Keep your business in town and you keep your town in business!!!!

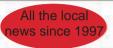
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"Your paper of choice"



WEDNESDAY 8 August 2018

Page 2

Cessnock Council **NOTICES** 





## World record set by Jamie Russell of North Rothbury Youngest person to back flip on a scooter to timber ramp

Six year old Jamie **Russell of North** Rothbury has set a new world record in his chosen

Jamie has managed to complete a backflip on his scooter by travelling down a ramp from a height of 2.5m to a timber boxed ramp, landing with both feet on the scooter deck and old brother Jake, also a

successfully rolling away with both feet still on the scooter deck.

The dare-devil feat was achieved at the Warehouse 11 Studio in Artarmon, Sydney on the 11 June 2018.

Jamie attends Rosary Park Catholic School in Branxton and his 16 year

very competent scooter competitor, attends Hunter Trade College. They are both members of

the Australasian Scooter Association and had entered tricks. the 2017/2018 ASA competition.

Jamie achieved 3 x 1st places, 1x 2nd place and 1 x 3rd place & Jake achieved

place from The Shed Skate Park in Melbourne. Jake is very proud of Jamie and also helps and encourages him to try new

School is very supportive and encourages all sporting activity and achievements. Jamies mother Kim said various places including 3rd that they are extremely proud of Jamie for what he has achieved at the age of just 6 years old.

> motor and balance skills from a very young age. Once he started riding scooters, he was never scared to have a go and

"He has always shown extreme determination, once he has his mind set he

"We have travelled all different skate parks and will continue to do so to support him," Kim said. Jamie said that he first started riding scooters for fun at the age of 4 years

"By the age of 5 I had managed to do a backflip into the airbag at Parrey Skatepark at Cardiff NSW. I then moved to the 4.2m ramp and completed a back- currently ranked Australian

Rosary Park Catholic

"Jamie always had good wanted to do the tricks the older kids were doing.

never gives up.

around Australia to a lot of

flip to the resi ramp on 21/3/2018. Then after lots of practice and help from my good friend, Spencer Chermside, who is

was extremely happy when everyone told me what I No.1 pro champion and had actually achieved by world no.11, I travelled to doing this trick. Warehouse 11 Studio in "I am extremely thankful to Artarmon, Sydney NSW Spencer and everyone else where I successfully landed who encouraged and my backflip to the timber believed in me for doing

# GOOD PRACTICE (GP)



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#### **DOGS**

2018 Pricing schedule as of 1<sup>st</sup> February (daily price

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



#### **CATS**

boxed ramp.

2018 Pricing schedule as of 1<sup>st</sup> February (daily price)

\$16.00

Purr cat, purr day



this trick," said Jamie.

"I was a bit nervous at first

being only 6 years old but

#### **Cessnock City Council picks up at the RH Dougherty Awards**



■ Photo above: (L-R) Penrith City Council, Cr Karen McKeown, Council's Community and Cultural Engagement Manager Natalie Drage, Council's Cultural and Community Engagement Officer Jo Miller, Mayor Bob Pynsent and Mr John Brogden AM, CEO, Landcom taken during the presentation of the Seniors Festival 2017 Award.

Cessnock City Council was program offered over 40 centre stage at the RH Dougherty Awards receiving two awards, including the 2017 Seniors Festival taking out the Innovation in Special Events category. Cessnock City Mayor, Councillor Bob Pynsent attended the awards in Sydney last week along with Council staff involved in making the Seniors Festival a huge success. Mayor Pynsent said it was fantastic to receive recognition for the second year running on a state level for Council's Seniors Festival. "The 2017 Seniors Festival

activities covering five categories, health and wellbeing, arts and culture, learning, history and heritage, clubs and special interest. Over 2000 people got involved and participated in the festival, enjoying the wide range of activities on offer." "A highlight was the walking basketball which was hugely popular with our senior's community. It was wonderful to see so many people enjoying themselves and making the most of this great community celebration. "

involved and to the members of our Seniors Week Advisory Committee. of Excellence in The festival involved over 30 organisations and the success of the event is a result of the truly collaborative approach we take as a community." This is the second year Cessnock's Seniors Festival has been recognised, with last year it taking out the same section. Council's 'Better not mess with Cessnock' communication campaign also got people's attention. The campaign focused on reducing the amount of "Congratulations to all staff illegal dumping in the area

and it received a Highly Commended in the category female league tag player for Communication.

The campaign features well -known local sporting personalities, both men and women. This included local female speedway champion the Cessnock Advertiser Kiona Sunerton, two

Rugby League players from opposing teams including **Brock Gilmour** from the Cessnock Goannas and Patrick Jurd from the Kurri

Kurri Bulldogs and a Kurri Kurri Leanne

Polglase. The eye-catching campaign was splashed across a local garbage truck, local buses, social media and featured in

#### NOTICE

The Branxton Greta News next issue will be out on the 29th August ~ a three week interval instead of the normal two weeks.

Our printer, Fairfax at Beresfield, will be closing but the newspaper will still be printed by Fairfax at their printing works in Γamworth. We need the extra week to organise the logistics.

Mike Lowing, Editor





#### DOLLAR FOR DOLLAR GRANT SCHEME 2018/19

#### SPORTING AND COMMUNITY FACILITIES

Cessnock City Council has \$20,000 available within the Sporting Facility dollar for dollar grant scheme and \$20,000 in the Community Facilities dollar for dollar grant scheme to distribute to sporting and community groups

All applicants must contact Council's Recreation & Community Liaison Officer Kate Hicks on 4993 4234 prior to lodging an application

#### COMMUNITY & CULTURAL DEVELOPMENT

Cessnock City Council has \$25,000 available within the Community & Cultural Development dollar for dollar grant scheme to distribute to not-for-profit community, arts and cultural groups

All applicants must contact Council's Community and Cultural Engagement Officer Jo Miller on 4993 4258 prior to lodging an application

Cessnock City Council has \$10,000 available within the Tidy Towns dollar for dollar grant scheme to distribute to adopted Tidy Town groups

All applicants must contact Council's Sustainability Officer Tricia Donnelly on 4993 4239 prior to lodging an application

Groups are invited to apply for funds through these grant schemes

Grants will be provided on a dollar for dollar basis and Council will assess applications in line with a preset selection criteria. All projects must be completed by 30 June. 2019.

Application forms and grant guidelines are available from Council's Administration Building or via Council's website www.cessnock.nsw.gov.au. Completed application forms must be returned no later than 5pm Friday, 7 September 2018

#### CESSNOCK CITY COUNCIL TREE GIVEAWAY

Have you purchased or built a new home during the 2017/2018 financial year? Did you know you can get up to eight free plants for your property from Cess nock City Council?

There is a range of trees and shrubs available from ground covers like Creeping Boobalia through to shrubs including Murraya, Bottlebrush and Grevillea, which can reach three metres in

Application forms are available from Council's Customer Service Officers, Vincent Street, Cess nock or via Council s we bsite at www.cessnock.nsw.gov.au. Completed application forms must be received no later than 5pm Friday 24 August 2018

Any enquires regarding the application for supply of trees and shrubs should be directed to Councils Vegetation & Civic Spaces Coordinator, Lyall Green, on 4993 4100

#### Workshops for tourism businesses in the Hunter

Parliamentary Secretary for the Hunter Scot MacDonald MLC is encouraging Hunter tourism businesses to engage with upcoming workshops and on demand webcasts to help them develop, promote and sell their products to visitors from across Australia and the world. A strategy workshop will be held Tuesday 21st August from 9am at Rydges Newcastle, 350 Wharf Rd, Newcastle. A manager forum will be held Wednesday 22<sup>nd</sup> August from 1pm, also at Rydges Newcastle.

"I am pleased that tourism operators in the Hunter will have the opportunity to expand their skills and grow their business by attending these fantastic workshops and webcasts, which are being offered through the NSW Government," Mr MacDonald said.

"Our beautiful region has so much on offer and we must ensure that our local tourism operators continue to provide the very best products and experiences to international and domestic visitors. 'The more visitors we can attract, the more heads on hotel beds, diners in restaurants and shoppers in boutiques, all driving the local economy and creating more jobs."

NSW Minister for Tourism and Major Events, and Assistant Minister for Skills Adam Marshall said that 2018-19 Program includes the addition of two new workshop categories.

"We have created a statewide Program that now includes a new Tourism Manager Forum and Tourism Development Workshop to help build product development capacity across rural and regional NSW. 32 face-to-face workshops and 11 new on-demand webcasts will be delivered for NSW tourism businesses in 2018-19.

To view the full 2018-19 NSW First Program and to register, go to www.destinationnsw.com.au/



Private Train To **Gosford Races** 6th November melbourne cup 2018

Come along & join our Rotary Club for a great day out at the Gosford Races.

Price includes train trip, deluxe Seafood Luncheon + Course Entry + Entry to Members area + Racebook .... all this for \$155. If you would like to go but not go to Deluxe Luncheon it will be \$60 PHONE Mike on 4938 1773 or 0414 757 826 to secure (Seats are limited to 92 persons)

### 'Mechanical Maintenance Week for **Drought Relief'**

Cameron Waters & his mechanical crew heading to Coonabarabran to help drought stricken farmers



■ Cameron Waters who will overseer the mechanical crew in Coonabarabran

On the 18th - 25th August, Cameron Waters from Branxton and a team of 5 will be heading to Coonabarabran to offer free mechanical work to severely drought affected farmers. From tractors, pumps, trucks to family vehicles; whatever they need to keep things going. "We've heard of people having to spend \$9000 to get their bore pumps working, some still not working and a lot of farms have machinery and vehicles down and no funds to repair them," said Cameron.

"The crew will be based on our family friends farm in Bugaldie and then travelling to the surrounding properties to get equipment running or maybe even just a much needed service etc.

"So far, we have 8 families

that have put their hand up

for help and more on the waiting list - depending how much the boys can get through in a week. These families consist of older couples, a widowed wife with 8 children, a family with 4 young children at home and a husband forced to work away to make ends meet & a husband of a young family with 4000 acres and financially, physically and mentally struggling to cope," said Cameron.

Initially Cameron wanted to do a 'hay run'; loading as many round bails onto his truck and trailer and deliver them to properties around Coonabarabran. He soon realised how hard it is to get hay (ex-South Australia) and wondered what else he could do. After speaking to their friends in Coonabarabran & finding out about their bore-pump, and other plant

& equipment needing repairs, he scheduled in some time to go out and spend a week helping out. He asked family and



"Thanks so much everyone.

Hopefully we can make a

small difference families."

Drop off at 2104 New

**England Highway** 

Branxton or phone

#### Free tree giveaway



The free tree give away is on again and residents of the Cessnock Local Government Area who have purchased or built a home in the 2017/18 financial year can get up to eight free plants.

Cessnock City Council is proud this initiative has been running successfully for nearly two decades benefiting residents and the local government areas natural environment. Cessnock City Mayor, Councillor Bob Pynsent encourages every resident entitled to apply to submit an application.

"The planting of more trees and shrubs in our community is important, not only for the visual appeal but for the long lasting positive environmental impacts."

A range of trees and shrubs are available, from ground covers like Creeping Boobalia through to shrubs, including Murraya, Bottlebrush and Grevillea, which can reach three metres in height.

Application forms are available from Council's Customer Service Centre or via Council's website at www.cessnock.nsw.gov.au/freetreegiveaway

Completed application forms must be received no later than 5pm on Friday 24 August

For further information please contact council's Vegetation and Civic Spaces Coordinator, Lyall Green, on 02 4993 4103.

#### Fee-free apprenticeships in the Hunter

Parliamentary Secretary for the Hunter Scot MacDonald MLC today visited Maitland TAFE to speak with staff and students to highlight the fee-free apprenticeships announced in the 2018 NSW Budget. The NSW Liberal National Government is investing an additional \$285 million over six years to fund the qualification fees for 100,000 new apprentices from 1st July this year.

Visiting the Plumbing, Painting & Decorating and Carpentry Teaching sections today, Mr MacDonald said the fee-free apprenticeships will reduce the financial burden on students at the outset of their vocational careers.

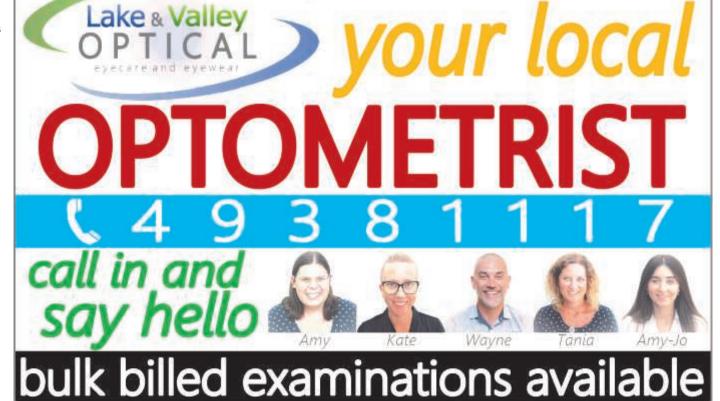
"Already this year we are seeing a 15 per cent increase in the number of apprentices beginning their training across the Hunter and Central Coast compared to the same time last year," Mr MacDonald said.

"Through the actions of the NSW Government we're making sure it is as attractive as possible for the next generation to take up a trade. We're investing more than \$87 billion in infrastructure over the next four years, with 20% of trade roles set aside for apprentices'

"By reducing the financial barriers to students seeking a vocational trade, we hope to provide secondary school students with greater career choice."

Access to fee-free training is available to NSW apprentices, including school-based apprentices whose training is funded under the Smart & Skilled program and commenced on or after  $1^{\rm st}$  July 2018.

5/71 Maitland Street BRANXTO





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

my firm belief that along with FD Roosevelt's belief that the only thing we have to fear in life is fear itselfnameless, unreasoning, uniustified terror which paralyses us into silence. In this case the cult of Islam with its barbarian language of death and revenge is accepted without challenge. Without realising who they are taking on then they should regard the myths and legends about Australian soldiers as truth when dealing with we Australians and the respect and pride in our culture. We must talk about what it is not politically correct or currently socially acceptable to talk about; namely the conversion of infidel cultures to Islam. By infidel cultures we mean any cultural, religious beliefs or any way of life that is not ruled by Sharia Law and the teachings of Mohamed.

So, first of all, let me assert

The West is so upset that the leader of Myanmar, Aung San Suu Kyi has not put a stop to the ethnic cleansing of the Royhingar Muslim minority in the Arakan District of West Myanmar & have virtually reclassified her, (as a Nobel Peace Prize recipient) to the status of a racist.

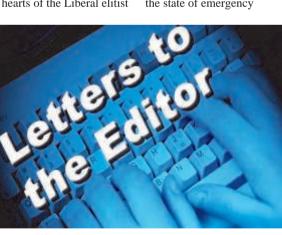
What the western press and the, so called, bleeding hearts of the Liberal elitist

orthodoxy overlook is the fact that Aung San Suu Kyi represents a majority Buddhist population who are smart enough to understand the threat Islam poses for their way of life and their belief system. It is a great pity that the stupid West does not as yet "get" the level of threat posed by Islam to our values and way of life. Such is the power of the Islamic belief system, we can see the erstwhile leaders of Turkey, Malaysia, Philippines, Iran, and Iraq, Saudi Arabia et al, cynically using Islam to further their power base and enlisting the mullah's influence for their political

I spent two years living in Malaysia and Singapore from April 1969 to June 1971. It was an immensely enjoyable time and despite the Malaysian Emergency of May 1969 I saw very little friction between the various, races and religions.

The Malaysian ladies (Muslim) would dress in beautiful traditional batik dresses called Sarong Kebaya. There was none of this stupid 'cover your head and face' nonsense that has now infected all of the Kra Isthmus and the Indonesian Archipelago.

You must remember that the state of emergency



It's not difficult to be environmentally aware

I am disappointed that Coles, a company I have shares in, has weakened its resolve on plastic bags. I am 65 and, for the last decade, have taken a cloth bag to the shops and kept spare ones in my car. I keep the bag with the house keys so I do not forget it. If I buy a take-away lunch at the milk bar, I ask for a paper bag. I use china cups for coffee (not a take-away cup) and sit down and enjoy it at the cafe.

Plastic bottles have only been in vogue for a few decades because lazy, mostly foreign-owned drink companies will not take the empty bottles back. I never buy drinks in plastic; I buy a reusable, local drink company's glass bottles

rather than dreadful American soft drinks. Our shopping used to be placed in brown paper bags. With shops now open seven days a week, and into the evening, life is much easier for shoppers. South Australians have solved this problem, so why can't citizens in other Georgina Adeane, Maitland NSW

An alternative ~ True Blue Party Australia

Once described as the 'Lucky Country' Australia is under attack from ideologists, the politically correct, elite and lazy, self-centred political parties. It's time for a change in political direction in order to save Australia! Comparing the "...destructive fascination"

declared by the UMNO Party in Malaysia in 1969 was a political act by the ruling elite and the army. Principally against the Chinese minority in and around KL (Kuala Lumpur).

The state of emergency enabled the government to suspend the Constitution and introduce rules by decree which ensured the power of the UMNO party for decades.

Note to our political parties; this would not wash in Australia. We see in Turkey a similar situations arising from a very different beginning.

The circumstances of the attempted coup are still not clear but I would not put it past Recep Tayyip Erdogan to have given the green light to certain sections of the military and then back stabbing them and using the post coup round up of suspects to get rid of what he considered rivals to his

The President of the Philippines has taken a novel approach to the Islam problem in Mindanao by granting the Moslem insurgents autonomy to introduce Sharia Law but retaining control of certain National authority. A bit like cutting off a cancerous

What are we doing in Australia? Well now what indeed?

Our security forces are hopefully keeping an eye on certain known individuals who might pose a threat. But with our inclusive ideology we allow anybody to join our police forces, defence forces, and (look at the painted pink fingernail programme in the quietly alongside it, and nor RAN) and who knows our security forces.

So how can we ensure our society is not undermined by the forces of Islam? How do you tell which Muslim is a threat and which is not.

There are a few things able to be done and which, in some cases, is being done. Such as close vetting of prospective immigrants,

the major parties have with

so-called man made Global

AGW claims amounted to

nothing more than a "...wild

We urgently need to adopt a

common-sense approach to

getting back to having

affordable, reliable base

load energy. This will not

seeking major party's we

have in Australia today.

Despite Australia having

some of the richest and

reserves in the world we

now have the dearest and

supplies. And it's going to

This is a disgrace and is a

Government's commitment

least reliable electricity

get a whole lot worse!

direct reflection to this

to trying to fix a non-

is portrayed to be.

Carbon dioxide is plant

food. It is not the villain it

problem.

most plentiful energy

be achieved with the virtue

Warming, I believe the

hoax!

and endeavouring to assimilate Islamic minorities in the community All very good but this does not address the basic problem; that is the virtual anti-matter difference between our ways of life. They do not accept democracy except where they can use it to destroy it. They will not accept any other belief system or live will they tolerate any critics.

