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THURSDAY 22

OCTOBER 2020

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

Branxton 'brightened up' with completion of current CBD works with more coming

Cessnock City Council has completed works as part of the Branxton Town Centre upgrade celebrating the completion of works last week.

The project included the construction of more pathways and street tree planting on John Rose Avenue, eastside, between Branxton Oval entrance and Maitland Street and on Maitland Street, north-

side, between John Rose Avenue and Church Street. It has also included upgrading the memorial rotunda with new sandstone paving and furniture, replacing the existing drainage and flagpoles, and landscaping. The workmanship is of the highest quality with the use of quality Wollombi sandstone a 'standout'.

President of the Branxton RSL Sub-Branch, Brian

Furner OAM, said that the Rotunda/War Memorial was built in 1923 and that this is the first really significant refurbishment since then. "I must give due credit to Cessnock City Council & the tradesmen who completed the works... it is marvellous & gives due respect to all those local returned soldiers & those that paid the supreme sacrifice," said Brian.



President of the local Business Chamber, Mike Lowing, thanked Cessnock City Council for pursuing the grant moneys and for their financial contribution. "I would also like to thank our Member for Cessnock, Clayton Barr MP, for his help & the Parliamentary Secretary for the Hunter Catherine Cusack. "The Chamber & the Branxton RSL Sub Branch have pushed for these improvements for the last 6-years through the collaborative alliance we have with both Cessnock City Council &, through Clayton Barr MP, the state government," said Mike. Cessnock City Mayor, Councillor Bob Pynsent, said it has certainly improved the overall look and feel of the Branxton CBD and the rotunda looks wonderful. "We're always looking for

opportunities to carry out improvement works in our CBDS. "This project was able to happen due to critical funding provided for by the NSW Government's Stronger Country Communities Fund. Council is committed to delivering upgrades that ensure our town centres are vibrant and thriving for both those who live here and visit." Parliamentary Secretary for the Hunter Catherine Cusack said the Branxton Town Centre upgrades have been made possible by a \$360,000 grant from the NSW Government's Stronger Country Communities Fund, as well as a financial contribution from Cessnock City Council. "These upgrades of new pathways and street tree planting will improve the overall experience of the town for residents and visitors

to Branxton, and I thank Cessnock City Council for its commitment and contribution to this project," Ms Cusack said. "The \$400 million Stronger Country Communities Fund is part of the NSW Government's \$1.7 billion Regional Growth Fund, which is being invested in local programs and infrastructure that improve the lives of people living in regional NSW." Council secured \$362,998 under the NSW Government's Stronger Country Communities Fund to assist in funding the upgrades. Council also contributed \$150,000 to the project. This is all part of rolling out the Branxton Town Centre Public Domain Plan and Development Control Plan Part E.19 - Branxton Town Centre. Council will continue to look for other funding opportunities to continue the implementation of the Public Domain Plan.

■ Photo above: (at back) Mike Lowing President of the Central Hunter Business Chamber & Cessnock City Council Cllr Bob Pynsent. (front) Cessnock City Council General Manager Lotta Jackson & Branxton RSL Sub Branch President Brian Furner OAM.

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Let's celebrate NAIDOC Week!



Cessnock City Council said they are proud to have worked with the local community to present the

NAIDOC Week 2020 program for everyone to enjoy. NAIDOC Week is a

celebration of Aboriginal and Torres Strait Islander cultures and provides a great opportunity to recognise,

enjoy and learn about these cultures in our local community. The theme for this year's NAIDOC Week is 'Always Was. Always Will Be'. This theme recognises that First Nations people have occupied and cared for this continent for over 65,000 years. Celebrations are normally held in July each year, however due to COVID-19 they will take place from Sunday 8 to Sunday 15 November. The local program looks a little different to previous years to ensure the safety of all involved. Contributions by young people are a highlight of this year's program. The NAIDOC Week Student Art Exhibition will showcase student work responding to this year's theme. The exhibition will be on display

from Monday 2 to Friday 20 November at Cessnock and Kurri Kurri Libraries. Aboriginal Education Team students from Mt View High School and Kurri Kurri High School have been working with Council's Cessnock Youth Centre and Outreach Service (CYCOS) and Central Hunter Community Radio (2CHR) to produce radio broadcasts going to air during the week. Be sure to tune in to 96.5FM to listen. The Cessnock Chambers of Commerce is also hosting a special NAIDOC Week business breakfast on

Tuesday 10 November, with guest speakers from Ngarralingayil Barker School and Korreil Wonnai Aboriginal Education Consultative Group. Cessnock City Mayor, Councillor Bob Pynsent said this year's activities provides an opportunity for the community to come together. "While some of our key events can't happen this year, I still encourage the local community to get involved and learn about the Aboriginal and Torres Strait Islander culture."

A copy of the program is available online at www.cessnock.nsw.gov.au/NAIDOC.

Photo at left: Members of Barkuma Neighbourhood Centre Kurri Kurri.



Community Support for Hunter ANZAC Memorial Cycleway

Local business, Greta Guardian Pharmacy, has been selling locally made knitted toy dolls etc., to raise money for the memorial aspect of the, not that far away, Branxton Greta Cycleway.

The cycleway/walkway will be a great advantage to both Branxton and Greta residents, enabling easy transit between the playing fields and Skate Park in Greta, and playing fields and the War Memorial swimming pool in Branxton, as well as the local businesses.

Cessnock City Council has received a grant to construct the cycleway plus they are providing over \$500,000 of their own funds. However, this fund-raising project is for the memorial aspect of the cycleway, and so far it has been exceptionally well supported.

"It is a small effort compared to the sacrifices for our country and way of life made by our servicemen and women," said Sandy Smith who has made all of the knitted dolls etc.

The Hunter ANZAC Memorial cycleway is expected to cost over \$2million and, at this stage, has no grant funding.



Above photos: An artists impression of the proposed Hunter ANZAC Memorial walk



Wendy from Greta Guardian Pharmacy & Sandy Smith. Over \$600 has been raised so far

Second person charged with murder

A woman was arrested and charged with murder following the suspicious death of 43-year-old New Zealand man, Ian Pullen, two years ago in the Singleton.

Just after 5.30am on Saturday 29 September 2018, an emergency services were called to Carrington Street, Glenridding, after a man's body was located on the side of the road.

The man was later identified as 43-year-old New Zealand firefighter, Ian Pullen, who had arrived in the Hunter region to assist with bushfire efforts.

Detectives from Hunter Valley Police District established Strike Force Awabakil to investigate the circumstances surrounding Mr Pullen's death.

Following extensive inquiries and numerous public appeals, a 29-year-old man was arrested last week; he was charged and remains before the courts.

After further inquiries, police

attended a home on Dominion Avenue, Singleton, and arrested a 30-year-old woman about 9am Monday 16 October 2020.

She was taken to Singleton Police Station before being taken to Singleton Hospital under police guard for an existing injury. She later returned to Singleton Police Station and was charged with murder.

Police will allege in court the 29-year-old man was driving a white Toyota Hilux utility when Mr Pullen was struck in the early hours of Saturday 29 September before leaving the scene.

It will be further alleged that the vehicle returned a short time later, with the man and woman exiting the utility and striking Mr Pullen in the head with an object.

The woman was refused bail to appear at Muswellbrook Local Court today on Tuesday 20 October 2020. Investigations under Strike Force Awabakil are ongoing.

REFLECTIONS

The Greatest Commandment

Matthew 22.34-46

The law of the land governs our lives and influences our choices. It does not matter where we live or in which part of history that we live, there have always been laws that help us to live together as a family, community, nation or world. But which law is the greatest of all?

This question was discussed and debated among the rabbis of Jesus' time frequently. By the time of Jesus, there were some 613 commandments of Jewish "Law." Over time, the Ten Commandments, which had been divinely revealed to Moses on Mount Sinai, had been surrounded by other commandments. These other commandments had become almost as important as the Ten Commandments. Imagine knowing, understanding, and observing 613 laws or commandments of daily life. It is not dissimilar to knowing all the laws that govern our lives now.

In this week's Gospel, we hear a Pharisaic lawyer ask Jesus "Teacher, which commandment in the Law is the greatest?" [Matthew 22.36] Jesus answers with not one but two commandments: "You shall love your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: You shall love your neighbour as yourself." [Matthew 22.37-39] By answering in this way, Jesus brings these two commandments together, showing their essential relatedness, something no rabbi had done before him. This emphasis on love became for Christians an identifying character of our religion.

Without loving God, we cannot fully love our neighbour as ourselves ... and if we do not love our neighbour as ourselves, we cannot love God with all our being. God is love and to love God is to love others. As we love others, we show God's love in our world. Jesus did not say that loving God and loving our neighbour were the same thing, but he did say that both are important. And because love of God and love of neighbour is important, Jesus showed us how to love God and how to love our neighbour. Jesus ate with sinners and tax collectors, he performed healings, he cured the sick, he taught in the synagogues and he was obedient to God, even to death on a Cross. Jesus so loves us that he gave his life so that we may have eternal life.

So, how are we doing in loving God and loving our neighbour? Showing love, compassion, empathy, and care to others can require of us to step outside of our comfort zones. How do we respond to the poor, the refugee, the victim of violence, the offender? If we take Jesus at his word, we are to love these our neighbours, because in doing so we show the world God's love.

We all need to be loved by our neighbours. Imagine what the world would be like if we all thought as much about God and others as we do about ourselves, our family, and our friends.

Loving God, open our hearts when they are closed, soften them when they are hardened, warm them when they are cold, fill them when they are empty, heal them when they are wounded, mend them when they are broken, so that we may show your love in the world.

Blessings, Reverend Nicole



BUSINESS CHAMBER TAKES LEAD ON REFORMATION

Improved economic opportunity for every member of the Branxton/Greta & wider local community

of leadership the Chamber and its members can achieve significant outcomes like those below:-

- The Branxton Greta Cycleway - construction commences early 2021
- Refurbishment of the Rotunda in John Rose Avenue— completed early October 2020
- The Maitland street CBD improvements— Completed September 2020
- Business Expo & Support Local

From 2021 onward it is the view of the current board that the primary role of the business chamber is to:

- Promote and enhance opportunity for business to grow and expand in the local area
 - Lobby Local, State and Federal government for funding for projects and infrastructure to enhance the economic value of our town trading centres.
 - Raise issues that impact on business such as the opportunity to gain government contracts, startup business grants and working conditions for the employment of new staff, just to name a few.
- The new era for the Central

Hunter Business Chamber (CHBC) will commence with the AGM to be held on 25th November 2020 at the Branxton Community Hall. The hall was best choice as a venue because it has capacity for approx. 70 people under COVID-19 safe rules, said Tony Gates, Interim Secretary for the Chamber. **VOTING at the AGM can only be accepted from FINANCIAL members so the Interim Board has set a new fee structure that will start at \$20 for a period up to February 28th 2021.**

From March 1st 2021 the annual fees will apply for the next 12 months. Notably fees have not changed since 2018 so the value to members is significant with all the new benefits and programs to emerge in the new year without putting members financial position at risk for little or no value at all, said Mike Lowing, Interim President. **Tony Gates said Past members, prospective members and interested community individuals are encouraged to consider membership for the future benefit of businesses and the local community. ALL board positions will be open for re-election, and we**



remind all new and potential members only financial members get to vote
Pre-election Nominations will be welcomed ONLY if sent in writing by email to secretary@centralhunterbusiness.com.au

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STEVE'S RANT

Nuclear Australia
Time has come for this nation to stop Pussy-footing on nuclear energy for the defence and development of our society. At the pointy end of atomic physics is the nuclear deterrent. It is our only answer to any military threat and likely bullying from the CCP. For 75 years, the threat of mutually assured destruction (MAD) has prevented the use of nuclear weapons. The traditional tensions between India and Pakistan have been quelled despite terrorists activities by extremist Islamic groups because they each have nuclear weapons. The recent farcical border disputes between India and China will not escalate because the two nations are both nuclear-armed. MAD theory prevented conflict between the West and the USSR despite the provocations in Eastern Europe in the 1950s and 1960s. Israel has survived against constant threats from her neighbours because nobody was sure, until recently, that Israel did or did not have nuclear weapons. It is the fear of external aggression that drives Iran and the North Koreans to possess nuclear weapons. Without clear and guaranteed support from the

USA such as Japan and South Korea have against external aggression, do we rely on ANZUS or do we develop a sovereign nuclear deterrent? Either way, we must develop a nuclear industry. By nuclear industries, I mean ability and a willingness to build nuclear power stations. Equip our warships with nuclear propulsion and store safely nuclear waste. We should have been doing this from the time the technology was understood and sufficiently advanced as it was forty years ago. Despite the accidents at Three Mile Island, Chernobyl and Fukushima Daiichi, deaths attributable to those only occurred at Chernobyl - to the firefighters and first responders. A total of 47. It is estimated that only 50 to 160 people will die of thyroid cancer as a result of Chernobyl, over an average life span. (Reference Michael Schellenberg's book, *Apocalypse Never*). Nuclear power is the safest, most reliable and given the proper management and maintenance will outlast all other sources of electricity by a factor of 5 to 10 depending on the source to which it is compared. By the way, it produces no pollution.



