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WEDNESDAY
10 October 2018

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STEVE'S RANT

Members say...



Well Done Not So Well Done



DO YOU REMEMBER?

Shopping Complex Development Application for Huntlee submitted to Cessnock City Council for approval

CESSNOCK City Council have received a Development Application for a proposed full-line Coles supermarket, bottle shop, retail & associated carparking, signage & a subdivision of land at Huntlee, North Rothbury.

The proposed development consists of a 3200 square metre Coles supermarket, over 1000 square metres of specialty retail, a 200 square metre Liquorland and will include approximately 230 shade sail covered

on-grade car spaces. The estimated cost is \$12,356,802.00. "The Coles Development is set to be the second major project in the Huntlee town centre precinct, after the near complete Early Learning Centre, and will begin the transition of Huntlee into a major regional hub," said a spokesperson for Catalyst Project Consulting who have been appointed by Coles Group Property Developments



Ltd to provide project management for the design, development and development application stages of the proposed Coles Huntlee project. "The DA was submitted on the 28th September, 2018, & we had a very good reception from the Cessnock council. We expect that the application will be dealt with within the required regulatory/statutory time

which is 42 days from submission of the development application," he said. A spokesperson for giant retailer Coles said that, if approved, the development would open in late 2020 & would potentially create more than 100 retail jobs plus construction jobs. "The Coles-owned development would also include an adjacent

Liquorland, a range of food and service specialty shops and approximately 230 convenient, shade sail covered at grade car spaces. The market-style Coles supermarket would feature an in-store bakery, open butchery, large delicatessen and fresh produce area," she said.

■ Above: an artist impression of the proposed development

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DOGS

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

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



CATS

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

\$16.00

Purr cat, purr day





Can you separate fact from fiction when it comes to drugs and alcohol?

Community members can test their knowledge of drugs and alcohol at the Drug and Alcohol Info Hub currently on display at the Cessnock City Library.

The Drug and Alcohol Info Hub is an interactive travelling display program that provides up to date and accessible information about drugs and alcohol and identifies support networks and agencies within the local community.

This is an initiative from Drug Info at the State Library of NSW and it aims to educate the community on the different types of legal and illicit drugs that are available. It also focuses on explaining the effect that they have on your body.

The interactive hub on display at the library provides access to quality drug and alcohol information for all members of the community.

Cessnock City Mayor, Councillor Bob Pynsent encouraged community members to check out the Info Hub.

“This display is an opportunity for us to provide our community with the latest and most reliable information. It’s also a chance to raise awareness of the impact of alcohol and drugs on health and social well-being,” said Cr Pynsent.

Drug Info is a partnership between the State Library of NSW and the NSW Ministry of Health.



☞ Above: Cessnock Mayor Bob Pynsent at the Drug and Alcohol Info Hub currently on display at the Cessnock City Library.

57/2018/2 DRAFT PROPERTY INVESTMENT & DEVELOPMENT POLICY, DRAFT PROPERTY MANAGEMENT POLICY, DRAFT PROPERTY MANAGEMENT

At the Ordinary Meeting of Cessnock City Council on 19 September 2018, Council resolved to place the Draft Property Investment and Development Policy, Draft Property Management Policy and Draft Property Management Guidelines on Public Exhibition.

The Draft Property Investment and Development Policy, Draft Property Management Policy and Draft Property Management Guidelines establish policy positions and guidelines for investment and development opportunities within the non-operational property portfolio.

The Draft documents will be placed on public exhibition for a period of **28 days** from **3 October to 31 October 2018**. The draft document will be available for viewing at Council’s Administration Building and Council Libraries, as well as via Council’s website www.cessnock.nsw.gov.au

Any person may make a written submission in relation to the Draft Policy. Council will consider any views expressed in written submissions before a final decision is made on whether or not the Draft Policy should be made.

In order to be considered by Council, submissions must be received by **5pm on 31 October 2018** and should quote **58/2018/2: Draft Property Investment and Development Policy, Draft Property Management Policy and Draft Property Management Guidelines**. Submissions should be addressed to the General Manager and can be submitted via:

- Email to council@cessnock.nsw.gov.au; or
- Post to PO Box 152, CESSNOCK NSW 2325

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

Any enquiries should be directed to Council’s Strategic Property section on 02 4993 4327.

DEVELOPMENT PROPOSAL

PROPOSAL:	Commercial development consisting of fast food shop, service station & convenience store, separate 3 Unit commercial building, car parking & landscaping.
LAND:	LOT: 298 DP: 1240825 1823 Wine Country Drive NORTH ROTHBURY
APPLICANT:	Huntlee Pty Ltd
APPLICATION NO.:	8/2018/645/1
CONSENT AUTHORITY:	Cessnock City Council

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

‘Application Tracker’ can be accessed through Council’s website on <http://datracker.cessnock.nsw.gov.au> and using the above application number and then clicking on the ‘Documents’ view link; or alternatively:

- utilising free internet at either Cessnock and Kurri Kurri Libraries to view electronic documents; or
- inspecting hardcopy documents at Council’s Customer Service Counter, between 9am and 5pm, Monday to Friday.

Before determining the Application, Council is inviting the public to make a submission in relation to the proposal. The notification period commences on **3 October 2018** will conclude **17 October 2018**.

Where a submission is made by way of an objection, the objection must be in writing and the grounds for objection must be clearly specified. The views expressed in written submissions will be considered by Council before a determination is made.

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

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

Should you intend to make a submission to Council your attention is drawn to your statutory obligations under the Environmental Planning and Assessment Act 1979 regarding disclosure of political donations and gifts. You are required to complete a Political Donation and Gifts Declaration if you or an associate made any political donations or gifts to a Councillor or Council employee during the two (2) years prior to the submission.

Please also note that should you make a donation or gift to a Councillor or Council employee in the period between the date of your submission and the determination of the Application, you are required to submit a Declaration within seven (7) days of the donation.

Further information regarding Political Donation and Gift Declarations including the Declaration Form can be obtained from Council’s website or from Council’s Customer Service Centre.

If you have any enquiries in relation to the application please contact Ms Tracey Le Brun of Council’s Planning and Environment on 4993 4181.

The Central Hunter Business & Community expo

Saturday 27th October
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A 'Right Royal Snubbing'

Australians are set to line the streets in a matter of weeks in a bid to catch a glimpse of Prince Harry and his new wife Meghan on their long-awaited tour of Australia but unfortunately it won't be happening locally as the palace has revealed a full and final itinerary for the royal couple's visit, pointing out exactly where and when they'll be.

From petting koalas and riding a Melbourne tram, to climbing the Sydney Harbour Bridge and meeting Aussie farmers – all before going on to recreate the Queen and Prince Philip's 1953 welcome to Fiji and even taking part in a 'welly-wanging' contest in New Zealand – the couple have a jam-packed schedule for their 16 days overseas.

Kensington Palace released a lengthy itinerary last Thursday setting out every detail of their visits to New South Wales, Queensland and Victoria, before they go on to visit Fiji, Tonga and New Zealand. And in welcome news for fans, the couple have scheduled several walkabouts to greet members of the public.

After leaving London on October 15, Harry and Meghan will be formally welcomed to Admiralty House by the Governor-General Sir Peter Cosgrove

on October 16, taking in views over Sydney Harbour before meeting representatives from the 18 countries involved in the Invictus Games in Sydney.

Later that day they will travel to Taronga Zoo to officially open the new Taronga Institute of Science and Learning, while taking the opportunity to meet two koalas and their joeys. Leaving the zoo, they will then travel by boat across Sydney Harbour to the Sydney Opera House.

After watching a rehearsal of Spirit 2018 by the Bangarra Dance Theatre, an internationally acclaimed Aboriginal and Torres Strait Islander modern dance company, members of the public will then get a chance to meet them on the Opera House forecourt around 12.10pm

The first day will end with a reception hosted by Sir Peter Cosgrove at Admiralty House, with Australians from charity and community, business and industry, arts and culture and sport and entertainment in attendance.

They're back in the air on day two as the couple fly to the town of Dubbo, on the Macquarie River, where they will visit the Royal Flying Doctor Service to discover more about their life-saving work in rural areas. They will also meet local farmers in the aftermath of the horrific drought in the area.

From there they will travel to Victoria Park to join people from the area at a picnic in the

park to celebrate community spirit within the region. It's over to school children

to entertain the royals that afternoon as they visit a school working to improve education for Aboriginal and Torres Strait islanders. The kids will show off their work and take part in a session of netball and touch football drills.

On Thursday, October 18, it's Melbourne's turn to host as Harry and Meghan meet members of the public outside Government House Drive at 11.00am, before they attend a reception hosted by Governor Linda Dessau, along with several young Victorian community leaders. Later that day they will visit a social enterprise cafe and a local school, before boarding a tram to South Melbourne Beach to meet volunteers from the local beach patrol. The following day sees the royals visit famous Bondi Beach first thing where they will meet local surfers before a walkabout at 9.15am. They will go on to take part in a youth advocate programme before, later that afternoon, Prince Harry will join Prime Minister Scott Morrison to climb the Sydney Harbour Bridge and raise the Invictus Flag above the bridge. I'm exhausted just reading their movements so you'll have to look for the rest at:-

<https://www.royal.uk/duke-and-duchess-sussex-visit-australia-fiji-tonga-and-new-zealand>



Wine conference for the Hunter in 2019

The Hunter Valley will benefit from a boost in overnight visitors next year when the region plays host to the twelfth Wine Bloggers Conference at the Crowne Plaza Hunter Valley; the first time the event has been held outside of North America. Parliamentary Secretary for the Hunter Scot MacDonald MLC said the conference will showcase not only NSW, but also Australia's oldest wine region.

"I am pleased that we'll be welcoming up to 300 international delegates to the Hunter Valley next year to demonstrate our business event capabilities while highlighting our array of world-class food and wine," Mr MacDonald said.

"The conference will be attended by wine bloggers and media from the USA, Europe, China and New Zealand, who are expected to share their Hunter Valley experiences with a combined social media audience of more than 24 million.

"Securing this event means more heads on hotel beds, diners in restaurants and visitors to our tourist attractions, all fuelling the Hunter economy, fantastic news for our local tourism and hospitality industry."

NSW Minister for Tourism and Major Events Adam Marshall said this is a huge win for regional NSW.

"In a competitive bid process against other Australian capital cities, the Hunter Valley has shown it has what it takes to host an event with international appeal. In fact, regional NSW has everything the big cities have to offer, and so much more," Mr Marshall said.

Chief Executive of Zephyr Conferences Allan Wright said, "When we were looking for a conference location in Australia, the Hunter Valley and NSW really stood out. The beauty of the area, the quality of the wine, the conference facilities, and the access to international markets all make a fantastic choice for us."

The 2019 Wine Bloggers Conference will be organised by Zephyr Conferences and is supported by the NSW Government.

Greta Museum



Honours the sacrifices of our local Service People - Come in to see our displays and photographs about them, and many other subjects. Open Wed. & Sat. 11- 3pm 96 High Street Greta

JUST A LITTLE Reminder

FREE Mattress Drop-off, Kurri Kurri – Saturday 13 October 2018

Our next FREE Mattress Drop-off will be Saturday 13 October 2018 at the BEC carpark on the corner of Barton and Merthyr St Kurri Kurri from 8am to 12 noon. The following conditions apply:

- Cessnock City Council residents only - proof required
- Four mattresses or bases accepted per household per year
- Mattresses will not be accepted prior to 8 am or after 12 noon
- No pedestrian access - vehicles only
- Bulk or commercial quantities will not be accepted

Alternatively mattresses can be taken to the Cessnock Waste Management Centre (fee applies).

Compost Giveaways – 16 October (Kurri Kurri) & 17 October (Branxton)

Spring is here and to help you we are giving away 25 litre bags of the Garden Organics Compost made from 100% garden organics collected from households. 1 FREE bag per property with proof of residency (i.e. Drivers Licence or Rates notice) is available and its open to all residents from Cessnock, Maitland and Singleton. Find us from 4pm (till we run out) at:

- Tuesday 16 October at Log of Knowledge Park, Kurri Kurri
- Wednesday 17 October at Lions Park, Branxton.

Aussie Backyard Bird Count - 22-28 October

The #AussieBirdCount is a great way to connect with the birds in your backyard no matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town.

You can count as many times as you like over the week, we just ask that each count is completed over a 20-minute period. The data collected assists BirdLife Australia in understanding more about the birds that live where people live.



Seniors Class

\$5 per Class

- Mondays & Wednesdays at 9:30am
- Location: Old St Brigid's School, Station Street, BRANXTON
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STEVE'S RANT

The Contest of Ideas

In December 1972 when Gough Whitlam became Prime Minister he introduced university courses for free with the purpose being to expand the opportunity for young school leavers to gain a university degree. What in fact happened, in many cases, was that a whole cohort of already employed people took leave from their employment and jumped on the university band-wagon for free tertiary education which had nothing to do with their employment or future employment but was simply something that interested them.

So, what? You might say. Good for them, but the effect was that many young school leavers were crowded out of the course which they otherwise might have qualified to undertake. This system was eventually found to be unworkable and fees were reintroduced, albeit that students could apply for commonwealth interest-free loans which they were to repay over time when their wages or salaries after graduation reached a certain level. All good, but these provisions lead to a vast expansion and reorganisation of the

tertiary education sector where formally technical colleges, teachers colleges and agricultural colleges suddenly became universities in their own right.

Inevitably, standards for entry into and final qualifications for university degrees was watered down. Further than that, this huge number of graduates over the next twenty years was infected with the Green Left Touchy-Feely Ideology which, depending on your own point of view, was good or bloody disastrous.

Most of these graduates ended up in one of the government bureaucracy's or in the financial sector. As the banking royal commission has shown, and our own experience of public servants shows, we have a large slice of our working population who are quite divorced from the reality of day-to-day life and where the money comes from that finances the economy.

In 2007/2008 the Rudd/Gillard Governments magnified the phenomena by removing any limits to university places available to students seeking government loans to finance their fees.

Again, a large increase in the numbers of university students but also a huge

increase in the numbers of drop-outs who were left with hex fees or debts, no degree and a very one-sided outlook on life.

This has been exacerbated by the advent of social media which amplifies the noise of the 'Lefty Green Mob' to the point where rational debate about anything of practical importance, such as the urgent need for coal fired power stations or the development of nuclear capabilities is drowned out by discussions on gender identity, social equity (what ever that means) and land rights for gay hump back whales.

So, what we now have is a self-sustaining system for producing lefty/green ideologists who all vote Labor or Green.

How do we stop this headlong drive to the socialist utopia of everybody being dependant on the state for housing, food, medical treatment and anything else you might require to live?

We need legalisation from the Federal Government to remove the vote from anybody whose employment and sustenance is dependant on the federal teat.

Federal public servants, welfare recipients and university graduates who have not yet repaid the hex debt.

Not good you think? Well we know how identity politics have stymied Government attempts to run the country for the benefit of those who pay taxes from productive work. Nowadays it is every focus group that thinks it can GET UP a good idea for victimhood which influences the stupid media (ABC) and the wets in parliament.

This is not how the country should be run. If you think you deserve a vote then you need to prove it by paying taxes, not from a public's servants wages, but by making and selling something or producing a profit in or for your

enterprise. Have a nice day. Steve



with Mike Lowing

Readers may remember that recently Cessnock City Council applied successfully for a grant of over \$400,000 for big improvements to the main street of Branxton.

Without going back to the article I remember that part of the money was to go towards a 'town square' being the car-park opposite the Royal Federal Hotel. The balance of the proposal was not indicated.

Anyway, cut to the chase: at a meeting with council staff here a couple of weeks ago it was stated that they will have a costing of the proposed works by the 25th October 2018 & that it will then go on public exhibition.

Power customers pay price for deregulation Why do I have to "shop around" for the best deal on electricity? Electricity is an essential commodity which, decades ago, was abundantly supplied at very low rates by the local county council, which employed staff on modest public service salaries. And in respect of both supply and prices: although consumers could hold the government of the day to account, they did not need to, given both abundance and the low prices. Back then, who ever heard of households being unable to afford their electricity bills? Now that electricity supply has been privatised, we are charged more for electricity by companies, which many households now struggle to pay and which are managed by executives on obscenely large salaries, with no accountability by the



Some of the proposals spoken of where that they would like to extend West Street which goes from Bowen Street through to Cessnock road part of which is now closed. It is the northern car-park for the Branxton Community Hall & the rest is the road into Branxton Medical Centre & Branxton Gardens (Senior Living).

If that does eventuate then they would like to have a pedestrian walkway beside the Branxton Pharmacy through to the newly formed road viz., West Street.

Council also advised that they will do the work in stages and start on the northern side of the main street by planting very advanced trees & widening the footpath + other work. This will depend on the outcome of the proposed redevelopment of the corner of John Rose Avenue & the main street which includes the now operating hardware store, the lovely federation home on the corner (Alistar Moses prior residence) & the 'graffiti shed' next to the hardware store.

That development does depend on parking. The whole proposal is subject to some of the landholders giving 'some of their property' gratuitously; I'm sure I heard that correctly. The money has to be spent within 18 months & going on previously proposals I'll be pleasantly surprised to see it all go ahead. But with that said the money is *there* so lets set a realistic target & not one subject to landholder giving away their land or other stupid ideas. Please be realistic for the benefit of the town & its main street businesses. I'd like to think that when the proposal goes on public exhibition the local community does look at the proposal & give it a critical eye as you will be living with the end result; let's, between us, get it right.