15 THE BUFFACONEWS

sharing of intelligence

information with other

democracies on known

risks within communities

areas to produce 'no-go'

areas for normal people,

even influence the policy of

the local police to support

their intolerance of others. The Labor party have

policies for the

voter support.

encouragement of

intolerance in areas of

Sydney in a bid to win

The Liberal Party have

the backing of the UN

immigration convention.

similar ideas, particularly in

We will have UN busybod-

as immigrants and leave us

no say as to who comes to

circumstances they arrive.

away our sovereignty.

Should we be concerned

about this undermining of

our western civilization?

You bet we should, when

the universities of Australia

won't even teach the basic

In Germany in 1933, when

outline of the History of

Western Civilizations.

Hitler's Nazi Party was

this country and under what

How are they, the Islamists gaining influence in Australia? The same as they have in England, France, Sweden Holland Germany, Canada and anywhere else they have flocked to. They go forth and multiply, they vote themselves onto local councils and governments and by taking over local

sacrifices they all made

will ensure we pass this

country on to our children

and their children as close

as possible to the country

we all grew up in.

immigration, migrants

helped build his country

after World War 2 and we

owe these people so much

Unfortunately, today there

allowed to come here more

than wanting to add to our

for our generous welfare

are too many people

On the issue of

for their efforts.

The very best thing we can nation building and this is do with regards Global not in our countries best Warming is nothing...and interests at all. A correction do so immediately! is required! The True Blue Party We are also bringing in Australia is for mainstream numbers that are in excess Australians who feel of our ability to provide disenfranchised with what matching infrastructure. the major party's are doing. Numbers need to be True Blue Party will value dramatically reduced to our rich heritage, respect allow for time for a our forebears and Diggers review of for the hardships and

The TRUMP TAPE we need ...

processes and to allow a catch up with dams, power stations, public transport, roads, etc.

The other thing is we need to ensure we attract the very best migrants we can.

We need more like the spirit of the Italians, British, Greeks and Yugoslavs that came here in the 50's and 60's who

voted in, the people of Germany had no idea of what was to come. The people of Germany were gradually convinced of the correctness of Nazi doctrine. They were all for it. They were sold a pup just as the politically correct lefties are selling us Our way of life, for which we fought multiple wars, is

under threat and our politicians have no plan, no idea, and no will to do ies telling us who we accept anything about it. In our detention centres (Goals) the large population of indigenous men are being radicalised They, politicians, are giving by Islamic prisoners and ordinary Muslim men and other inmates are at risk of being radicalised. The public policy of councils, police and State governments is bending

over backwards to accommodate Islamic intolerance and their demands for tolerance to their beliefs and strange

way of life. Our officials are Appeasers in the name of political correctness. (see below) When John Howard said don't be alarmed, be aware he was giving the best warning we could have had. It is now time to get alarmed about the threat of Islam and the lack of any recognition of the threat by our politicians, or their

> Quotes from Winston Churchill:

"A nation which forgets its past has no future" "There is nothing a Government can give you that it hasn't taken from you in the first place'

willingness even to discuss

"Islam in a man is more dangerous than Rabies in a dog'

"An appeaser is one who feeds a crocodile hoping it will eat him last'

Cheers, Steve

rolled their sleeves up and worked so hard for their newly adopted country. We must also seek migrants that that not only want to work hard for Australia but accept our values, way of life, our Laws, speak English and integrate into our communities. And

finally, those who want to come here to harm us are not welcome at all! John Murray Chairman True Blue Party Australia 0466 092732 John.murray@trueblueparty.org.au

www.trueblueparty.org.au

#### **Emergency Phone Numbers**

#### Dial 000

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

RECORDED For non-life threatening

calls..... Police Assistance Line (PAL) 131 444

Police	
Branxton Lochinvar Ambulance NSW Fire Br	. 131 233
Branxton	4938 3396

#### **Rural Fire Brigades** Belford. Broke... 6574 7149 6579 1491 4015 0000 Greta. Bishops Bdg Nth R'bury... 4015 0000 Rothbury. 4015 0000

(Cessnock)

4015 0000

Energy Australia 131 388 Hospitals Maitland... 4939 2000 4991 0555 Cessnock Singleton. 6572 2799 SES .132 500 Ausgrid .

Gas Emergencies . 131 909 Lifeline .......131 114 Mental Health Line 1800 011 511 Domestic Violence Support 4990 9609 Centrelink Self Service 136 240 .. 132 011 Medicare . Native Animal Rescue 0418 628 483

#### An 'Open Letter' to the community

His Excellency General David Hurley AC, DSC (Ret'd) Governor of New South Wales and Mrs Linda Hurley are visiting Branxton on the 10th September 2018

For those that are not aware His Excellency General David Hurley AC, DSC (Ret'd) Governor of New South Wales and Mrs Linda Hurley are visiting Branxton on the 10<sup>th</sup> September 2018 as part of a day of events commencing with a Community morning tea at the Branxton Community Hall in Bowen Street. The morning tea is being held by the Branxton Greta Memorial Cycleway Limited, the Branxton Greta Business Chamber with financial support of Cessnock Council. His Excellency General David Hurley AC, DSC

(Ret'd) is the Official Patron of the cycleway project that will link the towns of Branxton and Greta by a 4.4 km long walk/cycleway 2.4 meters wide. The cycleway will also be dedicated to approximately 320 veterans from both towns that served in the Great War of 1914 -1918 50 of whom never returned and are buried on foreign soil

The community morning tea is a free event not only to celebrate the service of those men to whom the cycleway will be dedicated but also to acknowledge the many service organizations

and sporting groups that make our area what it is. We have invited school children from Branxton Public School, Greta Public School, St Philips Christian College, Rosary Park Catholic School and Kirkton Public School to give a verbal presentation to the community and His Excellency the Governor on soldiers from their respective areas that served in World War 1. The morning tea will enable representatives from all

groups, along with descendants of veterans, to meet His Excellency the Governor of NSW. The morning tea is limited to approximately 180

Invitations have been sent out & if you are a local organization or group & have not received an invitation please contact either <a href="mailto:chairman@bgmc.org.au">chairman@bgmc.org.au</a> or jamesr.scott@bigpond.com. If you would like to attend and you have not received

an invite just drop us an email and we will consider it subject to seating. I look forward to seeing you

A number of military vehicles will be on display along with two men dressed in Light Horse uniforms on horses and some equipment from WW1. The morning tea is free but attendees are required to be at the hall from 8.15 - 8.45am and be seated prior to the arrival of His Excellency the Governor and Mrs Hurley.

Morning tea will conclude after photos with the school children and the Governor and the community on the front steps at 10.45am. This event is a terrific opportunity to support the cycleway committee and this important community project. Later that day (12.00pm to 3.30pm) an official luncheon will be held at Crowne Plaza Hunter Valley to raise funds for the memorial aspects of the cycleway. This luncheon is open to

all community and business members that wish to attend. Tickets can be purchased from www.bgmc.org.au/events/.

Please think about getting a group of 10 people together for a great day out. The luncheon is proudly supported by Crowne Plaza & all profits will go directly to the cycleway fund-raising efforts.

The cycleway is an authorised charity and the cost of your attendance at the luncheon is tax deductable. At the luncheon you will hear from the Governor regards the cycleway World War 1 veterans.

and the sacrifice of those Look Forward to seeing you all at these events, Brett Wild, Chairman Branxton Greta Memorial Cycleway & President Branxton Greta Business Chamber



His Excellency General The Honourable David Hurley AC DSC (Ret'd) Governor of New South Wales

# Branxton Greta

#### **Husband Creche**

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

#### Ladies we have the answer

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

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

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

Helen Lowing, Licencee-in-Charge with 30 years Real Estate experience in the local area BRANXTON & VINE-YARDS REAL ESTATE

> P: 4938 3300 M: 0412 566 041 www.domain.com.au



If you require assistance please call Mike on

#### Funding for Hunter disaster resilience

Hunter Joint Organisation of Councils has been awarded \$162,200 in funding under the Community Resilience Innovation Program (CRIP). The funding is allocated for the 'Everyone's Talking About It...Let's Get Disaster Ready' project of Hunter Councils, whose member Councils include Cessnock City Council, Dungog Shire Council, Lake Macquarie City Council, Maitland City Council, MidCoast Council, Muswellbrook Shire Council,

Stephens Council, Singleton Council and Upper Hunter Shire Council The project will develop a coordinated, all hazards approach to frontline engagement with the community on emergency preparedness and response which will increase community resilience to natural hazards across all participating councils. 'The CRIP is about recognising innovative

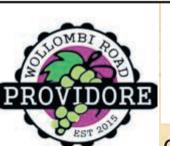
practices and approaches to natural disaster preparedness Newcastle City Council, Port that not only make our communities safer but also resilient enough to handle any emergency situation," Mr facing a record breaking fire MacDonald said. Chair of the Joint Organisation of Hunter Councils, Bob Pynsent said resilience funding was vital for every community across the Hunter. "Natural disasters have

devastating impacts and leave communities dealing with the aftermath for often many months after the event.

Funding that will assist in reducing this frontline impact is crucial," Mr Pynsent said. "This is front of mind for many of us today with the news that we are potentially season. Community education and preparedness will be key for every resident.

Minister for Emergency Services Troy Grant MP said the funding helps communities to proactively build and strengthen resilience to natural disasters. Assistance is being provided through the jointly funded National

Partnership Agreement on Natural Disaster Resilience. 'While our emergency service agencies like the SES. RFS and FRNSW do remarkable work protecting and supporting communities in times of need, we all have a responsibility to think ahead, get ready and be as prepared as possible," Mr Grant said. The Commonwealth and the NSW Government have jointly provided \$1.22 million in grants funded under the CRIP for 14 projects designed to improve disaster preparedness in New South Wales.



A big congratulations to Wollombi Road Providore who took out the Service **Excellence Award in the** 

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Libraries. If the State

other services will be

shortfall.

impacted to make up the

signage begin to pop up

around the LGA and the

rollout will continue for

some time. The first stage

of the rollout has included

Around Hermitage tourist

capture the uniqueness of

the locale rather than the

geographical suburbs. For

this reason, for example,

the Lovedale Tourist

of Keinbah, Nulkaba,

new suburb signage and

to the LGA. It is always

welcomes visitors to our

great City. Renewed

infrastructure shows an

area which is proud of

there's nowhere I'd rather

status of Dalwood Street,

information was presented

to Councillors by both

residents. Ultimately, the

question is a legal and

factual one rather than

information presented at

emotional. On the

exciting to see the

Rothbury and North

tourist information bays

signs at various entry

Parish of Pokolbin,

located and named to

Wollombi Valley,

its cuts to library funding

## Members say ....

2018 Sydney Markets

It is wonderful to see a

local business excelling

and we are not surprised.

is lucky to be home to so

many fantastic businesses

first. Well done to owners

Lisa Cussen and Michael

attended the RH Dougherty

Awards in Sydney after our

program was nominated in

The categories included

Events and the Leo Kelly

Awards. We are proud to

OAM Arts and Culture

announce Council was

Innovation in Special

named the winner of the

Events category. This was

a much deserved nomina-

tion. Our celebrations ex-

tended well over week and

activities for our seniors to

participate in. Thanks to all

Week Advisory Committee

offered a huge range of

staff and the community

members on our Seniors

who worked tirelessly to

make this event such a

huge success. Council's

hard hitting illegal dump-

ing campaign, 'Better not

mess with Cessnock' was a

finalist in the Excellence in

Communication category.

Well done to Media and

the Environment Team

who worked together to

impactful campaign.

Member for Cessnock

Raising the BARR

WE ARE DOING A

GOOD JOB WITH OUR

**NEXT GENERATION** 

Manners are a cornerstone

show respect to strangers -

of our society. It is a

simple way that we can

Clayton Barr MP

Communication Team and

make such an eye-catching,

It received a Highly

Commended.

Cheers, Bob

Innovation in Special

Last Thursday Council

Seniors Week 2017

two categories.

that put their customers

Our local government area

Fresh Awards.

Jenness.



Bob Pynsent, Mayor Cessnock City Council

#### Behind the Mayors desk

On Sunday the 29 July a community meeting was held in relation to the potential loss of vital community assets as a result of the Anglican Church rationalisation of churches and property throughout the Hunter region.

Council shares in our communities concern and we'll be contacting the Right Reverend Dr Peter Stuart, Bishop of Newcastle to outline these concerns. Churches and church services meet a number of community needs and are a hub in many of our communities, particularly in lower socio-economic areas.

The historic links to churches and the community is not something that can be easily replaced. There is also justified community concern in regards to accessibility of many of the cemeteries, columbarium and memorial gardens associated with various church properties. Last Tuesday we marked Local Government Week 2018 with the School Leaders Breakfast at the Cessnock Performing Arts Centre.

Over 200 students heard from Nathan Hulls, about deciding their own destiny. Nathan delivered a very important message that each of us are dealt cards in life but it is about what we choose to do with them. His personal story of growing up with a disability and losing his mother unexpectedly certainly had us thinking about our own

In particular each student was encouraged to think about how we measure success and that it should not be measured by those around us rather be determined by each individual.

The feedback from students has been extremely positive and Council is extremely proud to be able to offer this unique opportunity to local students.

We are now gearing up for the annual Mayoral Debate. This involves students from Kurri Kurri High School, Mount View High School, Cessnock High School and St Philip's Christian

to offer respect and expect College. respect in return. Without The students will get into a manners, it is hard to be

great debate about two very clear on how, who and interesting topics, including when respect is being offered.

Typically, when we go to a shop to buy something manners are at the centre of our exchange. That brings me to my claim that we are doing a good job with our next generation. In recent weeks I have had the good fortune to serve in the canteen at one of our local sports. I was

brilliantly impressed with the wonderful manners of every single child that came to the window. As a greengrocer category at the volunteer in the canteen at that time, the experience was an absolute pleasure, not at all a drain. Being in the canteen also

shows the amazing efforts of the people behind the scenes at our local sports. These wonderful people aren't just rostered on once or twice a season; they are there every week, mid-week and weekends, as well as the other countless hours between game days doing the ordering and banking and all other things. All of this makes the issue

of manners so important. It is a simple way for the children that play the sport to show some respect back to the many volunteers that help it happen. And I can report that our kids have manners and respect by the bucket-load. Bravo!

#### **OUR ROAD NETWORKS REQUIRE**

**BLUE SKY THINKING** So much of the conversation about our roads is re-active. There is a problem at spot X, so let's fix it. By and large these are the important issues to most people and the hope is that some quick reaction is possible by whoever is responsible for the road. But sometimes we need to take a much longer look into the future and shift our thinking from fixing todays' pothole to a bigger picture view of how do we shift traffic to make life better for everyone. I recently had the good fortune to receive a briefing from Cessnock Council about their big vision for our road network future. It is really terrific stuff. I would encourage everyone to take a look at the big picture, 20+ year traffic and transport plan, developed by Council.

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/ <u>claytonbarrmp</u>", go to Twitter and search

@claytonbarrmp or

www.claytonbarr.com.au



MICHAEL JOHNSEN MP Member for Upper Hunter

#### NSW GOVT SCHEME **SLASHES PENSIONER POWER BILLS**

I wish to advise that the NSW Government "new for old" appliance replacement scheme is saving thousands of low income households millions of dollars a year in power bills and lowering greenhouse gas emissions. So far the Home Energy Action (HEA) appliance replacement scheme, which commenced in August 2016, has replaced more than 32,600 old, inefficient appliances in 28,100 homes across NSW. Households that need

savings the most are helping the environment by getting funding to exchange old, inefficient appliances for cheaper, more modern, efficient ones.

The \$8 million in subsidies so far is on track to deliver some \$40 million worth power bill savings to those 28,100 households over the next 10 years.

On average, households

that take up the offer to

replace an old TV and an old fridge are saving around \$325 a year in power bills. Across the state, this is reducing the generating grid load by 17,540 megawatt hours a year and cutting greenhouse gas emissions by 16,600 tonnes a year. which is the same as taking 4,160 cars off the road. Eligible households get up to 50% discount when replacing their fridge or TV at The Good Guys store. This appliance replacement program is part of the \$26.8m Home Energy Action program, which assists low income households to access energy efficiency upgrades to reduce their bills. The program's current retail partner, The Good Guys, has won the tender to continue working with the Government on this very

ances under the offer.

successful State-wide

program, contributing dis-

counts to further reduce the

upfront costs of new appli-

How it works Low-income, concession card holders are eligible to apply, with additional support available for energy hardship customers. Regional and remote communities are also encouraged to apply. A subsidised sliding scale fee covers delivery and is available across the entire state.

The NSW Government is working with community service organisations including the Western Sydney Migrant Resource Centre, Anglicare, Baptist Care, St Vincent de Paul and Metro Assist to reach Cheers, Clayton low income households.

Eligible households can apply online at: www.powertosave.nsw.gov <u>.au/appliance</u> Backgrounder

- Since commencing in August 2016 until 30 June 2018, OEH has contributed \$8,663,680 in Appliances Replacement Offer subsidies.
- The electricity savings over a ten-year period for households that have already received fridges and TVs will be 175,000 MWh (or 175 GWh).
- Power bill savings of \$40 million over a ten-year period is a simple estimate based on the current electricity price.
- · Eligible householders receive a 40-50% discount when replacing their fridge or TV at a Good Guys' store.
- · The estimated power bill saving savings over 10 years is up to \$2000 for each fridge and up to \$1250 for each TV, subject to electricity price fluctuations.