Nuclear reactors can be scaled up or down to suit any situation. The navies of Russia, UK, France, China and the USA have powered submarines with scaled-down reactors giving the boats unlimited range and flexibility. The giant US aircraft carriers are nuclear powered. Incidentally, it took the *Chinese virus* to prevent a number of these units from remaining operational. Portable reactors are under development. Correctly speaking these should be referred to as module reactors, being fabricated in a factory and delivered in bits to the chosen site. They range in capacity from 30mega watt to 300 megawatts and use about five different heat transfer systems to produce

high-pressure steam or heat for industrial processes. These are 'the go' for Australia if we have a private enterprise organisation willing to back themselves against the stupidity of our collective political class and the gormless nimbies who object to nuclear power but don't know why they do. The capital cost per unit is reduced as a run of the same type are produced and installed. The establishment of a domestic industry based on these reactors could provide specified power rated units for installation on warships, isolated townships, and industrial processes requiring continuous heat or power. Being off-grid would no longer be a problem for the

industry. A standard 300-megawatt unit could be used in multiples to provide steam for *past their use-by date* coal-fired power stations. The potential for export markets for a standard unit in undeveloped countries is considerable. The subsequent production runs would bring unit costs down and reliability up that renewable sources of power could not possibly match. As the industry progressed a domestic enrichment and re-processing capability would follow as would our ability to develop a sovereign nuclear deterrent should the need arise. I believe that need is here and now, but that is debatable and dependant on current threat levels. A deterrent is only useful if

we have a means of delivering it as required. A little imagination will quickly suggest ways of doing this apart from international postal services. Think of the surplus passenger aeroplanes sitting at every airport with their inbuilt satellite navigation and programable flight

computers. Australia cannot afford to ignore the advantage of domestic nuclear industries. It is the way of the future and has been since the 1950s. Wake up Australia. Cheers, Steve



Letters to the Editor
Erosion of freedom and liberties
In the Thursday September 24 edition of The Branxton News, Steve was very concerned about the erosion of freedom and liberties by over-zealous politicians. Steve forgot to mention our continued loss of personal freedom which has been happening over many years - Governments forcing us to only drive on the left hand side of the road. Allan Thomas, Lochinvar, NSW 2321
A 1 RAR soldiers modern perspective
After hearing of another young man take his life yesterday, for some unknown reason, and having a very meaningful conversation with a long time mate, I have to tell you all this. I want you all to listen. Please just listen. For those of you who leave

the military, particularly after many years' service, who struggle to find your place, to feel complete, and for those of you who are worried about leaving, because it's 'who you are', I give you this thought. The military is, by its very nature, designed to replace you in a heartbeat. You will leave today, and tomorrow, it will be like you were never there. You will be replaced. They will get the job done without you. That's the nature of the job. While you no doubt make a difference, and your service is vitally important to this nation, you will soon be forgotten and no longer needed. You can and will be replaced. But do you know who cannot replace you? Your family. Your wife. Your sons and daughters. Your

brothers and sisters. Your mother and father. Your FAMILY. To them, you cannot be replaced. There is no substitute for you as a father, a mother, a brother or sister. A daughter or son. If you are struggling after leaving the military, or struggling with the decision to leave, think about what really matters. Your family, and how much you mean to

them. And how much they mean to you. And for those who think or feel they lose their identity when they leave the military, I can tell you now you're wrong. You will always be a soldier, a sailor or an airman/woman. No one can take that away from you. But that's not who you really are. Who you are is an essential part of a

family; that is loved, and cherished, and cannot be replaced, by anyone, EVER. That is far more important than your military service. So if you're struggling and need help, please reach out. Please talk to someone. Talk to your family and tell them how you feel. Please ask for help. I don't want to see another family lose someone they cannot replace. Spike (Name & contact details supplier but not published at request of author)
A poll delayed is democracy denied
In the early months of 2020, as the Covid-19 pandemic gathered momentum, it was a reasonable response for the NSW Electoral Commission to postpone local government elections scheduled

for September. Their aim was to protect voters, Electoral Commission staff and the candidates. As the months passed however, and we began to control and to live with the virus, it has become obvious that elections can be safely and successfully conducted. We have had a Federal by-election in Eden Monaro and a State election in the Northern Territory, whilst the ACT and Queensland go to the polls this month. Democracy is important, so important to Victoria that they have pressed ahead with plans for statewide local government elections by postal vote, despite being hammered by a devastating second wave of the pandemic. Presumably, the candidates there can be safely protected by campaigning mostly through the media. Elsewhere, much business is carried out using the many means provided by the Internet. We have all learned to safely and successfully "socially distance" and a polling station is better regulated than your local supermarket. The ACT is pioneering electronic voting for their election this year, but this does not involve the internet and voters will still need to attend a polling station. Meanwhile, several communities across NSW are in a state of disharmony

and disarray because of the actions of their local council. Whether you are disillusioned with your local council or dismayed by the rancour and vitriol caused by a vocal minority, you can petition the NSW State Government to review its decision to postpone local government elections until September of next year. This petition also requests that the Legislative Assembly "remind the elected councillors of NSW of their extraordinary positions of responsibility during any period of deferred elections by requiring that they refrain from decisions or commitments that have, or may have, significant or unmeasured community concern or opposition". When requested to place councils into caretaker mode during the period of suspended elections the Minister for Local Government replied: "Caretaker arrangements do not take effect until 4 weeks before an election". In fact, the NSW House of Assembly has considerable powers to regulate the actions of councils at any time. The carefully worded petition is a reasonable request that, in a "pub test", could not be interpreted ambiguously. The ePetition can be found at www.parliament.nsw.gov.au/la/pages/epetitions-list.aspx
Dr Maxwell Brinsmead
Coffs Harbour NSW

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It's a free call. Just tell the operator what you need-fire, police or ambulance. Then wait to be connected.	Broke..... 6579 1491	Hospitals
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.	Greta..... 4015 0000	Maitland... 4939 2000
ALL CALLS TO 000 ARE VOICE RECORDED	Bishops Bdg 4015 0000	Cessnock... 4991 0555
For non-life threatening calls.....	Nth R'bury... 4015 0000	Singleton... 6572 2799
Police Assistance Line (PAL)....	Rothbury... 4015 0000	SES132 500
131 444	Pokolbin... 4015 0000	Crime Stoppers
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	Bishops Bdg 4015 0000	Poisons Info 131 126
	Nth R'bury... 4015 0000	Hunter Water
	Rothbury... 4015 0000	1300 657 000
	Pokolbin... 4015 0000	Ausgrid 131 388
	Rothbury... 4991 1733	Gas Emergencies . 131 909
	Bishops Bdg 4015 0000	Lifeline131 114
	Nth R'bury... 4015 0000	Mental Health Line
	Rothbury... 4015 0000	1800 011 511
	Pokolbin... 4015 0000	Domestic Violence Support
	Rothbury... 4991 1733	4990 9609
	Scotts	Centrelink Self Service
	Flat..... 6575 1200	136 240
	Central	Medicare 132 011
	(Cessnock)... 4015 0000	Native Animal Rescue
		0418 628 483

The Story behind La Belle Ruby

by Josephine Jennings



would find her in tears in the bathroom. Once, she couldn't get on the bus to the school swimming carnival and waited for a few hours on a busy highway until I could find someone to pick her up. Just by walking past the 181cm beauty with piercing blue eyes, you cannot see the world of pain that she is experiencing and I know so many of us put on a brave face to hide the torment we feel at times. Ruby has inspired me to be a voice for those that are too afraid to speak and to create a safe, loving workplace where people don't have to pretend or be scared of those in superior roles. When I look over at our beauty room from the dispensary and I see the red "La Belle Ruby" on the wall, it is a constant reminder for me to be aware of how people may feel around me and to comfort those that are in emotional pain by being empathetic, kind and sharing my professional knowledge.

A few weeks ago, I put a request on my family chat to help me find the vision statement for "La Belle Ruby" beauty room. I chose to use the words of my 21-year-old niece.

La Belle Ruby "Beauty Is Being Comfortable and Confident In Your Own Skin"

• Photo above right: La Belle Ruby Beauty Room Staff. From left Christine, Jade, Telese and Ryley



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To underpin this vision of empowerment, I had to find the right beauticians that fit this culture.

1. Christine manages and helped to design "La Belle Ruby" Her caring and motherly nature makes her the perfect fit. She has been a fully qualified beautician since the late 80's. Her favourite aspects of beauty therapy are facials, waxing and massage
2. Ryley is currently working towards her Diploma in Beauty Therapy. Her tiny hands are working at perfecting the art of eyelash extensions

which we hope to introduce in 2021. Ryley has mastered spray tanning, waxing, tinting and eyelash lifts. Excited that we can now pierce with 14k gold, Ryley is a natural at ear and nose piercing.

3. Jade is a Qualified Beautician and a very experienced pharmacy assistant. She has the capacity to retain so much knowledge and asks a million questions at every training session. I often go to Jade for advice and inspiration about how to promote the salon.

4. Telese is our dispense technician at Piggott's Pharmacy Branxton. As well as working full-time, she has taken on extra study in Beauty Therapy and is a perfectionist. She has mastered tinting, henna, waxing, makeup application and spray tanning.

As a prerequisite, all therapist had to show

interest in becoming dual pharmacy assistants. This would provide them with extra skills and job stability during this era of economic unpredictability. This year has been difficult and lonely for so many. Let your beautiful experience at La Belle Ruby nourish and nurture you. Your portrait is the beauty within you, framed by the beauty of personal care. Enhance the beauty within you by the care you lavish on your health and appearance. Most importantly our vision: La Belle Ruby "Beauty Is Being Comfortable and Confident In Your Own Skin"

Now offering ear piercing with 14K gold \$69.95 including 14k gold earrings
 Contact us via email huntlee@piggottspharmacy.com.au, phone 4067 7866 or call in to make an appointment

The name of the beauty room within Piggott's Pharmacy Huntlee was always going to be "La Belle Ruby", meaning "The Beautiful Ruby" in the French Language as we have French ancestry.

Unlike her 3 other siblings, 15-year-old Ruby was not able to thrive academically

and athletically. Severe anxiety began to overwhelm her at such a young age and made every aspect of her life difficult. Going to school became almost impossible. She would hide in a cupboard or between the bed and the wall to avoid going to primary school. Eventually, in high school she just refused to

get out of bed, and it was too difficult for us to carry her resistant body into the car. When her siblings have friends over, Ruby retreats into her room for hours until they leave. Even going into a basketball stadium to watch her siblings play or attending small gatherings with extended family, I



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Members say ..



Clr Bob Pynsent, Mayor Cessnock City Council

Behind the Mayors desk

It is fantastic to see more community events happening again for all of us to enjoy. The 2020 Town of Murals Art Show was a great event, with an exceptional standard. Well done to the organisers. This weekend I will attend the Sculpture in the Vineyards Opening. This is such a unique event that attracts impressive artists. It is a wonderful collection of sculptures and makes for a great day out.

