the first round of the programs scheduled four year duration.

"With over 7,000 people experiencing out of hospital cardiac arrest in NSW every year, immediate access to CPR and defibrillation at local sports grounds is vital," Mr Ayres said. "In 2018, we hope to increase the availability of defibrillators at community-based sports facilities and improve the likelihood of survival for incidents of cardiac arrest."

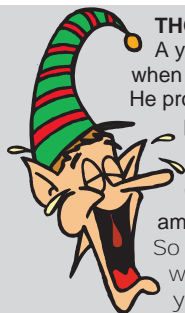
The program is currently open and applications close 14 September 2018. Details about applications and eligibility can be found at <https://sport.nsw.gov.au/clubs/grants/defibrillator>

Parliamentary Secretary for the Hunter Scot MacDonald MLC is encouraging Hunter sporting clubs to apply for the Local Sport Defibrillator Grant Program, with the NSW Government providing funding for life-saving technology to people experiencing cardiac emergencies.

The program commenced in 2017 and provides grants to community sport clubs for half the cost of purchase and maintenance of an Automated External Defibrillators (AEDs).

Mr MacDonald said access to defibrillators in sporting clubs increases the chance of survival by up to 75 per cent for patients experiencing cardiac arrest.

"For many of our residents, access to a defibrillator could be the difference between life or death," Mr MacDonald



THOUGHT OF THE WEEK:

A young man is stumbling through the woods, totally drunk, when he comes upon a preacher baptizing people in the river. He proceeds into the water, subsequently bumping into the preacher.

The preacher turns around and is almost overcome by the smell of alcohol, whereupon, he asks the drunk, "Are you ready to find Jesus?" The drunk shouts, "Yes, I am."

So the preacher grabs him and dunks him in the water. He pulls him back and asks, "Brother, have you found Jesus?" The drunk replies, "No, I haven't found Jesus!"

The preacher, shocked at the answer, dunks him again but for a little longer. He again pulls him out of the water and asks, "Have you found Jesus, brother?" The drunk answers, "No, I haven't found Jesus!"

By this time, the preacher is at his wits end and dunks the drunk again -- but this time holds him down for about 30 seconds, and when he begins kicking his arms and legs about, he pulls him up. The preacher again asks the drunk, "For the love of God, have you found Jesus?"

(get ready for this)

The drunk staggers upright, wipes his eyes, coughs up a bit of water, catches his breath, and says to the preacher, "Are you sure this is where he fell in?"

Branxton & Vineyards Real Estate

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JULY
Entertainment



FRIDAY NIGHT FOOTY

6TH PANTHERS V WARRIORS
7.50PM

13TH PANTHERS V SHARKS
6PM
KNIGHTS V EELS
7.50PM

20TH SHARKS V RAIDERS
6PM
BRONCOS V PANTHERS
7.50PM

27TH COWBOYS V KNIGHTS
6PM
BULLDOGS V WESTS TIGERS
7.50PM

SATURDAY NIGHT LIVE MUSIC 8.30pm

7TH SOUND OF SUNDAY

14TH EVERGREEN

21ST KEMPY

28TH ANYERIN TRIO

SPORTS RESULTS GOLF

Branxton Veteran Golfers Results 12-7-18 Stableford

Div 1 Winner K Anderson 31 pts (SOD) R/u R McGuinness 30 pts 3rd D Sheppard 29 pts
 Div 2 Winner I Harris 30 pts (c/b) R/u R Chalmers 30 pts (c/b) 3rd P Hocking 30 pts
 Ladies Winner R McCarthy 28 pts R/u J Scobie 25 pts (c/b) 3rd M Hunt 25 pts
 NTPs Ladies R McCarthy Gents G Noble
 Members draw - Not won
 Another pleasant Winter's day for enjoying a round of golf, at the 'Ultimate 9' golf course at Branxton. Congratulations to Keith Anderson on winning his division and achieving the "Score of the Day". A well done to all other winners and placegetters

Results 19-7-18 Stableford

(3 Club only event)
 Div 1 Winner I Harris 32 pts (SOD) R/u S Dunker 27 pts 3rd B Turner 24 pts
 Div 2 Winner S Condran 27 pts R/u B Hain 26 pts (c/b) 3rd R Hebbe 26 pts
 Ladies Winner R McCarthy r/u M Hunt 20 pts 3rd J Harris 19 pts
 NTPs Ladies R McCarthy Gents R Hebbe
 Members draw - Not won
 Another favourable Winter's day for a round of golf. Today's event proved to be a challenge for our players, as the scores will attest.