**Contact:** My Email address:

phone numbers; 6543 1065, Fax 6543 1416; postal address P.O. Box 493, Muswellbrook 2333. Cheers, Michael



Clr Melanie Dagg ~ Cessnock City Councillor - Ward C

the time I wasn't able to accept the road was There's been lots happening conclusively a public one, in the LGA recently. whose associated costs and keeping us all very busy. maintenance were to be We recently joined the fight borne by the public. Should for fair funding for public libraries under the Renew light, I will be happy to our Libraries campaign. change my stance but NSW public libraries are questions around old struggling to keep up with system titles is invariably the increasing demand for messy and complicated and their services and library quite frankly well beyond funding is at a crisis point. my limited knowledge in To make matters worse, in this area. Accordingly, I the 2018 Budget, the NSW relied in good faith on the Government cut library advice of Council's funding further – this is lawyers, who specialise in another example of cost this area of law. Having shifting from state to local said that, to quote the government. At around economist John Maynard 7.8% of total funding, the Keynes, "When my NSW contribution to information changes, I libraries is the lowest of change my mind. What do every state in Australia, fai you do?" behind Victoria (18%) and Mayor Pynsent is Queensland (12%). Our continuing discussions on public libraries are a vital the community's behalf piece of community with The Right Reverend, infrastructure – a focal Dr Peter Stuart, Bishop of point for helping people to Newcastle regarding the access knowledge, ideas, Anglican Church's information and in many rationalisation of churches instances social and and property throughout community connection. the Hunter Region and in Council budgets are fixed particular its plans for with all revenue allocated churches in Branxton, to various expenditure and Cessnock, Kurri/Weston Cessnock Council is and Mt Vincent. Churches committed to maintaining are more than a building, the current service levels at their services are Cessnock and Kurri Kurri

invaluable providing guidance, solace and faith Government continues with for many in our community. then unfortunately Council They also provide historic will need to consider what links, play centres, youth activity and Op Shops and were this to be lost, our communities would be You may have noticed new poorer for it. There is also concern about the cemeteries and what this will mean for families wishing to access their loved ones' memorials. The moves are related to the Church's and Wine Country precinct responsibilities for redress following the revelations at points at Central Pokolbin, the Royal Commission into Institutional Responses to Child Sexual Abuse. The Lovedale, Mount View and Church's commitment to redress has been welcome precincts. The precincts are news, but congregations and communities shouldn't have to lose their churches and services to allow redress commitments to be met. The Church needs to look elsewhere and leave Precinct covers some areas our community assets

Cheers, Melanie



Council

Between hosting senior Transport for NSW representatives and heading to Sydney to meet with my fellow mayors at the Country Mayors Association meeting on Friday, there's been a lot of conversations about Singleton reaching Macquarie Street in the past few

It is worth noting that the

Premier Gladys Berejiklian and Deputy Premier John further information come to Barrilaro were special guests at the Country Mayors Association meeting, providing another opportunity for a subtle reminder to the Government that Singleton remains steadfast in our advocacy for a number of issues that are important to our community, including Resources for Regions funding.

> More public transport is also an issue that continues to dominate discussions around Singleton, and it was great to join Two More Trains for Singleton in welcoming Transport for NSW to our part of the world recently to keep up the conversations about the demand for more services. **NSW Transport Minister** Andrew Constance has been very receptive to our requests to meet with us on this issue, and I take it as a further positive step to have senior Transport for NSW staff come to Singleton to hear from the people who are directly affected by the shortfalls in services.

> > **CONT Page 22**



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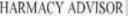


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#### 65 + Years

In adulthood, it is important to ensure on-going protection against vaccine preventable diseases. The following information provides advice on vaccines that are recommended for persons aged 65 and older. If traveling overseas as an adult, there are additional vaccinations that might be recommended or required depending on where you are planning to visit. Travellers are encouraged to visit their General Practitioner (GP) six to eight weeks prior to traveling overseas to assess what vaccines or medicines are needed.

#### Influenza

Free influenza vaccine is available for all Australians aged 65 and over. People in this age group are at high risk from influenza and its complications, with the majority of deaths from influenza occurring in this age group.

To receive an influenza immunisation, visit your GP. It is important to note that whilst the vaccine is free, a consultation fee may apply.

#### Pneumococcal

This year 2,000 people aged over 65 will die from infection can occur. It has

PHARMACY ADVISOR the preventable pneumonia infection according to Lung Foundation Australia. Another 8,000 will be hospitalised while a further 15,000 people have to see their doctor.

> Despite this, pneumococcal vaccination coverage for over-65's has dropped this year to just 47 per cent in NSW - half of these vaccinations took place after infants <6 months of age is the age of 70.

Many of us would be alarmed if our grandchildren death in persons with weren't up to date with their vaccines - so why not ourselves?

Even if you're in good health, our immune systems decline as we get older and we become more vulnerable to infections that we previously would have been resilient against so it's worth protecting yourself. The Foundation is calling for anyone who smokes, has a chronic disease, immune condition, or is over 65 years to talk to their GP about whether they should have a pneumococcal vaccination, or a re-vaccination against the infection.

It's free for over-65's under the Government's National Immunisation Program. A second dose is also available to people with immune conditions, chronic diseases or history of smoking five years after their first new partners, tattoos or dose.

A dose of pneumococcal polysaccharide vaccine should be given to adults at 65 years of age.

#### Whooping Cough (Pertussis)

Pertussis is a respiratory infection with an incubation period of 7 to 20 days. In unvaccinated persons, it is highly infectious, spreading by aerosols to 90% of susceptible household contacts. Natural infection does not provide long-term protection and repeat

been estimated that B. pertussis accounts for up to 7% of cough illnesses per year in adults and, each year, more than 25% of adults experience a coughing illness of at least 5 days dura-

Death due to pertussis is rare in people aged 10-70 years. However, the casefatality rate in unvaccinated estimated to be 0.8%. The most common cause of pertussis infection is pertussis pneumonia, sometimes complicated by seizures and hypoxic encephalopathy. It is recommended that adults 65 years of age and older, especially grandparents and others who care for young children, receive a booster dose of whooping cough vaccine if 10 years have passed since their last dose. Speak with your GP if you are unsure of when you received your last whopping

cough vaccination. **Hepatitis B** 

Hepatitis B is considered an occupational hazard for health workers and vaccination is recommended. Vaccination is also recommended for individuals who may take part in high risk activities like unprotected sex with piercings in countries with lower sanitation practices or drug use.

#### **Herpes Zoster**

2016.

Herpes zoster (HZ), or 'shingles', is caused by reactivation of latent VZV, which typically resides in the dorsal root or trigeminal nerve ganglia following primary infection. A single dose of herpes zoster vaccine is funded under the National Immunisation Program for adults 70 years of age and has been since November

### "Return & Earn" outstanding success

New 'reverse vending machine' at Miller Park



Local residents & residents in the Mid-Hunter won't have to travel too far to

receive a 10 cent refund on plastic and glass containers, with the opening of another 'Return and Earn' reverse vending machine at Miller Park in Branxton. This is now the sixth RVM in the Mid-Hunter. The other RVM's are located at Rutherford, Aberglasslyn, Singleton, Kurri Kurri & Cessnock. There is also an 'over-thecounter' depot at Huntlee. The 'Return and Earn' initiative is the largest litter reduction scheme introduced in NSW which is working towards reducing the volume of litter in the state by 40%

by 2020. Prior to the instigation it was estimated that 160 million drink containers littered the streets, beaches, waterways and parks of NSW every year In the first month of the

NSW Government's Return from 150 millilitres to and Earn Scheme it was hailed a success by the **Environmental Protection** Agency (EPA) as more than 13 million containers had been returned.

A reminder of how it works? The Container Deposit Scheme rewards consumers for returning containers, cans and bottles to designated recycling points with a 10 cent refund per eligible container. The refund can be

- Disbursed electronically to the consumer
- •Donated to charity
- •An in-store credit or cash redemption voucher from selected partners

Collected containers will be processed through a counting and sorting centre in Western

They will then be recycled and sold into both domestic and export markets. Recovering these resources will create a closed loop, making a sustainable future possible.

What's acceptable? The majority of containers covered under this scheme are beverage containers ranging

three litres. Containers can be made from:

- Aluminium
- Glass •HDPE
- Liquid paperboard
- Steel

#### What's not acceptable?

Containers that are not included in the Scheme and, therefore, do Tues 7:00 am - 10:00 pm not qualify for a refund are:

- Plain milk or milk substitute containers
- •Flavoured milk containers of one litre or more
- •Pure fruit or vegetable juice containers of one litre or more
- •Glass containers for wine and spirits
- •Casks (plastic bladders in boxes) for wine and casks for water of one litre or more
- •Sachets for wine of 250 millilitres or more
- ·Containers for cordials, or concentrated fruit and vegetable juices
- •Registered health tonics These exceptions are like those in the South Australian and Northern Territory container

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- - to 500 containers
  - Refunds via digital transfer, voucher or charity donation

#### **Opening hours**

Mon 7:00 am - 10:00 pm

Wed 7:00 am - 10:00 pm

Thur 7:00 am - 10:00 pm

7:00 am - 10:00 pm Fri 7:00 am - 10:00 pm

Sun 7:00 am - 10:00 pm

The RVM give you the option of gifting your refund to a Donation Partner. Donation Partners are chosen from a list of not-for -profit and community organisations that have applied to become donation partners. There can be up to four to choose from on the touchscreen of every Reverse Vending Machine.



This best-ever minestrone takes just 25 minutes! Perfect for those cooler weeknights!

#### **Ingredients**

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 1 celery stick, finely chopped
- 1 zucchini, finely chopped
- 2 garlic cloves, crushed
- 2 bacon rashers, finely chopped
- 400g can diced tomatoes • 4 cups (1L) salt-reduced chicken stock
- 1 tablespoon tomato paste
- 400g can borlotti beans, rinsed, drained
- 1/2 cup (65g) small pasta shells • 60g pkt Australian Baby Spinach, finely shredded
- 1/3 cup (90g) basil pesto

#### Method

Step 1

• Heat the oil in a large saucepan over medium heat. Add the onion, carrot, celery, zucchini, garlic and bacon. Cook, stirring, for 5 mins or until onion softens.

#### **Best-ever minestrone**



• Add the tomato and stir to combine. Add the stock and tomato paste and bring to the boil. Reduce heat to low and cook for 10 mins or until the soup thickens slightly.

Step 3

• Add the beans and pasta to the tomato mixture in the pan and cook for 8 mins or until pasta is al dente. Add the spinach and stir to combine. Remove from heat. Season.

Step 4

• Ladle the soup evenly among serving bowls. Top



#### **Investigation** underway after synthetic cannabis seized - Kurri Kurri

Friday, 27 July 2018 04:24:09 PM

Police are investigating after a substance believed to be synthetic cannabis was seized from a store in the

Hunter region. Just before 9am (Friday 27 July 2018), officers from the Hunter Valley Police District executed a search warrant at a tobacconist in Lang Street, Kurri Kurri. Police seized several items, including matter believed to be synthetic cannabis, cash, a mobile phone, and drug paraphernalia.

The items will be forensically examined and inquiries are continuing.

#### Man charged over the alleged murder of toddler in the Hunter region

Thursday, 02 August 2018 08:29:54 PM Detectives investigating the

death of a toddler in the Hunter region have charged a man with murder. About 5.30pm on Tuesday 19 June 2018, emergency services were called to a house at Tarro, near Maitland, following reports a 20-month-old girl was in

The child was taken by NSW Ambulance paramedics to John Hunter Hospital, but she could not be revived.

cardiac arrest.

A post mortem examination revealed the girl had

1800 333 000

suffered numerous serious injuries. including facial, head, and torso bruising, abrasions, and lacerations; broken ribs, a collapsed lung, and internal bleeding. Police will allege in court that the injuries

were occasioned by non-accidental trauma. Detectives from the State Crime Command's Homicide Squad and Port Stephens Police District established Strike Force

Nerium to investigate the circumstances surrounding the girl's death. Following extensive inquiries, a 26-year-old man was arrested at a home

at Tanilba Bay about 8.30am today (Thursday 2 August 2018). He was taken to Raymond

Terrace Police Station and charged with murder. The man was refused bail to appear via audio visual link at Newcastle Local Court tomorrow (Friday 3 August 2018).

Inquiries are continuing.

#### Fatal motorcycle crash - Hunter region

Sunday, 05 August 2018 05:00:16 PM Police are investigating a fatal motorcycle crash in the Hunter region today. Just before midday (Sunday 5 August 2018), emergency services were called to Wollombi Road, Broke, about 30 km south of Singleton, after reports a Toyota Hilux utility and a motorcycle had crashed head on.

The rider, a 20-year-old man, was treated by paramedics, however died at the scene.

The male driver of the Toyota and a female



passenger were able to free themselves after it rolled. Both were taken to John Hunter Hospital with minor injuries. The driver will also undergo mandatory blood and urine testing. Officers from Hunter Valley Police District attended and will investigate the circumstances of the crash

A report will be prepared for the information of the Coroner.

Anyone with information about this incident is urged to contact Crime Stoppers: 1800 333 000 or https://

nsw.crimestoppers.com.au. Information is treated in strict confidence. The public is reminded not to report crime via NSW Police social media pages.

#### **NSW Police put their** best boot forward to support **Homelessness Week** 2018

Monday, 06 August 2018 03:57:45 AM

The NSW Police Force is putting their best boot forward with Mission Australia for Homelessness Week.

The annual awareness campaign began last Monday (Monday 6 August), and continues until Sunday (12 August 2018). This year's theme is "Ending homelessness together", and NSW Police are joining the effort for another year to raise awareness of the issues people experiencing homelessness face every

As part of the police initiative, officers from Police Area Commands and Police Districts across the state are donating their second-hand police boots, which will be collected by Mission Australia and distributed to those in need. Drop-off sites have been established at local police stations, which will remain in place throughout Homelessness Week and the month of August, before the donations are collected for delivery. **NSW Police Force** Spokesperson for



## Homelessness

Homelessness Assistant Commissioner Max Mitchell APM, said the NSW Police are proud to collaborate with Mission Australia for another year to support needy members of the community.

"Homelessness week is a vital initiative for supporting those in need, shedding the stigma around the issue, and understanding that being homeless is not always a choice," Assistant Commissioner Mitchell said.

'The boots are still quality shoes and it's great they can be put to good use again. "The drive was a huge success last year with over 300 pairs collected across NSW, so we are pleased to be able to contribute again.' **Assistant Commissioner** Mitchell said police work closely with government and non-government agencies to implement early support and prevention strategies for issues associated with homelessness.

"Our officers often have

contact with vulnerable individuals, including those who are homeless or at risk of homelessness," Assistant Commissioner Mitchell said. "When working with vulnerable people, one of our most important roles is putting them in touch with service providers and other support networks. "We also know it's far more effective to offer assistance for families and children before they become homeless – so early intervention is key to providing initial support and preventing intergenerational

Mission Australia's NSW State Leader, Dr Evelyne Tadros said Mission Australia is thankful for the support from the NSW Police Force.

"This boot drive is an important initiative that provides people experiencing homelessness with quality boots donated by their local police," Dr Tadros said.

"While a pair of shoes won't end homelessness, this is one way we can work together with NSW Police to provide some comfort and dignity to a person while Mission Australia and other services provide essential support. "Each donation will go a long way in providing some comfort to the people that we help who are living in touch circumstances, particularly during these winter months," Dr Tadros

Learn more about Homelessness Week 2018, as well as facts and support information, by visiting: https://

www.homelessnessaustralia .org.au/campaigns/ homelessness-week-2018



#### **VIETNAM VETERANS'** DAY 18 August 2018

#### Greta RSL Sub-Branch

would like to invite all of its members and the members of Branxton RSL Sub-Branch along with any other interested persons

to attend this commemoration to commence at 11.00hrs at the Greta Remembrance Wall adjacent to the

Greta Cenotaph

At the completion of this service a late morning tea has been organised at Greta Hotel - persons wishing to attend this morning tea are requested to notify Adrienne on 49387214 preferably by 14 August 2018

#### From the Paddock to the plate...

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

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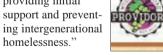
 Ready-to-go Fruit and Vegetable boxes. readymade healthy meals and salads & organic groceries, vegan & gluten free products. Come in and Enjoy - Lisa and Michael

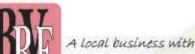
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#### Workers compensation and your journey to work

Prior to 2012, if you were an employee and sustained an injury during your journey travelling to or from work, you were covered by your workers compensation insurer. These sorts of claims are generally known as 'journey claims' and workers could rest easy with the knowledge they would be covered if they sustained an injury travelling to or from work.

Significant legislative changes introduced in 2012 abolished the concept of journey claims (\*note some groups of workers were immune from the changes including those who work in or about a coal mine\*). Journey claims are now only available in very limited circumstances. Section 10 (3A) of the Workers Compensation Act 1987 (NSW) states that for a journey to be covered by insurance, there must be: "... a real and substantial connection between the employment and the accident or incident out of which the personal injury arose". The NSW Workers Compensation Commission

continue to grapple with this concept and set precedents. An interesting case in 2014 (Singh v Wickenden) significantly expanded the scope as to what can be considered a 'real and substantial' connection between the employment and the accident or incident out of which the injury arose The fact scenario was that Ms Wickenden worked at a service station and normally worked until approximately 2:30pm. On the day of her accident, her employer required her to work later than her usual hours being

training. When she left work and rode her motorbike home in the dark, she was involved in a motor vehicle accident when another vehicle swerved and collided into her bike when attempting to avoid cattle on the road.

until 5:30pm. This was on a

temporary basis to complete

The workers compensation insurer denied liability on the basis that there was no 'real and substantial' connection between the accident and employment. Ms Wickenden challenged this decision and was successful however the

insurer appealed. On appeal in the Commission, Deputy President Roche found that Ms Wickenden did not have to prove that the darkness caused the accident and further that the actions of Ms Thomas, being the driver of the vehicle that collided into her, did not defeat the requirement to establish a 'connection' between the workers accident and her employment. Nonetheless, Deputy President Roache was satisfied that Ms Wickenden met the test in 10(3A) because her employment required her to work later than normal and ride home in darkness, which exposed her to a risk of injury due to the

He further explained that the expression 'real and substantial connection' does not require any causal relationship between the two circumstances or situations concerned. It merely requires an association. He stated that employment "does not have to be THE connection between the accident or incident...it only has to be A connection, albeit one that is real and of substance"

darkness.



#### What's Fresh and **Best** Welcome, today we are

eating fresh beans. We only buy the freshest, tastiest and crispest beans from the farm or the markets; the handpicked variety. There is a significant difference in taste and quality of the "best" hand-picked bean to fair quality machine harvested. I no longer make the mistake of buying machine harvested beans ~ hand picked beans are not just tastier, they last longer and better and add a crispier taste and flavour to you plate.

Beans are in season now; simply cut the top and tails, add to boiling water for 5-7 minutes.

You can add a pinch of salt or a teaspoon of oil. Green beans are high in fibre and a good source of protein.

Butter Beans are another great tasting bean, smaller in size and slightly sweeter



in flavour. Try a mix of both beans on your dinner plate for flavour and colour on your plate.

Pink Lady Apples are known commercially as Cripps Pink; they were bred by John Cripps of the Western Australian department of Agriculture in 1973. Pink ladies were created by crossing the lady Williams for the firmness

and the Golden Delicious for the sweetness The apples naturally develop a coat of thin wax when they are growing to help protect the fruit, retain the moisture and firmness

of the apple. I source and try to buy wax free apples.

The most popular of all the eating apples is the Pink Lady unwaxed. It is slightly duller but makes up for it in the crispness and sweetness in taste.

Come in and sample our unwaxed Pink Lady Apples in store today and taste the flavour difference. I am very proud to announce that Wollombi

Road Providore, won the Sydney Markets Customer Service Award... The first time this award has been won outside of Sydney...

Cheers Michael

#### Thought you'd like to know

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them)

1. Where there's a will, I want to 2. The last thing I want to do is

hurt you ... but it's still on my list. 3. Since light travels faster than sound, some people appear bright until you hear them

4. If I agreed with you, we'd both

be wrong. 5. We never really grow up -- we only learn how to act in public.