If there are any community organisations in the local area looking to build new or upgrade current facilities they are encouraged to apply for funding from the Government's Infrastructure Grants program. Applications could be submitted for sport and recreation, arts and culture, and emergency preparedness from last week. The funding is provided through the Clubgrants Category 3 program, which receives a contribution from registered clubs' gaming machine profits to benefit local communities. Funding ranges are \$50,000 to \$200,000 for arts and culture, \$10,000 to \$200,000 for emergency preparedness and \$100,000 to \$300,000 for sport and recreation. Applications for the final round of Infrastructure Grants for 2018 will close Monday 22nd October.

Cheers, Mike



Cronk an adult in control We've had journalists duped and moralists incensed. At the centre, Cooper Cronk, probably one of the all-round best ambassadors for the NRL.

An adult in total control, he took a calculated risk which paid off. In the overall scheme of things, a minor event. I didn't hear Cronk himself crowing about it. - And where does Work Cover legislation fit in to the NRL industry? Are these players not deemed employees of the Rugby League clubs that they play for?

Don't the employers of these players have a duty of care to provide safe work conditions? - **Keith Thompson** What is it with some former Australian prime ministers

that they always seem to think everyone must have the same mind as them. First Malcolm Turnbull dismissed Kevin Rudd and Tony Abbott as "miserable ghosts", and now the man who once described Australia as the backside of the earth, can't help to take aim at him.

Despite the shabby treatment she received at the hands of her critics, colleagues and political opponents, Julia Gillard has shown dignity and respect compared with the pronouncements of her peers who held the high office.

Gentlemen, rest in the fact you served your nation and move on from continual sniping which adds little to the national debate. - **P. Craft**

Power customers pay price for deregulation

Why do I have to "shop around" for the best deal on electricity?

Electricity is an essential commodity which, decades ago, was abundantly supplied at very low rates by the local county council, which employed staff on modest public service salaries.

And in respect of both supply and prices: although consumers could hold the government of the day to account, they did not need to, given both abundance and the low prices. Back then, who ever heard of households being unable to afford their electricity

bills? Now that electricity supply has been privatised, we are charged more for electricity by companies, which many households now struggle to pay and which are managed by executives on obscenely large salaries, with no accountability by the

government on the basis that it is a matter for the "free market forces" to make any such adjustments. "Shop around"? Somehow we have all been hoodwinked and I don't like it.

- **Pasquale Vartuli, Wahroonga**

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When reporting an emergency by calling 000, the telephone number & address you are calling from may be given to the emergency service so they can respond quickly. If you don't want the telephone number or address details passed on, you must call the emergency service direct.	Ambulance... 131 233	Hospitals
ALL CALLS TO 000 ARE VOICE RECORDED	NSW Fire Brigade	Maitland... 4939 2000
For non-life threatening calls.....	Branxton..... 4938 3396	Cessnock... 4991 0555
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	Pokolbin... 4015 0000	Ausgrid 131 388
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The Editor, The BGV News, 12 Clift Street, Branxton NSW 2335

or emailed to thenews@hotkey.net.au

Local miners set for charity rugby league competition

Nearly there for 5th year



The countdown is well a truly on with just one week until the Westpac Rescue Helicopter Service's – Singleton Support Group hosts the fifth instalment of the annual A-Plus Contracting Hunter Valley Mining Charity Rugby League Competition, with the event shaping up to be another great success for the community. This past week, representatives of the 18 competition teams including members of the "women in mining" teams gathered to launch the countdown to the charity competition as well as deciding upon the all

important pools draw for the competition. The opening match of the day will see the Glendell Gladiators take on newcomers to the competition the Bengalla Badgers. Several other match are getting many talking with the local industry with the highly anticipated 2017 grand final rematch between the reigning champions Ravensworth Rhinos and the Saxonvale Raiders. As well the debut of two new teams the Rebel Roos and Integra Tigers. Excitement is also building for the second instalment of the

'Women in Mining' series, which will see two ladies teams going head to head in a best of three series. The talent and skills of the ladies displayed last year was incredible and will not disappoint this year. Community Liaison Officer for the Westpac Rescue Helicopter Service, Danny Eather, thanked the local miners in attendance for taking up the challenge and participating in the annual event to benefit the Westpac Rescue Helicopter Service. "We are extremely grateful for the continued support our local miners. The willingness of our

Eather also acknowledge the support of the many event partners and sponsors whom has been critical to continued success of the event. "Special mention has to be given to long term naming partner A-Plus Contracting along with Jennings Print, Pirtek, Mine Super, Slater & Gordon, Jennings Print, Matthews Jewellers, NSW Mining, Tyre Doctor, Bower Haulage, Oiltest, The Eye Place, Hunter Isuzu Utes and SES Labour



local miners swap their steel caps boots for footy boots in the name of charity is unbelievable." "Whilst bragging rights are on the line for all teams, the serious business of the day is to raise funds for the Westpac Rescue Helicopter Service. The Service is vital to this region and we are extremely grateful for the continued support we receive from our local community, who ensure that the Rescue Helicopter can continue to fly 24-7 as a free service."

supporting this year. All of whom go beyond the financial investment and really get behind the day" said Mr Eather Gates at Pirtek Park, Singleton will open on October 13th at 8.00am with the first game kicking off at 8.50am. Entry to the event is \$5 per adult and \$2 per child with FREE children's activities including jumping castles, slides, face painting, hands on community displays. Plenty of food will be available along with full bar facilities. Full event program details available at

www.charityrugbyleagueday.com.au

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From the Paddock to the plate...



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Come in and Enjoy ~ Lisa and Michael

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Spring is in the air & it's time to get moving



FREE COMMUNITY WALKING GROUP AT GRETA

Commencing: 5th September 2018
Where: Greta Central Oval
When: Wednesday's at 5:30pm

*Walk as little or as much as you like!
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Members say



Bob Pynsent, Mayor Cessnock City Council

Congratulations to Cessnock City Council's wonderful team from the Cessnock Performing Arts Centre (CPAC) who won the Customer Service Whole Business Award at the 2018 Hunter Region Business Excellence Awards. This was the 25th year these prestigious awards have taken place and while the competition was tough across the Hunter, the CPAC customer service shone through. Since opening in 2008, the Centre has developed a strong reputation attracting audiences from the Cessnock Local Government Area and further afield from areas including Singleton, Maitland, Newcastle and Lake Macquarie. CPAC has a diverse program of performances that caters to all ages and have a fantastic team who is committed to working closely with the community. The staff at the CPAC consistently go above and beyond and it is great to see their hard work recognised at a regional level. From selling tickets to organising events, everything is always delivered in a friendly and professional manner. On behalf of Council, I would like to congratulate the entire CPAC team for this fantastic achievement. The 2018/19 pool season is now underway with the Branxton and Cessnock Pools officially opening last Saturday. We are very happy that the Family Fun Days will be offered again this year to give residents who do not have a pool pass to try out these wonderful facilities. This will run on certain Sundays over the Christmas and New Year school holiday period at the Branxton Pool, Cessnock Pool and Kurri Kurri Aquatic and Fitness Centre (KKAFC). Keep an eye out for more details on our Facebook, website and at the facilities. Council has also teamed up with Royal Life Saving NSW to introduce the new national Keep Watch at Public Pools Water safety awareness program locally. The initiative is about improving children's safety through improved parental supervision. Congratulations to Councillor Melanie Dagg, who was elected to the position of Deputy Mayor of Cessnock City Council. Former Deputy Mayor, Councillor Anthony Burke did a wonderful job and served his community

proudly. Councillor Burke did an outstanding job at representing Council at numerous community events. He is an advocate for our community and is dedicated to seeing positive change in the Cessnock Local Government Area. Councillor Dagg will no doubt do an exceptional job and has already begun her duties representing Council at the 2018 Hunter Region Business Excellence Awards. Local year twelve students are now gearing up for their Higher School Certificate later this month. Good luck to all students undertaking these exams. Use this time before your exams to organise and prepare. These exams are an opportunity to achieve and see your hard work throughout the year pay off. Some great tips and advice are available on educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/exam-advice-resources.
Cheers, Bob



Member for Cessnock Clayton Barr MP

Raising the BARR MOST VULNERABLE HURT BY PRIVATISATION
Last week some damning revelations emerged during a NSW Parliamentary Inquiry into the implementation of the NDIS in NSW. Because the Government made the decision to eject itself from the business of providing disability services there has been serious market failures which has left many people living with a disability unable to access the supports they need. When the Government decided to hand over the responsibility of caring for people living with a disability to non-government organisations (NGOs), safety-net services were taken away. Now, it is important to realise that not all of these NGOs are bad but some of the shonky ones, who are driven by profit, simply leave NDIS participants without any support if they are unable to make a profit or break-even. This has resulted in tragic outcomes for NDIS participants and their families. Without these safety-nets, shonky private operators can decide to withdraw their support, which forces NDIS participants to try and find their own accommodation. Tragically, it was revealed that many are turning to hospitals and prisons to live. Imagine leaving a 23 year old to live in a nursing home for the rest of their life.

This seems to be the result when a Government washes its hands of responsibility for people living with a disability. When will the Government realise their privatisation agenda is having tragic outcomes?

OVERWHELMING GENEROSITY OF OUR COMMUNITY

I continue to be amazed by the generosity of our local community. As the plight of farmers affected by drought became apparent there was a call for donations of food, toiletries and cleaning items to help them get back on their feet. My office was set-up as a collection point for donations. When the call went out for donations, the response from our community was overwhelming. Over the last two months so many household items, clothes and other necessities have been dropped into my office. These have now been delivered to farmers out west. The generosity of so many people has been incredible. Thank you!

HSC STARTS BUT IT IS NOT THE END

Next week, our local Year 12 students will start their Higher School Certificate (HSC) exams. This can be an incredibly stressful time for students (and for mums and dads) and it is important that we offer the emotional support and encouragement these young people will need throughout the exam period. We all know that it is an anxious and stressful time for adolescents. Parents and friends can do simple things to take the pressure off students as they study and sit exams. Taking them for a run, watching a movie and making sure they are eating right will do wonders for their mental health. They may be small things but they will have long-term positive effects. Remember, the HSC is not the be-all and end-all. It is just a part of the process that is life. It will not make or break your potential for the future. I wish each and every student all the best for the HSC, but more importantly I wish you all prosperity and good health for life beyond the HSC.

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

Cheers, Clayton



Cr Ben Mitchell - Maitland City Council-West Ward

Maitland- The Vibrant and changing city

Recently I had the pleasure of attending the opening of an exciting new restaurant in town. Coquun has taken up the lease of the Riverlink building which was built by council as part of the Levee redevelopment in the heart of Maitland's ever expanding cultural precinct. This building (and indeed the Levee redevelopment itself) have won a number of national design and architecture awards. This follows after stage one of the redevelopment of Maitland's Number 1 Sports-ground is finished and work on our adjacent new athletics facility is getting underway. As if this weren't enough, council is also in the planning stages of a new administration building. Stockland has finished its redevelopment of Greenhills and work is well under way on the new Maitland Hospital at Metford. All these initiatives show a growing confidence in the future of our city and an enthusiasm by new and old residents alike to make it a more interesting and exciting place to live. When I moved to Maitland five years ago I lived right on the High Street in the CBD. The Mall, as it was then known, had large numbers of vacant shops, little foot traffic and almost nothing was open in the evenings or at night. I'm pleased to say that this has changed for the better. I went to dinner last Friday night and had to wait for a table to be cleared to get in. People were out having a good time, having dinner or a few drinks and looking into shopfront windows. I admire hugely the individuals and local families who risk it all to start these businesses in Maitland. It's hard work, long hours and so many things can go wrong but speaking to a lot of them you find an underlying passion for whatever it is they are doing and a passion for this city. Two examples spring to mind, one is Coquun - this restaurant is something which Maitland probably hasn't seen before. They have a passion for fresh, local produce and the food is something many locals probably haven't experienced before but it's well worth a try for breakfast lunch or dinner. This amazing new restaurant is headed by Daniel, a young and enthusiastic former local who has come back home. The second is The Levee Art Gallery and Studios - one night I was driving home from a council meeting when I saw the previously boarded up shop front exploding with a burst of colour and light into the dim street. I had to

have a look. This stunning gallery is the brainchild of Lorna. Lorna is one of those people who just seems fun to be around. Her and her husband have lived all around the world and have chosen to settle here. The gallery has such an amazing variety that I challenge anyone to go in there and come out not liking something. As well as a gallery space, Lorna also has a range of paint products and holds regular art classes and workshops which have proved very popular. These businesses are just two pieces of a jigsaw (there are far too many to go through all of them) a jigsaw which has come together and seen Maitland's CBD change for the better. Weather it's a festival, sporting event, family get together or some retail therapy, skip the traffic of Newcastle, come into Maitland and enjoy what the city has to offer. You won't be disappointed!
Until next time,
Cheers, Ben



JOEL FITZGIBBON MP Member for Hunter

There are few things more fundamental to our democracy than diversity in media ownership. The owners of media organisations newspapers, television, radio and online have a great capacity to influence community views. This gives them great power and the ability to use their influence in ways contrary to the national interest. Recent suggestions that Rupert Murdoch was demanding the removal of a democratically elected Australian prime minister are a case in point. So much power in one or a few hands is a threat to our democratic model. Many counties - including Australia - have laws to maintain diversity in media ownership. Some will remember former Prime Minister Paul Keating's pronouncement that media owners could be "queen of screen" or "prince of print" but not both. His laws enforced that principle but Malcolm Turnbull's government recently watered them down. Rupert Murdoch's empire extended no thanks. The other fundamental tool in maintaining ownership diversity is our public broadcaster. But the ABC cannot hope to play a role in ensuring we have many media voices if it becomes a voice only of the government of the day. That's one of many things that make recent events so controversial. The ABC must be fiercely independent. As soon as it starts taking directives from the

government it ceases to be so. Its journalists, commentators and panellists must be able to express their views. Worse, when ABC management starts sacking journalists at the insistence of the government of the day, it loses its independence, its reputation and its influence. The taxpayer funds the ABC so that it does not rely on any advertisers for its revenue. Those who purchase advertising tend to expect more than an ad in return and too often, media outlets are happy to accommodate them. But what will protect our ABC from undue influence from government in the future? That's the key question now and the government must be able to provide us with re-assurance. Asking one of its own departments to investigate recent events won't cut it. We need an independent inquiry into the events that led to the sacking of the ABC's CEO and its chairman. Only then can we be assured new frameworks will be put in place to protect the ABC's future independence.

LIVE SHEEP EXPORTS

I continue to receive a high volume of emails about the live sheep exports. Hopefully readers know I have supported the phasing-out of the cruel trade. The science is clear; the industry is unable to ship sheep into the hot and humid northern hemisphere summer while also meeting reasonable community expectations on animal welfare. I recently travelled to Western Australia to, among other things, meet with sheep farmers. I want to make sure all that is possible is done to help them transition to a new business model. Ideally, that new model will be focused on more domestic sales and value adding here in Australia. That will also mean more Australian jobs.
Cheers, Joel



Sue Moore, Mayor Singleton Council

With temperatures rising and Christmas decorations appearing in the shops, it's officially beginning to look a lot like the festive season - and the launch of an unofficial events season for the Singleton local government area. A major focus for Council over the past year has been amping up Council's community events with the development of a regular calendar and delivery of high quality, all-inclusive events to get everyone involved. We started with a new offering in April with Firelight, when fire dancers, live music and food trucks proved to be a hit on the Civic Green lawn -

and even a flash storm could not deter the thousands of people who came out to have a great time. Now with temperatures rising and the countdown on to 2019, we're inviting people across Singleton and beyond to mark their diaries and join us for an array of events that will take us well into the New Year. The first is Pass The Hat in support of drought-affected people in our community on Saturday 27 October 2018. In partnership with Hunter Valley Operations, Council is again inviting you to the Civic Green for a night of music, food and drinks from 6pm to 10pm. And if you need to talk to someone or access support or grant assistance, you can do that too with people on hand from Rural Aid, Rural Resilience Program, Salvation Army and Local Land Services. The purpose of the event is to connect our community, build resilience and support each other through the length of the drought and beyond.

Then we're following up with the first-ever Blast in Civic Park (behind Council's Administration Building) on Sunday 18 November 2018. This is an opportunity for people of all ages to get out and get active. Paint the town by signing up for the Colour Run (complete with a hose down by the Singleton Fire Station at the end) or try bubble soccer, Zumba, LaserTag, rock climbing and gymnastics - to name a few. And of course there'll be music, food trucks, ice cream and sausage sizzles. Our annual community Christmas party, Christmas on John Street, will be held on Friday 7 December 2018. Head down to John Street from 5pm for a host of festivities, including market stalls, Christmas carols, a visit from Santa himself and of course, fireworks. This event has become the first day of Christmas for the people of Singleton and while I'm yet to see a partridge in a pear tree, the smiles on the thousands of people who come together every year are worth way more than any number of golden rings. If that's not enough, our events team is already looking ahead to 2019 with a new program to celebrate Australia Day - watch this space for more details to come!

Cheers, Sue

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News

P: 4938 1773

Pharmacist Advice

PNEUMONIA

Pneumonia Definition

Pneumonia is inflammation of the tissues in one or both of the lungs that is usually caused by an infection.

Description

There are clusters of tiny air sacs at the end of the lungs. These are called alveoli. In the case of Pneumonia, these tiny sacs become inflamed and fill up with fluid. It causes a cough and the inflammation makes breathing difficult. Pneumonia can affect people of any age. People who are otherwise healthy usually recover well. For certain groups of people, Pneumonia can be a very serious illness. These include; For example:

- babies, young children and elderly people,
- people who smoke, and

people with other health conditions, such as a lung condition or a lowered immune system. Pneumonia can occur suddenly or gradually. With appropriate treatment and if no other complications develop, most people recover in approximately 7 to 10 days.