Congratulations to Ivan Harris on winning his division and achieving the "Score of the Day" and a well done to all other winners and placegetters. Also, congratulations to Ruth McCarthy on being nearest the pin (NTP) three(3) weeks in a row (Hat trick).
A reminder - Next week, 29 Jul 18, is our 'Mid Year' lunch. As a 'warm up' for lunch there will be a 9 hole stableford event played, 8 am for 8.30 am 'Shotgun' start.

LN Bootes, Hon Sec Branxton Golf Club Saturday, 14th 2018 STABLEFORD

47 players
 A GRADE WINNER David Hollis 39 pts
 A GRADE RUNNER UP- Daryl Sheppard 36 pts
 A GRADE THIRD Peter Wilton 34 pts
 B GRADE WINNER Peter Mackenzie 39 pts
 B GRADE RUNNER UP Peter Maquet 33 pts c/b
 B GRADE THIRD Murray Johanson 33 pts
 C GRADE WINNER Tom Lundy 40 pts
 C GRADE RUNNER UP Richard Turnbull 36 pts
 C GRADE THIRD Geoff Jones 35 pts
 BALL COMP 29 pts
 NTP 2/11 L Heuston 106cm
 NTP 4 N Jordan 30cm
 NTP 9/18 P Mathews 37cm
 NTP 13 T Foster 335cm
 Only 3 players out of 47 players played better than their handicap on a day where the course was conducive to good scores although the pin positions were challenging. Only 29 points was needed to

win a ball with the DSR of 71 indicating the difficulties that all players had, with one wag telling me that the absence of the strong westerlies may have contributed to the high scores with players allowing for wind which wasn't there!
 Dave Hollis easily won A Grade with a very impressive 39 pts with Daryl Sheppard making a return to Saturday golf after many weeks away to finish 2nd with 36 pts, while Peter Wilton's 34 pts was good enough for third. Peter McKenzie's 39 pts easily won him B Grade, well ahead of runner up Peter Maquet, with Club Captain/ President Murray Johanson third with the same score. Tom Lundy won C Grade with the day's best stableford score of 40 pts, which enabled him to win the 5 skins Round 1 Qualifying round—there is some fine wine to collect from the Club Professional Marcus. Richard Turnbull continued his recent good form to finish runner up with 36 pts, with Geoff Jones third with 35 pts. The Nearest the pins were all very impressive shots with the shot of the day going to Neil Jordan on the 4th, which finished only 30 cms behind the cup—so near to a hole in one. Just as impressive was Peter Matthews' shot on the 9th, finishing only 37 cms away. It is not often the two NTPs can finish so close. Lee Heuston's shot to the 11th, with the pin at the very back left position finished only 106 cms away after tracking towards the pin before spinning back—a great shot. Tom Foster also deserves mention after hitting the best shot to the difficult 13th. The 5 skins initiative is on again where those players who enter have 5 rounds in which to record 3 good rounds—with the best 4 players qualifying for the match play final, playing off for many dollars in club vouchers. It is only \$20 to enter—all players can enter next week if they have missed out—I am sure Marcus won't let you leave the pro shop without the "Hard sell".