6. War does not determine who is right, only who is left. 7. Knowledge is knowing a

from many is research

tomato is a fruit. Wisdom is not putting it in a fruit salad. 8. To steal ideas from one person is plagiarism. To steal

9. I didn't say it was your fault, I said I was blaming you. 10. In filling out an application, where it says "In case of

emergency, notify...", I answered "a doctor" 11. You do not need a parachute to skydive. You only

need a parachute to skydive 12. To be sure of hitting the target, shoot first and call whatever you hit the target. 13. Going to church doesn't make you a Christian any more

makes you a car 14. You're never too old to learn something stupid.

than standing in a garage

15. I'm supposed to respect my elders but it's getting harder and harder for me to find one now.





#### dustry feedback and lobbying drives digital revolution

In response to overwhelming support for paperless property processes, the NSW Government has committed to a detailed timetable to transition to paperless conveyancing ('eConveyancing'). By July 2019, all land registry instruments will be lodged electronically and electronic Certificates of Title will

replace paper Certificates of

Title. This further builds on laws passed last year that allowed the NSW Government to digitise other paper processes. It also follows calls from industry professionals and representatives, including REINSW, to update the legislation to suit the modern digital landscape.

#### Call for clarification before action

eConveyancing deals with the end-phase of a property transaction. It does not cover the negotiation, vendor disclosure and contract phase, which is still heavily paper-based. The Electronic Transactions concerns raise by some Act 2000 allows signing and writing requirements to be satisfied electronically, but there is reluctance to adopt digital signing technology in the conveyancing industry. This is because of:

- Uncertainty about the way land contracts can be formed
- How vendor disclosure achieved by: should be made
- Common law requirements for deeds to be executed on paper, parchment or vellum
- The requirement for deeds to be witnessed

In a discussion paper released in December 2017 respondents supported clarification of electronic signing requirements for contracts, instruments and deeds in relation to land. However, it was suggested reforms should not prescribe the form of signature, and technologically-neutral language should be used to maintain flexibility.

There was also divided opinion about the need for deeds to be witnessed, with some submissions seeking

to retain witnessing requirements to prevent fraud.

REINSW has lobbied in favour of digitising real estate processes for the benefit of the industry, its professionals and consumers. Despite interested parties, REINSW is in support of removing witnessing requirements, especially in relation to residential tenancy agreements. What will change?

The proposals determined from the respondents seek to remove perceived barriers to fully digital land transactions. This will be

- Clarifying that parties can enter into land contracts electronically (although this is not mandatory)
- Amending the Conveyancing Act to allow notices to be served electronically
- Updating all requirements relating to font sizes and other paper-specific matters to make them applicable to electronic contracts
- Clarifying that all deeds can be signed and witnessed electronically
- Amending the Real Property Act to remove barriers preventing land transaction documents

being prepared in electronic format When passed, these changes will significantly streamline property transactions. If successful, the NSW digital property reforms could set an example for other states.

#### CPI good news for renters, says REIA



The June 2018 quarter CPI figures released by the Australian Bureau of Statistics (ABS) today continue to offer good news for renters, according to the Real Estate Institute of Australia (REIA). "The All Groups CPI, increased by 0.4 per cent in in rents lower than they the June quarter – the same have been historically.

as for the previous quarter giving an annual increase of 1.9 per cent," REIA president Malcolm Gunning said. "The quarterly increase is below the increase of 0.6 per cent in the two preceding quarters.

"The annual changes for the analytical series of trimmed mean and for the weighted median were both 1.9 per cent. The annual changes in the two analytical series have been below the RBA's target

zone of 2-3 per cent for the past ten quarters and suggest the continuation of historically low interest rates for some time yet. "The Housing Group increased by 0.2 per cent for the quarter and 3.1 per cent for the year to June 2018. The major increases in the Housing

Group for the year were electricity (up 10.4 per cent) and gas and other household fuels (up 7.1 per cent). 'Rents remained

unchanged for the

quarter and increased by just 0.6 per cent for the year. For the last ten quarters the average annual change has been less than 1.0 per cent. "The CPI is good news for renters with the latest figures showing that the increase in rental stock through increased investment in housing has kept growth "For home buyers the latest inflation data together with a cooling in the housing market would suggest the RBA will hold official interest rates stable for 2018. "While official interest rates are likely to

remain stable, we are

mounting on banks to

increase mortgage rates.

This, together with the

extremely cautious

currently taken by

approach being

seeing pressure

lenders, means higher borrowing costs and runs the risk of hampering economic growth.'

#### **Maximise your** borrowing capacity



By Tim McKibbin, REINSW CEO

While the RBA recently announced interest rates will remain at 1.5 per cent, banks are required to, and will, review your home loan application to ensure you don't get into difficulties with your repayment. So you must take charge of your financial position to maximise your borrowing capacity.

The simplest way to improve your financial position is to address your credit history, consolidate

debt and save. Maintaining a clean credit history indicates you are a responsible borrower. Giving up a credit card or consolidating debt makes reviewing your living expenses much simpler and can save you money. And finally, save. A larger deposit means you borrow less and pay reduced or no Lenders Mortgage Insurance – a big saving.

## Things You May Not Know About

GRETA, BRANXTON & Surrounds

with Neridah Kentwell

(Grevillea robusta), to

commemorate the lives lost

in the First World War. The

coming Cycleway will also

reflection areas, the people,

and animals that sacrificed,

and still sacrifice, their time,

health and often their lives to

invasion while helping other

countries with peace keeping

The Cycleway will also help

keep the children and adults,

who cycle between the towns

to visit friends and family,

It will also be a useful walk-

way, particularly good for

those of us who are not as

energetic but try to have a

to make our walks more

healthy daily constitutional,

by providing an even surface

safer than they are now.

keep Australia safe from

missions and support.

honour, with plaques and

#### What the Silky Oak Festivals and the coming Memorial Cycleway, and Greta and Branxton, have in Common

By Neridah Kentwell



Above: Branxton Bills Horse Trough Below: Greta Rotunda & Cenotaph



First, a note regarding the change of name for this column -

With the establishment of the charity 'Branxton Greta Memorial Cycleway Limited which will join Branxton and Greta together with a cycleway/walkway, it is time to write for both historic towns together, as much as

As with all neighbours, life

hope any old rivalries will be forgotten.

The Silky Oak Festivals 1980s with the idea of

runs best when you have each other's backs. So, the change of name for this history story marks a celebration for the planning of the Cycleway, which has been legally set up to live on indefinitely, for the benefit of both towns and with the

were organised yearly in the

planting Silky Oak trees Seasoned Firewood 3 Mitre Load \$250 4 Tonne Load \$460 1 Tonne Load \$120 FREE DELIVERY TW & A HOLLINGSHED Rural Fencing FREE QUOTES P: 4998 1583 MOB: 0429 320 787

pleasant and help prevent The Silky Oak Festival ran in Greta from 1981 – 1988 on the first Saturday of November each year. It came about as 'an annual reminder of the great loss suffered during war and the need to build rather than destroy, as signified by the continued growth' of the new silky oak trees planted each year within the Greta township. Each of the original trees had been planted in memory of a soldier killed during World War One. The organising committee of the Greta Silky Oak Festival set down a list of guidelines, which re-iterated the not-for-profit ethic, so that any money made was distributed to worthy local causes. For example, the proceeds from the 1982 festival went to help renovate the old Greta Police Station in Water Street to turn it into the Greta Children's Centre, which is now called Greta Pre-School. The 1983 proceeds were then ear marked to help pay for teachers and equipment for the new Centre. One year, the future of the festival and the trees came into jeopardy. In August 1983, one row of the War Memorial grove was going to be removed to widen the highway through the town. After residents heard that part of the 60-year-old grove of memorial trees in the centre

of their town was in danger

planner's pencil, they took

their objections to the local

of being wiped out by a road

government. Consequently, the Newcastle Herald on November 4, 1983, reported that the Greta residents should feel pleased with themselves' as, after they objected, Cessnock City Council then found three alternative highway widening schemes, which left the grove virtually untouched. People power won and the favoured scheme went ahead. Although parking was lost on the central park side of the highway, it was worth it to save the trees and the current parking has actually been a boon for bigger vehicles such as caravans, as it keeps them safely away from the main Some of the highlights of the sixth annual Greta Silky Oak

Festival included, as reported in the News Pictorial and Advertiser newspapers on 25 November 1987, a mock attack by the Army Reserve, the Mines Rescue demonstration and the annual dunny can race (the museum has been donated the trophy that was presented for the best engineered dunny in 1988 if you would like to see

The Army Reserve Band began proceedings with a recital which was followed by the Silky Oak Tree Planting Ceremony. There was plenty of free entertainment and about 100 stalls to peruse, along with contests conducted in conjunction with the festival such as poster, art and colouring-in competitions and the Silky Oaks bowls day at the Greta Workers Club The 1988 Festival was the

final one and was celebrated with a substantial tree planting on Wednesday, 2 November, beginning at 12 noon. Children from Greta Public School, St Mary's Infants in Greta, and Greta Pre-school planted the 200 trees donated by Cessnock Council, no doubt aided by their parents and teachers, at Greta Park. Normally up to 25 silky oak trees were planted each year, so they had their work cut out for them. The Saturday, November 5th bicentennial celebrations were expected to attract 5000 visitors. However, the rain came, everything became very damp and afternoon activities had to be cancelled. The Silky Oaks that already lie along the path of the Cycleway will be used to commemorate those listed with a plaque, so the Cycleway and the Silky Oaks will complement and support the same goal. The Silky Oaks Festivals brought the locals together just as the Cycleway will do the same. It will go from cenotaph to cenotaph, or rotunda to rotunda. Money will need to be raised to buy the plaques after the cycleway has been completed, and the towns will be brought together again by fund raising.

Branxton's World War I service people are listed around the outside of their rotunda, with no further additions added later. Greta's original World War I cenotaph with its participants had its World War II service men added to the same cenotaph, and a separate wall built next to it for its Vietnam Veterans. The path that joins these two areas will indeed

Something else Greta and

Branxton have in common, other than respect for their service people, is their matching horse troughs, called Bills Horse Troughs. They were funded in 1927 after George Bills' death, as his wife Annis had already died and they were childless. Obviously the time it took by horse between the two towns originally made the towns' people feel more separated than they are now. Bills' trust fund, from his will, was to '...construct and erect and pay for horse troughs wherever they may be of the opinion that such horse troughs are desirable for the relief of horses and other dumb animals... Each horse trough cost £13 plus transport and installation and were made of precast concrete with a curved pediment and an inscription "Donated by Annis & George Bills Australia" Most of the troughs were installed in New South Wales and Victoria between

1930 and 1939 but with the





Greta's double row of Silky Oaks. Older ones are nearby

need declined and manufacture of them stopped by the end of World War 11. Greta's horse trough is presently hiding in the greenery that has grown since its initial positioning, and even since the attached photo was taken in the 1970s, outside No. 11 High Street Greta. It is hoped it may one day be moved to a better position for all to appreciate. Branxton's, as many may know, has been painted and is sitting near the main road, in John Rose

Avenue, so it can be easily seen. It has been filled with scented geraniums. The horses that used them may no longer be around but the giving spirit that came from George and Annis Bills is still everywhere. The website address for the Branxton Greta Memorial Cycleway Limited is www.bgmc.org.au, which has details about a fundraising lunch in September. For anyone wanting to add

information about one of the

names on the cenotaphs, or who wants to donate service memorabilia to the museum to keep it local, can call into the museum on a Wednesday or a Saturday from 11am to 3pm. Or contact Neridah by phone on 0427657150 or email at gretamuseum@gmail.com. I will also pass anything on, as required. The museum is in the former Greta Council Chambers at 96 High Street Greta, in between the Greta Bakery and the former Greta

## **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

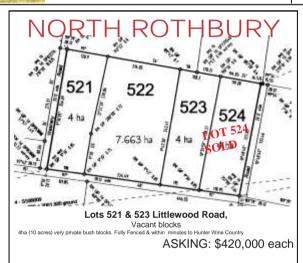


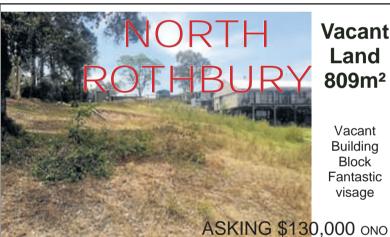
### BELFORD



#### Vacant Land 2559m<sup>2</sup>

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

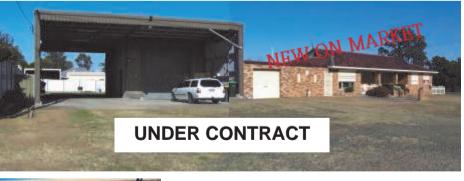




#### **Vacant** Land 809m<sup>2</sup>

Vacant Building **Block Fantastic** visage

## **East Branxton**



#### **Solid Home ~ Solid investment**

This brick & Tile family home is potential plus+. Features include:-

\* Spacious formal & informal living areas \* Country feel & 1 extra \* Enclosed BBO 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 x10.5m workshop. 3xphase 100amp/phase underground power from front gate to barn. Barn has ample fluro lighting & GPO's, ceiling fans, instantaneous gas Hot Water Service, electric upright stove & oven, small kitchen with sink & microwave + pantry. Bathroom with shower, toilet (flush), laundry tub. Barn has council occupation certificate whilst building new house. Council approved in-situ water treatment plant (enviro-cycle) Phone cable installed underground to barn but not connected. DA approved new residence (Colonial



style 4 bedroom with all plans & engineering certificates available). Honda pump on Webbers Creek with underground piping to barn. 2 x 30,000 litre fresh water tanks with pressure pump. 2 x horse stables with underground water from barn & horse proof yards attached. All weather gravel road from front gate to barn & Bushfire free.

**ASKING \$680,000** 





At left, our Guest Speaker at our last meeting Katie Miller of K fit

Our guest speaker at our last meeting was Katie Katie is a personal trainer, a

group fitness instructor and a nutritional coach. K Fit health and training classes are held in the old St Brigid's School, Station Street, Branxton. Recently, Katie designed a class especially for seniors, suitable for all ages and fitness levels. The class is designed to build strength for everyday life and increase mobility. The seniors class is held every Monday-9.30 am -10.15 am. Some of our VIEW club members are already reaping the benefits of Katie's instructions and enjoying the welcoming friendly and supportive

classes. A handout was given to our members and visitors in which Katie detailed the importance of physical activity for seniors. Katie discussed topics such as common myths of physical activity, common barriers to physical activity and the benefits of exercise to the body by getting

Simple exercises benefit our health and well being

and Katie led our group in some exercises. Emphasis was given on the importance of keeping hydrated by drinking water - every 2 hours if possible. Thank you Katie for a most informative presentation and we all can benefit by improving our fitness in the senior years of our lives. Nine of our members attended a VIEW Gala Luncheon on 21st July. The theme was "United in Friendship" and 147 people represented VIEW clubs from the Hunter and Central Coast.

Ann Louise, our National Councillor deserves congratulations for presenting such a varied program with efficient organisation of

speakers. Learning for Life student, Emma Barr told us that without the support of the VIEW clubs through the Smith Family program her brother and herself would not have had the opportunity to attain educational achievements which would have been

unaffordable otherwise

to the family. It is always special when we hear first hand the reason VIEW clubs fundraise to help disadvantaged Australian school children. We look forward to seeing all our friends and supporters at our 30th Birthday celebrations. A special thank you to Mike Lowing for his support to us over many years-well done! As the last month of Winter and spectacular night skiesmoon, planets and constellations, may you enjoy good health and happiness and special blessings to those not in the best of health. Peace and love to everyone Judy Spillard



With the first half of 2018 well and truly behind us, the next few months are looking just as busy and entertaining.

First, some catch up news. Due to the school holidays, the Certificates have been presented to the Year 5 students of Greta Public School. Congratulations again to the 1st place



machine cake

students Amira, Ariella, Beau, Izabella and Kaysha and all the best for the Hunter River Group Poster Competition at The HRG International/Cultural Day which will be held on Wednesday, 15<sup>th</sup> August, this year at the Maitland City Bowling Club. We are pleased to advise that we have been asked to assist (and accepted) with the Anglican Op Shop Fashion Parade and High Tea which is being held at the Branxton Community Hall on Saturday, 25<sup>th</sup> August at 2.00pm. Any enquiries or bookings please contact Helen Scott on 0427047024. MONDAY, 10<sup>th</sup> September, His Excellency the Governor of New South Wales, Mr David Hurley, will be visiting Branxton Community Hall for a Morning Tea (catered

jointly by us and Branxton



View Club) to talk about the Memorial Walk/Cycle Path which is proposed between Branxton and Greta.

The Morning Tea commences at 9.15am and is by Invitation Only. His Excellency, the Governor of New South Wales, Mr Hurley, will also be attending a luncheon at the Crown Plaza at Cessnock, which is open to the Public. Anyone interested in attending the luncheon, or wanting any other information, can contact Helen Scott on 0427047024. SUNDAY, 16<sup>th</sup> September, will see us catering for what is becoming an annual event – the 1,000km Camp Quality Ride4Kids, which raises money to support children with cancer. These dedicated bicycle riders have been doing this for many years and deserve all the support we can give them. More details in later editions. Dorothy O'Toole (nee

Bendeich), a member of our Branch for 50 years (counting her years as a Junior Member), has recently celebrated her 50th Birthday with family and friends. Dorothy has been President, Secretary and Delegate before work commitments took a lot of her time.

Dorothy is still involved whenever she can and her contribution is greatly appreciated (whether it be cooking, sewing or attending a Clearing Out Sale or Bunnings Sausage Sizzle and the occasional function where she enjoys catching up with old friends).

The Sewing Machine Birthday Cake was made by sister Roslyn Shearer (Cookery Officer) and nephew Martin Shearer, to acknowledge Dorothy's years as a Dressmaker. Congratulations and Happy 50<sup>th</sup> Birthday Dorothy. Also Congratulations to Roslyn and Martin on the **FANTASTIC Sewing** 

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

Cheers, Denise McGoldrick

Publicity Officer. oranxian are USINESS CH

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

He will make you very welcome

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GATEDETAN

## WANTED

Croquet players wanted to join friendly, established club at 8 John Rose Avenue, Branxton. Come and try for free,

no experience or equipment needed. You'll have lots of fun! Phone Carole

0249387234

or call at grounds between 9am and 12am on Tuesday or Saturday.