Prevention

There are vaccines that can help protect you against getting pneumococcal pneumonia, the most common type of Pneumonia. The vaccine may reduce your chances of getting pneumococcal pneumonia and may also protect you against some of the more severe complications of Pneumonia.

Cause

Bacterial infection is the most common cause of Pneumonia. It can also be caused by a viral infection. In rare cases, pneumonia is caused by another type of germ called a fungus. Different types of germs cause different types of symptoms. Some germs may make a person feel more ill than others. In approximately one third of cases the cause will be unclear.

Pneumococcal

Pneumonia is the most common form of Pneumonia. Pneumococci

are bacteria. About half of all cases of pneumonia are caused by these germs. It is also known as streptococcal Pneumonia.

Mycoplasma Pneumonia is a less severe form of Pneumonia. The main symptom is a cough that comes in bouts. Nausea and vomiting is common. It spreads easily, and it often occurs in schools and nurseries.

Pneumonia caused by mycoplasma organisms is generally mild, but recovery takes longer. Mycoplasmas are sometimes called atypical bacteria which can be treated with antibiotics.

Legionnaires' disease is caused by a bacteria that usually grow in the water or ventilation systems of large public buildings. Smokers or people with existing lung disease are more likely to get this type of Pneumonia.

Aspiration pneumonia can occur if a person accidentally inhales infected phlegm, swimming-pool water or vomit. Doing this allows germs into the lungs.

This type of Pneumonia is more common in people who have difficulty swallowing properly

several days. Other common symptoms can include:

- Coughing up phlegm (thick mucus) that may be yellow, green, brownish or blood-stained,
 - Wheezing,
 - A rapid heartbeat,
 - Sweating and shivering,
- Chest pain. Elderly people with Pneumonia can show fewer symptoms e.g fever is less common in an older person with Pneumonia.

Treatment Options

As with all medical conditions, consult your Doctor for an accurate diagnosis and treatment. Mild pneumonia can usually be treated at home. In most cases antibiotics are prescribed because infection with bacteria is the most common cause. You may feel tired for a few days after you finish the antibiotics, as your body continues to recover. If symptoms are severe, hospital treatment may be required.

Diet Hints

- Try to maintain your usual diet. Eating a well-balanced diet is important for your recovery. In general, it is a good idea to drink 4 to 6 glasses of liquid a day, unless you are on

restricted fluids.

Pharmacist's Advice

Ask your Pharmacist for advice.

Paracetamol or ibuprofen may be used to reduce fever and relieve pain.

Antibiotics are often prescribed for bacterial Pneumonia. Ask your Pharmacist about the dosage and side effects of your medicines.

Cough medicines are not recommended.

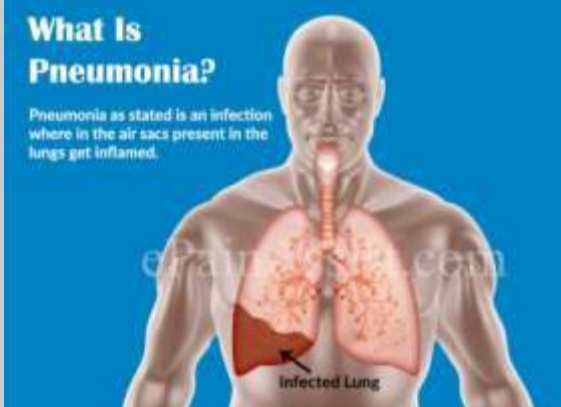
Coughing enables you to clear mucus from your lungs, so trying to stop your cough could lengthen the duration of the infection.

A warm drink of honey and lemon may help relieve the discomfort caused by coughing.

Chest rubs may ease congestion and pain when coughing. Ask your Pharmacist for advice.

Ask your Pharmacist for advice on stopping smoking and for help in choosing the most appropriate stop smoking product.

Drink plenty of fluids to avoid dehydration.



FREE compost giveaway is back

For those who are looking to spruce up their garden this spring, Cessnock City Council, in partnership with Solo Resource Recovery is hosting two FREE compost giveaways.

The giveaways are planned for Tuesday 16 October at Log of Knowledge Park, Kurri Kurri and Wednesday 17 October at Lions Park, Branxton. Running on a first in, best dressed basis, both giveaways will kick off at 4pm and finish up when stock is gone.

Residents of Cessnock, Maitland and Singleton are eligible for one free bag of compost per household, so ensure you bring along your driver's licence, rates notice or utility bill as proof of address. Cessnock City Mayor, Councillor Bob Pynsent is encouraging locals to take advantage of this popular giveaway.

"We've had such great feedback from residents about the quality of the compost at these giveaways. The best part is it's made from the material collected in our garden organics bins and this is the perfect time of year to put it back in our gardens and complete the cycle!"

Keep an eye on Cessnock City Council's Facebook page for the latest information on the free compost giveaway at www.facebook.com/



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Korean fried rice



Packed with bacon, snow peas and ginger, this Korean fried rice is sure to give your main meal some spice.

Ingredients

- 2 tablespoons soy sauce
- 1 tablespoon gochujang
- 1 tablespoon sesame oil
- 1/2 teaspoon caster sugar
- 4 eggs
- 1 1/2 tablespoons peanut oil
- 100g shortcut bacon rashers, chopped
- 1 brown onion, halved, thinly sliced
- 3 teaspoons finely grated fresh ginger
- 2 garlic cloves, finely chopped
- 2 x 250g packets microwave white rice, microwaved for 40 seconds
- 90g (1/3 cup) kimchi
- 1 carrot, cut into matchsticks
- 80g (1/2 cup) frozen peas
- 150g snow peas, trimmed, thinly sliced
- 3 green shallots, thinly sliced diagonally

Method

Step 1
Combine the soy sauce, gochujang, 3 teaspoons sesame oil and sugar in a small bowl. Set aside. Whisk the eggs and

remaining sesame oil in a separate bowl. Season.

Step 2
Heat 2 teaspoons peanut oil in a wok over high. Add egg mixture. Scramble until just cooked. Transfer to a plate. Wipe wok clean.

Step 3
Heat the remaining peanut oil over high heat. Stir-fry bacon for 2 minutes or until golden and crisp. Add onion and stir-fry for 1-2 minutes or until softened. Stir in the ginger and garlic for 30 seconds or until aromatic. Add rice, kimchi, carrot, peas and snow peas. Stir-fry for 1 minute or until the vegetables are tender crisp. Add soy sauce mixture. Stir-fry for 1-2 minutes or until well combined and rice is hot.

Step 4
Remove from heat and stir in egg. Sprinkle with shallots.



between 4am and 5.30am on Saturday morning to eliminate them from the investigation. The Crash Investigation Unit and officers from Hunter Valley Police District continue with their investigation and will prepare a report for the information of the Coroner.

Inquiries continue after man dies at Cessnock
Wednesday, 26 September 2018 10:10:14 AM

A police investigation is underway after a man died at Cessnock overnight. Police were called to a home on Edith Street, Cessnock, about 11pm (Tuesday 25 September 2018), and found a 36-year-old man seriously injured in the backyard. He was treated by NSW Ambulance paramedics but died at the scene. A short time later, a 31-year-old woman and a 32-year-old man attended Cessnock Police Station. They were questioned by detectives from Hunter Valley Police District; the woman has been released pending further inquiries. The man remains in custody at this time. A Nissan Patrol 4WD has been seized for forensic examination and a crime scene has been established at the Edith Street home. It's believed all three people were known to each other.

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.

Police arrest escapee - Cessnock

Wednesday, 03 October 2018 11:27:40 PM

Police have arrested and charged a prisoner who escaped from a minimum security correctional facility in the state's Hunter region. Just after 11am on Friday

21 September 2018, police were informed that an 18-year-old man had escaped the correctional facility at Cessnock. Officers from Tuggerah Lakes and Hunter Valley Target Action Groups have been investigating the man's escape and received information from the community. Earlier today (Wednesday 3 October 2018), police attended a home in Burnett Street at Cessnock. After speaking with several residents, a man was seen to flee from the area. Following a short foot pursuit, an 18-year-old man was arrested hiding in a wardrobe, in the bedroom of a home in Scott Street. The man was conveyed to Cessnock Police Station where he was later charged with escape lawful custody, take & drive conveyance w/o consent of owner (x2), drive motor vehicle during disqualification period (x2), aggravated break and enter with intent, destroy or damage property, and enter inclosed land without lawful excuse.

Renewed appeal on 25th anniversary of death of Allison Newstead near Cessnock ~ Police still offering \$100,000 reward for public help in cold case

Investigators from Hunter Valley Police District have renewed their appeal for information ahead of the 25th anniversary of 17-year-old Allison Newstead's death. Allison was last seen by her parents on Wednesday 6 October 1993, when she left their Cessnock home, heading to a café. She was reported as missing the following day (Thursday 7 October 1993), when she failed to return home. Her body was found by police seven days later (Wednesday 13 October 1993) at an abandoned colliery in Pelton, about 8km south-west of Cessnock. Extensive inquiries have been made to determine the circumstances surrounding Allison's death, which is being treated as suspicious. On Friday 20 March 1998, the NSW Government announced a \$100,000 reward for information leading to the arrest and conviction of those responsible for Allison's death. Hunter Valley Police District Commander, Detective Acting Superintendent Chad Gillies, said the \$100,000 reward was still available today and urged anyone with information to come forward. "We believe there are people who know exactly what happened to Allison but are either afraid, or unwilling, to share that information with police,"



⊕ Allison Newstead. This year, she would have turned 42.

he said. "We urge these people to do the right thing and contact Crime Stoppers on 1800 333 000 with this information, no matter how small it may seem. It may be a crucial detail for investigators. "October is a particularly difficult time for Allison's family, as, not only is it the anniversary of her death, but also her birthday. This year, she would have turned 42. "Allison's family have been suffering for 25 years, and deserve closure at the very least," Detective Acting Superintendent Gillies said.

Appeal over suspicious fire - Muswellbrook

Monday, 01 October 2018 01:21:35 AM

Police are appealing for public assistance following a suspicious fire in the Hunter region yesterday. Just after 12.30pm (Sunday 30 September 2018), emergency services were called to a business on Common Road, Muswellbrook, following reports of a fire. The fire destroyed 38 vehicles and a Hyundai Robex 55 excavator before it was extinguished. No one was injured. Officers from Hunter Valley Police District established the crime scene and are investigating the circumstances surrounding the incident. The cause of the fire is yet to be determined; however, it is being treated as suspicious. Any witnesses or anyone with information is urged to come forward.

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4938 1773

Council supports mountain bike precinct



Cessnock City Council unanimously supported 'The Precinct' Mountain Bike Park Project at Wednesday's Council meeting and endorsed the lodgement of a grant application under the NSW Government's Regional Communities Development Fund.

The proposed site for 'The Precinct' covers 385 hectares of land to the eastern side of Cessnock which has previously been a hotspot for criminal activity, illegal dumping and other antisocial behaviour. The project is a collaborative effort between Council, Cessnock Police and Crown Lands with the support of a number of local organisations. The group collectively put forward the project to serve as a strategy to divert youth crime and improve the wellbeing of residents. From a tourism perspective, it will also form part of a network of trails connecting Newcastle to the Pokolbin Wine District.

'The Precinct' could become home to an extensive network of mountain bike trails, cross country running clubs, orienteering for local schools, native regeneration groups, Aboriginal history talks and trails, along with so much more.

The social benefits of establishing 'The Precinct' include preventing obesity, curbing antisocial behaviour, creating an outlet for young people and providing an alternative to the issue of unlawful off-road motorbike use in the area. Cessnock City Mayor, Councillor Bob Pynsent said this project is a wonderful example of different organisations working together towards a common goal. "This is a project is a prime example of turning a negative situation into something really positive for our community and everyone involved should be very proud. It has been fantastic to see everyone working together on this and I truly hope we get a positive outcome out of the funding application." Council will submit a funding application by this Friday, 12 October 2018, for the amount of \$4 million under the NSW Government's Regional Communities Development Fund.

Helen Lowing, Proprietor & Licensee-in-Charge
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A baby mix up – the case of Jenkins v Morrison

In 1949, the Australian High Court heard the matter of *Jenkins v Morrison* (1949) 80 CLR 622. On 22 June 1945, a baby girl was born to Alberta Gwen Morrison in the labour ward at the Kyneton Hospital in Victoria. Within the preceding five minutes a baby girl had been born in the same ward to Jessie Jenkins. Mrs Morrison and her husband said the babies had been inadvertently swapped at the hospital and that Mrs Jenkins had left the hospital with the Morrisons' baby, later named Nola Jenkins. Four years later, the case reached the High Court. The delay was caused by a misunderstanding on the part of the Morrisons about their rights to sue.

The Morrisons sought the return of Nola. The Jenkins family resisted. Mr and Mrs

Jenkins did not seek the return of the baby that went from the hospital with the Morrisons, Johanne Lee Morrison, because they were convinced they had the right child.

There was no DNA testing at the time. But blood tests showed that Mr Morrison could not be the father of the baby they had brought from the hospital. The Supreme Court of Victoria held that the evidence showed that Nola was the daughter of Mr and Mrs Morrison and that Nola should be returned to their custody.

The High Court was divided. Justices Rich and Dixon said the evidence left the parentage of the child so much in doubt that it would not be for the child's welfare to remove her from her present custody. Justice Webb said the evidence as a whole did not warrant the conclusion of the trial judge that the child belonged to the Morrisons. The evidence included the fact that two other children had been born within 24 hours of the contested children. One of

those might have been given to the Morrisons and explain why Mr Morrison could not be Johanne's father.

Chief Justice Latham and Justice McTiernan said the Morrisons should get custody of Nola. Justice McTiernan said the blood tests and other evidence established beyond any reasonable doubt that Mrs Morrison had been given a baby to which she did not give birth and the baby was Johanne Lee. The best-interests-of-the-child test applied when parents fight each other for custody, but when the parents are together, "The parents are the natural and lawful guardians of their child: they have a legal right to the child's custody." The result of the majority decision was that Nola should stay with the Jenkins family and Johanne with the Morrisons. Leave to appeal to the Privy Council was refused.

Cheers, Gemma



Property prices plummet by up to 8 per cent in just ONE year – but there's a reason why homeowners shouldn't panic

- Sydney's median house price down by 7.6 per cent in the year to September 30
 - Melbourne's detached real estate prices plunged by 4.5 per cent in same time
- Realty data group Core Logic said national downturn less severe than post-GFC
- By Stephen Johnson For Daily Mail Australia

House prices have plummeted by close to 8 per cent in the Australia's largest city, but an expert says homeowners have nothing to fear. Sydney's median house price fell to \$976,365 in September, the lowest level since 2015 and the third straight month they have been below the \$1million

mark, real estate data group Core Logic has revealed. Detached property values plunged by 7.6 per cent in just one year, after peaking in mid-2017.

Melbourne also fared badly. Median house prices within Victoria's capital fell by an annual pace of 4.5 per cent to \$799,657, after hitting a peak in November last year.

The declines in both cities, each home to more than five million people, dragged down the overall national market, causing median house prices to slide by 3.1 per cent in the year to September 30.

Together, Sydney and Melbourne comprise about 60 per cent of Australia's housing values. When house and unit prices were analysed together, real estate values across Australia plummeted by 2.7 per cent in one year, with Sydney declining by an even steeper pace of 6.1 per cent and Melbourne falling by 3.4 per cent. Despite the bad news, Core Logic's head of research Tim Lawless said the drop in real estate prices, after five years of strong growth, was less severe than the aftermath of the global financial crisis.

'Hardly a crash, and a slower rate of decline relative to the previous housing market downturn - June 2010 to February 2012 - when national dwelling values fell by 3 per cent over the first twelve months, declining 6.5 per cent from peak to trough,' he said.

Hobart continued to buck the national trend, with house prices rising by 9.4 per cent annually. The pace of growth in Brisbane, however, has slowed to a year-on-year rate of just 0.8 per cent, a dramatic drop from 2.9 per cent a year ago. Darwin was the worst performing market when it came to apartments, with values sliding by an annual rate of 15 per cent. House prices in the Northern Territory capital however were holding up,



throughout Australia are urging all Australians to get behind the growers and support them by continuing to buy Australian strawberries.

Simply cut your strawberries in half to check them; help our farmers keep producing quality strawberries today and in the future. "CUT EM UP -- DON'T CUT EM OUT!"

Strawberries are high in vitamin C and provide a good dose of fibre, folic acid and potassium. Enjoy them on their own, with cream or ice-cream. Add them to a garden salad to add some sweetness...

Delicate zucchini flowers with their bright golden petals' blooms are a nice treat to eat. The female flower has a tiny zucchini attached, while the male flower has a thin stem. The unique slightly nutty flavour is one to experience; stuff the flower or simply cook and add to tomato basil. These spring treasures are highly perishable. The flowers are best used within a day of purchasing but those flowers will last for a little longer when stored covered with a dam paper towel in an airtight container in the fridge. Cheers Michael

CRISPY ZUCCHINI FLOWERS WITH LEMON & MINT FILLING

Prep 25 mins | Cook 10 mins | Makes 8

175g fresh ricotta

2 tsp finely grated lemon zest

1/3 cup mint leaves, finely chopped

8 female zucchini flowers, stamens removed*

2 tbs self-raising flour

Vegetable, grape seed or rice bran oil, for frying

Sea salt, extra mint leaves and lemon wedges, to serve

Batter:

1 cup cornflour, 1/2 cup self-raising flour & 1 3/4 cups iced water

* Female zucchini flowers have a baby zucchini attached to the flower. Gently open the flower and pull out the centre stamen.