It is October Motorcycle Awareness Month and Council has teamed up with other Hunter Councils with the Spot Joe Rider campaign. Local motorcycle riders will be kicking off the inaugural Hunter Region Joe Rider campaign with a ride from Port Stephens Council and travel through Maitland and Cessnock on Saturday. It is a perfect opportunity to remind us all about riders on the road.

While NAIDOC Week is usually celebrated in July due to COVID-19 it was delayed, but the good news is that Council is proud to have worked with the local community to put together a celebration and program of events. NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and provides a great opportunity to recognise, enjoy and learn about these cultures in our local community. The official dates for NAIDOC week are 8 to 15 November. However Council is kicking off early with the Speaking in Colour workshops this month at our libraries. For more information and to be involved visit Council's website.

Our local young people are being asked to engage with Council about the issues important to them. Feedback is being collected from young people across the Cessnock Local Government Area aged between 12 and 25 in a variety of different ways. These include a survey, an online discussion panel, a social media campaign and a number of planned school consultations. This feedback will then assist in Council developing a Youth Engagement Strategy. It is so important our young people have an avenue for conversations about their community. They are able to provide an insight that we

can all learn from and will guide local decision makers. For more information visit Council's Have your say section on the website.

The official bush fire season has arrived and so has more funding for the Cessnock LGA from the NSW Government. Council has been notified it will be receiving additional funding under the NSW Bushfire Community and Resilience Fund totalling \$250,000. This funding is essential as we recover, plan and prepare. Council is listening to the community and will continue to engage with residents on bush fires. The most recent community engagement activities run by Council's Community Recovery Officer are a way for our community to share their views. More of these are currently being planned and residents who want more information, have an experience or idea they want to share are encouraged to attend.

Well done to the Cessnock Chamber of Commerce for holding their most recent business breakfast with a spotlight on domestic violence. As a community we all need to be talking about this matter. It is positive to hear Cessnock Walks Kawuma will be on again this year but in a different format. It is an issue everyone in our community needs to understand and be part of ending violence. In my role as a White Ribbon Community Partner I will continue advocating for change and education in our community.

Cheers, Bob



Sue Moore, Mayor Singleton Council

After years of campaigning for the Australian government to commit to fund their share, I was thrilled to see \$560million allocated towards the construction of the Singleton Bypass in the Federal Budget handed down earlier this month. It has long been recognised that a partnership between the Federal and State governments is required to deliver the bypass, and the announcement was a significant step forward to realising this vital piece of infrastructure. This project has been the number one item on Council's Advocacy Agenda since its inception, and a regular topic of (frustrated) discussion in our community. With all the challenges that we've faced

over the past months – from drought, to bushfires to a global pandemic – it was fantastic to receive this good news.

Our focus is now resolved to stepping up our efforts to ensure the bypass is built in keeping with the needs of our community and the people who regularly drive through our local government area. We need to make sure the bypass is built right now, not as a stop-gap measure that will require further attention 20 years' down the track. Our community deserves a full interchange at Putty Road and John Street to make it easy for everyone to visit our Town Centre and get on their way again, and it needs to be dual lane for the entire length. I am pursuing meetings with the relevant State ministers as a matter of urgency to discuss these issues and am very keen to see a resolution and construction sooner rather than later. The people of Singleton are already facing a range of economic, social and environmental challenges compounded by industry change, and we need all levels of government to build infrastructure that will help us to overcome, and most importantly thrive, into the future.

Speaking of resilience, locally there's been a lot of work happening to support our residents and businesses through the impacts of bushfires and COVID-19 restrictions, most substantially through Council's \$2 million Community Support Package which has been designed to help our local economy recover and get life back to normal as much as possible. We know that assistance is starting to find the people who need it most, and just last week another initiative was announced with \$10,000 worth of \$100 Kids in Sports Scholarships now available for local families to help get children back into sport this summer. Delivered in partnership with Singleton Family Support and the Bloomfield Group, the scholarship is targeted at vulnerable families and can be used in addition to the NSW Government's Active Kids vouchers. Application forms are available on Council's website, and I encourage anyone who is doing it a bit tough to apply, because getting our kids back onto the field, court, track or in the pool is extremely important.

October is also Small Business Month, and Council in partnership with the Singleton Business Chamber have facilitated several free workshops for our local entrepreneurs exploring topics on social media marketing and building a resilient business. There is still time to register for sessions next week, with information available on Council's Facebook page. Most importantly, Small Business Month is another

timely reminder for us all to think about how we can continue to support businesses in the Singleton area by shopping locally. We know through the Spend in Singleton program that our town and outlying villages have a variety of fantastic shops to buy from — from essential items to home-ware, local produce, gifts and services. We want to make sure that our local businesses not only survive, but thrive in the weeks, months and years ahead.

Cheers, Sue



Member for Cessnock Clayton Barr MP

Raising the BARR PERSON A, PERSON B AND ICAC

Imagine for a moment a story about two people that we will call Person A and Person B. Let's imagine that these two people work together and get on pretty well with each other. And let's imagine that they are both public servants. In this story, let's imagine that over the course of 4 or 5 years Person B reveals to Person A that they are involved in some secondary, non-core work related dealings and that they are using their position, as a public servant, to create a few personal opportunities to make money above and beyond their normal pay. Under the Independent Commission Against Corruption (ICAC) Act, a public servant in NSW is prohibited from using their position, as a public servant, to gain personal benefit. This is referred to as corrupt conduct, or more simply, corruption. Further, the ICAC Act also requires public servants that are aware of any behaviour, that may be corrupt, to report any such behaviour.

So now, let's imagine the Person A decided not to report the dealings of Person B for the first 2 or 3 years possibly because they were now such good friends and work mates. While in my mind this would be a failure of their responsibility under the ICAC Act, for the sake of this story let's call this a "grey" area and give Person A the benefit of the doubt. Then, suddenly, Person B is

in the headlines and being investigated for his/her behaviour and conduct – the very same behaviour and activities that Person A already knew about. At this point Person A has no decision to make. There is no longer any "grey". Person A has a lawful obligation to report what he/she knew and to come forward with the information; to help authorities with their investigations into Person B. This responsibility to report is found in the ICAC Act at Part 3 (11) under the heading "Duty to notify Commission of possible corrupt conduct". The spirit of ICAC law is all about proactively doing the right thing; reporting too much rather than reporting too little. As a Member of Parliament I am very clear about my responsibility to report possible corrupt behaviour, be that behaviour that is from a person that is friend or foe. For Ministers of the State, including the Premier, they have an even more detailed and specific responsibility with regard to identifying and reporting possible corrupt conduct.

A HSC YEAR LIKE NO OTHER

As our Year 12 students head into the 2020 HSC it is an understatement, but important to note, that their final year of school has been disrupted. I wish all students and their families the very best over the next couple of weeks as the HSC unfolds. But my annual message is that the HSC is not the be all and end all of your life journey. What is far more important than the HSC that you are about to sit is a commitment to lifelong education. Beyond this year you will need to keep learning, keep educating yourself and keep broadening your horizons by seeking out new information and listening to those who know things that you don't.

For enquiries regarding the State Government or its departments, or to put you in contact with someone who can help, 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 can 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



JOEL FITZGIBBON MP Shadow Minister for Agriculture and Resources & Member for Hunter

'By-Pass Better Late Than Never'

How delighted I was when in the recent Budget, the Federal Government finally recognised the merits of the Singleton by-pass. When, during last year's election campaign, I announced a Labor Government would deliver construction funding, our political opponents described the promise a stunt because the project was not yet construction-ready. How things have changed. More than two decades ago, a newly-elected Howard Government cancelled the contracts the Keating Government had signed for the Belford Bends Deviation build. We fought hard and successfully to have the funding restored. We then spent another decade trying to convince the Howard Government to build the Hunter Expressway. We had no success. Thankfully, the Rudd Government funded and built the project. The Singleton By-pass is the next step in improving the efficacy and safety of our arterial road. Of course, Singleton will secure significant benefits too. The final task is to convince the RMS to do the project once and to do it properly.

The Hunter's coal - both thermal and metallurgical - is sold on export markets. A small proportion is used to fire our four coal-fired generators. As those coal-fired generators reach the end of their physical and economic lives, as Liddell is about to do, they are unlikely to be replaced with new coal generators. That's because they won't be able to compete with new generator technology over the decades-long period they need to make a return for their investors. Regardless, our coal will still be shipped to our big customers in Asia and our coal industry will remain strong.

Yet the Hunter is well placed to retain its status as the powerhouse of NSW by attracting new projects including newer electricity

generation technology like wind and solar. I can't make coal-fired generators run forever, but I can play a role in making sure new generators are established here in the Hunter. We are on the transmission grid, we have the land, and we have the workforce.

That's why I've been fighting so hard to ensure that new forms of generation – including gas and hydro – are built right here in the Hunter. For me, it's always about jobs.

In any case, as coal generators withdraw from the system over time, the only way we can put more renewable energy into the grid is to stabilise it with firming power. Gas generators are the easiest, quickest and most efficient way to do so.

My staff and I continue to call seniors to check on their welfare in the face of COVID-19. What a wonderful experience it has been to hear resilience and hope in so many voices.

While the email and home traffic through my office has increased dramatically during the pandemic, many people have told us that they have had significant challenges but have chosen not to call because they "didn't want to be a bother". That is typically and impressively stoic, but I again appeal to people to contact us if they believe we may be able to assist.

Cheers, Joel

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Hay fever (Allergic rhinitis)



Hay fever is the common name for allergic rhinitis. It is an allergic reaction in the nose, throat and eyes. Hay fever often occurs in spring and summer, when it is caused by airborne pollens from trees, plants and grasses. Medicines can relieve and prevent symptoms of hay fever.

Hay fever, or allergic rhinitis, is usually caused by inhaling pollens that are present in the air at certain times of the year. Some people have symptoms of allergic rhinitis all year round. Constant symptoms can be caused by allergens such as animal hair, moulds, house dust mites and cockroaches. A doctor can arrange 'allergy skin tests' to help find the cause of allergic rhinitis.

Symptoms of allergic rhinitis include:

- sneezing
- runny nose
- blocked nose (congestion)
- itching nose, ears, mouth or throat
- puffy, itchy, watery and red eyes
- headaches
- post-nasal drip (mucus from the nose and sinuses runs down the back of the throat), which can cause coughing
- reduced sense of smell and taste
- snoring
- feeling tired, run-down, irritable.

Hay fever symptoms are often worse in the mornings, on windy days and after thunderstorms (when the amount of pollen in the air is highest).

An allergic reaction in the nose can also cause sinus problems, including pain and pressure around the cheeks, eyes and forehead.

People who get allergic rhinitis often also suffer from other allergic conditions such as asthma, eczema (an itchy skin rash) or hives (itchy, lumpy skin). The symptoms of these conditions may appear or worsen when the allergic rhinitis symptoms appear.

Self care

Try to find and avoid the things that cause your allergy symptoms. Ways to protect against allergic rhinitis include:

- Stay indoors when there is a lot of pollen in the air (e.g. on windy days).
- Keep house and car windows closed during pollen season.
- Use air conditioning and/or air filtering systems during pollen season.
- Shower and wash your hair after being outdoors.
- Wear wrap around sunglasses and a face mask when gardening or outdoors.
- Remove house and garden plants that give you allergic rhinitis.
- Avoid cigarette smoke and make your house smoke free.
- Remove dust with a clean, damp cloth; vacuum instead of sweeping.

Medicine? A variety of medicines can help relieve and prevent the symptoms of allergic rhinitis. Most are available from a pharmacist without a prescription. Some medicines for allergic rhinitis should not be used by children, pregnant or breastfeeding women or people with certain medical conditions. Many cold, flu and cough products should not be given to a child under six years of age. Always ask a Pharmacist or doctor for advice.

Medicines for allergic rhinitis include:

- Antihistamines
- Reduce allergy reactions in the body. Antihistamines can relieve itching, sneezing, and nose and eye symptoms.
- Can give fast relief of symptoms.
- Are available as tablets, syrups, nose drops, nose sprays and eye drops.
- Some antihistamine tablets and syrups cause drowsiness. Non-sedating (non-drowsy) antihistamines are also available.
- Decongestants
- Can clear a blocked nose

or sinus congestion.