#### RESIDENTIAL PROPERTIES TO LEASE

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

**BRANXTON & VINEYARDS REAL ESTATE** P: 4938 3300



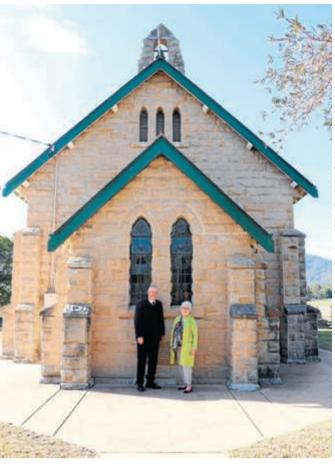
UNIT 2



UNIT 18



#### **Cessnock Council shares community concern**



Cessnock City Council will ensure the Anglican Diocese of Newcastle hear community concern loud and clear about the potential sale of local churches. Council will seek a

dog food drives," said Brian.

meeting with Right Reverend Dr Peter Stuart, Bishop of Newcastle to discuss the matter. The parishes of Weston, Kurri Kurri, Branxton and Cessnock have been identified as part of the rationalisation of churches and property, along with a number of other churches across the Hunter. Residents expressed their concerns at a community meeting in Mulbring on Sunday 29 July.

Cessnock City Mayor, Councillor Bob Pynsent attended the meeting and agreed with residents the selling off of local churches is not an acceptable outcome.

"Churches are vital community hubs. The place a church holds in each community is very unique, many of them providing much more to local residents outside of the congregational services. These include play centres, youth activities and second hand shops."

"The possibility of local churches being sold off has hit very close to home for many of us and is deeply personal for many of our residents who have relatives laid to rest in the cemeteries, columbarium and in the memorial gardens. These personal links and historical links with our churches is strong and is not something that can be easily replaced."

■ Photo: Mayor, Cr Bob Pynsent and concerned Mount Vincent resident Barbara McPhee at Mount Vincent

#### Maitland Garden Ramble 2018



Maitland Garden Ramble will showcase eight stunning gardens when the popular annual event is held next month.

Diversity in design, size and plantings are sure to delight visitors to the gardens, which will be located across the area in Metford, Hinton, Lorn and Bolwarra. The ramble is again expected to attract more than 3000 people giving enthusiasts and lovers of nature plenty of inspiration for their own gardens.

"It will be spring in all its glory," a spokeswoman for Maitland Black and White Committee, the organiser of the event, said.

"The gardens featured will be both large and small, offering a visual feast of colour, sights and sounds. People will come from all over the region and further afield to meander through the gardens.
"It is one of our biggest fundraisers

of the year with all money raised going to Vision Australia Hunter Division.'' she added.

The gardens will be open on Saturday, September 15 and Sunday, September 16 from 10am to 4pm.

A café, barbecue and gift stalls are available at selected gardens.

Tickets are available at each garden, Maitland Visitor Information Centre, Heritage Gardens Nursery, Bolwarra Café, Sharpe's Nursery Bar Beach and Poppy's Nursery Gateshead.

Costs are adults \$35 and aged concession \$25; shuttle bus and ticket \$45 and concession \$35 and \$5 an individual garden.



## Open 7 days 8am-8pm

4990 3485

202 Wollombi Road, Cessnock (opposite ALDI)

# Rotary Drought Relief Fund Farmers are the lifeblood of our country and they are in crisis. Record breaking heat and lack of rain means farmers are struggling to feed sheep and cattle and keep crops alive. Families on the land are suffering and they need our help. Brian Coffey is Rotary District Governor for an area that spreads from Newcastle to Bourke. "We have constant contact with members impacted by the drought and see it first hand on our visits. Over the past few years several Rotary clubs have assisted with hay drives and

Since 2014, the Rotary Club of Sydney have been the driver of the well-publicised Burrumbuttock Hay Run. Brian indicated that his telephone calls out west have revealed the need for bottled drinking water, clean linen and towels – as water is too precious to wash

items as much as people may like to. He said that he has been told that farmers need help to destroy stock, and then someone to talk to as they realise their livelihood is disappearing.

"We have plights from schools needing financial aid to send school children on excursions as there is no income for the families, likewise the shopkeepers without any cashflow are struggling to buy stock. I would like to just take a bus of people out from the east to spend a day with the farmers, help them, talk to them, buy them lunch and a beer. Just show them we are prepared to look after them," he said

Eastern area Rotary District Governors working to come up with some worthwhile aid had their plight answered with the announcement of

a partnership between Rotary Australia, Channel 9 and the National Farmers' Federation to help our drought-stricken farmers. The emergency relief fundraising appeal was launched on Channel 9's Today show, last Thursday, 2nd August. With a target of \$10 million, this appeal will be attractive to big business and everyday Australians,

knowing that through Rotary 100% of donations goes to the farmers and is tax deductible via the credible charity, Rotary Australia World Community Service. The National Farmers' Federation will then be able to access these funds and provide support to approved

organisations, helping Farmers through this difficult time. www.donations.rawcs.com.au/17-2018-





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6 Maitland Street East Branxton Ph 49381226

Fri 10th August Rob Wilson Fri 17th August

Solid Gold Party Night





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Miller Park

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Wednesdays, Fridays & Sundays

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Greta Workers

Wed \$1200 & Sun \$1900

Miller Park

Thurs \$1100 & Sun \$5000



## Simply D'Vine Restaurant

# Oaks Restaurant

Opens 6pm Wednesday 8th August Open for lunch & dinner

@ Miller Park Sports Club

Call 0478 550 722 to book

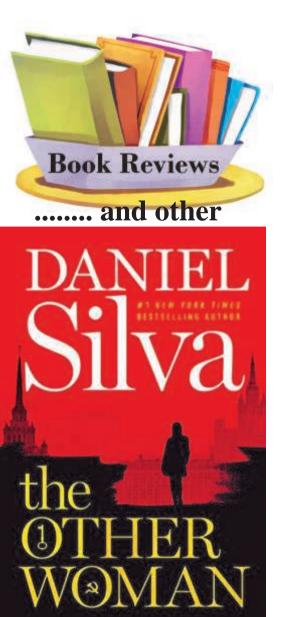
MENU

Wed-Sun

@ Greta Workers

Great Food, Great Variety





The actions of real-life British intelligence agent Kim Philby, who defected to the Soviet Union in 1963, drive bestseller Silva's excellent 18th novel featuring Israeli art restorer and spy Gabriel Allon (after 2017's House of Spies). Israel's intelligence division, known as the Office, is running an operation to save blown Russian agent Konstantin Kirov, one of Israeli's most valuable sources, and bring him to sanctuary in the U.K. When the operation goes bad, Gabriel and his team are drawn into a meticulously planned mission, involving both MI6 and the CIA, to unearth one of the Kremlin's highest-placed moles. Meanwhile, in Andalusia, a French journalist starts writing a memoir called The Other Woman, which contains the key to the mystery that Gabriel must solve. Philby, who died in Moscow three decades earlier in 1988, turns out to be at the bottom of it. In recent years, a number of thriller authors have focused on Philby, but Silva's treatment of him may be the most complex and fascinating yet. Readers will be enthralled by both the history and the up-to-the-minute plot that Silva spins with such finesse. 10-city author



For a time, it looked like Israel's most famous spy might actually retreat to a desk job. In The Black Widow (2016) and The House of Spies (2017), it seemed as if Allon's creator was bringing younger, secondary characters to the foreground, but Allon has now taken centre stage again. In this way and others, Silva's latest feels like a throwback to some of the earlier books in the series as well as to spy novels of the Cold War era. This is not the product of a lack of creativity on Silva's part but rather a reflection of current events. Russia is the adversary here, and Allon and his team must find the one woman who can reveal the identity of a mole who has reached the highest echelons of Britain's MI6. The search will take Allon deep into the past, into the secret heart of one of the 20th century's greatest intelligence scandals. Silva's work has always had a political edge, and his storytelling has only grown more biting recently. Although he doesn't name the current American

leader, he does mention "a presidential tryst with an adult film star" as well as at a time when sleeper cells of spies and traitors have become frontthat president's strange fondness for Vladimir Putin. Silva depicts a world in which communist true believers are dying out while far-right populists around the world look to the New Russia as a triumph of hard-line nationalism. The alliances that have sustained Western democracies are fraying, and Europe is preparing for a future in which the United States is no longer a reliable friend, nor a superpower. Silva's work is always riveting, but this summer block-

buster isn't exactly an escape—especially for readers who stick around for the author's note at the end Although the Gabriel Allon novels are interrelated, Silva is adept at crafting narratives that can stand alone. This thriller will satisfy the author's fans while it will also appeal to those who appreciate past masters of the genre like John le Carré and Graham Greene.

Gripping as always and grimly realistic.

#### **Description of this Book**

From Daniel Silva, the #1 New York Times-bestselling author, comes a modern masterpiece of espionage, love, and betrayal She was his best-kept secret ... In an isolated village in the mountains of Andalusia, a mysterious Frenchwoman begins work on a dangerous memoir. It is the story of a man she once loved in the Beirut of old, and a child taken from her in treason's name. The woman is the keeper of the Kremlin's most closely guarded secret. Long ago, the KGB inserted a mole into the heart of the West--a mole who stands on the doorstep of ultimate power. Only one man can unravel the conspiracy: Gabriel Allon, the legendary art restorer and assassin who serves as the chief of Israel's vaunted secret intelligence service. Gabriel has battled the dark forces of the new Russia before, at great personal cost. Now he and the Russians will engage in a final epic showdown, with the fate of the postwar global order hanging in the balance. Gabriel is lured into the hunt for the traitor after his most important asset inside Russian intelligence is brutally assassinated while trying to defect in Vienna. His quest for the truth will lead him backward in time, to the twentieth century's greatest act of treason, and, finally, to a spellbinding climax along the banks of the Potomac River outside Washington that will leave readers breathless. Fast as a bullet, hauntingly beautiful, and filled with stunning double-crosses and twists of plot, The Other Woman is a tour de force that proves once again that of all those writing spy novels today, Daniel Silva is quite simply the best (Kansas City Star) Another view...

THE OTHER WOMAN, Daniel Silva's 18th thriller featuring Israeli spymaster Gabriel Allon, takes us into Allon's now familiar world of international intrigue. Mixing real spies and well-known historical events with fictional characters and story line, Silva has created a novel that keeps the reader in suspenseful engagement. Allon's most important asset in the Kremlin is murdered in the streets of Vienna just as this agent is about to be extracted. Someone leaked information and compromised the operation. Because only a very few high-placed officials knew how the extraction would happen, it is clear that a mole is operating at the highest level in the world of Anglo-American intelligence. This person has been leaking operational information, like the names of double agents and the location of safe houses. Details of the asset's killing appear to implicate Allon and the Israelis, and the media rushes to condemn them. This brings urgency to the search for the mole. A highly placed diplomat falls under suspicion. When he too is killed, Allon begins to realize that everything that happened has been a set-up, designed to manipulate the intelligence services to keep them away from the real mole. It takes a while for Allon and his partners, chiefly Graham Seymour, the head of Britain's MI6, to realize what is going on. Each time they think they have discovered the mole, they realize that they are being led down a blind alley and distracted from what is really happening. Meanwhile, the reader is introduced to an old woman living a lonely existence in a remote village. As she tries to write a memoir, it becomes clear that in her youth she was involved with political issues that shaped her life. Her relationships with certain men haunt her. And there was a child who was taken away. The connections are elusive.

Because the Israelis, and Allon in particular, have been accused of murdering people in the streets of Europe, Allon becomes obsessed with finding the true mole in the system. As the new chief of the Israeli intelligence service, he could stay behind a desk, but prefers to be directly involved with the operations. His brilliance lies in his ability to figure out what is really going on and who is responsible. Gabriel Allon has changed and grown older since we first encountered him, but he is no less a potent force in his current position. No matter the disguise, his bright green eyes and slight appearance make it clear that it is he who is involved.

The premise of this book, although fictional, is plausible

**Branxton & Vineyards Real Estate** P: 4938 3300 M: 0412 566 041 FREE PROPERTY MARKET APPRAISALS page news. In his insightful "Author's Note," Silva makes important connections between what is happening in our world and the tale he has penned. The reader comes away from THE OTHER WOMAN with a deeper understanding of what goes on behind the scenes of media coverage as well as a desire to encounter Gabriel Allon again. Anne Corey is a writer, poet, teacher and botanical artist.

#### The New York Times Best Sellers Combined Print & E-Book Fiction (8 Aug 2018)

#### THE OTHER WOMAN by Daniel Silva

Gabriel Allon, the art restorer and assassin, fights the Russians to decide the fate of postwar global order.

2. 7 weeks on the list

#### THE PRESIDENT IS MISSING

by Bill Clinton and James Patterson

President Jonathan Duncan, a Gulf War veteran and widower, takes on adversaries at home and abroad.

3. New this week

#### THE ADVENTURE ZONE: HERE THERE BE GERBLINS

by Clint McElroy et al. Illustrated by Carey Pietsch

Based on the podcast from the McElroy family, a graphic novel featuring an elf wizard, a dwarf cleric and a human fighter who go on a journey.

4. 8 weeks on the list

#### **SHARP OBJECTS** by Gillian Flynn

After a stay at a psychiatric hospital, a reporter returns (reluctantly) to her hometown to cover the murders of two girls

5. New this week

#### **COTTAGE BY THE SEA** by Debbie Macomber

Annie Marlow forms new relationships in the Pacific Northwest as she tries to recover from tragedy

#### NY Times Best Seller list ~ FICTION



#### DEFENCE FIELD FIRING RANGES

#### WARNING NOTICE

SWIGLETON MILITARY AREA GOLDEN HIGHWAY COAL MINES SINGLETON TRAINING AREA VINEYARDS BROKE - CESSMOCK BOAD

POKOLBIN STATE FOREST

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

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

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

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

Death or serious injury may is sult 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 leward will be paid for the reporting of ammunition which may be located on the training are a.

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

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.



#### Annual land and stock return more valuable than you think

Local Land Services is urging NSW landholders to complete their annual land and stock return by 31 August 2018 and help maintain the state's capacity to respond to emergencies.

NSW landholders need to record their livestock numbers on 30 June and send to Local Land Services via post or online.

Return information is invaluable in the event of an emergency disease outbreak, such as avian influenza or Hendra virus. Combined with Australia's stock identification and traceability systems, it is an essential part of NSW biosecurity management.

Landholders without stock still need to lodge a return, as this is also important information during emergencies.

"Effective animal biosecurity and welfare is insurance to maintain market access for livestock producers," said Local Land Services acting statewide Chair, Susan Madden.

"NSW produce is free of many of the pests and diseases found in other parts of the world.

"That is why Local Land Services works with land managers to monitor livestock and share up-to-date advice and information to increase productiv-

For more information, land managers should contact their nearest Local Land Services office on 1300 795 299 or visit the Local Land Services website -

Landholders can mail back their completed form or complete online.

#### Coming Events ....

#### Let's tackle the drought together

The ACT Brumbies and NSW Rugby want to help farming families in the Upper Hunter.

A group of players will be visiting SCONE POLO FIELDS on MONDAY 13 AUGUST from 3.30pm-6.30pm for a free family training session and dinner. Support agencies including staff from Hunter Local Land Services, the Rural Resilience Program and Rural Financial Counsellors will also be on hand, offering drought support and advice and information about the new NSW Emergency Drought Package.

Supper will be provided for all families.

Let's tackle the drought together.

Want to RSVP now? Follow this link:

https://hunterlls.wufoo.com/forms/z6a6qml1s4qg1x/

**When** ~ 13th Aug 2018 3:30pm-6:30pm

Where ~ Scone Polo Fields, Waverley Road, Gundy

Contact ~ Scone Office: 4930 1030



#### The Kosciuszko is bringing out the entrepreneur in everyone

By Tom Baddock

The \$1.3m The Kosciuszko is bringing out the entrepreneur in everyone with some country trainers making preparations to ensure the public know they

The newly introduced concept will be run and won on the same day as the world's richest turf race, The Everest at Randwick on October 13.

The Kosciuszko is based on a similar concept to The Everest, where slot holders will have the opportunity to choose a galloper to run in the race for them.

However, what makes The Kosciuszko unique is that the slot holders will be drawn from a \$5 sweep stake, meaning a slot holder could be any member of the public who holds a ticket bought from a TAB, Pub or

With such lucrative prizemoney up for grabs Wagga trainer Scott Spackman and Tuncurry trainer Terry Evans have taken matters into their own hands, creating promotional posters which are to be plastered in pubs and clubs across the state in the hope of luring one of the lucky 12 who secure a slot to their stable.

Both Spackman and Evans are no stranger to the big stage, with horses from both stables running on consecutive days of The Championships last year. Spackman's lightly raced mare O' So Hazy finished third in the \$500,000 Country Championships Final behind Victorem while Evans' Arise Augustus finished third in a benchmark 80 handicap behind Grand Condor and Pick Me Up.

"I think O' So Hazy deserves her spot on what she did last campaign," Spackman said. "She's an up and comer.

"She was very stiff she didn't beat Don't Give A Damn (second) in the Country Championships Final. She toughed it out well but she is a much better horse over the 1200m than the 1400m, she's more brilliant over the 1200m.

'She has done extremely well in the break and we'll probably look at trialling her on the 30th (August) at Wagga.

"Before the The Kosciuszko came up we were looking at having a crack at a Fillies and Mares race over the spring carnival.

"I've made a poster and I'll be putting it up around the place, just to generate a bit of interest and let everyone know that we are here and we're willing to have a crack

"This is one of the greatest initiatives I've ever seen." For Evans to secure a spot with his tough gelding Arise fairytale, especially considering the horse is incredibly returning from a fractured leg.

"He's just such a tough horse and that's kind of horse you need for a race like The Kosciuszko," Evans said. "He pulled up with some swelling in his leg after his run last year and I thought it

might have been a suspensory injury but it turns out it was a fracture and he went into Newcastle Vet Clinic and they cleaned it all up.

"We've done rehab for nine months with him to get him back and we've done all the right things by him. "He had a nice quiet trial and he's had a bit of pace work so he's ready to go.

"He doesn't seem any different to last prep, he's fresh and rearing to go so I'm confident he can be competitive in The Kosciuszko.

#### Detailed saleyard report





## Saleyard report - cattle

#### Singleton report date 1 Aug 2018

Numbers declined, with the bulk penned entering the younger categories. Breed and quality on average was fair to good, with pens of the sought after black vealer steers offered. There were approximately 165 cows in the penning, the majority in store condition. The usual buyers competed in a variable market. The over 200kg vealer steers to the restockers gained 10c, making from 142c to 278c/kg. The same weight heifer portion also improved 10c to range from 150c to 238c/kg. Yearling steers failed to reach the high prices attained at the previous market, with those to restockers and lot feeders making from 156c to 250c/kg. The high yielding and prime conditioned younger cattle suitable for the butchers reached 334c/kg, as the yield and quality for the top lines improved week-on-week. Grown steers were mainly suitable for the lot feeders, with the lighter end averaging 233c to 236c/kg. Cows lost 30c, with the plainer 1 and 2 scores to the processors making from 60c to 158c/kg. The better covered heavy weights ranged from 175c to 205c/kg. The best heavy weight bull topped at 220c/kg.