STEP 1 To make the batter, combine cornflour, flour and iced water in a bowl. Mix with a knife until just combined (the mixture will be lumpy). Set aside for 10 min

STEP 2 Meanwhile, combine ricotta, lemon zest and mint in a bowl. Season with salt and pepper. Stir to combine. Spoon 1 tbs ricotta mixture into each zucchini flower and twist petals to enclose the filling.

STEP 3 Place flour into a shallow bowl. Pour oil into a large frying pan until 5cm deep. Heat oil over medium-high heat until hot. Lightly dust the zucchini flowers in flour then dip into the batter to lightly coat. Cook zucchini flowers in 2 batches, turning occasionally, for 2-3 minutes or until golden. Drain on a rack lined with paper towel. Serve with sea salt, mint leaves and lemon wedges.

Good for you ... ZUCCHINI



hold position.

"Consumers are right to be skeptical about the attempts to justify these adjustments, especially against the backdrop of easing house prices," Ms Pilkington said. "But there's no justification for the RBA to exacerbate the situation." The RBA cut interest rates by 25 basis points in August 2016 as well as May 2016. There were no changes to interest rates in 2017.

The RBA will next meet on Tuesday, 6 November 2018.

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 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 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 concerns raised by some 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 achieved by:

- * 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.

October meeting sees interest rates on hold

The October Reserve Bank of Australia board meeting saw interest rates stay on hold at 1.50 per cent, according to the Real Estate Institute of NSW. REINSW President Leanne Pilkington said most of the majors and a raft of smaller lenders have already taken matters into their own hands and adjusted their rates despite the RBA's

THIS is the third in a series of articles about local service personal who served our nation in World War 1, the Great War. We will continue the series until the 100th Anniversary of Armistice Day this 11th November 2018.

The memorial cycleway is not only a vital link between the two main towns of Branxton and Greta a distance of 4.5kms, but is also a living memorial to the sacrifice of those local veterans that enlisted to serve overseas. The cycleway will be from Rotunda to Rotunda, and will have a number of reflection points to all conflicts and peace keeping missions to which Australian service men and women have served.



many times by shell fire, but this NCO at once, utterly disregarding danger and at great personal risk, mended the breaks and was instrumental in keeping his company in touch with Battalion Headquarters. Corporal Roy Gibbs was recommended to receive the Military Medal on the 11th August 1918, he was however killed in action on the 30th September 1918, he was awarded the Military Medal posthumously. Roy Gibbs left Australia for France on the 5th October 1915, he is currently buried at Tincourt New British Cemetery, Tincourt, Picardie, France. Roy Gibbs was a resident of Branxton. His mother was Mrs C.R. Russell of Branxton – our research advises that she is a direct descendant of the current Russell family that live in Branxton

Corporal Roy Gibbs – 14th Australia Infantry 11th August 1918 – This NCO displayed great bravery and devotion to duty during operations near Morlancourt, South West of

Albert on the night 28/29th July 1918 while in charge of "C" Company Signallers both during the attack and particularly the night after the attack. The telephone line was cut

A 149740 **ITALIAN MILITARY FORCES**
AUSTRALIAN IMPERIAL FORCE.

Attestation Paper of Persons Enlisted for Service Abroad.

No. 13 Name ANDERSON Stanley Alexander
Unit 75th Battalion
Joined on 16/1/18

Questions to be put to the Person Enlisting before Attestation.

1. What is your name? Stanley Alexander Anderson
2. In the Parish of Newcastle in or near the Town of Newcastle in the County of New South Wales
3. Are you a natural born British Subject? Yes
4. What is your age? 25 years 6 months
5. What is your trade or calling? Labourer
6. Are you, or have you been, an Apprentice? If so, where, to whom, and for what period? No
7. Are you married? No
8. Who is your next of kin? (Address to be stated) Father, Alexander Anderson Greta, N.S.W.
9. Have you ever been convicted by the Civil Power? No
10. Have you ever been discharged from any part of His Majesty's Forces, with Ignominy, or as Incapable and Worthless, or on account of Commission of Puny, or of a Sentence of Penal Servitude, or have you been dismissed with Disgrace from the Navy? No
11. Do you now belong to, or have you ever served in, His Majesty's Army, the Marines, the Militia, the Militia Reserve, the Territorial Force, Royal Navy, or Colonial Forces? If so, state which, and if not now serving, state cause of discharge. No
12. Have you stated the whole, if any, of your previous service? Yes
13. Have you ever been rejected as unfit for His Majesty's Service? If so, on what grounds? No
14. Do you understand that no Separation Allowance will be allowed to support of your service beyond the amount which is payable to you while such night drillings are in force? Yes
15. Are you prepared to undergo inoculation against smallpox and submit thereto? Yes

I, Stanley Alexander Anderson do solemnly declare that the above answers made by me to the above questions are true, and I am willing and hereby voluntarily agree to serve in the Military Forces of the Commonwealth of Australia within or beyond the limits of the Commonwealth.

*And I further agree to abstain from the use of intoxicating liquors from time to time during my service for the support of my wife three girls wife and children

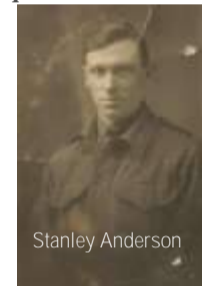
Date 16/1/18 Stanley A. Anderson
Signature of person enlisting.

*This clause is to be cancelled where necessary and should be struck out in the case of unmarried men or widowers without children under 16 years of age.



Stanley Anderson was awarded the Decoration Milirarie, it was personally awarded to him by the King Of All The Belguims in 1916, Stanley Anderson is only 1 of 13 Australians to have received this award.

This award would be the equal of the Victoria Cross



Stanley Anderson



Millennials...

Now how can you not applaud this senior citizen's reply?

A very self-important Uni student attending a recent football game took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

"You grew up in a different world, actually an almost primitive one," the student said, loud enough for many of those nearby to hear.

"The young people of today are much more advanced than people your age.

We grew up with television, jet planes, space travel, man walking on the moon and the Internet. We have cell phones, nuclear energy, electric and hydrogen cars, computers, automated manufacturing, amazing technologies and," pausing to take another drink of beer...

The senior took advantage of the break in the

student's litany and said,

"You're right, son. We didn't have any of those things when we were young...so we invented them.

Now, you arrogant little so and so, what are YOU doing for the next generation?"

The applause was resounding...

I love senior citizens.

(Maybe it's because I am one!)



Natives Bee Workshop

Venue: Elderslie Community Hall, 758 Elderslie Rd, Elderslie

Date & time: 14th October 2018 starts 0930 & finishes 1230

Presenter: Dr. Tobias Smith from Sugarbag Bees in Queensland

Participants: limited number

Funded by Singleton Store & Lamb Valley Landcare

Free admission with morning tea

Please book as soon as possible with Ah Mai by em ail (ah.mai@hotmail.com) or phone **M: 0401 921 837**

CONTINUED: SECTION 101 NOTICE, ENVIRONMENTAL PLANNING AND ASSESSMENT ACT, 1979, APPROVED DEVELOPMENT APPLICATIONS AND COMPLYING DEVELOPMENT CERTIFICATES

The public are hereby notified pursuant to Section 101 of the Environmental Planning Assessment Act, 1979 (as amended) that the following applications have been granted consent during the period from 1 September 2018 to 30 September 2018.

Locality	Reference	Decision Date	Property Address	Application Description
EAST BRANXTON	008/2018/00000497/001	12-Sep-2018	7 Franks CL	Garage & Carport
GRETA	008/2018/00000491/001	6-Sep-2018	44 Popham ST	Single Storey Dwelling with Attached Garage
GRETA	008/2018/00000613/001	13-Sep-2018	23 Talleyrand CCT	Single Storey Dwelling with Attached Garage
GRETA	008/2018/00000505/001	14-Sep-2018	78 High ST	Subdivision of One (1) Lot into Two (2) Lots
GRETA	008/2018/00000599/001	21-Sep-2018	51 Popham ST	Single Storey Dwelling with Attached Garage
GRETA	008/2018/00000605/001	21-Sep-2018	45 Popham ST	Single Storey Dwelling with Attached Garage
GRETA	008/2018/00000513/001	25-Sep-2018	61 Sale ST	Single Storey Dwelling with Attached Garage
GRETA	008/2018/00000614/001	26-Sep-2018	9 Talleyrand CCT	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2017/00000548/001	5-Sep-2018	1764 Wine Country DR	Alterations and additions to an existing dwelling to establish an 84 place centre-based child care facility
NORTH ROTHBURY	008/2018/00000388/001	5-Sep-2018	41 Olivia PL	Single Storey Dwelling, Attached Secondary Dwelling and Attached Garages
NORTH ROTHBURY	008/2018/00000591/001	14-Sep-2018	9 Haverty AV	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000517/001	19-Sep-2018	77 Tooze CCT	Single Storey Dwelling with Attached Garage
NORTH ROTHBURY	008/2018/00000372/001	26-Sep-2018	17 Thomas ST	Garage with Attached Carport
POKOLBIN	008/2018/00000367/001	3-Sep-2018	LOT: 1504 DP: 1110274 Kurrajong WAY	Nineteen (19) Lot Community Title Subdivision
POKOLBIN	008/2018/00000524/001	6-Sep-2018	86 Casuarina DR	Single Storey Dwelling with Attached Garage & Swimming Pool
POKOLBIN	008/2018/00000522/001	10-Sep-2018	2090 Broke RD	Additions to Existing Administration Building
POKOLBIN	008/2018/00000335/001	11-Sep-2018	119 McDonalds RD	Alterations and Additions to Existing Restaurant and First Floor Function Centre and the use of the Existing Deck for Outdoor Dining (40 seats)
POKOLBIN	008/2018/00000589/001	13-Sep-2018	43 Angophora DR	Swimming Pool
POKOLBIN	008/2018/00000612/001	26-Sep-2018	2 Ironbark DR	Single Storey Dwelling & Attached Garage

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

www.cessnock.nsw.gov.au 62-75 Vincent St, Cessnock 02 4993 4100

General Manager Stephen Glen

East Branxton



Low Maintenance 2 Bedroom Unit
Are you seeking your first home or maybe an investment. Well this is the opportunity to buy at a low price. A brick and tile two bedroom unit with a large open living area and large bedrooms. The property has its own private outdoor space and internal access to the garage. Updated Bathroom and Strata managed with low fees. It is currently tenanted at \$260 per week. Situated on a quiet street and conveniently located close to the Hunter Expressway
ASKING \$275,000

East Branxton

Three bedroom Duplex with large backyard
Immaculate Duplex with 3 large bedrooms all with built-ins. Other features include large open plan living area opening onto under-cover entertainment area, large double lock-up garage, in quite area. New carpet & blinds.
ASKING \$350,000



Branxton

SOLD



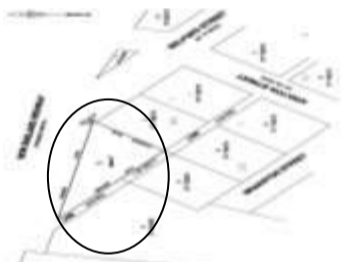
One for the Handyman
The bones are good ~ just needs to be tidied up.
Three good sized bedrooms, sep lounge, eat-in kitchen opening onto back decking. Good sized block.
ASKING \$299,000 Neg

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: All reasonable offers considered



BELFORD

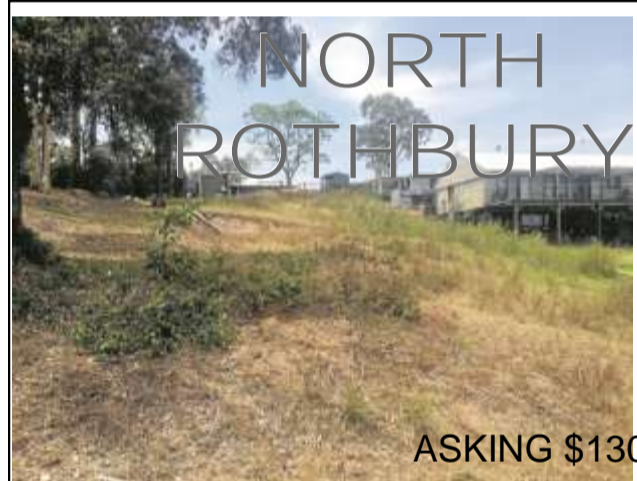


Vacant Land 2559m²
Vacant Land with building approved Lot 1 DP 1205549
Well over half an acre of good level block.
ASKING \$160,000 ONO

NORTH ROTHBURY



Lots 521 & 523 Littlewood Road,
Vacant blocks
4ha (10 acres) very private bush blocks. Fully Fenced & within minutes to Hunter Wine Country
ASKING: \$420,000 each



Vacant Land 809m²

Vacant Building Block
Fantastic visage

ASKING \$130,000 ONO

East Branxton



SOLD



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



ASKING \$550,000

North Rothbury



new on Market

OPEN HOUSE
17 Thomas St,
North Rothbury
Sat 13 OCT
10:30 ~ 11am

As new ~ Totally renovated; kitchen, bathroom, new flooring & freshly painted

This brick & Tile family home on a very large fully fenced block (885sm) features
* Spacious living area
* New kitchen
* Builtins in all bedrooms
* New bathroom
* Reverse cycle split air conditioning
* Large single lock-up garage
* Set on 885sm fully fenced block with magnificent views to the north

INSPECTION RECOMMENDED



ASKING \$417,000



A perfect view from our camp (before the winds)

A picture of one of the members Sun shelters after the winds had passed

Sunday morning was a lot better and some late fish were caught before it were time to pack up. Prizes and special mentions for the weekend were:

Archie Mason awarded a people's choice vote for an Aberdeen Tackle vouchers after his halftime entertainment of the Bunnies vs Roosters game. Young Archie shows some spectacular dance moves in the centre of camp which had the members in hysterics.

Troy Fields received longest Yellowbelly (48cm)
Glenn Beckett received longest Catfish (51cm)
Logan Dever received overall points (50.2)
Jake Mason received Junior longest fish (40cm Bass)
Donna Mason received Women's longest fish (39cm Bass)
Rob Beckett received longest Bass (43cm)

The next trip is the weekend of 19/20/21st October which is an open. Then we have our Seal Rocks trip 9/10/11th which you will need to book sites early for. The majority last year stayed in the Main Caravan Park but a few stayed in Treachery.

● Photo at left: Glenn Beckett all smiles after receiving his "biggest catfish" award

Fishing hit and miss for August open

There were mixed results for the open fishing weekend in August. Numerous fisho's came back with nothing to weigh in but a handful came back with big catches. "The Bolwarra Badger" David Delforce took top points for the second month in a row after bagging out on Snapper out at Broughton Island (pictured below). The biggest one weighed in a bit over 2kg. The only thing stopping Dave from a true shot at the overall title will be how many leave passes he has remaining for 2018.....watch this space.

Troy Fields rocketed into second place on the overall tally with 14 tailor and 2 Bream off the beach. Rob Beckett overtook a few with a mixed bag off the rocks (Trevally, Bream and Tailor). Robert "Barnesy" Barnes and son Blake recorded their first catches for 2018 with solid hauls of Tailor at Sandbar. This puts Blake into second place in



Above: Fishing Club President Dave Pele' Hodges presenting Sharon Finch From the Tatts Hotel certificate of thanks for their sponsorship

the Juniors. Lachlan Chown managed another Kayak Caught Lizard and Donna mason recorded her

first fish for the year with a big Bream 0.675kg a fraction short of the biggest overall for the year.

The next trip will be the Glenbawn Dam weekend 14/15/16th September. We will be holding a separate weekend comp with prizes from BCF and Aberdeen Tackle so make sure you get up there for a great weekend! See attached the map of the camping grounds. We will be looking to all congregate around the Diamond Point

or Diamond Point North Area.

If there is a sponsor out there that would like to sponsor a large Gazebo for the fishing club for these weekends it would be greatly appreciated. We could get your Company Logo printed on it for good advertising.

New members are still welcome for \$30 adult and \$50 family, just see the staff at the Tatts to sign you up. Any questions or enquiries please feel free to email

Steve.nevin@hvo.com.au or call Nevo on 0457547478.

'Glenbawn Glory' for Junior Fisho Logan Dever

The fishing club September outing was up to Glenbawn Dam and with support from

Aberdeen tackle (throwing in some prizes) we also ran a few weekend competitions. Friday started out picturesque and very warm but members had

warning that there were some fierce winds on their way. By Saturday the wind was up and only the brave ventured out to fish.



AirVenture Australia Proves Popular



AirVenture Australia is quickly becoming the unifying event aviation needs. The event uniquely combines a trade exhibition, an education seminar program, an air show and a family friendly atmosphere.

These four components recently combined in Cessnock to deliver what organisers are saying is an event on the edge of massive success. David Young, from AirVenture Australia, said "We've done it. We promised an event for aviators, by aviators and we delivered exactly that. While overall the crowd numbers were

lower than we had hoped, everyone who attended had a great time and got to engage with the industry. AirVenture Australia showcased what our industry is capable of when everyone pulls in the same direction. Our hope for the future is that any industry body that didn't attend, join with us next year and make AirVenture Australia bigger and better." AirVenture Australia will be collating numbers over the coming weeks. Initial estimates are that some 2,500 – 3,000 people attended and viewed the more than 250 aircraft on the field



over the three day event. Some 1,500 people attended the seminars across the three days.

There were some 541 aircraft movements representing some 270 aircraft that visited the event across the three days. In total there were 348 exhibitors and volunteers across 55 exhibits and 60 seminars.

On the commercial side a total of seven aircraft were sold with many more strong leads.

"I'd like to thank Recreational Aviation Australia (RAAus) for their unwavering support of this event. The team at RAAU is one of the most professional, supportive and hard-working teams I have come across in my thirty years in aviation. We could all learn a lot by adopting their philosophy. They just get in and get on with the job." David said. "It is also very important to thank and acknowledge the our other sponsors and supporters of the event, whom without their loyal support, there would be no event. Thank you."