- Can give fast relief.
- Are available as tablets, syrups, nose drops and nose sprays.
- Do not use decongestant nose drops or sprays for more than five days in a row.
- Corticosteroid nose sprays
- Allergic rhinitis involves inflammation of the lining of the nose. Corticosteroid nose sprays (e.g. *Rhinocort*, *Beconase*, *Telnase*, *Flixonase*, *Avamys*, *Nasonex*, *Omnaris*) can reduce or prevent this inflammation.
- Can relieve and also prevent all the symptoms of allergic rhinitis, including itching, sneezing, runny nose, blocked nose and eye symptoms.
- Can give some relief within a few hours, but may take several days of regular use to reach their full effect.
- To prevent symptoms, they need to be used every day during the allergy season.

Some people need to continue treatment indefinitely.

Other treatments

- A nose spray containing ipratropium can quickly dry a runny nose.
- A nose spray containing cromoglycate can prevent symptoms of allergic rhinitis.
- Saline (salt water) nose spray, nose drops or sinus rinse can help clear mucus from the nose and sinuses.
- Lubricant eye drops (artificial tears) may relieve mild eye symptoms.
- Pain-relieving medicines (e.g. paracetamol, ibuprofen) may relieve sinus pain.
- Important
- Seek medical advice if any of the following symptoms occur with your allergy symptoms:
 - fever
 - ear ache
 - swollen glands in the neck
 - yellow, green or creamy discharge from the eyes
 - yellow or green mucus in the nose or throat
 - shortness of breath, wheezing or other breathing problems
 - constant cough.

“Vale” Kevin Hugh Keegan

6/11/1932 ~ 25/9/20



Described by his sisters as ‘always a gentleman with a terrific sense of humour’, Kevin Keegan passed away on the 25th September 2020.

Kevin was born in Nelson Plains on 6 November 1932 to the parents of Annie Brigid McGlinchey and Michael William Keegan. Kevin was one of 8 children and the eldest son. Kevin had 6 sisters and one brother. He is survived by his sisters Patricia, Josephine, Carmel and Maureen, as well as Mary, Kathleen and Michael, now deceased. Kevin attended St. Brigid’s School at Raymond Terrace, but because he was a favourite of the nuns, he spent more time tending to the gardening and not much time in the classroom. He completed his schooling in Year 6. Always a hard worker, even in his younger years, he would cut millet on many farms in the district as well

as working on the family dairy farm. He would give his mother his entire pay packet until he married. Kevin was a man of strong faith and would rarely miss Sunday Mass. Kevin always provided well for his family working as a farmer, at Bradmill Textile factory and the Masonite factory in Heatherbrae. In his later years he worked for Latter Brothers as a bread carter. He married Daphne in 1953 & between them they raised 9 children; they have 12 grandchildren & 9 great grandchildren. Kevin had three passions in his life; wife Daphne, his family & backing a winner. He was also a very accomplished greyhound breeder, owner & trainer and a member of the Greyhound Breeder and Owners Association. His son Peter also shared the same passion for greyhounds & between them enjoyed some success. *Vale Kevin*



Ready in 25 minutes, this Japanese-inspired dinner has sauteed brussels sprouts and sesame seeds for added crunch and a nutty flavour.

INGREDIENTS

- 190g soba noodles
- 1 tablespoon mirin
- 1 tablespoon rice wine vinegar
- 1 tablespoon Capilano Dark & Bold Honey
- 1 teaspoon finely grated fresh ginger
- 1 tablespoon coconut oil
- 500g beef steaks (scotch fillet, sirloin or rump)
- 1 bunch small radishes, quartered
- 400g small brussels sprouts, halved
- 2 teaspoons mixed sesame seeds
- Green shallots, shredded, to serve

DRESSING

- 1 tablespoon tamari
- 2 teaspoon mirin
- 1 teaspoon sesame oil
- 1 teaspoon Capilano Dark & Bold Honey
- 1 teaspoon finely grated fresh ginger

METHOD

Step 1

Cook noodles in a large saucepan of boiling

Beef, honey-glazed veg and soba noodle bowl



water following packet directions until tender. Drain and rinse under cold running water.

Step 2

Meanwhile, to make the dressing, combine all ingredients in a bowl. Set aside.

Step 3

Combine mirin, vinegar, honey and ginger in a bowl. Heat 1 tsp coconut oil in a large non-stick frying pan over medium-high heat. Season steak. Cook, turning, for 5 minutes for medium or until cooked to your liking. Transfer to a plate. Cover and set aside.

Step 4

Heat remaining oil in pan over medium-high heat. Add the radish and sprouts. Season. Cook, stirring, for 6 minutes or until golden brown. Add mirin mixture. Cook, stirring, for 2 minutes or until glazed and sticky. Stir in half the sesame. Remove from heat.

Step 5

Thinly slice steak. Divide the noodles among serving bowls. Top with radish mixture and steak. Drizzle with dressing and sprinkle with shallot and remaining sesame.

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Cooper v The Owners – Strata Plan No 58068



Panel. On 12 October 2020 the Court of Appeal upheld the appeal. A blanket ban on animals infringes the limitation that a by-law must not be “harsh, unconscionable or oppressive” under s 139(1). The by-law also restricted the lawful use of each lot on a basis which lacked a rational connection with the enjoyment of other lots and the common property. The Court’s reasoning can be summarised as follows:

1. The starting point is that owners in a strata scheme are the holders of a freehold estate. That is, all owners hold a freehold estate in a stratum. This means that each owner of a lot in a state scheme is also the holder of a **bundle of property rights**.

2. Second, a right that all freehold owners hold is the **right to keep a pet** within their own ‘stratum’ i.e. **within their own lot**. Apartment owners **cannot be prevented** from exercising their property rights even through a by-law that has been passed unanimously by the owners’ corporation. The only situation where a lot owner can be prevented from exercising a property right within their own lot, is if the exercise of that right impacts another lot owner’s use and enjoyment of their own lot.

3. This means that a by-law that prevents an owner from keeping a pet in their own lot **constrains an owner’s property rights** and brings **no material benefit** to other lot owners. This is because an animal can be kept within the confines of a lot, without interfering with another lot owner’s use and enjoyment of their own real property.

4. Unlike the Tribunal Appeal Panel, the Court of Appeal held that the **knowledge of a lot owner prior to purchasing their lot is not relevant**.

5. Finally, the Court held that ‘**democratic governance principles**’ as relied upon by the Tribunal Panel are **not relevant** to determining whether a by-law is harsh, oppressive or unconscionable. *Cheers, Kerri*

inquiry to proceed to a sale or approval stage due to the complexity of the purchase, so the September figures were the first to show the impact of HomeBuilder.

While positive at a national level, the good news wasn’t universal with the nation’s two biggest capital cities also seeing the lowest relative returns. Western Australia had the biggest September boost, with sales more than doubling from 727 last year to 1609 this year — but the figure was its lowest monthly total since May.

Branxton VIEW Club members were delighted to welcome Reverend Nicole Baldwin, Anglican Parish Priest of Branxton, Greta and Lochinvar as our guest speaker last meeting.

Reverend Nicole aided by an informative Power point presentation spoke about her trip to Jordan and Israel-Archaeology and the Holy Land. Six years ago, Reverend Nicole as an theology student as part of her university degree, experienced “the bible coming to life” and “walking in the places named in the bible”.

The Dubai stopover gave her a good odes of what they were going to do-learn on the ground- a barren land. Twelve people with books for the library were told to hand their passports to the professor and keep calm.. “. Boys with guns”. Luggage as checked on the way in. They were asked to remember the same answers to questions asked such as their mothers name and street signs. Traffic - no road rules-streets where Jesus once walked. In the museum, in an air conditioned room was a preserved 1st century boat which had once sailed on the sea of Galilee. Reverend Nicole passed around pieces of green glazed pottery shards found at the site of their dig.-some

“South Australia are also very strong, up by about 75 per cent from the start of COVID-19,” Mr Reardon said. Queensland sales rose from 845 in September last year to 1038 this year. NSW only recorded a modest 10.7 per cent lift for the month, and Mr Reardon said it was likely much of this was centred on regional areas. He added that the normally inconsequential 1000 or so Sydneysiders who left the big smoke each month would be more notable this year without international migrants to fill the gaps. While Victoria had “surprisingly strong” sales and approvals with 1959 across the state in September, the nation’s home building capital was behind the 2047 it recorded in September last year. However, the latest figure was an almost 300



home of Saint Peter, Jesus taught there in the synagoge-no pews, room for 3,000 people. St Lukes Anglican Church holds both services for Arab and English parishioners together regardless of what language is spoken. Glorious views of the Mediterranean Sea. Reverend Nicole heard the church bells ringing-in her words “tranquility and vitality”; A tee shirt purchased by Reverend Nicole showing the photo of the Bethsaida Excavation and currency paper notes

and some necklaces were on display. Other memories were of an enjoyable raft ride down the Jordan river and a ride on a horse in Petra. Petra was very hot in June. Rocks are very weathered and the highest climb to the monastery required good hiking boots for the 899 steps.

Reverend Nicole spent the last night in a luxury hotel overlooking the Mediterranean Sea and noted “that Israel likes American money and likes to drink coca cola.” Thank you Reverend Nicole for a most interesting presentation.

Our annual Fashion Parade will be held on Monday 26th October in the Branxton Community Hall- 10am-\$15 cost includes a light lunch-All welcome.

Robert Louis Stevenson wrote the following: “So long as we love, we serve; So long as we loved by others, I would almost say that we are indispensable; and no man is useless while he has a friend”

Another thought from Ralph Waldo Emerson... “We take care of our health, we lay up our money, we make our roof tight and our clothing sufficient, but he who provides wisely’ that he should not be wanting in the best property of all - FRIENDS’ *Peace and love to everyone Judy Spillard.*

Photo above: Rev Nicole with a pose of flowers presented to her after her presentation about her recent trip to the Holy Land



Porter Davis is one of the nation’s largest home building groups and general manager sales and marketing Shaun Patterson said the national figures were a “great sign”. “We have just been through the craziest year anyone has actually seen and to be up on last year just shows that customers are keen and still have the drive to change their lives,” Mr Patterson said. However, the Victorian figures were concerning, he added. “The second lockdown has absolutely hurt Victoria,

even just trying to get the customers to sign contracts,” Mr Patterson said. “It’s such a big decision to sign over Zoom. And people have gotten really worried, whether it’s about their job or just generally.” Time was now basically up for new business seeking to access the HomeBuilder scheme, except for some who might be looking to knockdown an existing home in the suburbs and replace it, he said. “So we’d love to see it extended,” Mr Patterson said.

Real News Estate

Australian property: New home sales figures show how HomeBuilder has helped nation

By Nathan Mawby

A whopping 6204 new home sales across Australia in the past month has put the nation’s builders 1400 homes ahead of the same time last year.

A Housing Industry Association New Home

Sales report released Wednesday also shows the September surge helped put the country 11.8 per cent up for the quarter compared to 2019, despite seven months having passed since COVID-19 restrictions first hit Australia. HIA chief economist Tim Reardon said it took a few months for a new build



Branxton Public School

Students and staff hit the ground running as they returned to school last Monday. Everyone enjoyed catching up with friends and sharing holiday adventures as we began another busy term of learning. Congratulations to the many, many students who received awards at the PBL Assemblies in Week 10. We hope parents were able to

watch the videos made for Facebook by Mrs Goodyer. Lots of proud faces on show! Congratulations also to the Star Reader winners who were able to choose a free book to take home, just in time for the holidays. New Star Reader sheets were sent home this week so get reading so you can be in the draw this term! The theme for this year's Book Week is 'Curious Creatures, Wild Minds' and you may see some of these in our Book Week parade this week. Unfortunately, we still are unable to have

parents onsite but this won't stop Mrs Melnik from making Book Week a special time in our school calendar. Students will be showcasing their Book Week costumes and this will be filmed and shared on Facebook for families and friends to enjoy. She has also organised a Book Fair. Check SkoolBag and Seesaw for information. We are hoping that Kinder Orientation visits will still go ahead, but if they do, they will be later in the term. If you have someone enrolled for next year and you haven't received an

emailed invite to the Kinder 2021 Seesaw or other information, please phone the office and ensure that we have your details recorded correctly. COVID restrictions will continue in schools for the foreseeable future and important updates are shared by Mrs Blakemore as they come to us. Please continue to check SkoolBag regularly to stay informed.