Saturday, 21st 2018 SATURDAY COMP STABLEFORD

49 players
 A GRADE WINNER Richard Barrington 35 pts
 A GRADE RUNNER UP David Hollis 34 pts
 A GRADE THIRD Greg Noble 33 pts
 B GRADE WINNER David Kinch 38 pts
 B GRADE RUNNER UP Robert Miller 36 pts
 B GRADE THIRD Noel Hughes 35 pts
 C GRADE WINNER Richard Alley 34 pts
 C GRADE RUNNER UP Col Hughes 33 pts
 C GRADE THIRD Mick Lutovac 32 pts
 BALL COMP 31 pts
 NTP 2/11 P Mackenzie 207cm
 NTP 4 G Walsh 418cm
 NTP 9/18 R Miller 199cm
 NTP 13 M Moylan 400cm
 5 Skins Qualifying Rd 2 – Winner David Kinch 38 pts
 The Branxton Golf Course was again the winner with most players struggling to play to their handicap once again. Richard Barrington, representing the veterans from the club, won A Grade with his 35 pts, just ahead of the consistent David Hollis with

34 pts and another consistent scorer in Greg Noble with his 33 pts. The day's best stableford score came in B Grade with David Kinch easily winning with his 38 pts, 2 points ahead of Robert Miller with Noel Hughes coming third with 35 pts. Dave's score was also the best of the day for the 5 skins qualifying round, giving him some wine to enjoy at home. Richard alley won C Grade with 35 pts with Col Hughes and Mick Lutovac filling in the minor placings. 31 pts was needed to win a ball with the day's DSR a 70. The shot of the day belonged to Robert "Shirl" Miller on the last hole, finishing just under 2 metres away. Those players who have entered the 5 skins qualifying competition have another 3 rounds to improve their qualifying scores.

Hunter Valley Golf Club Sunday 8th July

The Weekly Comp has been won by Chris Edwards from Lachlan Peacock with Jodie Dunn 3rd

Tuesday 10th July Garry Hedges handles Tuesday mornings cold best to win the Stableford event with a solid 39 points from Geoff Sweetman in 2nd place on countback from Mark barrow after both had 37 point returns. Ball winners were; John Stewart 36, Kevin Griffith v34, Lindsay Self 33, Gary Counsell 33, Michael Watson 33, Chris Taggart 33, Rick Turnchini 33, Shaun Duggan 32, David Peel 30, Col Bradley 30, Neville Greenway v30, and Wayne Barber 30 c/b. Nearest-the-Pins went to Steve Abel (3rd) Mark Barrow (4th & 8th) and Rick Turnchini (17th)

Wednesday 11th July Ladies golf will resume this week with the 5th Round of the Golf NSW Medal and Putting competition.
Thursday 12th July The Vest Moneyball event has been won Ken Harris, Wayne Barber, Garry Hedges and Wayne Cowan 83 points, from Ray Boyd, Wayne Berry, Darrell Preston and Mark Barrow 77 points 2nd on countback. Ball comp: John Stewart, Rex Talbot Chris Taggart and Graeme Flynn 77, Dave Fury, Geoff Sweetman, Eric Smith and Steve Piggott 71, Dennis Watson, Ian Newell and Greg Ireland 66, David Peel, Kevin Smith, Ken Springbett and Grahame Sheldon 64, Dave Blackburn and Steve Rawlings 63 & Ray Newton, Wayne Daryton and Ray Hodson 53. NTP's went to Ray Hodson (3rd) Graeme Flynn (4th and 17th) and David Peel (8th).

Saturday 14th July Early frosty conditions with some tough pin placements led to very few players beating Par in the Medley Stableford. A Grade went to Angello Wood on countback to playing partner Troy Wallis after both had 37 points, B Grade to Charlestown visitor Dylan Smith with 33 points on countback to David Irwin and C Grade to Muree visitor Andrew Grant with the standout round of the day 41 points with club mate Glenn White taking 2nd with 34 points. Ball winners were: Craig Sharp 36, David Peel 36, Chris Holmes v35, Chris Edwards 35, Matt Killick 35, Shawn Parish 34, Shannon Attewell 34, Jill Ramsden 33,

Steve Piggott 33, Wayne Cowan 33, Darren Crear 33, David Preece 32, John Brown 32, Brad Burgess 32, Beb Bradley 32, Mark Faulkner 31 and Ken Springbett 31 c/b. Nearest-the-Pins went to David Irwin (3rd) Shannon Attewell (4th) Lorraine Clack (8th) and Lachlan Peacock (17th).