Pop this one in your Diary.

Market FEST

Entertainers, Drum Circles & Open Mic

Sat 4pm-10pm. Crn of Blue Bonnet Rd, Lambs Valley Rd, Lambs Valley 2335. \$10 Donation entry

2018 Oct 27th

END HOMELESSNESS
FUN RAISER

Google: hunterhealinggardens
 Email: hunterhealinggardens@gmail.com

Check the website for a full program, regular updates, plus all the latest news and events.
 All ages and family friendly - new volunteers welcome.
 *Children under 15 must be accompanied by a responsible adult.
 Pat-friendly, most be treated.



Recently Branxton Lions club held a trivia night at the local Golf Club at Branxton. Branxton Lions are happy with the success of the trivia night proceeds. With over 150 people in

attendance. 50% Of funds raised this year will be donated to Motor Neurone Disease research, Lions Diabetes Foundations and the local women and children's

refuge. With 50% retained by the club for possible future emergencies. The support of all the businesses who donated items to sponsors and

support the night is what made the night a great success. Branxton Lions would like to thank Branxton Golf Club for letting us use their club for the night, also The

Branxton Vineyard News editor, Mike Lowing, for advertising the event for us. Following are our fantastic sponsors. *Ken Meany, Publicity Officer*

Trivia Night Sponsors

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The Lions Club sincerely thanks the sponsors for their generosity



Gosford Race Day
6th November 2018



The Rotary Club of Maitland are again organizing a fundraising event planned to take place on **Tuesday the 6th November 2018**. The "vintage train" will depart mid morning from Branxton (timetable to be advised nearer the date). After departing the train will pick up at allocated stations along the way. Relax and enjoy some magnificent scenery as we travel through the "Magnificent Hawkesbury Waterways". As the train meanders towards our destination you can relax and enjoy a complimentary Sparkling Wine or Soft Drink with Nibbles and/or Morning Tea. Upon our arrival in Gosford we will join a coach for a short journey and arrive at the Racecourse in time for the first race of the day.

PLEASE NOTE—Ticket Sales are to be offered in two differently Priced Packages:

Option 1—"GOLD PACKAGE" - \$155 per person entitles the ticketholder to the following: Return Train/Coach shuttle; Complimentary Wine or soft drink; Nibbles. Tea/Coffee will be served on both forward and return train travel; Admission to Racecourse & Race Program; A Deluxe Seafood Banquet as well as access to the Members area.



GOLD PACKAGE TICKETS ARE LIMITED and as such "tickets will be sold on a first in basis".

Option 2—"SILVER PACKAGE" - \$60 per person entitles the ticketholder to the following: Return Train/Coach shuttle; Complimentary Wine or soft drink; Nibbles; Tea/Coffee on both forward and return train trip. This package **DOES NOT** include lunch, however there are numerous eateries offering a wide range of foods for sale throughout the grounds.

BOOKING INFORMATION :

Further information and/or tickets please contact:

President Mike Lowing on : Ph: 0249 381 773 or Mobile 0414 757 826
or email: thenews1@gmail.com

Guests are permitted to take food/drinks on the train (due to space limitation small eskies only)
Departure times to be confirmed nearer to the date, but expect early morning [possibly 9.30am or thereabouts]

Short story competition opens!

Love to write? Cessnock City Library invites community members to see if they have the 'write' stuff and enter a short story competition to be in with a chance of taking home \$100.



The competition is open to writers of all ages with three separate divisions. The first division is for Children aged 7 to 12, the second division is Youth aged 13 to 18 and Adults 19 and over. The theme of the story must centre on 'Our Environment', a broad topic giving authors the chance to craft a story no longer than 1000 words.

Cessnock City Council's, Library Services Coordinator Rose-Marie Walters said libraries play an important role in the nurturing and inspiring our amazing local talent. "Through this initiative we hope to boost the profile of creative writing in Cessnock, and encourage the development of literacy skills within our community."

All entries must be solely your own, original work and must be received by 5pm on Friday 2 November, 2018. Please email your stories to library@cessnock.nsw.gov.au and use the subject line **SHORT STORY COMPETITION**



Open 7 days
8am - 8pm

4990 3485

202 Wollombi Road, Cessnock
(opposite ALDI)

Greta Workers Sports & Rec Club Ltd

2 West Street Greta Ph 4938 7325



Miller Park Sports Club

6 Maitland Street East Branxton Ph 49381226

Friday 12th October

SOLID GOLD

Friday 19th October

THE WAY



MEMBERS DINNER

Saturday 20th October, 2018

2 West Street, Greta.

\$30 Dinner & Show 6.30pm

Bookings essential, available from club, phone 4938-7325.



Members Badge Draw

Greta Workers

Wed \$2100 & Sun \$3000

Miller Park

Thurs \$700 & Sun \$5000



Simply D'Vine Restaurant

AT Miller Park

LUNCH 12PM—2PM

DINNER 6PM—9PM

WEDNESDAY TO SUNDAY



Greta Workers

Fridays & Sundays

Miller Park

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Open Lunch & Dinner Wednesday to Sunday

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Wednesdays, Fridays & Sundays

Call Greta for details 4938 7325

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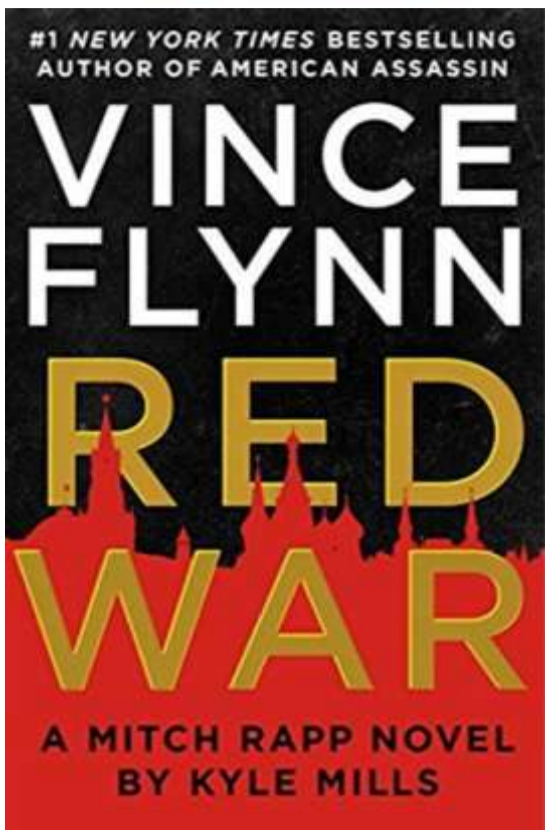


Greta Workers

Thursdays 4pm—6pm

Miller Park

Wednesdays 4pm—7pm



plot against him to be eliminated. He is extremely worried about being overthrown. But he is even more worried about something else. He has been diagnosed with inoperable brain cancer — a secret only he and his doctor know and which his doctor knows would mean his own quick death if he dared let this become known to anyone else.

At first the Russian dictator is able to effectively conceal his condition, but it quickly becomes increasingly more difficult to do so. For only so long will his doctor be able to come up with medical fixes enabling him to keep deceiving everyone for short periods. Eventually, he will have to undergo complex treatment. And to do that and keep it secret he will have to be able to escape being seen in public long enough to try all sorts of experimental medications at a secret medical facility he has ordered created in a forest far from Moscow. To help him pull off such a massive deception, he turns to the only person he trusts, a Russian marshal he had been forced by Western economic pressure into exiling, a fellow psychopath even more committed than he is to a restoration of Soviet era might.

What they settle on to divert attention and rally nationalistic support is: The threat of war. Baffled that the usually predictable Russian dictator has suddenly turned puzzlingly erratic, the CIA sends in Mitch Rapp to figure out what in the world is really going on and then, when he does, fix the problem by doing whatever it takes.

The plot is original and compelling — scary, realistic, surprising. The action is heart-pounding, page-turning, riveting right from the start. And the ending leaves you gasping for breath. It's for good reason that a novel such as this is called a thriller.

• *Fred J. Eckert, a former Republican congressman from New York, was President Ronald Reagan's U.S. ambassador to Fiji and to the U.N. Agencies for Food and Agriculture.*

About



Kyle Mills (born 1966) is an American writer of thriller novels including *Rising Phoenix*, *Fade*, and *The Second Horseman*. Several of his books (*Rising Phoenix*, *Storming Heaven*, *Sphere of Influence*, *Free Fall* and *Darkness Falls*) include a character *Mark Beamon*, an FBI special agent. He also wrote *The Ares Decision* (2011), *The Utopia Experiment* (2013), and *The Patriot Attack* (2015), the eighth, tenth, and twelfth installments of the *Covert-One series*, originally created by Robert Ludlum.^[1] He is the current writer of the Mitch Rapp series of novels after original author Vince Flynn died in 2013.

Mills lives in Jackson Hole, Wyoming with his wife and they are both avid rock climbers. Mills grew up in Oregon, and his father was an agent with the FBI.

His latest novel is a number #1 best seller 'Red War'.

Novels

Rising Phoenix

Storming Heaven

Free Fall

Burn Factor

Sphere of Influence

Smoke Screen

Fade

The Second Horseman

Darkness Falls

Lords of Corruption

The Ares Decision 2011, this is part of Robert Ludlum's

Covert-One series.

The Immortalists

The Utopia Experiment

The Patriot Attack

The Survivor

Order to Kill

Enemy of the State

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FREE PROPERTY MARKET APPRAISALS

ANALYSIS/OPINION: By Fred J. Eckert
RED WAR

By Kyle Mills

Across the top of the cover of "Red War" it reads: "#1 New York Times Bestselling Author of 'American Assassin'." Below this in huge letters is the name Vince Flynn. But the great thriller writer Vince Flynn died five years ago.

Across the bottom of the book cover in type less than half the size of the name Vince Flynn, it reads: A Mitch Rapp Novel by Kyle Mills.

This practice whereby estates of authors who leave behind a large following for characters they created enter into a profit-sharing arrangement with some writer to keep the franchise alive is something I've never quite been able to warm up to. Strikes me as oddly too much, like placing the name of Ernest Hemmingway or William Faulkner or William Shakespeare on a work someone else writes.

And yet, I do have to admit that Kyle Mills does a masterful job of capturing Flynn's CIA counter-terrorism hero Mitch Rapp. He's a very gifted writer with 16 other novels to his credit, most of them best-sellers. He wrote the previous three Mitch Rapp novels, each a New York Times bestseller, each of which I passed on, but after reading this one now intend to read. As a fan who thoroughly enjoyed every book Flynn wrote — 13 Mitch Rapp adventures plus his debut political thriller, "Term Limits," it was hard to know what to expect. Kyle Mills has created in this 17th book in the Mitch Rapp series a work any Flynn fan should find worthy of the late great thriller master.

"Red War" is highly entertaining, chock full of nail-biting action and surprising twists, and is a thriller that will rank among the top Mitch Rapp adventures.

Like Brad Thor's amazing counter-terrorism hero Scot Harvath, Mitch Rapp's challenges (since he, too, broke onto the scene nearly two decades ago) have centered on helping America thwart the dangers from radical Islamic terrorists.

And like Brad Thor's recent bestseller, "Spymaster," the adversary in "Red War" is Russia and its aggressive designs to challenge the NATO alliance by attacking the Baltic countries.

It really is pure coincidence that the two biggest names in thriller fiction counter-terrorism are now being deployed to protect America from the Russian threat. Not a case of imitation being the sincerest flattery, but rather just great minds thinking alike.

As his country's economy slides downward from awful to even more awful and his countrymen grow wary of their worsening conditions, Russian President Maxim Krupin from his Kremlin office looks out at a sea of protesters flooding Red Square.

The backlash against the rule of this Putin-like dictator (state media puts out images of him shirtless riding a horse and portray him as a great hunter) is intensifying. He trusts no one and arranges for those he worries might

The New York Times Best Sellers Combined Print & E-Book Fiction (14 Oct 2018)

1. New this week
 VINCE FLYNN: RED WAR by Kyle Mills
 When the Russian prime minister plots to invade the Baltics, only Mitch Rapp can stop him.
2. New this week
 AN ABSOLUTELY REMARKABLE THING by Hank Green
 After posting a video that goes viral, April May must deal with the pressures of becoming an internet sensation.
3. New this week
 TRANSCRIPTION by Kate Atkinson
 Ten years later, figures from a BBC radio producer's past as an M15 recruit in 1940 confront her.
4. 16 weeks on the list
 CRAZY RICH ASIANS by Kevin Kwan
 A New Yorker gets a surprise when she spends the summer with her boyfriend in Singapore.
5. 2 weeks on the list
 LETHAL WHITE by Robert Galbraith
 The fourth book in the Cormoran Strike series. Detectives Strike and Ellacott investigate a crime a young man may have witnessed as a child; by J. K. Rowling, writing pseudonymously.
6. 3 weeks on the list
 JUROR #3 by James Patterson and Nancy Allen
 Ruby Bozarth defends a college football star charged in a felony case complicated by a second murder.
7. 3 weeks on the list
 WHERE THE CRAWDADS SING by Delia Owens
 In a quiet town on the North Carolina coast in 1969, a young woman who survived alone in the marsh becomes a murder suspect.
8. New this week
 CROSS BREED by Lora Leigh
 A woman who is a mix of wolf, coyote and human sacrifices herself to save her sister.
9. 4 weeks on the list
 THE TATTOOIST OF AUSCHWITZ by Heather Morris
 A concentration camp detainee tasked with permanently marking fellow prisoners falls in love with one of them.
10. New this week
 HOT WINTER NIGHTS by Jill Shalvis
 Things get complicated between Molly Malone and Lucas Knight after he gets shot on the job and she is assigned her first case.

Australian Government
Department of Defence

WARNING NOTICE
DEFENCE FIELD FIRING RANGES

Residents of areas adjacent to Singleton Training Area are warned it is a Defence 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 result from being struck by a projectile. Eye damage may occur when viewing laser beams from within the training area boundary.

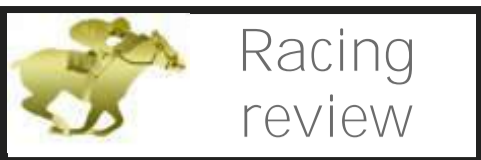
Unexploded ammunition is extremely DANGEROUS and should NOT be handled, but should be reported immediately to the nearest Police Station or Army unit. No reward will be paid for the reporting of ammunition which may be located on the training area.

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

00189



Hunter dominates country racing awards

by Brian Russell
Bloodstock Media Service

Upper Hunter racing captured four of the country honours when the 2017-18 edition of the Racing NSW Country and Provincial Racing Association Award winners were presented on Friday evening September 28 at a dinner held at Sydney's Four Seasons Hotel.

The Upper Hunter awardees were Muswellbrook Race Club (Country TAB Race Club of the Year), The Monstar (Country Horse of the Year), Brett Cavanaugh (Country Trainer of the Year) and, posthumously, Noel Leckie (Simon Nivison Special Achievement).

It was the second time that Muswellbrook, a club with a busy racing schedule whose meetings consistently attract representatives from provincial and metropolitan stables currently directed by a live wire committee headed by John Sunderland (manager of Godolphin's Woodland's stud) and a quality management team under Duane Dowell (general manager) has earned the award.

They had claimed the title in 2013, a year in which the Club's chief executive was one of the most experienced and respected country racing managers, Helen Sinclair. She has since moved to the mid north coast and is managing the Manning River Race club at Taree.

Now winner of 12 of 51 starts, the Country Horse of the Year The Monstar contested nine races as a 7-year-old in 2017-18, appearing in NSW, Queensland and Victoria. The efforts included a win the Moreton Cup-G2 (1200m) at the Sunshine Coast, thirds in the Linlithgow-G2 at Flemington and in the Missile-G2 at Randwick and fourth in two other stakes at the latter course.

Bred by Baerami Thoroughbreds west Hunter Valley using their since deceased Danehill sire California Dane and Sirocco Miss, a daughter of Widden Stud shuttled Brocco (USA), The Monstar was one of the performers who earned her trainer and part owner Brett Cavanaugh the Trainer of the Year Award.

Formerly a leading trainer based near Albury, Cavanaugh moved to Scone in early 2017 and now

trains out of the stable block formerly housing Greg Bennett at the Scone racing centre.

A former dynamic leader of the Scone Race Club was local accountant Noel Leckie, a man whose services to the industry were recognised by this year's Simon Nivison Special Achievement Award. Noel Leckie was only 64 when he died in January 2017.

The other 2018 Country Awards went to Narrandera Race Club (Community Race Club of the Year), Shoalhaven City Turf Club (Nowra) (Outstanding Achievement Award), Coonamble Jockey Club (Outstanding Achievement Award), Ben Looker, Southgate Grafton (Country Jockey of the Year), Cejay Graham, Port Macquarie (Country Apprentice of the Year) and Ricky Blewitt, Narrorine (Country Approved Rider of the Year).

The Provincial Racing Awards went to Brian Judd, the General Manager of NSW Country Racing (Ted McCabe Provincial Recognition), In Her Time (2012, by the Redoute's Choice sire Time Thief) (Provincial Horse of the Year), Godolphin's James Cummings (Provincial Trainer of the Year), Brenton Avdulla (Provincial Jockey of the Year) and Jean Van Overmeire, Warwick Farm (Provincial Apprentice Jockey of Year).

Highly fancied for the Everest, In Her Time was bred on Fred and Mary Moses's Kanangra Park Stud near Scone for the estates of the Cobcroft family of Willow Tree.