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

★ CONGRATULATIONS! ★



Term 3 Star Leader Book Draw Winners



Australian Government

THE ECONOMIC RECOVERY PLAN

This year hasn't been easy. And recovery will take time. But this is Australia. We will come back.

THE AUSTRALIAN GOVERNMENT HAS A PLAN FOR OUR ECONOMY.

A PLAN FOR EVERYONE.

The Economic Recovery Plan will put more money in the pockets of everyday Australians by lowering taxes. Money that can be spent, with local businesses in our communities that can help to create jobs.

CREATING MORE JOBS.

We're offering incentives to businesses to help with hiring and investment that will create more jobs. And thousands of jobs will open up in infrastructure, as new projects get underway.

TO FIND OUT HOW IT BENEFITS YOU AND AUSTRALIA VISIT **OUR COMEBACK.GOV.AU**

THIS IS **OUR COMEBACK** THE ECONOMIC RECOVERY PLAN

AUTHORISED BY THE AUSTRALIAN GOVERNMENT, CANBERRA.

A History of Maitland Sport

Now open at Brough House, 73 Church St, Maitland, an exhibition - *Winning Isn't Everything - A History of Maitland Sport*. This exhibition is presented by Maitland Regional Museum, The Clothing Museum and sponsored by Easts- East Maitland Bowling Club and Easts Leisure and Golf. Learn about sports in the 19th Century and follow the development of Maitland's sporting clubs. Open Saturdays and Sundays (10.00 am-3.00 pm) until 13th December. Weekday Group bookings, phone 49334450. \$5 adults, children free; for more details

maitlandmuseum@gmail.com



Open 7 days 8am - 8pm

4990 3485

202 Wollombi Road, Cessnock (opposite ALDI)

Hunter's Newest Display Village Open in Huntlee



"Huntlee is the first new town to be built in the Hunter in well over 50 years and, as a fully master-planned community, it's attracting people of all ages and stages in life.

"In the new display village, we have designs suited to first homebuyers, upsizers, empty nesters and everything in between. The Huntlee land sales offering includes lot sizes ranging from our smaller cottage lots right up to acreages, and the homes on display complement this. Our builder partners have carefully selected display homes idyllically suited to the Huntlee market and can work with you to customise your dream home to suit your perfect lot."

In the new year, Rob and his sales team will be relocating from the current Huntlee Land Sales Centre at No. 1 Triton Boulevard to a custom-built home of their own at the entrance to the new display village.

"It just makes sense for us to be in the middle of the action," said Rob.

"Prospective homebuyers can walk through the 18 fabulous homes, chat to the onsite builder reps about their wants, needs and aspirations and then, once they have their perfect home design pinned down,

come and talk to us and we can ensure they choose a site which is sized and orientated to suit their design.

"Huntlee is unique in its capability of constantly bringing new lots onto the market to match buyer demand. On completion, Huntlee will comprise 7500 lots and be home to approximately 20,000 residents, comparable in size to a town like Singleton. Because we own all the land and have master-planned every aspect of the development, we can be highly adaptive to market demands and modify releases to suit the needs of our buyers.

"Despite the global pandemic, or perhaps because of it, 2020 is delivering record sales for our team. We are being inundated with enquires, many from people who've been living in Sydney and, thanks to the changes brought about this year, have realised they want more out of life.

They've opened their eyes to alternative living options and realise they can escape to an idyllic location such as Huntlee, smack bang at the entrance to Hunter \ Valley Wine Country. They're amazed and delighted to discover they

can have a house and land package from starting points well under \$500,000 for a four-bedroom, two-bathroom family home on a substantial site.

"Changes to work practices have made many realise the opportunities of working from home, they're no longer tied to a traditional office environment. Every homesite in Huntlee comes with a \$16,500 Advantages package, which includes side and rear fencing, front landscaping, connection to Huntlee Water (meaning water restrictions are a thing of the past) and to natural gas and, importantly for those with home offices, every home comes with NBN fibre to the property.

"Recent government incentives have no doubt fuelled interest in Huntlee and our new display village. Once prospective buyers come to visit the village, they cannot help but notice the brilliant new Huntlee Shopping Centre on Wine Country Drive which opened last month. Boasting a full range Coles supermarket, Liquorland and 11 speciality stores, the centre is already proving a major drawcard for residents in Huntlee and surrounding locations. In further great news, construction of the Huntlee Tavern is way ahead of

schedule, and they will be open for trade in time for Melbourne Cup Day this year. We're all looking forward to toasting that milestone! The new year will see a hive of activity in the town centre to match the ever-growing rate of home construction in Huntlee," added Rob.

The Huntlee Home Display Village boasts the following fabulous designs:

- Candor Homes
- Coral Homes – Milan 29
- Hudson Homes – Jasper 26 and Onyx 24
- Hunter Homes – Ellerton 223 and Kenneth 276
- McDonald Jones Homes – San Marino 16 Manor, Lucia and Havana Encore 14
- Metricon – Mantra 28
- Mojo – Carrington and Rhapsody 31
- Montgomery Homes – Avoca 210 and Avalon 220
- Thrive Homes – Aria 22

Eden Brae and Bellriver have designs currently under construction and due for completion before the end of 2020.

Huntlee Display Village 2.0 is located in Peachy Avenue, North Rothbury. For further information, phone the Huntlee Land Sales Centre on (02) 4938 3910 or visit www.huntlee.com.au

The newest Display Home Village in the Hunter is open, and business is booming.

The surprise package that is the year 2020, meant plans for Huntlee's second Display Village had to be altered and timetables adjusted, but it is now in full swing and home buyers

are loving the inspiration it provides.

The village boasts the latest designs from eleven of the state's leading builders, with 15 show-stopping homes already open and another three designs nearing completion.

Commenting on Display

Village 2.0, Huntlee Sales Director, Robert Crane said he was delighted with the mix of builders and designs on offer.

"We've handpicked our builder partners to ensure there is something to suit the lifestyle, life stage and budget of all of our buyers," said Rob.

Joel Fitzgibbon MP

Your Federal Member for Hunter



DO YOU KNOW A HUNTER VOLUNTEER THAT DESERVES RECOGNITION?

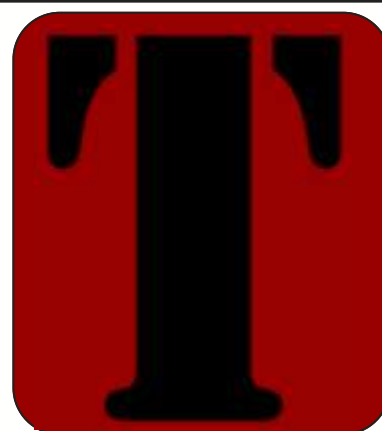
This year our community has faced devastating bushfires, drought and of course the current COVID-19 crisis. There is no doubt during these times we have seen members of our community step up like never before. Now is the time to recognise these outstanding volunteers by nominating them in my 2020 Hunter Volunteer Awards.

To nominate a volunteer, go to: joelfitzgibbon.com/huntervolunteers

3 Edward Street
Cessnock 2325 NSW
joel.fitzgibbon.mp@aph.gov.au
4991 1022

JoelFitzgibbonMP
 FitzHunter
 FitzyMP

For further details, go to: www.joelfitzgibbon.com or call my office on: 4991 1022



the
tatts
hotel
Greta

YES, WE'RE BACK!
OPEN



Come and help us celebrate our re-opening by joining us on Melbourne Cup Day
Full facilities available on the day ~ Bigger, Better & Brighter!
TAB, KENO, TUK TUK Thai & Aussie & plenty of wonderful prizes ~ Best Dressed, Best Hat & more.....
Also, Meat Raffles every Thursday evening & TUK TUK Thai & Aussie are open for Lunch Wednesday ~ Sunday 12noon till 2pm Dinner Tuesday to Sunday 5:30pm till 8:30PM



TATTERSALLS
HOTEL

88 High Street, GRETA NSW 2334
P: 02 4938 7302

For Sale



BRANXTON & VINEYARDS
REAL ESTATE

P: 4938 3300

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

GRETA



Wow ~ if size matters then this is it!!!

Lovely spacious family home on approx half an acre.

Features include:-

- 4 good large bedrooms
- Ensuite to main bedroom & good sized main bathroom
- Open plan kitchen, dining & family
- Separate lounge room
- Decking at rear
- Large water tanks
- Plenty of good shedding
- Double garage currently used as a studio

All this set on over 2000 square metres

ASKING \$620,000

NTH. ROTHBURY



With optional potential home sites, the property has plenty of opportunity for a weekender country escape or unique rural lifestyle existence. Under a 2-hour drive from Sydney, approx. 70 min drive from the M1 interchange Wahroonga...

Things You Will Love About This Escape Acreage...

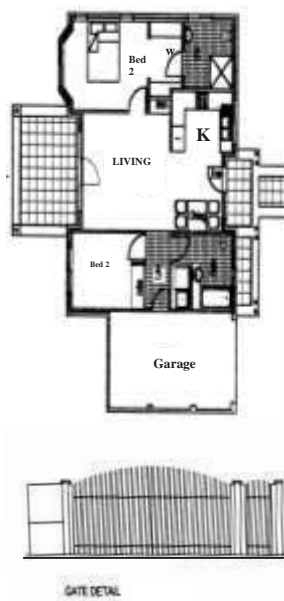
- Approx. 14.65 hectare (36.2 acre) rural holding with dwelling entitlement
- Stunning views from elevated sites
- Potential building sites
- Unique lifestyle acreage
- Abundant wildlife and native flora

ASKING 745,000

BRANXTON

SENIOR LIVING "Branxton Gardens"

Unit 18 Branxton Gardens "Senior Living"



This heritage designed 2 bedroom strata unit has an ensuite to the main bedroom, a lock-up garage & your own private courtyard. It also feature security gating. The unit is next to Branxton Medical Centre, is a 2 minute walk to the main shopping & amenities area, is just short drive to the famous Hunter Valley Wineries, resorts & golf courses.

ASKING \$320,000

Building Blocks

NORTH ROTHBURY Vacant building block ~ 809m²

Vacant Building Block
Fantastic visage

ASKING \$130,000 ono

BELFORD

Vacant Building Block 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

Vacant building block

A 809 square metre lot which is relatively flat; an easy build-on.
Wonderful views from the back to the north overlooking Huntlee & the mountains to the north.

ASKING \$135,000



Pauline Dudley – Mindful Keeping Counselling Services

As we near the end of a very tumultuous year, we can certainly reflect and see that we have all been challenged in one way or another. One thing is for sure, COVID-19 has been at the forefront of the lives of all of us, leaving a trail of destruction for many and a devastating impact on the mental health system in Australia. I would probably be right in saying that all of us at one point have been feeling some level of anxiety around the pandemic, and what it holds for the future.