Tuesday 17th July The Tuesday Stableford turned out to be a tight affair with countbacks needed for all placing's with Gary Arnold getting the judge's nod for 1st place from Julie Van Den Berg with Steven Kane 3rd after all 3 had returned 34 points. Ball winners were: Chris Taggart 33, Garry Hedges 33, Rick Turnchini 31, Paul Smith 30, John Stewart 29, Steve Abel 29, Gavin Gillard 29 and Bob Prentice 29. Nearest-the-Pins went to Grahame Sheldon (3rd) Ben Bradley (8th) and David Peel (10th & 17th)

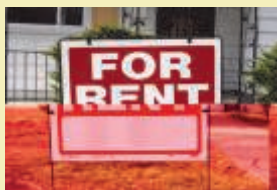
Wednesday 18th July Tough Pin placements contributed to many 'blowout' scores in the Ladies Stroke event with Kay Dunn winning the day on countback to Dale Hamilton with Robyn Dunlop 3rd. Ball winners were: Sue Peel, Julie Van Den Berg and Sharon Blackett. Nearest-the-Pins went to Julie Van Den Berg on (3rd & 4th). Next week the ladies will play Individual Stableford.

Thursday 19th July Gerry Irwin handed in a solid round of 39 points to win the Vets Stableford from Wayne Barber on 37 and Steve Piggott with an even Par 36 points. Ball winners were: David Peel 35, Mark Barrow 35, Greg Ireland 35, Ray Boyd 35, Ken Harris 34, Steve Rawlings 33 and Grahame Sheldon 33 c/b. Nearest-the-Pin went to Graeme Flynn (4th). Next week the Vets will play a 2 Person Ambrose.

Saturday 21st July Saturday's Medley Stableford had very few scores below or equal to Par with a great round of 40 points to win A grade by Wayne Barber the standout, runner up went to David Peel with 36, B Grade to the ever improving Bohdi King with 37 points from Garhame Sheldon 35 and C Grade to John Barbour with 37 points from Scott Jones 33. Ball winners were: Angello Wood 35, Brad Burgess 34, Steve Piggott 34, Ben Bradley 33, Michael McNab 32, Luke O'Donnell 32, Tony Butler 31, John Stewart 30, Nathan Mudd 30 and Garry Hedges 29 c/b. Nearest-the-Pins went to David Peel (3rd) and Luke O'Donnell (10th & 17th). Next week's event will be a Medley Par.

Local sports results kindly sponsored by

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Getting back on Track

"A change is as good as a holiday"

A few weeks ago I went on a holiday to Western Australia. I flew to Perth and hired a car and drove to Exmouth. It was fantastic! I went SCUBA diving for the first time in years, I went running in some places I had never been before, and I swam with whale sharks and manta rays. Wow!

There is a saying that a change is as good as a holiday. But I am pretty sure that whoever said that had never been on a holiday. Just being out of your usual routine, seeing new places and having new experiences does wonders for your mental health, not to mention being able to disconnect a little bit from social media and phone calls.

I'm usually pretty active on my holidays. I like to run and walk a lot because I think the best way to explore a new place is on foot. I like to eat and drink as well, so keeping active is a good way to balance that out.

It is natural though, as a holiday progresses, to find yourself doing a little less exercise and a little bit more eating and drinking. This is especially the case if you are travelling a long distance in a car or on a plane, like I did in Western Australia. In the last two days of my holiday I drove from Exmouth to Perth (in one day) and I spent a day wandering around Fremantle before getting the red eye flight back to Sydney and driving back home to the Hunter.

One thing about taking an extended break is how it can be getting back into your regular routine once you return home. Even if you have a job you love, it can be hard picking up where you left off.

I am lucky that my job keeps me physically active with outdoor fitness classes and Personal Training sessions. This meant that I arrived home from my holiday at Sunday lunch time and I was back at the park on Monday morning running my 6am Boxing Class. I love the Boxing Classes but to say it was a shock to my system would be an understatement. My body clock was still on WA time so even though I had still been getting up early while I was on holidays, I felt like it was 3am when my alarm went off, not 5am.

It was easy to get back into the classes though, as they are at a regular time and place, and people were relying on me to be there. I was surprised though at how long it took me to get back into my usual running and horse riding routine. I had not entered any of the upcoming dressage competitions and my next race is not until September, so there seemed to be no urgency. On top of that, the cold weather was dampening my usual enthusiasm for outdoor activities. Eventually though the few kilos I had put on while I was away started to annoy me and I knew I had to do something about it.