Cool hand Hugh gets Winx home after anxious moments in Turnbull Stakes

by Ben Dorries
Chris Waller lauded Hugh Bowman's ice-cool Turnbull Stakes ride on Winx, which caused heart flutters all over Australia, as "picture perfect" and said it should be shown to young hoops at apprentice school.

Flemington racegoers and millions of TV viewers fell into stunned silence as Bowman had the mighty mare back in an uncustomary spot second last on the fence and hemmed in looking for clear air.

Everyone was wondering whether this was the day the famous winning streak came to an end and Bowman later admitted it was nothing like the "arrogant" ride he normally produces on Winx.

But Bowman kept his patience, held his breath and the gaps finally presented as Winx (\$1.10fav) gunned down stablemate Youngstar (\$41) by a length with another ¾ length back to Kings Will Dream (\$14) in third.

After plenty of anxious moments, racing's leading lady bid a fond farewell to Flemington as she collected her 28th consecutive win and her 21st Group I triumph. The punter who had a whopping \$170,000 bet on her must have felt sick at one stage in the race and even Bowman admitted he didn't have it all under control.

But Waller, who did admit to a few 'flutters', said he wasn't too worried as he lavished praise on Bowman's ride. "The way Hughie rode her was perfect, go to apprentice school on Monday and show that and every apprentice will turn out to be a genius if they ride like that," Waller said.

"Obviously when you are Winx you do need to make sure you are not held up but it is Fleming-ton and Hughie got out with 400m to run. "She hadn't been there (second last on the fence) for a long time.

"But it was a picture perfect Bowman ride, you are waiting on a bit of luck.

"Fortunately the gaps came, she had a bit of ground to make up but we are at Flemington and it's just home for a racehorse."

A relieved and emotional Bowman admitted things didn't go to plan – but he never thought it was the day Winx was going to get beaten.

"Usually I ride her so arrogantly - I didn't have that option today," Bowman said.

"I wasn't where I hoped I would be during the race but I didn't have many choices.

"Usually I have got everything under control from the 300m mark but today I was weaving a passage.

"It wasn't my ideal plan to come through the middle of them, when the pressure went on about the 650m she was left a little flat footed. "It was just that little period at about the 500m where the race was getting away from me.

"But once I was to the back of Youngstar I was supremely confident." Winx's bid for a fourth consecutive Cox Plate is three weeks away and



Detailed saleyard report



mile and a half, the Caul- and from \$51 into \$17 in

Saleyard report - cattle

Singleton

Last reported 3rd October 2018

Consignments increased and the overall quality improved, with the majority of the younger cattle comprised of well bred stock. The bulk was suitable for restockers and lot feeders, with greater percentages of the prime conditioned and grain assisted younger cattle in the penning. The grown steers and bullocks increased in number, however cow numbers decreased. Competition was solid throughout, with most categories improving 12c/kg, although the prime conditioned pens to butchers did not reach the high prices recorded at the previous market. The over 200kg vealers to restockers gained 12c, with the steers making from 202c to 324c/kg. The heifer portion sold from 180c to 234c/kg. The yearling steers suitable for lot feeders reached 306c, with most making approximately from 267c to 275c/kg. Yearling heifers sold from 180c to 254c/kg. The prime conditioned younger cattle to the butchers reached 320c/kg. The better selection of grown steers to slaughter sold to strong competition, making from 260c to 272c, as those to the lot feeders reached 266c/kg. The heifer portion topped at 258c/kg. Cows also recorded dearer trends, with the plainer 1 scores making from 148c to 170c, while the prime heavy weights sold from 220c to 236c/kg. The best heavy weight bull reached 242c/kg.

Scone

Last reported 2nd October 2018

Consignments decreased by 30%, with the majority on the plainer side. There were grain assisted young cattle suitable for the butchers, along with unfinished pens purchased by the lot feeder and restocker orders. Around 150 cows made up the majority of the grown cattle, with the bulk entering the 1 fat score categories. The market generally held firm, however some breed and quality issues affected prices in places. The well supplied split calves sold to solid competition, as the light weights made from 80c to 160c, with the heavier end making from 134c to 214c/kg. Vealers were mainly light weights, with the steers making from 150c to 274c, as the heavier drafts topped at 304c/kg. The heifer portion sold from 130c to a top of 240c/kg for the better pens. Once again, yearling steers were generally light weights and these sold from 180c to 266c, with the heavier drafts to lot feeders topping at 296c/kg. Yearling heifers made from 228c to 266c/kg, with the majority going to the feeder orders. The prime conditioned younger cattle to butchers remained firm, as the high yielding lots sold approximately from 290c to 322c/kg. A single grown bullock sold for 260c, with the heifer portion making from 230c to 265c/kg. The plainer 1 score cows increased 12c, with the lighter end making from 60c to 166c, while the heavier drafts sold from 134c to 170c/kg. The better covered 2 and 3 score cows remained close to firm, with some quality variations, as the medium weights made from 170c to 210c, while the few heavy weights topped at 210c/kg.

TRLX Tamworth

Last reported 24th September 2018

Overall numbers increased with the inclusion of greater supplies of light weight young cattle. This included both split calves and vealers, with producers still having to sell off calves to maintain breeder herds. Cows and yearlings were well supplied. The quality of the offering was fair to good. From a condition perspective there were limited numbers of well finished cattle to suit processors, with the exception of the better part of the cows. There was a full field of the regular buyers in attendance. Demand varied through the young cattle. The lightest of the calves sold on a dollar per head basis down to \$25/head. The live weight sales saw the heavier end of the steers sell as much as 60c to 70c/kg dearer. There were really only quality related price changes in the vealers to restockers. Demand for feeder steers increased due to stronger competition. Market trends were 13c to 14c dearer, with odd sales as much as 20c/kg higher when breed was considered. Some of the plainer lightly muscled yearling heifers suitable to feed lotters sold to dearer trends, however those not suitable received significantly less competition. The better quality yearling heifers to feed saw a firm to slightly dearer market trend, however there were some quality related price changes. There were insufficient heavy grown steers for a quote. The limited supply of well finished grown heifers to processors were slightly cheaper. The cow market was firm and up to 5c/kg dearer for the best pen. The plainest lots did not receive much interest. There was a great deal of variation in the plainer condition cows from a weight and yield perspective, with these factor accounting for the large variation in prices.



WINX after her Turnbull Stakes win last Saturday

Waller said he would now let the wonder mare "chill out" for a few days. Youngstar's jockey Kerrin McEvoy described the mare's runner-up effort as a

"great run" and said it showed she was on track for the Caulfield Cup. "I'm pretty happy with her to get beaten a length by the wonder mare and up to a

field Cup is good option for her," he said. Winx was \$1.30 into \$1.20 in Cox Plate betting while Youngstar firmed from \$13 to \$6 in the Caulfield Cup

the Melbourne Cup. Kings Will Dream eased from \$4.50 to \$6 in the Caulfield Cup and now shares favouritism with Youngstar.



The essential guide to using public Wi-Fi safely

Wi-Fi has made our lives a little easier and more connected, but it also raises some security risks to the personal information we keep on our mobile devices whenever we connect to free public Wi-Fi. Free Wi-Fi is available wherever we go, from the local coffee shop to the hotels and airports you visit while traveling. Wi-Fi has made our lives a little easier and more connected, but it also raises some security risks to the personal information we keep on our mobile devices whenever we connect to free public Wi-Fi.

The Two Types of Public Wi-Fi

There are basically two kinds of public Wi-Fi networks: secured and unsecured. Unsecured networks can be connected to within range and without any type of security feature like a password or login. A secured network requires a user to agree to legal terms, register an account, or type in a password before connecting to the network. It may also require a fee or store purchase to be made to gain access to the password or network. Regardless of the connection type, when you connect to public Wi-Fi you should always be cautious and take these essential steps to stay safe: **Always** connect to secured public networks whenever possible. If you cannot connect to a secured network, using an unsecured network would be permissible if the connection requires some sort of login or registration. **Never** access personal bank accounts, or sensitive personal data when connected to unsecured public networks. Use your best judgment if you must access these accounts on public Wi-Fi.

Monitor your Bluetooth connectivity. Having Bluetooth in the home is an amazing feature on many smart devices. However, leaving Bluetooth on while

in public places can pose a huge risk to your cyber safety. Bluetooth connectivity allows various devices to communicate with each other, and a hacker could look for open Bluetooth signals to gain access to your devices. Keep this function on your phone and other devices locked down when you leave your home, office, or similar secured area.

Avoid shopping online when using public Wi-Fi. Shopping might not seem like it involves sensitive data, but making purchases online requires personal information to be transferred that could include bank account and retailer login credentials. Shopping is something you want to avoid on an unsecured Wi-Fi network. **Never** leave your laptop, tablet, or smartphone unattended in a public place especially if you're in an unfamiliar place. Even if you're working on a secure Wi-Fi network, that won't stop someone from taking your property or sneaking a peek at your device or personal files.

Always turn off the automatic connectivity feature on your device. Most smartphones, laptops, and tablets have automatic connectivity settings, which allow you to seamlessly connect from one hotspot to the next without having to login all the time. While it's a convenient feature, but it can also connect your devices to networks you ordinarily would not use. Keep these settings turned off, especially when you're traveling to unfamiliar places.

Use a VPN solution to ensure your privacy and anonymity are protected when you use public Wi-Fi. A virtual private network like Norton WiFi Privacy, can encrypt all the data that you send and receive while using a public Wi-Fi hotspot, securing your information to prevent other users on the same connection from accessing. (**Wireless communication**, or sometimes simply **wireless**, is the transfer of information or power between two or more points that are not connected by an electrical conductor.

The most common wireless technologies use radio waves. With radio waves distances can be short, such as a few meters for Bluetooth or as far as millions of kilometers for deep-space radio communications. It encompasses various types of fixed, mobile, and portable applications, including two-way radios, cellular telephones, personal digital assistants (PDAs), and wireless networking. Other examples of applications of radio wireless technology include GPS units, garage door openers, wireless computer mice, keyboards and headsets, headphones, radio receivers, satellite television, broadcast television and cordless telephones. Somewhat less common methods of achieving wireless communications include the use of other electromagnetic wireless technologies, such as light, magnetic, or electric fields or the use of sound.

The term wireless has been used twice in communications history, with slightly different meaning. It was initially used from about 1890 for the first radio transmitting and receiving technology, as in wireless telegraphy, until the new word radio replaced it around 1920. The term was revived in the 1980s and 1990s mainly to distinguish digital devices that communicate without wires, such as the examples listed in the previous paragraph, from those that require wires or cables. This became its primary usage in the 2000s, due to the advent of technologies such as mobile broadband, Wi-Fi and Bluetooth. Wireless operations permit services, such as long-range communications, that are impossible or impractical to implement with the use of wires. The term is commonly used in the telecommunications industry to refer to telecommunications systems (e.g. radio transmitters and receivers, remote controls, etc.) which use some form of energy (e.g. radio waves, acoustic energy,) to transfer information without the use of wires. Information is transferred in this manner over both short and long distances.

Wi-Fi or **WiFi** is technology for radio wireless local area networking of devices based on the IEEE 802.11 standards. Wi-Fi is a trademark of the Wi-Fi Alliance, which restricts the use of the term Wi-Fi Certified to products that successfully

complete interoperability certification testing. Devices that can use Wi-Fi technologies include desktops and laptops, video game consoles, smartphones and tablets, smart TVs, digital audio players and modern printers. Wi-Fi compatible devices can connect to the Internet via a WLAN and a wireless access point. Such an access point (or hotspot) has a range of about 20 meters (66 feet) indoors and a greater range outdoors. Hotspot coverage can be as small as a single room with walls that block radio waves, or as large as many square kilometres achieved by using multiple overlapping access points.

Different versions of Wi-Fi exist, with different ranges, radio bands and speeds. Wi-Fi most commonly uses the 2.4 gigahertz (12 cm) UHF and 5.8 gigahertz (5 cm) SHF ISM radio bands; these bands are subdivided into multiple channels. Each channel can be time-shared by multiple networks. These wavelengths work best for line-of-sight. Many common materials absorb or reflect them, which further restricts range, but can tend to help minimise interference between different networks in crowded environments. At close range, some versions of Wi-Fi, running on suitable hardware, can achieve speeds of over 1 Gbit/s. Anyone within range with a wireless network interface controller can attempt to access a network; because of this, Wi-Fi is more vulnerable to attack (called eavesdropping) than wired networks. Wi-Fi Protected Access is a family of technologies created to protect information moving across Wi-Fi networks and includes solutions for personal and enterprise networks. Security features of Wi-Fi Protected Access have included stronger protections and new security practices as the security landscape has changed over time



MOVIE REVIEW

First Man

On the heels of their six-time Academy Award (R)-winning smash, La La Land, Oscar (R)-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969. A visceral, first-person account, based on the book by James R. Hansen, the movie will explore the sacrifices and the cost on Armstrong and on the nation of one of the most dangerous missions in history.



'First Man' is good — not great — depiction of famed mission

By Johnny Oleksinski

What sets apart the new film "First Man," about Neil Armstrong's role in the 1969 Apollo 11 mission, is definitely not its inevitable conclusion. The movie succeeds thanks to director Damien Chazelle's superb visuals, which land somewhere between the quiet indie look of his previous flick, "La La Land," and the epic sweep of "Apollo 13." Space has never looked so sexy, or felt so claustrophobic. What holds back "First Man" from being a great movie is, strangely enough, its subject: Armstrong. Admirably, Chazelle and screenwriter Josh Singer have not made their film a hagiography, turning the man who famously said, "One small step for man, one giant leap for mankind" into a swaggering American hero. The boisterous Buzz Aldrin would be better suited to that Hollywood treatment. Instead, Ryan Gosling plays Armstrong as a charisma-free, emotionally detached bookworm who's both motivated and haunted by the cancer death of his young daughter. His portrayal is closer to reality and, like meeting your heroes in real life, Armstrong can be a big letdown. We first meet the spaceman in 1962, during his pre-NASA days as a test pilot. That same year, his 3-year-old daughter,

Karen, dies from a brain tumor, and he is selected for NASA's groundbreaking Gemini Project. Instead of dealing with the emotional ups and downs of that surreal moment, he immediately returns to the office — never discussing Karen's death with wife Janet.

As the iron-willed Janet, Claire Foy is handed the real grit of the story. The actress — still sublime without the crown jewels — is seen struggling to raise the couple's two boys while their dad is combing physics books. And, when her husband is exploring the stars, Janet sits in the living room waiting to hear if he lives or dies.

Despite Gosling being emotionally stuck in traffic, he drives a few very compelling space scenes during Armstrong's NASA tenure. The best involve dizziness. First, the actor tries to keep his composure in a high-speed space-flight simulator and, like Roger Moore in "Moonraker," nearly passes out. Another is the 1966 Gemini 8 mission, which nearly ends in death after the spacecraft begins spinning out of control. Those moments are genuinely freaky. When we finally get to the legendary moon landing, the lovely sequence is almost totally soundless, slow and awe-inspiring. Armstrong is not so strong then, but shocked to have achieved his goal. It's beautiful.

About that scene: People nearly rioted when it was revealed at film festivals that while the film shows the American flag on the moon, we don't actually witness Armstrong plant

it. Some called that choice unpatriotic. But other historic events go unseen here, too, like workers at Houston Mission Control celebrating their success and millions of kids glued to the TV. Those iconic images just don't gel with what Chazelle wanted to make: an intimate portrait of a reluctant hero. For better or worse, that's what "First Man" is.

An aside

Legendary Apollo 11 astronaut Edwin "Buzz" Aldrin took a swipe at the upcoming movie "First Man" late Sunday for its director's decision not to show the planting of the American flag on the moon during the historic 1969 mission. Aldrin, 88, who was the second man to step on the moon, behind crewmate Neil Armstrong, posted historical photos of the flag-planting and added the hashtag "Proud to be an American." Armstrong, who died at age 82 in 2012, is the subject of "First Man," which stars Ryan Gosling and is scheduled to hit theaters next month. In previous posts Saturday, Aldrin shared photos of himself wearing a T-shirt with the tagline "Buzz Aldrin, Future Martian" that shows an astronaut planting the American flag on the Red Planet. He also retweeted a photo of himself saluting while standing next to an enlarged photo from the Apollo 11 mission that includes the flag on the moon.



Trump's attorney suggests he may sue the New York Times. Don't bet on it.

By Paul Farhi
Media reporter
October 3 at 5:14 PM



A cable news host. Sexual assault accusers. The New York Times and The Washington Post. Stephen K. Bannon. The Associated Press. A book publisher.

Donald Trump has threatened to sue all of them for something they wrote or said about him. In each case, the threat proved hollow, sound and fury signifying nothing more than Trump's peeve at a critic. Trump *has* sued on occasion, though far less often than he says he will.

Now Trump has a new would-be target. Or rather an old would-be target that has given him a new reason to rattle the prospect, if not the reality, of a lawsuit.

The New York Times on Tuesday published a sweeping investigation that documented decades of elaborate, and possibly fraudulent, maneuvering by Trump and his family to avoid paying taxes on hundreds of millions of dollars of their wealth. If anything, the article punctures a common myth Trump has promoted — that he is a self-made billionaire who started off with “a small loan” from his father, Fred C. Trump, a New York real estate developer. The story's headline lays out the essence of the Times's 18 months of digging: “Trump Engaged in Suspect Tax Schemes as He Reaped Riches From His Father.”

The story, like many others, drew a Trumpian response. His attorney, Charles Harder, issued a statement to the paper warning that Trump might sue.