With the impact of COVID-19, our health system is under an enormous amount of pressure and those that are wanting psychological and emotional support are probably having to join a long queue to talk to a professional. As a clinical counsellor, I want to introduce myself and let you know that I am

here to help if you are looking for therapeutic support. I am local to the Hunter Valley area and see clients in my rooms in East Maitland, Singleton and now Branxton. I am a registered clinician with the Psychotherapy and Counselling Federation of Australia (PACFA), the Australian Counselling Association (ACA), and I am also a registered NDIS provider. I have some flexibility to offer mobile, in-house, telephone, and online counselling services, though conditions will apply. To tell you a little bit about myself, my professional and life experiences are diverse and span over many years, and my passion in life has always been about helping people to overcome life stresses and to find a sense of equilibrium so that they can manage everyday life challenges. I entered this profession later in life based on my own private

journey and decided to re-educate myself along the way. I have a Bachelor of Applied Social Science (Counselling), a Diploma of Counselling and Communication, and many years of complex Mental Health experience. I work with individuals of all ages and backgrounds and have a dedicated interest in helping them. I draw on my gentle nature, empathy, and understanding and my natural ability to be in their presence. I frequently undertake professional development as an essential requirement from my associations, and to remain well-informed about new developments relating to the counselling and therapeutic profession. I attend regular supervision to provide my clientele with skilled and helpful feedback to enhance their journey. My aim is to give people hope and a sense of safety to feel good about themselves, thus increasing their

self-love, self-awareness, and the motivation to take control of their life accomplishments. Many of the individuals I work with present with low self-esteem and low self-worth as a result of, or in relation to, past traumas and/or life situations that bring about, though not limited to, anxiety and depression, relationship breakdown, grief and loss, isolation, social issues, pain, weight issues, chronic illness, work related issues, and financial issues. I have lived experience in many of these areas and as a woman, a wife, a sister, and a mother, I have successfully set forth through my own journey of self-love and self-discovery. My approach with my clients includes being present with them in their space, offering a listening ear, guidance, and displaying a high level of empathy and understanding which, in turn, brings about trust



and confidence in the therapeutic relationship, thus setting the client up with the 'skillset' to create long-lasting, positive change in their lives. If you are struggling and

would like some support, give me a call to set up an appointment on 0415 244 220. You can also contact me through my website www.mindfulkeeping.com.au or my Facebook, LinkedIn or Instagram accounts which are all accessible

through my website.

■ Photo above: clinical counsellor Pauline Dudley who has rooms in Singleton, East Maitland & now Branxton

PAULINE DUDLEY

MINDFUL KEEPING

Counselling Services

in the HUNTER VALLEY REGION

About Pauline Dudley

I am a qualified Professional Counsellor working in the Hunter Valley region of NSW.

My professional and life experiences are diverse and span over many years. My passion in life has always been about helping women to overcome life stresses, and to find a sense of equilibrium, so that they can manage everyday life challenges.

I entered the helping profession later in life based on my own private journey, and decided to re-educate myself along the way.

I have experienced my own life challenges and losses, and as a woman, a wife, a sister and a mother, I have a deep understanding of how difficult life can sometimes be.

I have successfully set forth through my own personal journey of self-love and self-discovery, and as a result, am passionate about helping others.

Call Pauline Dudley

0415 244 220

Email: info@mindfulkeeping.com.au

Flexible hours are available for online and mobile counselling services

Registered NDIS Provider
PACFA / MACA

www.mindfulkeeping.com.au

Are you feeling depressed, anxious or exhausted?

Do you need motivation to get through the day?

Are you struggling with everyday life issues?

Do you struggle with self-esteem and self-confidence?

Are you wanting to make a change but don't know how to?

Greta Museum now has for sale –

Aleck Schula's epic book, 'Beneath the Shadow of Mount Molly Morgan', of people's stories who came to stay in the Greta Migrant Camp - \$55 a copy

Hand-Made Washable Masks - only \$10 each
(two designs, with one style suitable for those that wear glasses)

Greta Museum is open Wednesdays & Saturdays 11am-3pm, at 96 High Street Greta, in the former Greta Council Chambers. Cash only please.

Toastmasters say 'farewell and thank you'

Cessnock Toastmasters say farewell to Stephen Needs. He has recently moved house and is not able to attend regularly any more. Stephen came along to Cessnock Toastmasters to "help out" for one meeting and he stayed for two years!! But a change of address makes that impractical, so Cessnock Toastmasters say all the best and thanks to Stephen for his contributions. He has been involved with Toastmasters at different clubs in both Queensland and in NSW. During that time he has served in club President and Area Director roles. Stephen is no longer a member at Cessnock but he has volunteered to return and visit on special occasions. Cessnock Toastmasters meet every Monday night, 7pm at Cessnock Leagues Club. All visitors are always welcome. For additional information ring Anna: 49904093



■ Photo: Stephen Needs being presented with a farewell gift from Cessnock Toastmasters club

Emergency Phone Numbers

Dial 000		Police	Electricity
FOR FIRE, POLICE AND AMBULANCE ANY TIME, DAY OR NIGHT FOR 24-HOUR SERVICE		Branxton..... 4938 1244	Energy Australia..... 131 388
It's a free call. Just tell the operator what you need-fire, police or ambulance. Then wait to be connected.		Lochinvar... 4930 7209	Hospitals
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	Maitland... 4939 2000
ALL CALLS TO 000 ARE VOICE RECORDED		NSW Fire Brigade	Cessnock... 4991 0555
For non-life threatening calls.....		Branxton..... 4938 3396	Singleton.. 6572 2799
Police Assistance Line (PAL).... 131 444		Rural Fire Brigades	SES132 500
		Belford..... 6574 7149	Crime Stoppers
		Broke..... 6579 1491	1800 333 000
		Greta..... 4015 0000	Poisons Info 131 126
		Bishops Bdg 4015 0000	Hunter Water
		Nth R'bury... 4015 0000	1300 657 000
		Rothbury.... 4015 0000	Ausgrid..... 131 388
		Pokolbin.... 4015 0000	Gas Emergencies . 131 909
		Rothbury.... 4991 1733	Lifeline131 114
		Bishops Bdg 4015 0000	Mental Health Line
		Nth R'bury... 4015 0000	1800 011 511
		Rothbury.... 4015 0000	Domestic Violence Support
		Pokolbin.... 4015 0000	4990 9609
		Rothbury.... 4991 1733	Centrelink Self Service
		Scotts	136 240
		Flat..... 6575 1200	Medicare 132 011
		Central	Native Animal Rescue
		(Cessnock)... 4015 0000	0418 628 483

Greta Workers Sports & Rec Club Ltd

2 West Street Greta Ph 4938 7325

FRIDAY

Tickets on sale 6.30pm
drawn 7.30pm

SUNDAY

Tickets on sale 11am drawn
12 noon



TUESDAY 3rd NOVEMBER



Sweeps
Giveaways



Lunch
Prizes

BINGO



WED 10am

Members Badge Draw

Every Wednesday & Sunday

\$1100 Wed 21/10

\$1100 Sun 25/10

Jackpots \$100 EACH DRAW



MEMBERS FREE CHOOK

Raffle From 5.30pm

EVERY WEDNESDAY



Thursdays

4pm
to
6pm

**HAPPY
HOUR**

\$4.00 Schooners



COURTESY BUS

Wed 4pm-7pm Fri 5pm -12pm

Sun 11am-3pm & 5pm-8pm

Community get together and talk bush fire recovery



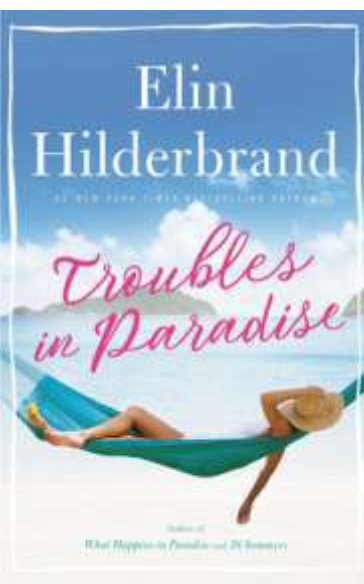
Cessnock City Council says that it is proud to have hosted the first Bush Fire Recovery Community Forum in the Cessnock Local Government Area (LGA) recently at Laguna Community Hall. Facilitated by Melissa Boucher, Council's recently appointed Community Recovery Officer, and organised with assistance from the Wollombi Valley Progress Association (WVPA), the meeting supplied valuable

information about grants and support to bush fire affected residents and community groups. The meeting also served as a forum for attendees to share their needs around bush fire and disaster preparedness and recovery. Approximately 25 community members representing 14 community groups from Bucketty, Laguna, Wollombi and Payne's Crossing were in attendance as well as representatives from Resilience NSW and

Service NSW. Melissa Boucher said the meeting was an important opportunity for residents to get assistance and voice their concerns. "This first forum has served to provide those most heavily impacted during our last bush fire season with the chance to share their ideas around preparedness and recovery," she said. "Following the meeting we received extremely positive feedback about the clear objectives set by Council and we're looking forward to establishing a working

group for interested residents who will assist us in preparing as a community." Attendees described the forum as a good first step to helping the community be more prepared. "It was such a welcome and well-run meeting. We were made aware of the many support initiatives in place locally to help rebuild and reconnect our fire affected Wollombi Valley," said Paynes Crossing resident, Glyn Patrick. President of the WVPA, Simone Smith, said the meeting was an excellent opportunity for representatives from many local community groups to contribute their feedback. "The meeting provided a broad insight into the problems faced locally during last year's fire emergency, and highlighted the importance of the community consultation process, so that government funding and assistance can be directed to where it's most needed at a local level," she said. Future meetings are being planned for the Pokolbin and Bucketty areas. Community groups interested in meeting with Melissa are encouraged to contact her on (02) 4993 4257

■ Photo: Resident Glyn Patrick & CCC Community Recovery Officer Melissa Boucher.



"This fast-paced novel offers the voices of several different characters, as well as a hefty load of intrigue." - *New York Journal of Books*

ABOUT
Elin Hilderbrand is an American writer mostly of romance novels. Hilderbrand's novels are typically set on and around Nantucket Island where she lives with three children. She was born and raised in Collegeville, Pennsylvania, is a graduate of Johns Hopkins University, and was previously a teaching/writing fellow at the University of Iowa Writers' Workshop.

to get on with setting up their new lives, evidence mounts that the helicopter crash that killed Russ may not have been an accident. As a storm gathers strength in the Atlantic, all will be revealed about the secrets and lies that brought Irene and her sons to St. John at last. **WINTER IN PARADISE**, the first book in a planned trilogy. She is witty and engaging, and keeps her readers intrigued with a memorable set of characters... As always, she delivers a story with much detail, weaving her characters and storylines expertly... Be prepared to read a fast-paced and entertaining novel for several hours, which will keep you longing for the second book in the series.' - *Bookreporter*
'The perfect vacation read.' - *Hasty Book List*
'As she does in her books set on Nantucket, Hilderbrand excels at establishing a setting (the food! the luxury! the sea turtles!) that will inspire wanderlust...Hilderbrand is the queen of the summer blockbuster; her fans will be thrilled that she's looking to take on winter.' - *Booklist*

The *New York Post* called Elin Hilderbrand "The queen of summer beach read". Hilderbrand spent her summers on Cape Cod, "playing touch football at low tide, collecting sea glass, digging pools for hermit crabs, swimming out to the wooden raft off shore," until her father died in a plane crash when she was sixteen. She spent the next summer working, doing piecemeal work in a factory that made Halloween costumes; she promised herself that the goal for the rest of her life would be that she would always have a real summer. She moved to Nantucket in July 1993, took a job as "the classified ads girl" at a local paper, and later started writing. Her first novels were published by St. Martin's Press. With *A Summer Affair*, published in 2008, she moved to Little, Brown and Company. She had a double mastectomy in June 2014. *The Perfect Couple* Elin Hilderbrand's first murder mystery was published in 2018.