#### Scone report date 31 July 2018

Consignments declined, with good percentages of split calves in the penning. The bulk were younger cattle, with majority suitable for restockers and lot feeder orders and numbers in prime condition, suitable for the butchers. There were approximately 320 cows in the offering, with majority in store condition and the usual orders competed in a cheaper market. The over 80kg split calves were very mixed in quality, with some pens showing the effects of the season. The better bred end of the offering sold well, reaching 224c/kg, however there was less competition for plainer drafts. The over 200kg vealer steers to the restockers decreased 35c, making from 130c to 236c/kg. The same weight heifer portion decreased the same in value, receiving from 100c to 212c/kg. Yearling steers to feed eased 20c, with the best reaching 258c and averaging 243c to 245c/kg. High quality, European yearling heifers topped at 272c/kg. The prime conditioned younger cattle to the butchers went to a cheaper trend, however the highest yielding pens topped at 322c/kg. Grown steers mainly went to lot feeder orders making from 172c to 250c/kg. Cows sold 10c to 20c/kg cheaper, despite southern restockers entering the competition. The plainer drafts to the processors made from 80c to 188c, with the better covered heavy weights receiving from 180c to 212c/kg. Restockers paid from 90c to 130c to secure their selections and the best heavy weight bull reached 215c/kg.

#### TRLX Tamworth report date 30 July 2018

Another large selloff, although down from the expected numbers as small amounts of rain held a few back. Young cattle and cows were well supplied, while there were no heavy grown steers to speak of and very few well finished grown heifers. The usual processors were in attendance, however there was a reduced feedlot presence. Restocker activity was also somewhat subdued. The reduced competition and reluctance of local restockers to participate resulted in cheaper trends through the young cattle. There were some breed related dearer prices in some of the light weight categories. Medium weight yearling steers to restock and feed sold to cheaper trends of 20c to 30c/kg. Quite a few were purchased by feedlot interests to be backgrounded and put onto feed at greater weights. The heavy feeder steers also sold to a cheaper trend, however were not as greatly affected, down by an average of 9c/kg. Light weight yearling heifers to restock and feed saw a few sales remain close to firm, while the balance sold to a cheaper trend. Medium weight feeder heifers were up to 7c/kg cheaper. The limited supplies of well finished grown heifers sold to a cheaper trend of as much as 20c/kg. The cow market experienced significantly cheaper trends through all weight ranges, with all condition score affected. The large volume of cows being offloaded seeing some processors close to saturation point.

#### Australia and NZ lamb prices breaking records

Australian trade lambs are approaching a record 800¢ and heavy lambs broke through that mark this week. However, the current market dynamics aren't restricted to Australia. New Zealand, Australia's principal competitor on the export market, is pushing similar extremes.

Last week, New Zealand lamb prices, converted into Australian dollars, average a record 729A¢/kg cwt, up 15% year-on-year and close to parity with the Australian lamb market. As illustrated below, this recent rally has even eclipsed the last surge

#### So what's driving this trans-Tasman market surge?

"He's a Randwick winner

how tough he is. Every time

he has been to town he has

been competitive and all the

top jockeys have said what a

Bowman and Blake Shinn

nice horse he is. Hugh

after he won on him at

Canterbury.

Australia and New Zealand account for about 70% of the global sheepmeat trade, and more so when it comes to exports of high quality prime lamb. The remaining trade is largely contained to a regional level – mostly between European countries or intra-African trade. Put simply, while some production growth is expected out of Oceania, the region cannot keep up with increasing global demand.

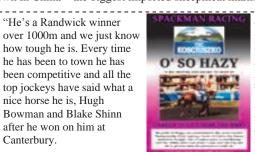
NZ lambing rates were a record high last year but the flock has continued to contract, losing hectares to dairy over the last decade and, more recently, impacted by a modest beef herd expansion and a changing environmental regulatory environment. Beef + Lamb NZ have forecast a small lift in to 2017-18 (October-September production year) lamb crop but many lambs were killed in the December quarter last year leaving fewer for 2018 slaughter. NZ lamb slaughter across February-March was back 17% year-on-year, with production compounded further by lighter weights coming through. Slaughter rates have lifted more recently, up 20% year-on-year across April-May but will now enter a period of sharp

As highlighted last week, Australia also entered a period of elevated lamb slaughter in May, keeping a lid on prices. However, with Australian lamb kills subsequently contracting and NZ nearing the bottom of seasonal its trough, neither producer is able to keep up with current export demand and prices have surged.

And demand abounds. Australian lamb exports lifted 12% in 2017-18, reaching a record 270,000 tonnes swt, led by strong demand from the US and China. Mutton exports jumped 32% in 2017-18, to 161,000 tonnes swt, reflecting on-going dry conditions and an export market ready to purchase any additional volume. Moreover, in the 12-months to May 2018, export value increased 23% over the same period last year, to an unprecedented A\$3.2 billion FOB and reflective of an overall rise in average unit export prices.

New Zealand has experienced similar demand growth in recent years, however with supply constrained export expansion has largely come at the cost of its own domestic consumption.

What next? ~ August typically marks the seasonal low in New Zealand lamb supply. Meanwhile, poor pasture conditions and high feed costs will likely delay the first wave of new season lambs out of NSW. As such, prices may remain elevated until adequate supplies in either country hit the market later this year. However, there are a few risks around reaching a price ceiling consumers are willing to pay and sheepmeat getting caught up in the ongoing trade wars or economic shocks, particularly a slowdown in China – the biggest imported sheepmeat market in the world.



"Greg Radley named him the 'Iron Horse' last time he raced in town and I think he has proved that by coming back from the injury.'



Arise Augustus resumed from a spell last Thursday in the \$35,000 Blinkan Missit Showcase Handicap (800m) at Coffs Harbour on Cup day (at the time of writing result unknown).



#### Best iPhone 2018: Is it the best?

By James Peckham, Matt

Buying the best iPhone in 2018 is more complicated because the choices aren't very obvious for everyone. Apple launched three new iPhones last year, including the pricey iPhone X. You have big decisions to make. There are eight iPhone models on sale through Apple's official website, and even more from other retailers looking to sell you on a used iPhone. They range from the 5.8-inch all-screen display of the iPhone X to the 4-inch one-hand-friendly old-school screen size of the iPhone SE. The prices vary wildly. No matter what, buying a top -rated iPhone is always an expensive decision, so we're here to help. The iPhone X, iPhone 8 and iPhone 8 Plus have all secured spots on our prestigious best phones list. but what happens when all the phones on a recommended list are iOS 11 (and iOS 12 beta) devices? Our top iPhone list highlights

#### simple-to-read format. 1. iPhone X

The iPhone you've been waiting for

the different specs, screen

sizes, and price points. Each

of these handsets has some-

thing to offer every type of

Apple fan – so we've boiled

down the choices for you in a

Weight: 174g | Dimensions: 143.6 x 70.9 x 7.7mm | **OS**: iOS 11 | Screen size: 5.8inch | **Resolution:** 1125 x 2436 | **CPU**: A11 Bionic | RAM: 3GB | Storage: 64/256GB | **Battery:** 2.716mAh | Rear camera: 12MP+12MP | Front camera: 7MP

- + Brilliant screen + Powerful innards
- Smart TrueDepth camera
- Incredibly expensive
- The iPhone X is as impressive as it is expensive, but if you really want the best iPhone today and don't want to wait for the iPhone XI, this is the one to get today. Millions of Apple fans already have since it launched almost seven months ago. It's the future of Apple's smartphone. It has a large all-screen display, except for a notch cutout at the top that houses a new TrueDepth Camera. This takes selfies to another level and can also map your face to ing it's only now that the an iPhone X-exclusive Animoji. If you don't know what that is by now you probably won't care.

The iPhone X is Apple's 10th anniversary smartphone and has just about everything iPhone users have been asking for, from a more forwardleaning design to faster specs and new features. You'll just have to get used to Face ID instead of reaching for that non-existent fingerprint sen-

#### **Our Verdict**

The iPhone X was a huge gamble from Apple, yet one

that really paid off six months into our testing. Losing the home button and altering the design was a dangerous move, but one that was sorely needed after years of similarity and the premium design, extra power, all-screen front mix together to create - by far - the best iPhone Apple's ever made. It's impossible to give a perfect score to something that costs this much - but this is the closest to smartphone perfection Apple has ever

- Great screen
- •Premium, strong de-
- •TrueDepth camera is powerful

#### Against

- The most expensive flagship phone around
- Metal rim can scuff without case

#### Screen

- By far the best screen on an iPhone
- Clear, vibrant
- Notch at top slightly irks, but doesn't get in the way

The first thing you'll notice about the new iPhone is hard to miss: the new screen blazes into your eyes the second you pick up the hand-

The 5.8-inch OLED display is, quite simply, the best thing Apple has ever crammed into an iPhone. It's leaps ahead of the iPhone 8 and 8 Plus for so many reasons: the sharpness, the quality, the fact that it fills the whole front of the phone, and the color reproduction. It's also using a new, longer, screen, but while it looks larger than the iPhone 8 Plus' 5.5-inch display on paper, it's only marginally bigger in terms of actual screen real estate – it's just stretched upwards, so it's taller, not wider. The stretched screen is a

completely different experience on the iPhone X OLED technology means you're getting deeper blacks and more blinding whites, so everything from websites to the photos you take in will look a little better. Some will point to the fact that Samsung has been using since the first Galaxy, but

OLED screens on its phones Apple counters that by saytechnology is good enough for its phones.

On the face of it that sounds defensive, but when you use the iPhone X you can see it's a screen that's incredibly, well, Apple.

It's not the sharpest or most colorful screen on a smartphone, but it's clean, crisp and doesn't suffer from terrible color shifts when you move it around. It's a great display to look at from all angles, and that's what you want on a mobile device. It's also been dubbed the best in the world, by the esteemed

that it's the brightest and more color-accurate OLED on the market and good offcentre brightness shifts showing Apple can tune the tech from Samsung really well.

The term 'bezel-less' has been bandied about for the iPhone X. but that doesn't really tell the right story. Yes. there are slight bands around the edges of the screen as this isn't a curved screen iPhone. but they don't mar the experience – they give the fingers something to land on, preventing accidental touches of

Apple could reduce these further in the future and offer a more visually-appealing iPhone, but on the X the experience is still striking. Talking of visual appeal, the notch at the top of the iPhone X is something that's been divisive, and that's fair. Apple has taken this little chunk out of the top of the screen to house the new TrueDepth camera, and it encroaches on the display. A lot newer Android phones, including the OnePlus 6, copy this style. In portrait mode it's hard to notice it's there, and the way the notifications bar spills around it is nice. However, place the phone in landscape mode and it's far more noticeable; it's an irritant when you're watching

movies, as when we wanted to expand them to fill the screen (one of the real beauties of having a longer display) elements of the action were cut out by the notch. The longer screen is also thinner though - this means there's less real estate for typing. We didn't notice this at the start, but when flipping between the X and an older iPhone, you'll really see there's less space for your

digits to tap onto. While we're talking about that longer screen, the 18:9 format is something we've seen on a number of other phones this year, and in the Android world the apps are largely encoded to fill the display just fine.

On the iPhone X, however, that's not the case, with many apps we used packing massive black bars above and below the display. That's quickly started to improve though, and each day more apps update for the longer screen.

below the keyboard where the home button would have

The issue with apps using the black bars is that it makes the iPhone X look like any other handset from Apple - even an iPhone 3GS – and given the screen is the main visual differentiator on this phone, and you want every app to fill the display nicely. There are now very few apps left that have these bars above and below, with most expanding the screen to fill the whole front of the phone and curve around the notch.

DisplayMate testing, showing The new display on the iPhone X also showcases a new feature for Apple: HDR playback. The phone can show movies encoded in the HDR10 and Dolby Vision formats, and combined with the OLED display the images offer so much more depth and realistic color reproduction.

If you're watching a scene with explosions in it, the effect is incredible on the iPhone X much like with all OLED screens.

However, it's inherently harder to make out detail in darker scenes in HDR movies that's something you'll need to adjust to.

Compared to the LCD screen of the iPhone 8 Plus, there are times when you can see less of the action, but compare them side by side and you'll see that the overall richness, depth and quality for watching movies is just higher on the iPhone X. Like the iPhone 8 and 8 Plus, the X uses a True Tone display, which mimics the lighting conditions around it and will adjust the white balance accordingly. It's not a reason to buy the phone on its own, but it's a really premium little extra that you'll grow to like. The **iPhone X** is the huge leap forward that Apple's handsets needed after ten years, and it's even better in 2018 thanks to a more stable *iOS 11.3 update*. Aside from the original iPhone in 2007, this new iPhone is having the biggest impact on Apple's smartphone direction

Apple itself is calling it the future of the smartphone, the embodiment of what it's been trying to achieve for a decade. But while the iPhone X is all about premium parts and an all -new experience, it's a huge gamble for the Cupertino brand too, as it tries to reclaim some leadership in smartphone innovation.

Losing known, reliable elements like the Touch ID fingerprint scanner, the home button; introducing new methods of navigating and unlocking the phone – and charging a lot more for the privilege seems risky for a company that was already treading new ground by doing away with the traditional headphone jack last

But the iPhone X is the handset we've been demanding from Apple for years - a world away from the increasinglytired designs that those who iust want a new iPhone have The fervour around this phone tells that story - everyone

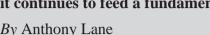
wants to know if the new iPhone X is worth having, partly because it actually represents a new iPhone, and that fervour is such that they don't seem to care about the

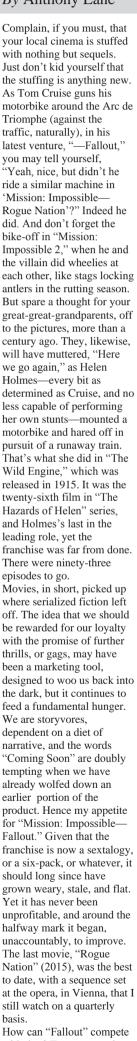
So... is the iPhone X worth having? Will it change the direction of an industry where many of the specs Apple has put in – fast charging, wireless charging, bezel-less displays and face recognition - are already on the market?

# MOVIE REVIEW

#### Mission: Impossible—Fallout

It Maintains the Good Spirits of Its Predecessor. The franchise, starring Tom Cruise, should have grown weary long ago. Yet it continues to feed a fundamental hunger.





with that? To an extent, it can't. There was an unexpected suavity to "Rogue Nation," thanks to the tuxedos, the snatches of Puccini, and the stride of the plot, which suggested that

saving the world might yet be achieved in style. The new film, though longer (it runs for nearly two and a half hours), somehow feels more rushed, while sticking to the belief that, in the search for the right kind of force, you can't beat brute. Thus, we get Henry Cavill as August Walker, a homicidal slab of meat from the C.I.A. who could slice you open with a single swipe of his mustache. We also get a three-person brawl in a men's room, which causes irreparable damage to the sanitary ware, and which is clearly indebted to the punch-up at the start of "Casino Royale" (2006)—the scene in which Daniel Craig, fresh to the role of 007, showed his credentials by destroying a toilet cubicle. In more gratifying ways, however, "Fallout" maintains the good spirits of its predecessor. Many of the cast are back for more.

Hello again to Solomon Lane (Sean Harris), the villain who could use a moral conscience and a bottle of throat linctus; to Ilsa Faust (Rebecca Ferguson), notionally a British agent, although you can never tell; and to Alan Hunley (Alec Baldwin), the middleman between the U.S. government and the Impossible Missions Force. Cruise, as usual, plays Ethan Hunt, the sharp end of the I.M.F., with Benji (Simon Pegg) and Luther (Ving Rhames) as his fixers. The director of "Rogue Nation," Christopher McOuarrie, returns for duty, too. The word "fallout" in the title derives not, as you might imagine, from Ethan's pathological urge to tumble out of aircraft, or high windows, but from three hefty spheres of plutonium. Were they hung, perhaps, outside the shop of a radioactive pawnbroker? Anyway, they go missing, and Hunley suspects a sinister group called the Apostles. They *could* be the same Apostles who convene at Cambridge in semisecrecy, for the purposes of intellectual discussion, and whose past members

include Tennyson and John

Maynard Keynes, but, on

balance, I think not. What

nuclear explosion pending,

back. Intellectual discussion

matters is that, with a

Ethan has seventy-two

hours to get those balls

At a certain point in any

self-references become less

jaunty and more needling,

movie franchise, the

will have to wait.

with characters who jab at one another's raison d'être. We all know the tape recording to which, at the outset of every tale, Ethan has to listen, complete with its gentlemanly caveat, "Your mission, should you choose to accept it." On this occasion, that offer is roundly mocked, as Lane says to Ethan, "Your mission, should you choose to accept it. I wonder, Ethan, did you ever choose not to?" An excellent question, and the mood is toughened by Hunley's boss, Erica Sloan (Angela Bassett), who describes the I.M.F. as "a bunch of grown men in rubber masks playing trick or treat."

The masks have been a proud staple of the "Mission: Impossible" films since 1996, when what appeared to be Jon Voight unpeeled his features to reveal those of Cruise. (Don't mention the height difference.) Thenceforth, throughout the series, we have been permanently and deliciously unable to decide who, at any moment, is who. "Fallout" is extra confusing in this regard, because Ethan's former wife, Julia (Michelle Monaghan), absent since "Mission: Impossible— Ghost Protocol" (2011), shows up anew and turns out to bear a strange resemblance to Ilsa Faust. One woman, two masks? Two women, one mask? God knows. In terms of female representation, the "Mission: Impossible" saga was woefully slow off the mark. The original movie succeeded in wasting Emmanuelle Béart and Kristin Scott Thomas, and it wasn't really until Ferguson sallied into film No. 5, toting an assassin's rifle, that progress began to be made. "Fallout" sustains the momentum, courtesy of Bassett, Monaghan, and Vanessa Kirby, last seen as Princess Margaret in "The Crown," and now granted the type of part that a yawning royal might dream of—a negotiator known as the White Widow, whose motives are no easier to discern, or to guard against, than the knife that she straps to her thigh. What these women bring to the film is



an adult impatience, gilded

with sly amusement, at the

international antics of the

boys. "Please don't make me

go through you," Ilsa warns

Ethan, as if he were made of

tissue paper. Helen Holmes

would

approve.



#### The project **Pauline** Hanson called a 'disgrace' just proved her wrong

Toby Hall (published in The Guardian 3 Aug 2018)

**Extremists claimed that Syrian** refugees would increase crime and fear in Eltham. The opposite happened.

Eltham, on Melbourne's north-east fringe, is a quiet hamlet that retains the feel of a country town despite being under an hour's drive from the CBD.

Eltham's sleepy profile made it all the more jarring when, two years ago, it became "ground zero" for an effort by extremists from outside the area,

including some from interstate to create fear and havoc around the suburb's welcome of a small number of Syrian and Iraqi new arrivals, part of the intake of 12,000 extra refugees announced by the Abbott government as Australia's response to the humanitarian disaster in that part of the world.