“The . . . allegations of fraud and tax evasion are 100 percent false, and highly defamatory,” wrote Harder, a feared libel lawyer who represented Hulk Hogan in winning a \$140 million judgment against the gossip site Gawker in 2016. He added, “Should the Times state or imply that President Trump participated in fraud, tax evasion or any other crime, it will be exposing itself to substantial liability and damages for defamation.”

Though it probably won't, primarily for legal reasons.

Not only would Trump be unlikely to win such a claim, according to legal experts, he would be required as part of the discovery process to provide private financial documents that he has long resisted making public.

Nevertheless, the Times is among the many organizations and individuals that Trump has suggested he'd take legal action against. During the 2016 presidential campaign, he issued a legal fatwa against the Times for an article that reported two women's allegations of unwanted touching who had met Trump years earlier.

The threat elicited a sharp-edged response from the newspaper's lawyer, David E. McCraw: “If Mr. Trump . . . believes that American citizens had no right to hear what these women had to say and that the law of this country forces us and those who would dare to criticize him to stand silent or be punished, we welcome the opportunity to have a court set him straight.” Trump didn't sue.

The same thing happened (or actually didn't happen) on at least a dozen other occasions in which Trump made threats.

Trump made noises about suing MSNBC host Lawrence O'Donnell in 2011 after O'Donnell questioned Trump's claims of vast wealth; no lawsuit was filed.

Trump vowed action during the campaign against a dozen women who had accused him of sexual assault. “The events never happened,” he said in a speech. “Never. All of these liars will be sued after the election is over.”

They haven't been.

More empty threats have been leveled against — among others — The Post (for reporting on the failure of one of his casinos in Atlantic City); publisher Simon and Schuster (over Michael Wolff's book, “Fire and Fury”); Bannon, the former White House adviser (for talking to Wolff); the Associated Press (for an October 2015 article reporting that a condo-management team appointed by the Trump family had cheated residents); and Tony Schwartz, co-author of the Trump book “Art of the Deal” (for comments about Trump that Schwartz made to the New Yorker).



As a legal matter, Trump faces a very high bar in winning a defamation lawsuit, and he appears to know it. Public figures such as Trump not only must show that the statements at issue are false but that a publication knew they were false and published them anyway. Trump has called this “reckless disregard” standard “a sham and a disgrace” and has repeatedly said he wants to “open up” libel laws so that he could more easily win a lawsuit. (He has never won any such case in court.)

Even if he stands little chance in court and has no intention of proving a story is wrong, Trump's lawsuit threats serve another purpose, said RonNell Andersen Jones, a law professor at the University of Utah.

“Neither the court nor the Times is the intended audience of these sorts of statements,” she said in an email on Wednesday. “The president's political base — ordinary Americans who surely cannot be expected to know the ins and outs of constitutional standards for defamation plaintiffs — will hear the threat of lawsuit and register only that the news organization has so crossed the line that the president is going to sue it. This serves to further delegitimize the press and construct it as an enemy that is not to be trusted.”

Jones said this “othering” of the press casts Trump as the source of truth and news organizations as sources of falsehood.

Trump actually has sued for libel on occasion, although typically without much to show for it. He filed against author Tim O'Brien, a former New York Times journalist, in 2006 for O'Brien's assertion in a book that Trump was worth far less than he had publicly claimed. Trump pursued the claim for five years, spent about \$1 million in legal fees — and lost in court twice.

Trump also sued comic Bill Maher in 2013 for joking — amid Trump's “birtherism” phase — that he would donate \$5 million to a charity if Trump could provide documentary evidence that he wasn't “the spawn of his mother having sex with an orangutan.” The comment followed Trump's offer to give \$5 million to charity if President Barack Obama publicly released his college transcripts and passport records to prove that he was an American citizen. Trump withdrew the suit a few weeks later, vowing to refile it. He didn't. On the other hand, Melania Trump sued the Daily Mail and a Maryland blogger last year after both falsely suggested that she had worked as an escort before meeting Trump. The first lady agreed to a \$2.9 million settlement with the Daily Mail and an undisclosed monetary settlement with the blogger, Webster Tarpley.

Harder, who handled those lawsuits and is also representing the president, declined to comment on the Times story on Wednesday, beyond the statement included in the story.

A Times spokesman, Eileen Murphy, stuck to a statement calling the newspaper's story “a powerful piece of investigative journalism” that is “accurate and fair and we stand behind it.” She added, “we're not going to speculate on what may or may not happen” as far as litigation.

Paul Farhi: Media reporter Education: University of California at Los Angeles, BA in communications studies **Paul Farhi:** started at *The Washington Post* in 1988 and has been a financial reporter, a political reporter and a style reporter. Since 2010, he has covered the news media for *Style*. Honours & Awards: ... Three-time winner of National Press Club award for media reporting and criticism.

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All contributions welcome

'Double Smiley' for the person who found my wallet and return it to my letter box. Bless you.

to 'Big Pete' From the hardware shop in Branxton; you will be missed.

to Cessnock Council or Singleton Council (not sure) for their playground in North Rothbury. We were travelling from Sydney to home in Muswellbrook & took a detour & stopped there to use the toilet facilities (clean!!). We stayed & let our children have some fun. What a great facility for a small village! (*Ed.* Cessnock Council)

to the people who take the time to thank others in this column. It would be nice to see that in each issue the ☺'s outnumbered the ☹'s.

☺*Ed.* to the Old Greta Courthouse Restoration Committee on the outstanding renovations to the roof & interior of the building. For those who haven't seen it you will be gob-stopped! I cannot wait until the whole job is complete. ☺ Photo: *Brian Kennedy, Tom Matzon & Val Randal.* Val is presenting Tom with a cheque for the painting.

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

Dates for your diary >

TUES 09/10 ~ B/G CWA Mtg. 9.30am, Old St Brigid's School Staff Room, Station St, Branxton
WED 10 OCT ~ 'Dress in Pink High Tea'. Brxt Community Hall 10am. Further info call Helen on 0427 047 024
THU 11 OCT ~ 10-11am Creatures of the Deep with Emma Best @ Kurri Library
THU 11 OCT ~ 1-2pm Creatures of the Deep with Emma Best @ Cessnock Library
FRI 12 OCT ~ 10-11am Bob Turner Wildlife Show @ Kurri Library
FRI 12 OCT ~ 1:30 ~ 2:30pm Bob Turner Wildlife Show @ Cessnock Library
SAT 13 OCT ~ Hunter Valley Mining Charity Rugby League Day @ Pirtek Park, Singleton
SAT 13 OCT ~ FREE Mattress Drop-off at the BEC carpark on the corner of Barton and Merthyr St Kurri Kurri from 8am to 12 noon.
MON 15 OCT ~ Branxton Public School First day of Term 4 for students and teachers
WED 17 OCT ~ Cessnock City Council FREE compost give-away at Lions Park, Branxton; at Lions Park, Branxton
SAT 20 OCT ~ Lennon: Through a Glass Onion @ Cessnock Performing Arts Centre
MON 22-28 OCT ~ Aussie Backyard Bird Count: you can count as many times as you like over the week, we just ask that each count is completed over a 20-minute period. The data collected assists BirdLife Australia in understanding more about the birds that live where people live.
TUE 23 OCT ~ Branxton Public School Stage 1 Wetlands Excursion
THUR 25 OCT ~ Cessnock Prostate Cancer Support Group meeting 3pm Cessnock Leagues Club. Topic: Katie and Martelle from Cessnock Plaza Pharmacy will talk about Hydration, also will do taste testing of Hydralyte. Cost FREE Wives\ Partners welcome. Contact Barry 90904554 or Rose 0457073852.
SAT 27 OCT ~ The Central Hunter Business & Community Expo @ Miller Park Branxton. 9 to 3pm. FREE Entry & FREE entertainment.
SAT 27 OCT ~ Kurri Kurri Community Festival @ Rotary Park Kurri Kurri
SUN 28 OCT ~ Seasons Plate @ Dalwood Estate ~ Guests will enjoy a magnificent luncheon among the vines and will take home a plate featuring artwork inspired by the season
MON 29th to WED 31st OCT ~ Branxton Public School Stage 3 Bathurst Excursion
TUE 6 Nov ~ Rotary Club of Maitland Train to Gosford Race Club for Melbourne Cup. P 0414 757 826 for more details
SAT 3/11 ~ North Rothbury Tidy Town Twilight Markets. Call Helen on 0412 566 041 to book a site
MON 5 Nov ~ Lions Club of Branxton monthly meeting at Branxton Golf Club
FRI 9 NOV ~ Branxton Public School 1st Kinder Orientation visit
TUES 13/11 ~ B/G CWA Mtg. 9.30am, Old St Brigid's 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
SUN 25 Nov ~ Plektra mandolin & guitar ensemble, Sacred Spaces Singleton

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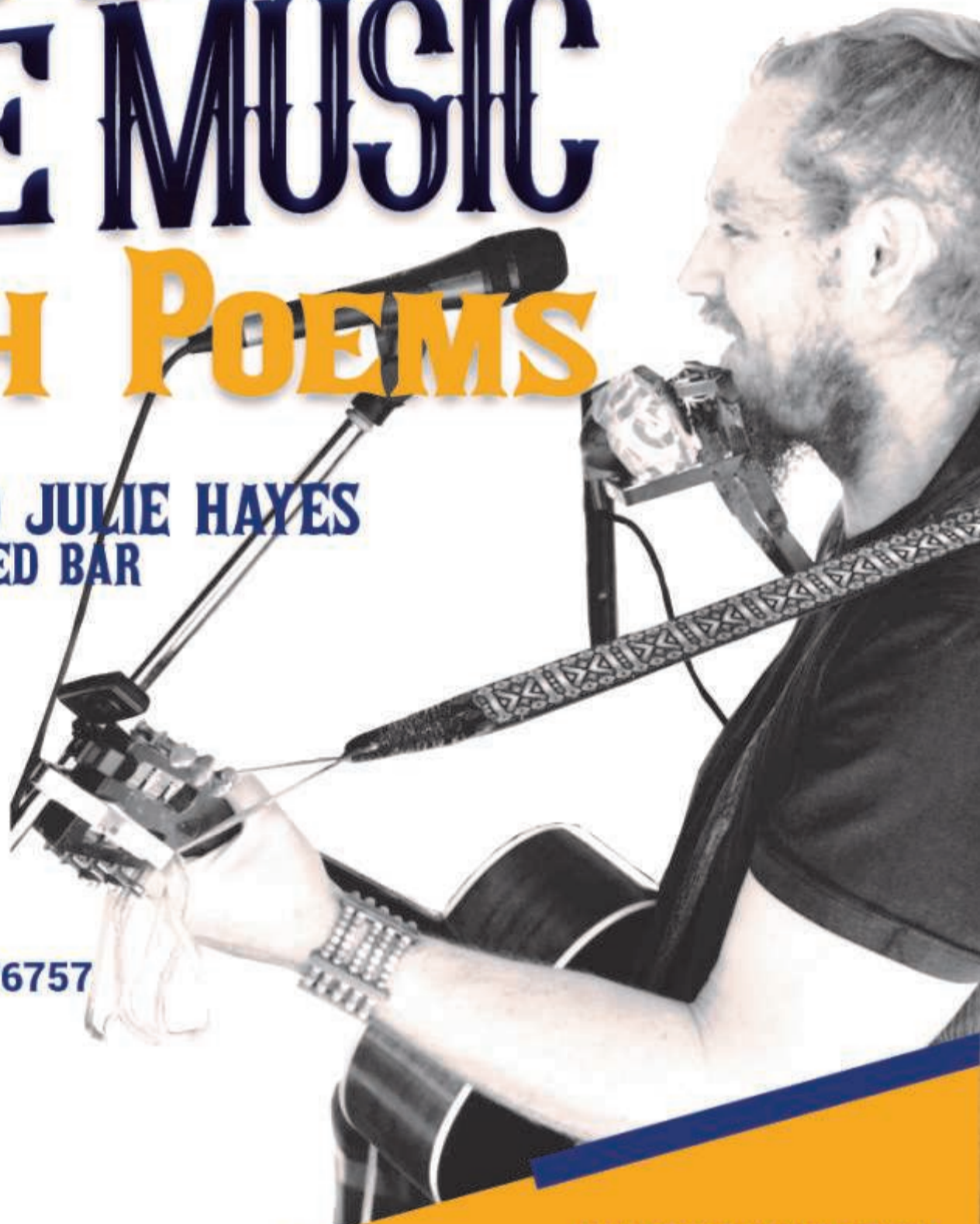
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Many thanks to our loyal band of supporters and visitors who attended our recent Fashion Parade. Donna-Lou herself conducted the event, showcasing an amazing selection of latest fashions. Delightful models and a plentiful supply of appetising food completed a successful fund raising, friendly day. I'm sure the stunning colours of the new purchases made will be seen in the coming pre

wonderful planning of such a prestigious event. We enjoyed with working with our CWA friends and everyone has happy memories of that day. In this our 30th year we sincerely appreciate everyone who has supported us over these years. The recent Smith Family newspaper adds begin with: "How friendship can make an extraordinary difference" VIEW is a national

We sponsor more than 1,200 disadvantaged students through the Smith Family's learning and mentoring programs for

members have been making the most of mutual friendship and support to help change the lives of thousands of children. Our members meet regularly to share their passion and experience, build lasting friendships and make a tremendous difference in the lives of the young students we support. We are always looking for new members. We welcome women from all walks of life to join our Clubs and help make a difference to the lives of disadvantaged Australian children today."

would love to hear from you. Our VIEW club will be holding a stall at the Branxton Greta Chamber of Commerce Expo to be held at Miller Park on Saturday, 27th October. Melbourne Cup celebrations will be held at Evelyn Thrift's home-12 noon -Pot Luck lunch, sweeps etc. \$10 per person-everyone welcome-Phone Bethany for further information. All welcome to attend a trivia session after our lunch next meeting on 11th

October at Greta Workers Club. May the blessed rains help to quench the severe areas in drought. May those experiencing ill health and hardship find some comfort in knowing others care and

will help where/when needed. *Peace and love to everyone Judy Spillard*
Photos: Our recent Fashion Parade. Donna-Lou herself conducted the event, showcasing an amazing selection of latest fashions.



festive months. September, with our involvement with the Governor's visit and the Fashion Parade has kept us busy. Thank you to Brett Wild and his committee for the

women's organisation with over 15,000 members in more than 300 communities who volunteer, fundraise and advocate for children's education charity The Smith Family.

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Our secretary, Bethany, phone 0419 429 364,

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DO YOU REMEMBER?

Branxton Public School set to Celebrate 150 years of public education in Branxton



Branxton Public School starts Term 4 with a bang this week, celebrating 150 years of public education with a Spring Fair and Dinner Dance on this weekend, Saturday 12th October from 10am until 3pm. The Spring Fair will offer around 30 stalls including plants, clothing, craft items, toys, food items and books. There will be plenty of activities to keep children busy with art activities, games and a jumping castle. Entertainment will be provided throughout the day by the choirs, local dance schools and students past and present. There will be a BBQ lunch available as well. The Dinner Dance is being held at Wyndham Estate Winery in the evening with entertainment by Kotadama. The official part of the day will happen at 11am with the unveiling of the Commemorative mural, the burying of the time capsule and the cutting of the cake by former student Mrs Edna Thomas (nee Partridge) and Kindergarten students Kady and Samara. There will be an Art Show with art works by students for sale as well as pieces from Branxton Preschool. A selection of historical items will be displayed in the library giving an insight into how schooling has changed over the years. Photos will be taken at both events to be included in the 150th Commemorative Book which will be available for order at the Fair. The school has served the Branxton area continuously for 150 years and is hoping the community will come along and help celebrate.

■ Photo above: current students at Branxton Public School showing the number of years that BPS has served the community.

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SPORTS RESULTS GOLF

Branxton Vet Golfers

Results 27-9-18

Stableford

Div 1 Winner E Munzenberger 34 pts
 R/u K Anderson 31 pts
 3rd R Yandle 29 pts (c/b)
 Div 2 Winner B Ward 35 pts (SOD)
 R/u M Lutovac 31 pts
 3rd G Scobie 29 pts
 Ladies Winner J Scobie 28 pts R/u T Martin 24 pts 3rd M Hunt 22 pts
 NTPs Ladies M Hunt
 Gents K Anderson
 Members draw - Not won
 A freshened golf course greeted our merry band of players, thanks to yesterday's shower of rain, as they gathered for today's round. At the start of play the sky was overcast, the clouds drifted off as the morning progressed to a warm, sunny Spring day, which made for pleasant playing conditions.
 Congratulations to Barney Ward on winning his division and achieving the "Score of the Day" and, a well done to all other winners and place-getters.