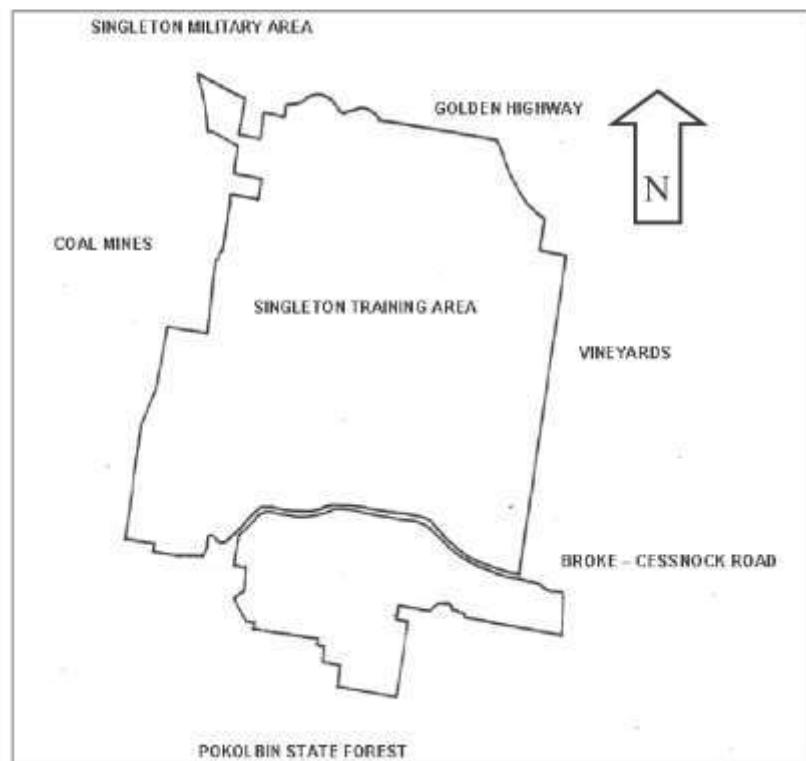
Troubles in Paradise: Book 3 in NYT-bestselling author Elin Hilderbrand's fabulous Paradise series

Travel to the bright Caribbean one last time in this satisfying and dishy conclusion to the nationally bestselling *Winter in Paradise* trilogy. Escape to the bright Caribbean sunshine one last time in this satisfying and page-turning conclusion to the bestselling Paradise trilogy. After uprooting her life, Irene Steele has just settled in at the villa on St. John where her husband Russ had been living a double life. But a visit from the FBI shakes her foundations, and Irene once again learns just how little she knew about the man she loved. Meanwhile, as Irene and her sons try



Australian Government
Department of Defence

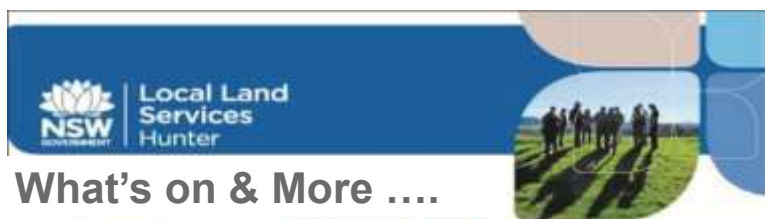
WARNING NOTICE DEFENCE FIELD FIRING RANGES



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. Persons found trespassing on Defence Training Areas will be prosecuted. Enquiries regarding the Singleton Training Area should be directed to:
The Range Control Officer
Directorate of Operations and Training Area Management
Range Control Centre
Range Road
Singleton Training Area
Singleton NSW 2331

The New York Times Best Sellers (25 OCTOBER 2020)

- NEW THIS WEEK**
TROUBLES IN PARADISE by Elin Hilderbrand
The final installment of the trilogy that includes "Winter in Paradise" and "What Happens in Paradise."
- NEW THIS WEEK**
THE SEARCHER by Tana French
After a divorce, a former Chicago police officer resettles in an Irish village where a boy goes missing.
- 2 WEEKS ON THE LIST**
THE RETURN by Nicholas Sparks
A doctor serving in the Navy in Afghanistan goes back to North Carolina where two women change his life.
- NEW THIS WEEK**
LEAVE THE WORLD BEHIND by Rumaan Alam
A family vacation in an isolated part of Long Island is thrown into confusion when the home's owners return claiming New York City is having a blackout.
- NEW THIS WEEK**
THE INVISIBLE LIFE OF ADDIE LARUE by V.E. Schwab
A Faustian bargain comes with a curse that affects the adventure Addie LaRue has across centuries.
- 4 WEEKS ON THE LIST**
THE EVENING AND THE MORNING by Ken Follett
In a prequel to "The Pillars of the Earth," a boatbuilder, a Norman noblewoman and a monk live in England under attack by the Welsh and the Vikings.
- NEW THIS WEEK**
MAGIC LESSONS by Alice Hoffman
In a prequel to "Practical Magic," Maria Owens invokes a curse that will haunt her family in Salem, Mass.
- 5 WEEKS ON THE LIST**
ANXIOUS PEOPLE by Fredrik Backman
A failed bank robber holds a group of strangers hostage at an apartment open house.
- 3 WEEKS ON THE LIST**
THE BOOK OF TWO WAYS by Jodi Picoult
After surviving a plane crash, a death doula travels to Egypt to reconnect with an old flame who is an archaeologist.
- 10 WEEKS ON THE LIST**
WALK THE WIRE by David Baldacci
The sixth book in the Memory Man series. Decker and Jamison investigate a murder in a North Dakota town in a fracking boom.



What's on & More

COMING EVENTS....

THE SNAPSHOT SOIL HEALTH WORKSHOP

Soil health is fundamental to land regeneration and sustainable primary production. The Mulbring Valley has been farmed for nearly 190 years, probably more than many farming areas in Australia.

Restoring degraded soils is now an environmental and production priority.

PRESENTER

The workshop is delivered by Col Freeman, the Sustainable Agriculture Extension Officer with Hunter Local Land Services. Col is a soil health 'tragic' who has been delivering soil health workshops for over 20 years to graziers, horticulturalists and gardeners.

DATE AND TIME

Saturday, 24 October, 2020. 09:00 for a 09:30 start. Finishing about 12:00pm.

VENUE

Mulbring Community Hall, Cnr of Stone and Palmer Sts, Mulbring NSW

REGISTRATION

To register, please fill in the event registration link – must be filled out if you wish to take part in the event.

The COVID19 Safety Check must be filled out two days prior to attending the event

ABOUT THE WORKSHOP

The workshop aims to take the mystery out of understanding soil health and how plants grow. It is aimed at any landholder who wants to improve the health of the soil on your property.

In this hands-on workshop you will:

- use some simple tools and your senses to assess the biological, chemical and physical components of Soil Health

- discover how the components interact and the critical role that biological processes play

- learn how you can diagnose conditions in your own soils, and what to do to improve them

What to bring:

- a block of your own soil (a spade width square and a spade depth. Around 20cm x 20cm x 20cm)

- suitable outdoor clothing (hat, shoes, long-sleeves, gloves)

In order to attend you must comply with NSW Government Health Orders. If you feel at all unwell beforehand or on the day and are experiencing cold or flu-like symptoms, or a temperature you will not be able to attend. We must also adhere to social distancing on the day. Unfortunately, this also means that there will be no refreshments, so please bring your own snacks and drinks.

For further information please contact Eva Twarkowski at Hunter Local Land Services - eva.twarkowski@lls.nsw.gov.au

Detailed Cattle report for Gunnedah

Last reported 13th October 2020

Numbers lifted by 1,000 head, bringing about a greater variation in both quality and condition. There were increased supplies of secondary quality cattle and an increased number on the leaner side of the condition scores. There was a full field of buyers in attendance with all the regular feedlotter and processors in operation. Restockers were again active and particularly strong on the plain condition light weight young cattle. Quality and breed variations accounted for much of the price change through the young cattle. The high restocker demand saw plain quality and condition light weight yearlings sell to a slightly dearer trend. Medium weights to restock and feed saw a generally unchanged market trend, while the heavy weight feeder steers sold to a dearer trend of as much as 10c/kg. A firm to dearer trend in the medium and heavy weight yearling heifers to feed, medium weights up by as much as 15c/kg, with the heavy weight feeders remaining firm. Well finished medium and heavy weight trade yearlings sold to slightly cheaper trends with plenty available. There was a fair supply of heavy weight grown steers with a number of pens purchased by feedlotter. The market for those was slightly cheaper. The well finished lines to processors also sold to a slightly cheaper trend with increased supplies and some age related price reduction. The cheaper trends carried into the grown heifers also. The cow market saw dearer trends and an improvement in yield potential with a good supply of high yielding cows penned. The market was up to 9c/kg dearer. There were strong gains in the bull market, again with some very high yielding lots available.

Detailed Cattle report for HRLX Singleton

Last reported 14th October 2020

Numbers lifted, week on week and the quality remained fair to good, with the majority in the penning showing a good cover of fat. The bulk were younger cattle, with good percentages suitable for the butcher and processor orders. Restockers were very strong in the competition, with most classes selling at dearer prices. The over 200kg vealers returning to the paddock improved 12c, with the steers making from 458c to 538c, as the heifers sold from 420c to 478c/kg. The yearlings to the restocker and feeder orders trended dearer, with the heavier steers making from 390c to 456c, as the lighter pens reached 500c/kg. The heifer portion sold from 388c to 436c/kg. The prime conditioned and high yielding younger cattle to the butchers sold to very strong competition, with the better muscled drafts reaching 470c/kg. The older steers to the restockers and lot feeders sold from 340c to 386c, with the bullocks to the processors reaching 320c/kg. The cows trended 12c dearer, with the better finished heavy weights receiving from 282c to 308c/kg. Heavy weight bulls gained 4c and reached 286c/kg.

Detailed Cattle report for Scone

Last reported 13th October 2020

Consignments increased, while the quality was fair to good, with the majority in the penning carrying a good fat cover. The bulk were younger cattle, with the export lines lifting in number, with approximately 150 cows in the penning. The market trend was firm to dearer. The over 200kg vealers returning to the paddock gained 10c, as the steers ranged from 450c to 522c, while the heifer portion sold from 430c to 472c/kg. The yearling steers trended firm to dearer, as the lighter pens to the restockers reached 492c, while the medium weights to the feeder and restocker orders received from 408c to 458c/kg. Yearling heifers to feed and the restockers made from 380c to 434c, as the lighter end reached 470c/kg. The prime conditioned younger cattle to the butchers sold well, with the best reaching 462c/kg. The heavy weight grown steers and heifers lifted 5c, as the steers ranged from 330c to 358c, while the heifer portion reached 366c/kg, with some carrying plenty of weight. Cows gained 9c to 13c, with the higher yield contributing in places, with the better finished heavy weights to the processors ranging from 295c to 325c/kg. The heavy weight bulls improved 10c and reached 338c/kg. The cows with calves at foot received \$2850/unit.

Detailed Cattle report for TRLX Tamworth

Last reported 12th October 2020

There was a further increase in numbers from the sale a fortnight ago. Yearlings were well supplied, particularly heifers. There were a few vealers and light weight yearlings, however the majority fell into the medium and heavy weight classes. All other categories were represented. Overall the quality of the offering was good with minimal numbers of secondary cattle available. Around 90% of the offering was 3 score or better, reflecting the seasonal conditions. The full field of buyers were in attendance with all operating. Demand was high in the main through the young cattle. Breed and quality were factors in a cheaper trend for the lightest weight classes in vealers and yearlings to restock. The medium and heavy weight yearling steers to restock and feed sold to a slightly dearer trend, the medium weights showing the best of the gains. Well finished heavy trade steers also sold to a dearer trend, under increased competition. Despite the increase in supply, demand was high for a very good quality penning of medium and heavy weight yearling heifers. Dearer trends resulted with medium weights again posting the stronger gains. Well finished heifers attracted strong trade competition to also sell to a dearer trend. Well finished heavy grown steers saw a dearer trend under increased processor competition and high demand. The well finished heavy heifers also dearer. A mostly good quality well finished penning of heavy weight cows met keen demand with all processors operating. The market trend was as much as 22c/kg dearer. High yielding heavy weight bulls were significantly dearer.

Racing Review & News

Caulfield Cup 2020: Sydney mare Verry Elleegant takes out Group 1, but Chris Waller far from finished

by Leo Schlink and Brad Waters



■ Verry Elleegant (centre), ridden by Mark Zahra, makes her sustained run to win the Stella Artois Caulfield Cup.

Minutes after pocketing his first Caulfield Cup with Verry Elleegant, Chris Waller set his sights on completing the spring carnival's trilogy in next month's Melbourne Cup. With Winx's four Cox Plates and Saturday's Caulfield Cup trophy secured, Waller believes Verry Elleegant can land her third Group 1 in succession — and seventh overall — by pressing for Melbourne Cup victory on November 3.

Waller is yet to win the Melbourne Cup. Asked if Verry Elleegant could join a select group of

horses to land the Caulfield Cup-Melbourne Cup double, Waller was unequivocal. "It's (Caulfield Cup success) the best form, I think, for any Melbourne Cup," he said. "With her weight, obviously it's going to be difficult and she's got to settle and do things right."