Flag-waving members of outlandishly named groups such as the United Patriots Front, True Blue Crew, Reclaim Australia, and the Soldiers of Odin – many of them hiding their identities behind bandanas and sunglasses, hoodies pulled down low over their heads gathering together in an Eltham park surrounded by a massive security presence, including mounted and riot police.

Their protest – based on racism, misinformation and fantasy was ugly, threatening and hostile.

And for what? Because St Vincent's Health Australia had offered 60 newly renovated and empty units on the grounds of its Eltham aged care

village – situated well apart from any other accommodation on the 17 acre site – to be used temporarily by the refugees to assist in their resettlement in Australia.

Even the newly minted senator, Pauline Hanson, got in on the act calling our plans "an absolute disgrace."

Two years down the track, as what became known as the Eltham Project draws to a close, the dire predictions by the extremists - everything from ushering in a local crime wave, to creating an environment of fear among the village's elderly residents – have proven unfounded.

Instead, what has occurred has been a wonderful exercise in cohesion and respect: a community's generous embrace of the refugees, who have been eager to put down roots in their new environment.

St Vincent's Health's decision to open up its aged care village came from the knowledge that housing would be a major issue. In a city already beset by housing affordability issues, the new arrivals would be very vulnerable in the competitive private rental market. We hoped that in our accommodation - and with settlement support from CatholicCare – the refugees would be able to acclimatise to their new home and build up their community links and rental history, so they would be better able to move into the private market when the time was right. And I'm extremely pleased to report that's what has occurred. Over the last two years, 61 refugees (54 adults, seven children) were housed at Eltham and successfully put roots down in their new homeland, without incident.

At the time of writing, all but four have successfully moved into private rental and are on track to do so in the weeks ahead. Another 14 will stay at Eltham because, as the site reverts back to providing housing for older people, all qualify given they are aged over

Many also now have jobs. Others are busy studying English so they can become job-ready.

The people we housed at Eltham were salespeople, teachers,

photographers, medical assistants, pharmacists, accountants and engineers. And you know what? Contrary to the extremists' fearmongering, over the duration of the project, crime in the local area actually went down ... dramatically.

The number of recorded offences in the Eltham area dropped by more than 44% between 2016 and 2018. But what made the Eltham Project truly successful was the outpouring of generosity, understanding and welcome from the local community. When the extremists rallied - at numbers barely reaching three figures – and were supported vocally by Senator Hanson, the people of Eltham responded with a peaceful counter protest, numbering in the thousands of genuine locals.

I keep coming back to the story of the young refugee who arrived at Eltham pregnant. Such was the friendship she formed with her CatholicCare volunteer support, that she was invited to attend the child's birth. They maintain an ongoing close bond that is wonderful to see. Stories like that abound at Eltham.

Across the suburb, people – either in church and community groups or as individuals rejected the politics of division and stood up to lend either a hand, their expertise, or their money to help make the project a success.

It was also terrific to see support across the political spectrum with full-throated backing from local representatives, Labor's Vicki Ward and Jenny Macklin, and the Liberal's Mary Wooldridge, along with Nillumbik Shire Council. Senator Hanson said about the Eltham Project in 2016: "This is wrong, because they will get their foot in the door in this aged care facility in Victoria, where else will it happen around the country?"

Given the wonderful example of community spirit we've seen at Eltham, one can only hope Senator Hanson's fears come to fruition.

> Toby Hall is the CEO of St Vincent's Health Australia

No.482 | WEDNESDAY 8 Aug 2018

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

I had a phone call last week from a friend in Singleton that I hadn't seen for a while to congratulate me on my 20 year CWA membership. When I asked her how she had found out (thinking someone had told her about it) she told me that her husband had picked it up with the Singleton Argus, and that they think it has more news in it than the Singleton Argus and more interesting also. I didn't realise it was available in Singleton and said so. She said they look forward to reading it every fortnight. Thought I would pass the compliment on. Denise McGoldrick, Branxton (Ed. It is also available in Maitland, Kurri Kurri, Cessnock, Aberdare, Abermain, Pokolbin, West Cessnock, Weston & the local

TO the areas Combined Classic Motorcycle clubs who have raised a total of \$10,000 to the Westpac Rescue Helicopter Service. Members from Muswellbrook, Singleton, Greta, several Newcastle Clubs, Central Coast Clubs and Taree added to the total last week after the days ride around the

Lower Hunter. They gathered at Luskintyre Tiger Moth Airfields and were made very welcome. Around 65 motorcycle riders and some pillions enjoyed a great day and better still raised money for a very vital Hunter Valley

TO Cessnock City Council for their support behind the NSW Public Libraries Association and Local Government NSW 'Renew Our Libraries' funding campaign. A big 'thumbs down' to the NSW Government for slashing funding by a huge 18 per cent to the 360 public libraries across the state. Well done CCC!!!



#### Classified's

## Classified's

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

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

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

For Rent: Branxton RSL Hall, air conditioned. Short or long

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

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

For Sale: Free range eggs. \$4/doz Greta 0412 976 809 Microchipping: Cats and Dogs, all sizes and breeds, will come to you. \$20 per animal, please call Angela on 0431649947.

Mobile Travel Agent: 20 yrs experience. Will come to you for expert holiday planning. Obligation free appointments. P: 1300 365 68 (ext 595) M: 0404 831 867

W: www.mtatravel.com.au/sfenton E: sfenton@mtatravel.com.au

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

negotiable P: 4938 3542 Riding Lessons: agistment, horses trained. www.byalee.net

Share House: Fully furnished, double bedroom, Built-ins, ceiling

fan, Air Con, very quiet. \$165/week. P: 0413 896 866 Wanted: high quality mechanical wrist watches & clocks. Keen collector. Willing to pay good prices. Prefer Rolex, Omega, Oris & Tag. P: 0414 757 826

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

Work Wanted: HAVE UTE WILL CARRY. Need something moved? Phone Phil on 0447 381989

Work Wanted: Need an extra hand? I do all maintenance, labouring, construction, asbestos & have working with children licence. P (Pat) 0414 278 292

Work Wanted: Lawn Mowing; best rates ~ large or small area. P: 0459 123 397 Work Wanted: Lawns mowed, rubbish removal &

slashing. Also 'Bobcat' work, trenching & post hole boring & general maintenance & handyman work. Phone Steve on 4938 3601

Work Wanted: HORSE CLIPPING - PERFORMANCE READY. Hunter Valley & Central Coast. Phone Caron

Work Wanted: Lawns properties, mowing, trimming, removals, maintenance. Paul 0478103814 or 49987567 Nork 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

> Classified's ~ Cost:- For one-off domestic Otherwise it is \$2/line

#### 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,

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#### Dates for your diary >

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

TUE 14 Aug - Branxton Public School Maths Workshop for interested parents 3:15 in 5-6B & 5-6T classrooms TUES 14/08 ~ B/G CWA Mtg. 9.30am, Old St Brigids School Staff Room, Station St, Branxton

3pm at Cessnock Leagues Club. Guest speaker Katie from Cessnock Plaza Pharmacy will talk about "MY Health Records" a new central place for patients to be accessed, also will do a blood sugar testing to have a hands on activity. All welcome

THU 23 Aug ~ Cessnock Prostate Cancer Support Group meet

Cost FREE. Contact Barry or Rose 49904554 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

#### Dates for your diary >

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

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

JAZZ IN THE VINES at Hope Estate, 24th November 2018

SHANIA TWAIN 'Now Tour' at Hope Estate, 8th December

#### Other dates to remember 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 -WOLLOMBI MUSIC FESTIVAL

6th Oct - OPERA IN THE VINEYARDS

8 Dec - Shania Twain 'NOW' - 2018 Tour Hope Estate in what promises to be one of the most anticipated tours of 2018, Global superstar Shania Twain has announced that she will hit the road this year in support of her new album, NOW. It's been 15 years since Shania Twain released the hit album 'Up!'



Kindergarten enrolments are currently being accepted. Our first official orientation event will take place in Term 3 with a Parent

Information Evening on Tuesday 28<sup>th</sup> 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. Parents are invited to our maths workshop on Tuesday 14th August in the 5-6T & 5-6B classrooms at 3:15pm. Come along and see how Stage 2 & 3 students are taught maths in the classroom. Any interested parents are welcome to join us.

This week is Education Week where we celebrate Public Education in NSW. This year our theme is 'Today's schools – creating tomorrow's world'. We will be holding our whole school celebration on Wednesday 8<sup>th</sup> August with parents visiting classroom and an Education Week Assembly to show off the many talents of our students. Year 6 will also be holding a cake stall at recess. Come along and see the excellent things going on at Branxton Public School.

Drum Corp is inviting parents to come and watch their child practice their drumming skills this week on Thursday 9<sup>th</sup> August. The senior group begins at 11:40 and the junior group at 12:15. Congratulations to our Zone Athletes who competed in Week 2. The students displayed excellent behaviour and great sportsmanship.

Our school leaders attended the Leaders' Breakfast in Cessnock in Week 2 looking impressive in their school blazers.

Our Kinder Excursion to Hunter Valley Zoo was a fabulous day! We were able to see so many different animals and learn about what they need to be happy and healthy. Thank you to the many parent helpers who came with us – you are wonderful and made the day even more fun for the students. Thank you also to the parents who helped during our  $100^{th}$  day of school celebrations. Kindergarten are officially 100 days smarter!



∃ Kinder Zoo Excursion

Well done to our Junior and Senior Dance Groups who performed at the Hunter Dance Festival in Week 2. Both groups performed beautifully. Thank you to Miss Elsley and Ms Leverton for giving our students this exciting opportunity. You may have noticed the new Administration block which has

the new Administration block which has recently been delivered to our school. It will house our lovely office staff, Mrs Maier and Mrs Ballenden, as well as providing much needed space for a sick bay, extra bathrooms and storage areas. 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.



Ξ Kinder Zoo Excursion



₹ 100 Days Smarter



Ξ Junior dance group

#### **Dates for the Calendar**

Wednesday 8<sup>th</sup> August – Education Week Activities Tuesday 14<sup>th</sup> August – Maths Workshop for interested parents 3:15 in 5-6B & 5-6T classrooms

Thursday 23<sup>rd</sup> to Friday 24<sup>th</sup> August – Stage 2 excursion to Sydney

Tuesday 28<sup>th</sup> August – Parent Information Evening Kinder 2019

Wednesday 29<sup>th</sup> August – Book Week Parade and Book

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.



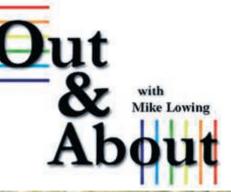
 $\Xi$  School Leaders breakfast



■ Senior Dance Group



Ξ Zone Athletes



## Combined classic motorcycle clubs unit again for Westpac Rescue Helicopter Fundraiser

Last week saw the 7th year annual ride since the Combined Classic Motorcycle clubs instigated their fundraising ride in aid of the Westpac Rescue Helicopter service. The HV Combined Classic Motorcycle clubs ride started in 2012 where around 65 motorcycle riders and some pillions gathered at Luskintyre Tiger Moth Airfields for a ride around the Lower Hunter Valley. After the days ride it was decided by organizers that all monies raised from a entry fee and raffles it would be donated to a charity. The Westpac Rescue Helicopter was decided on and has been receiving an annual donation ever since. To date \$10,000.00 has been donated.

This years ride attracted riders from Muswellbrook, Singleton, Greta, several Newcastle Clubs, Central Coast Clubs and Taree. The motorcycles range from 1930's through to 1988 with some modern day motorcycles in the mix. This year over 80 vintage and classic motorcycles entered. The organizer of the days ride would like to thank all vintage and classic clubs and riders and pillions for attending and making it a enjoyable days ride. Also thanks to Luskintyre Tiger Moth Airfields for letting them use their venue as a start and finish point for the day and Vacy Fire Brigade for catering



A classic bike supporter



Derek Woodcroft doing his bit helping with the raffles



Bikes of the same era of the bi-plane.



BEN BOOK BOOK OF LAN

Mr Stephen Drinkwater of Coalfields Classic Club of Greta receiving the Certificate of appreciation from the Vacy fire brigade



Derek Woodcroft and Stephen Drinkwater taking last minute entries for the ride



Supporting vintage motorcyclist ... Geoff the bi-plane pilot was only happy too support the event



Frank enjoying a coffee and chatting to another supporter before to ride.

#### Council rallies behind Renew Our Libraries

Cessnock City Council has thrown their support behind the NSW Public Libraries Association and Local Government NSW 'Renew Our Libraries' funding campaign.

Renew Our Libraries is advocating for the NSW State Government to reverse funding cuts to libraries across the state and seek bi-partisan support for the provision

and seek bi-partisan support for the provision of a significant increase

in funding for NSW public libraries.

The campaign is a result of the NSW Government slashing funding by a huge 18 per cent to the 360 public libraries across the state, a cut that threatens the viability of these important community hubs.

Currently the NSW Government contributes 7.8 per cent to total funding of libraries. Our neighbours Victoria and Queensland are doing a lot better. In Victoria the government contributes 18 per cent and in Queensland the rate is 12 per cent. Local governments across NSW contribute a whopping \$314 million annually to ensure our libraries remain thriving community centres. On the other hand the NSW Government contributes just \$23.5 million a year.

Cessnock City Mayor, Councillor Bob Pynsent said the significance of local libraries cannot be understated.

"You only have to walk into any of our local library branches on any given day to see how integral these spaces are to our residents. They are not just a service that has great resources, but provide a space where people connect, learn and are entertained."

"In our local government area less than half of households have a computer. Our libraries are a central place for residents, especially students doing their homework or assessments."

"The importance of libraries needs to be a priority and these services need to be supported by a sustainable funding model." Cr Pynsent said.

FROM Page 6

Sue Moore, Mayor Singleton Council

#### Members say ....

The excellent work being done by Council closer to home has also attracted State attention with Singleton shining at the 2018 Local Government Week Awards in Sydney on Thursday.

I am really proud to report that Singleton Council made it a clean sweep in both categories we entered, taking out the award for Planning Cultural Change for the significant work to implement a digital development application lodgement process, and the RH Dougherty Award for Excellence in Communication for #singletonstories, a weekly profile of the amazing people in our community posted to Council's Facebook page each Sunday. The judges noted the introduction of the IT process and removal of paper files as part of the digital development application lodgement resulted in "a more collaborative team environment" and better customer service. #singletonstories was described as "quirky and amazing", with judges saying "these stories build the fabric of a community and will keep it alive in the future"

These awards are due recognition for the great ideas and hard work happening in the organisation, but what is most special is that these projects are delivering fantastic outcomes for the people in our community. But don't think our trophy cabinet is closed for another year. Our Integrated Risk Management Team and Organisation Development Team are also in the running for prestigious awards in the coming weeks, and I look forward to bringing you even more good news that the people delivering the services and infrastructure to our community are among the best there is in NSW.

Cheers, Sue

Branxton & Vineyards Real Estate
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A look back The news Issue No 56 18th Nov. 1999

**Dalwood Public School reunion** 



Thirty—five ex-students from all over N.S.W., including one from Queensland attended the Dalwood Public School reunion which was held on the 24th October 1999 at Miller Park Sports & Recreation Club, Branxton. The day was to be held at Wyndham Estate but because of the inclement weather,

which we have endured lately, the reunion was moved to Miller Park
Sports & Recreation Club where it was thoroughly enjoyed by all who attended.

Later or was renarrow to make the control of the school of the reunion was moved to Miller Park was renarrow to make the control of the school of the reunion was moved to Miller Park was renarrow to make the control of the control of the reunion was moved to Miller Park was renarrow to make the control of the

Dalwood Public School was established in June 1898, named "Marshwood", with an initial enrolment of 17 boys and 12 girls. Later on , in May 1934, the school was renamed Dalwood.
The School was eventually closed

The school taught children from Kinder to Year 6. At once stage in the schools life it had up to 46 students registered ~ quite a feat considering the population of the

area at that time. Congratulations to all the people who helped to make the reunion such a success.

Photo above: Dalwood Ex-Students enjoying the re-union day.