Results 4-10-18

Stableford

Div 1 Winner J Flynn 34 pts
 R/u T Seamer 30 pts (c/b)
 3rd J Burgess 30 pts
 Div 2 Winner B Ward 37 pts (SOD)
 R/u J Scobie 30 pts
 3rd M Hunt 28 pts (c/b)
 Ladies - Insufficient numbers to form a division
 NTPs Ladies J Harris
 Gents D Sheppard
 Members draw - Not won
 The predicted rain which did not arrive, as forecast, reduced our playing numbers somewhat. Those players who did attend, finished the round with nothing more than a light sprinkling.
 Congratulations to Barney Ward on winning his division and achieving the "Score of the Day". (Twice in a row, Barney., What's next ??? a 'Hat trick', maybe). A well done to all other winners and placegetters.
 LN Bootes, Hon Sec

Branxton Ladies Golf

Round 1 Championships + Daily

Stableford

26th September 2018

Winner: Jen Salna on 38 points c/b
 Runner-up: Ruth McCarthy on 38 points c/b
 3rd: Kerrie O'Connell on 38 points
 4th: Caren Caldwell on 37 points
 Nearest to the pin: Jen Salna with 177cm winning the nest of balls
 Putting comp: Caren Caldwell with 27 putts
 Jen Salna with 30 putts
 3rd October 2018 - Stableford & Round 2 of Championships
 Winner: Ruth McCarthy with 43 points
 Runner-up: Jen Salna with 40 points
 3rd: Robyn Hoffman with 38 points
 4th: Toy Martin with 34 points
 Nearest to the pin: Robyn Hoffman - 70cm winning Nest of Balls
 Putting Comp: 1st - Carol Miller with 27 putts
 2nd - Robyn Hoffman with 29 putts

Hunter Valley Golf Club

Sunday 23rd September

Rob Bradford has won the Weekly Challenge with an outstanding 45 point return from Drew Dewar 42 and George Makras from Singleton GC with 40 points. Ball winners were: Ken Harris 38, Mark Makin 37, Andrew Grant v37, Grahame Mankelov 36, Scott Ling 34 and Phillippe Byron 34 c/b

Tuesday 25th September

Brad Hoolahan did best in the Tuesday Stableford with 42 points to edge out Lloyd Barrett and Andrew Cawsey in 2nd and 3rd place

respectively after surviving a four way countback for the placing's with 41 points. Ball winners were: Garry Hedges 41, Lindsay Self 41, Rick Turnchini 40, Graeme Flynn 40, Wayne Cowan 38, Richard Davies v38, Todd Burgoyne v37, Eric Smith 37, Mark Makin 37, Matt Lorenz 36 and Corey Lamb 35 c/b. Nearest-the-Pins went to Ian Newell (3rd) Brad Hoolahan (4th) and Michael Watson (17th)

Wednesday 26th September

Sue Williams along with her daughter Leesa Robinson held off Jill Ramsden and Jill Slatter on countback to win the Ladies 4BBB event after both teams returned 41 points. Next week the Ladies will play Individual Stableford.

Thursday 27th September

John Pascoe claimed the Vets stroke event with 65 net from Mark Barrow 66 and Darrell Preston in 3rd place with 68 net. Ball winners were: Steve Rawlings 70, Dean Morison 71, Paul Ireland 71, Garry Clarke 71, Wayne Barber 72, Kevin Smith 72, Eric Smith 72, Michael Watson 73 and John Stewart 73 c/b. Nearest-the-Pins went to David Blackburn (3rd) Wayne Barber (4th) Graeme Flynn (10th) and Garry Clarke (17th). The raffle has been won by Greg Ireland. Next week's event will be Gross Stableford - Handicap adjusted.

Saturday 29th September

The Blue Tee challenge once again led to low scores with only B Grade players beating Par. A Grade went to Coen King with 35 points from David Peel 34, B Grade to John Stewart with 39 on countback to Peter Franks and C Grade to Chris Lawson with 34 on countback to Sue Peel. Ball winners were: Michael McIntosh v38, Bruce Chambers 37, John Parish 36, Russ Calderwood 35, Ian Newell 33, Adrian Kent 33, Simon Nicholson 33, Jeff Morton 33, Matt Lorenz 32, Chris Taggart 31, Garry Marsden 31, Graeme Flynn 31, Mark Hollis 31, Chris Moores v31, Michael Watson 31 and Robert King 31 c/b. Nearest-the-Pins went to Peter Franks (3rd) Sue Peel (8th) and Lorraine Clack (17th). Next week's Golf will be the Monthly Stroke rounds.

Sunday 30th September The Weekly Challenge has been won by Justin Lawrence with an excellent 42 point round from consistent Steve Piggot on 41 points.

Tuesday 2nd October Ideal golf conditions greeted the field on Tuesday with players cashing in with solid scores, Garry Marsden led the way with 42 points from Eric Smith 41 and Singleton visitor Greg Noble 40 in 3rd place. Ball winners were: Geoff Boyd v39, Greg Ireland 38, David Peel 37, Andrew Edwards v36, Gerry Irwin 36, Michael Watson 36, Rex Talbot 35, Ian Newell 35, Scott Ling 35 and Steve Abel 35 c/b. Nearest-the-Pins went to Eric Smith (3rd) David Peel (4th) Rick Turnchini (8th) Bob Prentice (10th) and Geoff Sweetman (17th).

Wednesday 3rd October Sue Peel has continued her recent run of good form by winning the Ladies Stableford event with 38 points from Kerrie-Anne Skinner 36 and Dale Hamilton 3rd with 35 points. Ball winners were: Brenda Mannix 34, Isabel Skeates 34 and Lorraine Clack 31. Next week the Ladies will play Stroke.

Thursday 4th October The arrival of much needed rain on Thursday morning left many at home with only the brave taking to the course in the Vets Gross Stableford (handicap adjusted) event with Eric Smith thriving in the condition with a solid 42 point return from Wagga visitor Dennis Staines with 41 on countback to Geoff Sweetman in 3rd place. Ball winners were: John Harrison 40, Peter Munro 40, Graeme Flynn 40 and John Carmody 39. Next week the Vets will play a Medley

Stableford.

Saturday 6th October The ongoing wet weather reduced the Saturday field as well with only 30 odd taking to the course, Victor Matt from Branxton GC did best with 69 net from Brad Greenham from Maitland GC on 70 on countback to David Matt also from Branxton GC in 3rd. The Monthly Medal winners were: Steven Balks with 71 net and Julie Van Den Berg winning the Ladies section. Ball winners were: Jerry Bowden v70 Rod Wilton v71, Steven Balks 71, Greg Borg v72, Steve Piggott 72, Paul Bullock 73, Nathan Sweeney 73, Jeremie Morton 75 and Kyle Scott Newton 76 c/b. Nearest-the-Pins went to Andrew Grant (4th & 17th)

BRANXTON GOLF CLUB

SAT 29TH SEPTEMBER

STABLEFORD

A GRADE FIRST Chris Zawirski 36 pts
 A GRADE SECOND Robert Biles 35 pts
 A GRADE THIRD Mark Moylan 34 pts
 B GRADE FIRST Neil Bridge 40 pts c/b
 B GRADE SECOND Norm Redgrove 40 pts
 B GRADE THIRD Peter Marquet 37 pts
 C GRADE FIRST Fraser Wilson 42 pts
 C GRADE SECOND Steven Primmer 38 pts
 C GRADE THIRD Peter Mathews 37 pts

BALL COMP: 33 pts
 NTP's ~ I Barnes 202cm L Barrett 281cm M Martin 115cm J Burgess 70cm

Saturday's Stableford Competition proved to be very competitive across all grades on a beautiful sunny day with a light wind making it a little more interesting. Chris Zawirski continued his perennial consistent form to win A Grade with a solid 36 points, just ahead of Robert Biles and Mark Moylan. Neil Bridge won B Grade with an excellent 40 pts defeating the luckless Norm Redgrove with the same score, with Peter Marquet's 37 pts good enough for third. Fraser Wilson recorded the day's best stableford score in winning C Grade with an outstanding 42 pts, well ahead of Steve Primmer and Peter Mathews with 38 pts and 37 pts respectively. 33 pts was needed to figure in the ball competition on a day where the DSR was a 68. The shot of the day

belonged to John Burgess on the 9th/18th which finished only 70 cms from the pin. All members are again reminded to put their names down for the Club Championships coming up in a couple of weeks' time.

BRANXTON GOLF CLUB

SAT 6TH OCT

STROKE - MONTHLY MEDAL

MEDAL WINNER - Geoff Jones

64 nett

A GRADE FIRST Daniel Turner 69 nett

A GRADE SECOND Phil Baker 73 nett

A GRADE THIRD Bryce Element 74 nett

B GRADE FIRST Reece Caldwell 66 nett

B GRADE SECOND Mick Martin 71 nett

B GRADE THIRD Robert Miller 72 nett

C GRADE FIRST Mick Lutovac 67 nett

C GRADE SECOND John Martin 70 nett

C GRADE THIRD Edward Neale 71 nett

BALL COMP 76 nett

NTP's
 P Wilton 235cm S Eccles 99cm
 W Oliver 93cm B Element 240cm
 Geoff Jones blew the field away to convincingly win the Monthly Medal on Saturday despite the inclement weather that persisted throughout the day. Geoff has had a great year after performing beautifully in this year's Hunter District Titles so his 6 under handicap score comes as no surprise.

Daniel Turner easily won A Grade with his 69 nett score, with Phil Baker and Bryce Element filling the minor placings. Reece Caldwell won B Grade with an outstanding 66 nett, 5 shots clear of runners up Mick Martin and Robert Miller. Mick Lutovac's new driver seems to be doing the trick, gathered together with his refined golf swing, he was able to win C Grade with a great 67 nett, with John Martin and Eddie Neale finishing the runners up. A 76 nett score was needed to win a ball, showing the conditions were challenging—although the winners must have been playing a different course. The shot of the day belonged to Wayne Oliver on the difficult 13th with his shot finishing only 93 cms away—a great shot! Steve Eccles shot to the 4th also finished within a metre which is worthy of a mention. The day's rating of a nett 71 indicated the difficulties of the day.

You are what you eat

As we leave the cold short days of winter behind us and daylight saving begins, I start looking forward to lighter meals such as salads, grilled meats and barbeques. It is important to remember though that not all salads (or grilled meats) are created equal – there are some real traps especially when eating out and it is easy to have your good intentions sabotaged. So I have put together my top tips for keeping your diet (and your body) healthy as we head into summer. Please note I am not a nutritionist and I can't give you specific "diet" advice – if you have specific health issues you should speak with your doctor or a qualified nutritionist before changing your diet. That said, I hope by sharing my experiences and knowledge that you think more about the choices you make and how to fit healthy eating into your day.

Stay Hydrated ~ Aim to drink 6-8 glasses of water a day. I know some of you struggle with this but it is especially important when it is hot and you have been exercising. Staying hydrated keeps your cells and your internal organs healthy, and can also stop you feeling hungry, or help you feel fuller quicker. When I am out and about I always take a water bottle with me, and I fill it up when I am near a tap. That way I spend less money on bottled water and soft drinks, and I am doing a little bit to save the environment! When I go to meetings I also take a bottle of water with me. Some people like to drink juice to stay hydrated. Remember though that many juices have lots of added sugar – sometimes even more than a regular soft drink! So before you buy a juice drink, check the label. And juicing your own fruit at home can also lead to you consuming a lot more sugar than you think. For example, if you juice three oranges for a glass of juice, would you have sat down and eaten three oranges?

Eat More Fruit and Veg ~ Vegetables are your friend, so aim to increase the number of vegies you eat each day. Your entire diet should be around 50% vegetable, so try and eat as many as you can at each meal. If this seems too hard, just try and increase the amount of vegetables you eat gradually each day. Maybe you can add a cob of corn to your dinner, or a home made tomato salsa (ok ok tomato is a fruit). Or a home made egg and vegetable wedge can be great for lunch (or breakfast or dinner ...). Just make sure you cut it into slices and don't eat all of it at once! Fresh Fruit is also a great handy snack. I saw a great poster recently which said "if you're not hungry enough to eat an apple, you're not really hungry". If you are still having trouble including more fruit and vegetables in your diet, why not set yourself a challenge to try one different fruit or vegetable a week?

Eat less processed food ~ Cut out processed foods. I know this is easier said than done, especially when convenience is important, but the longer the list of ingredients, the less "natural" the food. This also goes for shelf life – the longer the "use by" date on the packet, the more likely it is that preservatives have been used to extend the life of the product! Try having only "one ingredient" foods in your pantry or fridge. For example, keep a jar of nuts instead of a packet of nut bars, or some olive oil and balsamic vinegar instead of pre-made salad dressing which will have added preservatives and sugar.
Sweet tooth? ~ Try to reduce the amount of processed sugar in your food. I always check the list of ingredients to see how much sugar has been added (if you follow tip number 3 you won't have this problem!), and I am quite often surprised. I used to treat myself and have at least one flavoured milk after a long run, but now I just have water, or a fruit smoothie – there is just too much sugar in flavoured milk!

I no longer have sugar in my tea or coffee, and there is no need to add it to your fruit – fruit is already sweet enough!

Eating out ~ Eating out does not have to be a challenge. Most places are happy to adapt their meals if you ask them. This is especially important if you eat out a lot (ie more than once a fortnight). I know that most of the time when you eat out it is a treat, and you want to enjoy yourself. But if you are like me and you are on a few committees and the meetings are always held at the pub or the club, then you can find yourself eating out two or three times a fortnight, and it soon adds up! I also order grilled (not fried or battered) meat – usually chicken or fish. Just be careful of the portion sizes – some pubs will serve you a "double" chicken breast which is close to 400g and three to four times the recommended "serve". If the pasta of the day is a creamy based sauce, I ask if it can be done without the cream. Again, be careful of the serving size – I often eat half and then take the rest home.

Opt for the healthy choice ~ Remember not all calories are created equal! If you are choosing a snack, think carefully about the choices you make. For example, a large banana and half a slice (approx. 40g) of chocolate cake are roughly equal in calories. But the banana is low GI, full of healthy vitamins and minerals, and will keep you feeling fuller for longer. So if your work colleagues are regularly holding morning teas, make sure you have a piece of fruit in your lunch bag. Your colleagues might make comments to start with, but once they know you are serious they will come to expect that you will say no to cake! If you are the person who used to always bring the cakes, try choosing healthier options, like fresh fruit with a chocolate dipping sauce. Clean out your kitchen/pantry and throw out anything which is out of date, or which is not going to help you reach your health and fitness/weight loss goals. If you can't bring yourself to throw food in the bin, and it is in date, give it to your friends at work. If your partner/family members absolutely must have treats, or other food you don't want to eat but find too tempting, ask them to help you by only eating the treats when you are not around or keeping the chocolate somewhere where you will not find it! Buy in bulk, but not too much! Buying in bulk can seem like a good way to save money, but not if the food perishes before you can eat it. It is also not worth buying in bulk if this results in you eating more than you planned to "because it's there". It is good though to buy food which is in season, so try banding together with some friends and buying boxes of fresh fruit at the farmers market.

Plan ahead. ~ I mentioned before how hard it can be to buy a healthy snack when you are "on the run". Healthy snacks can also be quite expensive compared to packets of chips or lollies, this is generally because healthy snacks which are not highly processed have a shorter shelf life. The higher price reflects the higher level of wastage on these products. I always have an apple or some other snack with me so I am not tempted to buy chips and I don't have to go hungry! I also try and cook meals in advance, so if I know I am going to be home late (which is four nights a week!) I have a healthy dinner ready to heat up rather than buying take away. My "go tos" for cooking in advance are a quiche (easy to heat up and have with salad) and a stir fry (all I need to cook when I get home is the rice).



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Congratulations Samantha

Class 6 Branxton Public School student Samantha Hall has been selected to represent her school at the State PSSA Athletics Championships this November at the Sydney Athletic Centre, Homebush. Samantha will be competing in the field events against representatives from all Public Schools in the State & is Branxton Public School's first representative in five years. We wish you well & will be looking forward to knowing how you went in the carnival.

Samantha Hall with her Sports Award she received for her selection to represent Branxton Public School at the State PSSA Athletics Championships in November

BRANXTON GRETA VINEYARDS

The New SPORT

Branxton Greta 'Colts' Alex Kowalski captains Poland in 2018 Emerging Nations World Championship Tournament



The Polish 2018 Emerging Nations World Championship Team

ALEX Kowalski, Reserve Grade Coach & President of the Branxton Greta 'Colts' has been selected to play for Poland in the 2018 Rugby League Emerging Nations World Championship tournament which is currently being staged in Sydney. He is also captain of the team which after two rounds are undefeated. Also in the team is Maitland junior Ethan Niszcot, great nephew of former South Sydney and NSW Blues winger Ziggy Niszcot.

The two-week-long tournament is being held in Western Sydney, with games taking place in Windsor, St Marys and Cabramatta. The tournament features nations where the sport of Rugby League is still developing and were not represented in the recent Rugby League World Cup. Teams from across the globe are competing. "It is a convergence of communities never seen before in Rugby League, featuring representatives from across

Asia, the Pacific, Europe and further afield," said a spokesperson for the organizing committee. "The event is both competitive and exhibitory, drawing attention to the fact the sport is now played in more than 50 countries." The countries included in the main draw are Poland, Greece, Hong Kong, Hungary, Japan, Malta, Niue, Philippines, Solomon Islands, Turkey & Vanuatu.



North Rothbury Tidy Towns Annual Twilight Markets

PLANNED FOR Saturday the 3rd NOVEMBER 2018 - 6pm to 8pm

Please make note that North Rothbury Tidy Towns (encompassing Harwood, Tuckers Lane Huntlee and surrounds) will be holding a TWILIGHT MARKETS in the park Sat 3rd NOVEMBER 6pm to 8pm.

Mark it on your calendar! Villagers / Visitors will be able to rent a stall site for the price of \$35 to dispose of their handwork and Christmas gift ideas.

- Schools may have stalls with parents present.
- Persons with only a small amount of stuff might join with neighbors and friends to get a stall up and running.
- This year too we look forward to having some market stalls with produce from local people and those with connections to our village.

The purpose of the Twilight Market is to raise funds for \$4 \$ Tidy Towns' grant for park improvement. Show you energy and commitment to our area, and make some \$\$\$ for your Christmas.

NETT will run a sausage sizzle.

PLEASE NOTE NO PARKING ON GRASSED AREAS.

NO PRE ARRANGED STALL POSITIONS. Stall holders will be able to set up from 4pm.

OKAY... Book your space for your stall. Please put up weather protection if you think it might rain. BOOKINGS TAKEN: starting 1st October 2018. Please email northrothburytidytowns@gmail.com to make a booking for your stall. Payment needs to be made on booking to: BSB 032-316 ACC number 214603 name NETT.

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