This got me thinking about hard it must be for other people to get back into their health and fitness routines after a break, so I have put together some tips to help you get back on track whether you have been away or just gotten out of your usual routine during the school holidays.

Have a plan for when you get back from your holiday.

Recognise that you are likely to find it hard when you return, so have a think about it in advance and have something booked in. Whether it is a walk with friends or a PT session, just make sure it is something you will look forward to, write it in your diary and stick to it.

Have a regular time and place to exercise.

The sooner you can get back into a regular routine the easier it will be. It can be an outdoor fitness class or a regular session at the gym, it is our habits (good and bad) which define us and determine whether or not we achieve our goals.

Remember it will only get harder

The longer you leave it the harder it will get. Other activities will fill the time you used to set aside to exercise, or you will get out of the habit of getting up early to go for a walk or to a class. It is especially hard this time of year when it is cold outside and dark. Accept that it is winter and plan ahead. Have the right clothes for exercising outside (the ladies in my 6am class all wear beanies and gloves). One even admitted that she slept in her work out gear last week so she wouldn't have to get too cold getting dressed the next morning!

Exercise with like-minded people

When I got back from holidays I was so pleased to hear the ladies in my class say how glad they were to be back. Some of them had also been away during the end of June and July so there was a lot of catching up to be done. They had missed the exercise but I think they had missed each other's company too!

Start slowly

Don't expect to do everything at once. Although remember you probably won't have lost as much fitness or strength as you think, especially if you have been walking, swimming or cycling on your holiday. But even if all you did was lay on the beach, your body is resilient and will remember the exercise you were doing before you had your break.

Have someone to help keep you accountable

When I realised I was struggling to get back on track I had a chat to my running coach and asked for a new training program. I needed something to shock me into action, but I also needed to know that I had a plan and someone was going to check that I was sticking to it.

Set yourself a Goal

I find I am much more motivated to train if I have an event coming up. Work out what motivates you and set yourself a target. I have written previous articles about how to set yourself SMART goals, you can find them on my website or send me an email.

What else is happening at Louise Cairns Fit for Life?

Summer bodies are made in Winter! So if you are starting to feel a bit flabby around the middle or if you have the winter blues, come along and join in my 6am fitness classes at Miller Park Branxton. We exercise and have fun!

Classes are held 6am Monday (Boxing), Tuesday (Cardio and Strength) and Thursday (Core and Strength).

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.louise Cairns.com.au

BRANXTON GRETA VINEYARDS

The New **SPORT**

Tattersalls Hotel Social



July Fishing Club Report

Unfortunately there were no trophy Snapper to report as was expected. Fishing tragic Dave Delforce managed top points for the weekend (109.6) with his first weigh in of 2018 with 10 tailor and 4 snapper. He was closely followed by Club Secretary and close mate Steve Nevin (109.5) who skipped from boat to boat over the two days and weighed in a mixed bag of Flathead, Morwong, Snapper, Teraglin, and a Pearl Perch. A special mention to Tom Fields

(Junior) who scored a record Junior high score (65.5) with 2 Tailor, 1 Bream and 1 Salmon. The Beckett brothers continued their good form by near bagging out on big Bream on the wall after a failed outside expedition under skipper Dean Mahony. Our next trip is the August 10/11/12 which is an Open event so members can fish anywhere. Our next meeting is Sunday 5th August at 3pm at the Tatts. Members are encouraged to attend and enjoy a few cheap

schooners and put their two bob's worth in. Congratulations to the winners of the mid-year raffle Cohen Miller, Joel Platt and Rhoda Senior who scored themselves some nice fishing gear courtesy of BCF at Rutherford. 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 Steve.nevin@hvo.com.au or call Nevo on 0457547478.



TAMARA AND GRAEME BALL RECEIVE THE LADBROKES BONUS CHEQUE OF \$5400 AFTER BALKAN BABE'S GREAT WIN. Full details next edition



A nice feed of Tailor and Snapper caught by Dave and Rob Delforce Saturday Morning.

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