**Branxton Veteran Golfers** Results 26-7-18

Stableford (9 holes - Mid year lunch

round)

Div 1 Winner E Barrett 23 pts (SOD-c/b) R/u R Yandle 21 pts 3<sup>rd</sup> G Beeton 20 pts Div 2 Winner R Chalmers 23 pts R/u M Lutovac 22 pts 3<sup>rd</sup> B Turner 20 pts(c/b) Ladies Winner M Hunt 17 pts

(c/b) R/u R Friis 17 pts 3<sup>r</sup> R McCarthy 15 pts NTPs Ladies R McCarthy (4th

week) Gents R Hain Members draw - Won C Hocking

2<sup>nd</sup> draw - Won G Anderson The pleasant Winter days just keep rolling along, much to the comfort of our keen group of veteran players. In excess of 40 members gathered for to-days round with some very good scores being recorded. Congratulations to Eddie Barrett on winning his division and achieving the

"Score of the Day". Well done to all other winners and placegetters. Our thanks again to Paul, our chef, for another most enjoyable lunch, with quality and quantity. A special thank-you to Cathy Hocking, who made a generous donation to enable a 2<sup>nd</sup> draw to be conducted, with George

Results 2-8-18 Stableford Div 1 Winner R Yandle 36 pts (SOD) R/u G Noble 30 pts 3<sup>rd</sup> M Ford 28 pts (c/b) Div 2 Winner S Dunker 32 pts R/u R Hain 31 pts 3<sup>rd</sup> P Tracey

Anderson being the winner

Ladies Winner M Hunt 26 pts R/u J Harris 25 pts (c/b) 3<sup>rc</sup>

J Scobie 25 pts NTPs Ladies R Friis

Gents E Barrett Members draw - Not won A goodly number of players took advantage of the marvelous Winter weather to play a round of golf in comfort, with shirt sleeves to the fore. Congratulations to Roger Yandle on winning his division

and achieving the "Score of the Day", and a well done to other winners and placegetters. LN Bootes, Hon Sec

**Branxton Lady Golfers** 4th July - Monthly Medal Winner Robyn Hoffman with

83 nett Runner Up Neridah Busch with

NTP Jen Salna Putting comp Jen Salna with 28

Carol Miller with 30 putts 11th July - PAR Winner Neridah Busch with -3

Runner Up Jan Scobie with -3 3rd Carol Miller with -4 4th Ruth McCarthy with -6 NTP Robyn Hoffman winning the nest of balls of 17

18th July - Stableford Winner Neridah Busch with 38

Runner Up Ruth McCarthy with 32 points 3rd Caren Caldwell with 31

4th Robyn Hoffman with 29 points

NTP Caren Caldwell 25th July - Pauline Thomas

Trophy Round 3 Winner Jan Scobie with 36

Runner Up Caren Caldwell with 35 points 3rd Ruth McCarthy with 32 points 4th Neridah Busch with 30

points NTP Caren Caldwell 1 August 2018 – Monthly Medal Round 6 Winner: Neridah Busch with 65 nett Runner-up: Caren Caldwell with 77 nett

Nearest to the pin: Robyn Hoffman Putting Comp: Neridah Busch with 29 putts Robyn Hoffman with 31 putts

Branxton Golf Club Saturday, 28th 2018 SATURDAY COMP STABLEFORD

Sponsor: BRANXTON PRO SHOP 57 players A GRADE WINNER: Steve Eccles 37 pts A GRADE RUNNER UP Michael Tracey 36 pts A GRADE THIRD Stephen Kearney 35 pts B GRADE WINNER Joseph Bereza 42 pts B GRADE RUNNER UP Robert Biles 40 pts c/b B GRADE THIRD Daniel Rogers 40 pts C GRADE WINNER Fraser Wilson 36 pts c/b C GRADE RUNNER UP Richard Turnbull 36 pts c/b C GRADE THIRD Robert Watson 36 pts BALL COMP 32 pts NTP 2/11

David Hollis HOLE IN ONE NTP 4 C Burdekin 260cm NTP 9/18 L Heuston 53cm NTP 13 P Mackenzie 235cm Saturday's Stableford Competition was highlighted by Dave Hollis' wonderful "hole in one" on the 2<sup>nd</sup> hole. It was a perfectly hit 9 iron that landed just before the cup before rolling in to the delight of all players near the green. Dave was last seen enjoying many free beers back at the club, despite having a very ordinary round after that—and who could blame him! The A Grade competition was won by Steve Eccles with a very pleasing 37 pts, just ahead of the ever consistent Mick Tracey with 36 pts, with Steve Kearney third with his 35 pts. The day's best stableford score was recorded in B Grade with Joe Bereza having a wonderful 42 pts, with Bob Biles and Dan Rogers filling in the minor placings with their excellent 40 pt rounds. Fraser Wilson won C Grade, on a countback from Richie Turnbull and Robert Watson, all recording 36 pts. 32 pts was needed to win a ball. Lee Heuston recorded the best nearest the pin with his shot finishing only 53 cms away on the last (Dave's shot wasn't actually near the pin—it was in the hole!). Paul Bush and Darren Gilroy caused a minor upset winning their pairs match against the club Captain Murray Johanson and his very talented son Cameron, with Darren ensuring their win with

match going down to the wire. Saturday, 4<sup>th</sup> August 2018 SATURDAY COMP MONTHLY MEDAL STROKE MONTHLY

a great birdie on the 17<sup>th</sup>. From

all accounts it was an excellent

MEDAL WINNER David Hollis 67 nett A GRADE WINNER Peter Wilton 69 nett A GRADE RUNNER UP Gary Wilton 71 nett B GRADE WINNER Tony B GRADE RUNNER UP Kelvin Mather 72 nett C GRADE WINNER Mick Lutovac 70 nett C GRADE RUNNER UP Terry Partridge 75 nett BALL COMP 78 nett NTP 2/11 Barry Turner 394cm NTP 4 Steve Eccles 135cm NTP 9/18 Gary Wilton 329cm NTP 13 Tony Seamer 457cm Dave Hollis followed up last week's hole in one with an excellent round of golf on Saturday, winning the Monthly Medal with his 67 nett. It has certainly been a week to remember for this very capable golfer. Peter Wilton played beautifully from his low single figure handicap to win A Grade with his 69 nett score, just ahead of local legendary senior, Gary Wilton, with his 71. Tony Seamer has found a rich seam of form, winning B grade with a fine 68 nett. This followed his recent win at Cessnock with the Newcastle Vets last Monday. He is another golfer enjoying some good form of late. Kelvin Mather finished runner up with his 72 nett. Mick Lutovac won C Grade with an excellent 70 nett score, with Terry Partridge runner up with a 75 nett. A 78 nett score was needed to win a ball, which indicates a wide range of scores were recorded on this stroke day. The shot of the day belonged to Steve Eccles on the 4<sup>th</sup>, finishing only 135 cms away.

Seamer 68 nett

**Hunter Valley Golf Club** Wednesday 25th July: The Ladies Stableford event has been won by Dale Hamilton on countback to Christine Tancred with Melita Watson 3rd also on countback. Ball winners were: Sue Williams, Jill Slatter, Jeanette Irwin, Mary Fortey and Lorraine Clack c/b. Nearest-the-Pins went to Melita Watson (3rd & Thursday 26th July: The Vets

Ambrose went to Ken Harris,

Wayne Barber and Wayne Burgess on countback to Rex Talbot, John Stewart and Graeme Flynn after both teams had 59 1/3 net. Ball winners were: Eric Smith & HT Tran 60 1/4, Wayne Drayton & Mark Barrow 62 3/4, Garry Hedges & Greg Ireland 64, Grahame Sheldon & Ken Wright 66, Kevin Smith & David Peel 66 1/2, Wayne Cowan & Ken Springbett 66 3/4 and Greg Amloh & Peter Guest 67. Nearest-the-Pins went to David Peel (3rd) John Stewart (4th) Grahame Sheldon (10th) and Peter Guest (17th). Saturday 28th July: The Medley Par had some solid results with Everglades visitor Mathew Anthony taking A Grade with +4 from Steve Piggott with +3 on countback, B Grade to Grahame Sheldon +3 from Julie Van Den Berg +1 c/b and C Grade to Gary Counsell +5 from Evrglades visitor Colin Casey with +3. Ball winners were: David Peel +3, Wayne Dayton +2, Andrew Grant v+1, Paul Bullock +1, Ray McGuinness v+1. Wayne Cowan +1, John Waters v+1, Corey Whitbread v+1, Jill Ramsden sq, Kerrie-Anne Skinner sq, David Preece sq, Ted Zawirski vsq, Garry Hedges -1, Helen Wallace -1 and Adrian Kent -1 c/b.

Nearest-the-Pins went to Mark

(8th) David Peel (10th) and Jill

Tuesday 31st July: Ben Hedley

with an even Par round of 36

claimed the Tuesday Stableford

Faulkner (3rd) Shannon

Ramsden (17th).

Attewell (4th) Josh Willard

Dale Hamilton completing the Podium in 3rd. Ball winners were: Mary Fortey, Ann Grace-Smith, Robyn Dunlop and Molly Hamiton, Medal. Thursday 2nd August: John Pascoe returned 38 points to win the Vets Medley Stableford from Greg Ireland 37 and Michael Watson 3rd with 36 points on countback. Ball winners were: David Peel 36, Ian Newell 35, Neil McNaughton 35, Ken Harris 35, Garry Hedges 35, Ray Newton 34, Graeme Flynn 34, Greg Amloh 32, Wayne Cowan 32, Peter Guest 31 and Andrew Hamilton 31 c/b. Nearest-the-Pins went to David Peel (3rd) Graeme Flynn (8th) Ray Hodson (10th) and Ian Newell (17th). The Misty Glen Wines outstanding performance for July has been won by Gerry Irwin. The raffle winner was John Pascoe. Next week's event will be a Medley Stableford. Saturday 4th August: The Monthly Medal and C Grade has been won by Michael McNab with great round of 66 net, solid scoring featured across the grades with Troy Wallis claiming A Grade with 69 from playing partner Angello Wood with 70 net on countback, B Grade to John Stewart with 70 net from Tracy Morison 71 and C grade runner up went to Gary Hedges with 74 net. Ball winners were: Wayne Barber 70, Ken Harris 71, David Peel 71, Nick Looby 73, Bruce Chambers 74, Peter Crowder 74, Craig Sharp 75, Drew Dewar 76, Ray Newton 77, Ken Springbett 77 and Tony Krishna v77 c/b. Nearest-the-Pins went to Michael McNab (3rd) and Tracy Morison (4th). Next Saturday's event will be a Blue Tee Medley Stableford

points from Dan Taylor 35

and Wayne Cowan in 3rd with

34 points. Ball winners were:

Newell 33. Grahame Sheldon

v32, Wayne Burgess 31, Tom

Waite 31. John Stewart 30 and

Julie Van Den Berg 33, Ian

32, Steve Abel 32, Steve

Nathan Sweeney 29 c/b.

Nearest-the-Pins went to

Michael Watson (4th) and

Wednesday 1st August: The

Ladies Par event has been

Sharon Blackett on a tough

up went to Kay Dunn with

day out for the Ladies, runner

won by first time winner

Steve Piggott (17th)

Piggott 32, Anthony Mudd

\*\* The singles Matchplay has completed with Club President Adrian Kent defeating Craig Sharp on the 19th hole in the final, Shawn Parish defeated John Stewart 3 & 1 to claim 3rd place. Congratulations to our winners and all club members who took part over the past couple of months.

Local sports results kindly sponsored *by* .....

**Branxton &** Vineyards **Real Estate** 

12 Clift Street **BRANXTON NSW** 

4938 3300

Golf – Not just a walk in the park

As a Personal Trainer, one thing I see quite often is people affected by injuries which were sustained while playing sport when they were younger. These injuries usually mean that the person can no longer participate in that sport, and sometimes the egacy of that injury is so bad that they also struggle to perform everyday activities such as walking, going up stairs, or carrying the groceries



The most common injuries are to the knees and ankles, backs and shoulders. Unfortunately the limitations caused by these injuries mean that the person has put on weight, and decreased their lean muscle mass, making it even harder for them to exercise Fortunately, I have seen many people recover from injuries sustained while playing sport. As a Personal Trainer I can work closely with health professionals (doctors, physios, and chiropractors etc) to develop exercise programs which are suitable allow the client to recover to recover their fitness without causing further injury. Personally though I am a strong supporter of the saying "prevention is better than cure"

This week I am starting a series of articles describing specific exercises to help prevent injury and develop longevity in a range of common sports including golf, tennis, and

an average round as many as 75 - 100 swings may be made. This can cause muscle imbalances and overuse injuries which cannot be addressed by stretching alone. Addressing any weakness or inflexibility in your body can go a long way to preventing ower backpain or shoulder pain. Increasing your strength and mobility can also improve

Golf, like many sports, is one sided with players swinging from one side of their body. In

Exercises should therefore loosen your hips and lower back, stabilise your shoulder and orso, and help you build power so you can drive the ball further with less effort. For each exercise start with one set of ten repetitions and work your way up to three sets of

Russian Twist ~ Lie down on your back on the floor with your legs bent at the knees. Raise your upper body so that it creates an imaginary V-shape with your thighs. Clasp your hands in front of you.

Twist your torso to the right side until your forearms are parallel with the floor while breathing out.

Hold this position for a second and move back to the starting position while breathing in Now move to the opposite side performing the same techniques you applied to the right

Repeat for the recommended amount of repetitions.

Variation: As you get more advanced, you can hold a weight in your hands. If you do this, be sure to follow the weight with your eyes as you twist from side to side

Standing Rotations ~ Stand with your feet about hip width apart and place a golf club across your back, parallel to the ground, holding it in place with the crooks of your arms Carefully rotate so you are facing one side and then the other, while maintaining an upright

**Dumb Bell Flies** – Standing, bend your knees slightly and tilt forward at the hips, pushing your bottom and your chest out. Holding a weight in each hand, squeeze your shoulder plades together so your arms come back and out to the sides (the shape your arms make should not change). Take your arms back to the starting position and repeat.

Walk Outs ~ Stand with your feet slightly apart and place your hands on the ground in front of you. Gradually walk your hands out until your arms are holding you up and your body is parallel to the ground. Walk your hands back towards your feet and return to a

Side Plank ~ Start in the plank position, slowly turn your whole body so you are on your ight side with your right elbow stacked under your right shoulder. Your left foot should be on top of your right foot (if you are on your knees, you can position your feet so they are ointing behind you). Raise your left arm in the air. Repeat on the other side

Lower Back Stretch ~ Lie on your back with your arms outstretched beside you. Bend our right knee and bring it in to your chest. Keep your left leg on the ground. Let your right knee fall over your left leg creating a twist. Twist only as far as you can while keeping your right shoulder on the floor. Turn your head to face your right hand. If this hurts your lower back, try doing it with both knees bent. Repeat on the other side. Medicine Ball Throws ~ Medicine balls come in a range of weights, starting from 2kgs and usually going up in 2kg increments. Choose a weight which you can lift and throw comfortably. Standing sideways to a solid wall, throw the medicine ball at the wall from a distance of about 3-5 metres. Repeat on both sides.

**Push Ups** ~ Do these on the wall, on your knees, or on your toes

Shoulder Press – Single Arm ~ Stand with your feet slightly apart and your core engaged Hold your weights in your hands, with your hands next to your shoulders, facing forward (your dumbbells should be parallel to your shoulders). Extend both arms above your head hen lower to the starting position. Repeat using only one arm at a time.

Lie on your back and bend your knees to place your feet down on the ground about hip width apart. You should be able to touch your heels with your fingertips when you reach your arms down by your side. Play around with the position of your feet so that you feel your glutes working. Bring your elbows to 90 degrees so your upper arms are on the ground.

Push up your back and heels to bridge up off the ground. Make sure your knees do not fall apart or come together as you lift. Squeeze your glutes as you raise your hips up. Make sure to raise straight up and not push yourself backward. You want to feel like you are driving your knees forward over your toes even though you are driving through your heels. Make sure to extend your hips and do not hyperextend your lower back just to bridge up higher. Lower yourself down and repeat. If you want to increase the degree of difficulty, try placing both feet on a step, then doing the exercise as described. To make it harder still, try

Squats ~ The ability to squat well is essential in many activities, and it's a great exercise for strengthening almost every muscle in your lower body. Engage your core. Stand with your feet shoulder width apart, about 30 centimetres in front of a bench or chair. Lower yourself as though you are going to sit down, but instead of sitting down, come back up. Put your weight in your heels rather than your toes. Come back to standing. Hinge at the hips. Your pottom is reaching behind you, but your upper body is leaning forward. Over time you should be able to lower your hips so your upper legs are below parallel. You should not feel any pain in your knees

Keep your knees in line with your toes, and do not let your knees travel in front of your

work your glutes! Stand on your left leg, with your right leg out behind you, and your left arm out to the side. Place a drink bottle (or a weight, or a can) on the floor in front of you. Bend at the hips and reach forward with your right hand as low as you can go, ideally until you touch the floor or whatever you have placed on the floor in front of you. Return to the upright position and as you do, stretch your right arm up above your head (at this point your right foot should still not have touched the floor). Repeat on this side for the suggested number of reps, then change sides (ie stand on your right leg with your left leg extended behind you). To increase the degree of difficulty, try doing this exercise with a weight in

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. 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.louisecairns.com.au

# BRANXTON GRETA VINEYARDS

#### **Greyhound Racing...**



### Local Report

with Sam

#### GOOD GOLLY MISS **MOLLY**

After six unsuccessful starts for trainer Jade Murray owner Darryl Pettit decided to cut his losses and gave his dog BALKAN BABE to Tamara Ball who fell in love with the pretty blue bitch she calls Molly. Husband Graeme took over the training of Molly who is by KELSOS FUSILEER out of GIDDY'S STAR and was whelped in December 2015. Graeme decided to give her a crack in the Ladbrokes bonus maiden at The Gardens where she finished 4<sup>th</sup>, the first four qualifying for the final the following Friday.

The final was a real David and Golliath contest as well

as a bonus for the bookies. **BALKAN BABE (\$95.50)** in box one for Graeme, the trainer of a couple of winners this year up against ZIPPING THURSTON (\$1.20) in box three for leading trainer Jason Mackay who has trained countless group winners. When the lids opened BALKAN BABE took full advantage of the inside box and got straight on the lure, turning for home ZIPPING THURSTON looked a real danger but BALKAN BABE held on to win by three lengths, collecting \$1,500 first prizemoney plus the Ladbrokes bonus of \$5,400.

It was hard to interview Tamara after the race as



Pups enjoying a day at the beach& contemplating racing in a million dollar one day!

she was in a state of shock with tears of joy flowing down her cheeks, she did however let me in on a secret, "I thought anything can happen in a dog race, and with box one I had to have \$5 eachway. Now I can spoil Graeme on his birthday." She added "We are in the process of moving to Camberwell so the money will help build new kennels."

#### **GRETA GBOTA** WINNERS IN JULY

James Porter had success at Wentworth Park with NINGHAN EXPRESS and DOULBLE MACK both winning a double as well as VIOLET FEMMES at The Gardens, he also had a win with HARD LEFT at The Gardens. Other winners at The Gardens were ROSE OF MIDNIGHT for Bradley Sabotic and LA-

**GOON BONNIE** for Stephen

Keith.

Stephen picked up a bonus as LAGOON BONNIE was the jackpot dog at the meeting. Maitland was a happy hunting ground with members leading in six winners. Leading the way was Mischelle Edmunds with TURBO BOB and

INGS ARE NORMALY KEYED IN, BELLA

DIXIE for Robbie Neville,

HARD LEFT for James

Porter, BEDAZZLED for

Graeme Barnett and SCOTCH NOTCH for Anne Foley. THE **GRETA BRANCH OF** THE GBOTA MEET-

CLUB. SEE YA AT THE TRACK, OR THE BAR. MIDNITE.

HELD ON THE FIRST

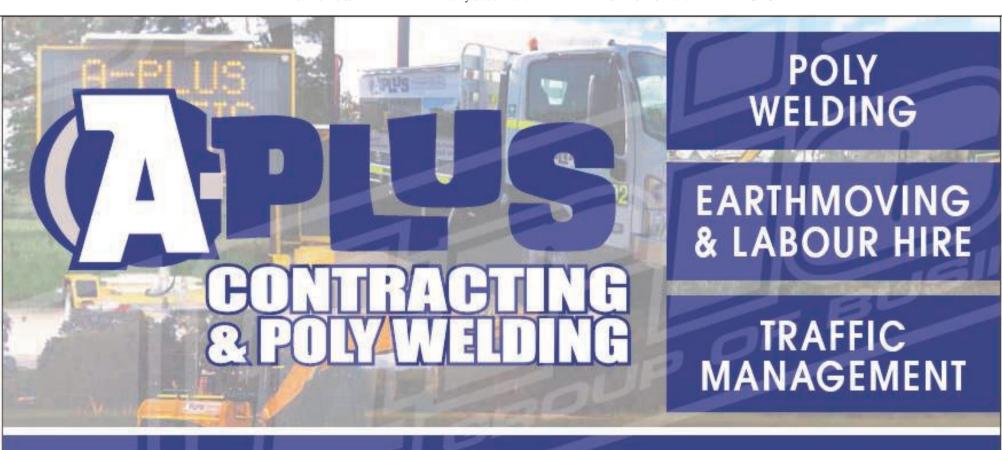
MONTH, 7PM AT THE

SUNDAY OF THE

**GRETA WORKERS** 



Tamara and Graeme Ball receive the Ladbrokes Bonus cheque of \$5400 after Balkan



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