Verry Elleegant can be penalised for her slender Caulfield Cup victory over English Derby winner Anthony Van Dyck, who was brave with 58.5kg in almost overhauling the winner.

Waller faces a dilemma

over who rides Verry Elleegant in the Melbourne Cup — either Mark Zahra, who icily superb on Saturday, or her regular rider James McDonald. "We've got to question who we put on her," Waller said, revealing the mare's owners would have the final say. "We've got a decision to make there," Waller said. "We can't thank Mark enough for winning two Group 1 races on her and he might win a third. "She's not the easiest of horses to train and she's not the easiest of horses to ride in a race.

"Midway through the race

today I knew we had our work cut out against this class of field, international form.

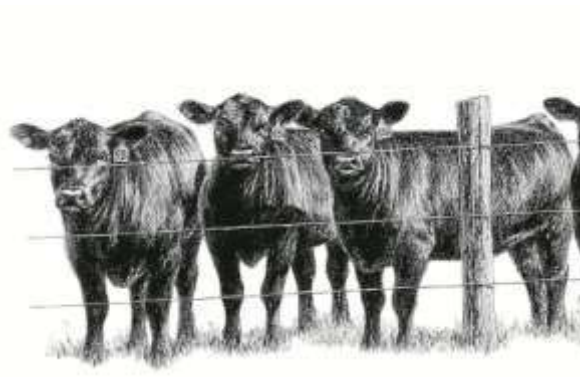
"I know how good she is but you still question whether she can win with 55 kilos. For a mare, it's a pretty big task in a Caulfield Cup. "At the 100 metre mark I thought she was beaten ... and she actually dug deep and came away so it was a pretty satisfying win."

Waller said he hoped The Everest would be run at night in future to avoid a clash with the Caulfield Cup. "The first one was pretty good and was very emotional for me," he said after finally winning the race with his 20th runner in the Cup. "Not being there today isn't quite the same. I hope in

years to come The Everest will be run at night and Racing NSW will put a plane on for us.

"It is certainly very special." Waller inherited Verry Elleegant after Darren Weir's disqualification and was told by the owners the mare was more likely a Cups horse than Cox Plate contender.

"When she came to me to be trained they said she's a Caulfield, Melbourne Cup horse so I think that stuck in my mind. I've won the Cox Plate before." TAB cut Verry Elleegant's Melbourne Cup quote to \$11, where she shares the third line of betting with Anthony Van Dyck. Tiger Moth remains \$6 favourite ahead of Russian Camelot and Surprise, both at \$10.



■ Will Verry Elleegant give Chris Waller his first Melbourne Cup

Declan Bates was suspended for 10 meetings for careless riding aboard True Self, while stewards took no action over the interference suffered by Avilius. **MELBOURNE CUP BETTING UPDATE** Verry Elleegant \$17-\$11

Anthony Van Dyck \$17-\$13
Prince Of Arran \$21-\$17
The Chosen One \$51-\$26
Warning \$21-\$34
True Self and Vow And Declare \$34-\$51
Avilius \$101-\$51
Dashing Willoughby \$26-\$101
Market: TAB Fixed odds



Can I have your Internet Banking Password please?

Hopefully you didn't give it to them, but plenty of my clients have. I have to say that these scammers are very convincing and their timing is impeccable!

Here's an example of what I've experienced, over the years....I've just completed some payments using my internet banking system. A few minutes later I get a call on my mobile apparently from the bank telling me that the transaction I recently made went into the wrong account and unless I correct it by transferring to this guys nominated account, they'll cancel my internet banking and suspend all my accounts until they carried out an investigation into money laundering.

Now most times I tell them to go F\$%! Themselves but sometimes I play along, just so I can see how far they go. There are 2 things I'm concerned about here.

1. How did they know that I was recently logged into my Bank account? Was it a lucky guess?
2. How the hell do they

know my phone number... and that I was just doing Internet Banking?

This is a common theme among my clients which clearly demonstrates that the scammers are well trained, technically sophisticated and working off perfectly worded scripts.

But wait....I have to answer points 1 & 2 right?

OK, so in virtually all cases, they've rung a random number out of the phone book (so much for the DO NOT CALL REGISTER), and using their carefully worded script plus listening carefully to your replies, they'll go close to convincing you that they are legitimate. **So in most cases it's just uncanny timing.**

Plus, they'll keep ringing you in the future because every time they ring you, they get a bit more info about who you are and what you do. So, next time, they sound even more convincing.

One of my clients lost over \$30,000 to one of these mongrels recently. In other

cases, my clients have invited them into their computer system by clicking on what may have appeared to be a real email, about banking, about a police fine, about a tax debt etc.

NEVER CLICK ON ANYTHING THAT YOU ARE UNCERTAIN ABOUT.

Once you click, you're done! They'll secretly install a keystroke logger which records your keyboard strokes and where you are on the screen at that time. Without you knowing, your bank account is smaller than it was yesterday.

If you think it is a real email and they want you to click on the link, first move & hover your mouse over the link (**do NOT click on the link**). Example, if it looks like an email from Ebay and they want you to verify your account info by clicking on the link, move the mouse over the link. A small dialog box will appear and it will show you what you're actually clicking on. If it's real, you'll see something like <https://www.ebay.com.au/help/>

cases, my clients have invited them into their computer system by clicking on what may have appeared to be a real email, about banking, about a police fine, about a tax debt etc. **NEVER CLICK ON ANYTHING THAT YOU ARE UNCERTAIN ABOUT.** Once you click, you're done! They'll secretly install a keystroke logger which records your keyboard strokes and where you are on the screen at that time. Without you knowing, your bank account is smaller than it was yesterday. If you think it is a real email and they want you to click on the link, first move & hover your mouse over the link (**do NOT click on the link**). Example, if it looks like an email from Ebay and they want you to verify your account info by clicking on the link, move the mouse over the link. A small dialog box will appear and it will show you what you're actually clicking on. If it's real, you'll see something like <https://www.ebay.com.au/help/>

policies/member-behaviourpolicies/user-privacy-notice-privacy-policy?id=4260

If it's **NOT REAL**, you'll see something like this [https://www.redirect.com/user%\\$#12354484/logon-virtualloader/](https://www.redirect.com/user%$#12354484/logon-virtualloader/)

Remember, if in doubt **DELETE!** If you think your computer or mobile device has been contaminated / infected / accessed by an intruder, it's best to have your machine reset and everything on it deleted. Of course, you can make a back up of your photos first.

Programs like AVG and Malwarebytes (Virus scanners) may pick up that they are dangerous emails but if they don't and you click on them, it'll be the same as leaving the front door of your home open with a WELCOME ALL sign flashing out the front. info@macdroids.com.au

Next month I'll discuss how we can stop these overseas scammers overnight, it's really easy! And how this would result in virtually NO unemployment in Australia within a month.

Cleaning and caring for your iPhone

It's a wonder Apple sales folks aren't dressed up like storks when they sell you an iPhone.

The storied device has taken on a life of its own, and iPhone owners cradle them like newborns.

Like new parents, though, most iPhone owners have no idea how to care for their new iPhone. So here are some tips to keep the iPhone in tip-top condition.

1. Audio Problems: Clean the Screens

At the bottom of the iPhone, there's a speaker on the left and a mic on the right. If you can't hear anything or if someone can't hear you, most people fear the worst: internal damage in the sound system. But there's a good chance that the holes are merely clogged with debris. Try putting a dab of strong rubbing alcohol—90

percent alcohol—on an old tooth brush and use the brush and a can of compressed air to clean the holes. But don't use too much alcohol. You don't want any liquid to find its way into the speaker or mic. The potential of liquid getting into the phone would make anyone nervous, so proceed at your own risk.

2. Cracks in the Casing, Scratches on the Glass

A common problem with the iPhone 3G: cracks would appear around the dock connector and headphone jack where the plastic is the thinnest. Apple is apparently aware of the problem because many iPhone owners report that Apple Geniuses are adept at evaluating the crack and quick to replace a unit. With a crack near the dock connector, for instance, a

Genius will examine the area with a lighted scope and likely swap the SIM chip into a new iPhone. I recommend a hard case for your iPhone, as well as a thin skin protector on the glass. Although the iPhone glass is fairly scratch resistant, it's defenceless against keys in a purse or pocket. Don't be afraid to replace the hard case and skin protector regularly.

3. iPhone Over-heating An iPhone shouldn't be exposed to extreme temperatures—100 degrees Fahrenheit on the high end, 40 degrees on the low end—because that will quickly degrade battery performance. If your iPhone is heating up, try to determine if it's heat from the iPhone itself or reflected heat from the sun. Turn off a hot iPhone and let

it sit for a couple of hours. If the iPhone emits heat while off, then it's likely a serious problem. Don't turn it back on, just take it straight to an Apple store. This could only be a runaway chemical reaction in the battery cell! If the phone continues to produce a lot of heat when turned on, it might be time to head to the Apple store to get it checked out: you might be holding an iPhone lemon.

4. Crashing Apps: Leave a Little Headroom If Apps are crashing or Web pages freeze up Safari, it could be a memory problem. Don't fully load your iPhone. Leave at least a half gig of headroom to handle spikes in memory use.

Car Charger Safety I don't recommend car chargers as a primary means of charging. The 12 volt electrical system of cars used primarily for headlights and interior lights was not designed to handle the loads of modern cars with their big stereos, myriad gadgets and electronic features. It's common to have power surges simply because we're overloading a small capacity system and this can fry the [iPhone] main board. If you're intent on using a car charger, try not to have the iPhone plugged in when you're starting or turning off a car. That's usually when electrical spikes occur. Only buy brand-name chargers ...

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CONT. PAGE 20

A small unit of U.S. soldiers, alone at the remote Combat Outpost Keating, located deep in the valley of three mountains in Afghanistan, battles an overwhelming force of Taliban fighters in a coordinated attack. The Battle of Kamdesh became the bloodiest American engagement of the Afghanistan War in 2009, and Bravo Troop 3-61 CAV became one of the most decorated units of the 19-year conflict.

'The Outpost' Review: At War, in a Worst-Case Scenario

By Glenn Kenny



U. S. soldiers in Afghanistan fight to defend themselves against the Taliban in this fact-based war drama from Rod Lurie. The casting of this war movie, set in Afghanistan in 2009, has novelty appeal. Two members of the ensemble, Scott Eastwood and Milo Gibson, are sons of famous actor-directors (Clint and Mel) who have made their own war films. Another player, Will Attenborough, is the grandson of Richard, a star of the World War II drama "The Great Escape." And James Jagger's father, Mick, while more a stage than screen figure, sometimes still sings of riding a tank and holding a general's rank.



In a lesser film such family ties and resemblances could be a distraction, but in this well-crafted, fact-based tragedy of errors, they provide added value. When Eastwood's character, the real-life Staff Sgt. Clint Romesha, is briefed on rules of engagement, he says of the general who ordered them, "Someone tell McChrystal that we're not selling Popsicles out here, sir." His line reading redefines "chip off the old block."

Adapted from a nonfiction book by Jake Tapper and directed by Rod Lurie, "The Outpost" evolves from what initially feels like a collection of war-movie commonplaces, highlighting crude-talking soldiers in a bad situation, into something more complex and illuminating. The men of this outpost are assigned to work with the local population. But they are sitting ducks both existentially and geographically. Their station is in a valley surrounded by mountains, just waiting to be overrun by Taliban fighters.

The movie uses unusual techniques (for example, allotting discrete sequences to whoever is in charge of the outpost at any given time) to unfold its narrative. On top of that, two members of the ensemble who are not sons of celebs, Orlando Bloom as a determined commander and Caleb Landry Jones as a wound-up specialist, also deliver near-career-high performances.

3.5/5



For Sales, Service & Advice...

<ul style="list-style-type: none"> ● Cracked Screens ● Water Damage ● Refurbishment ● Recycle 	<ul style="list-style-type: none"> ● Battery Replacement ● Software Issues ● Network Unlocks ● Screen Issues 	<ul style="list-style-type: none"> ● Passcode Removal ● Fan Problems ● Internal Cleaning ● Motherboard Repairs
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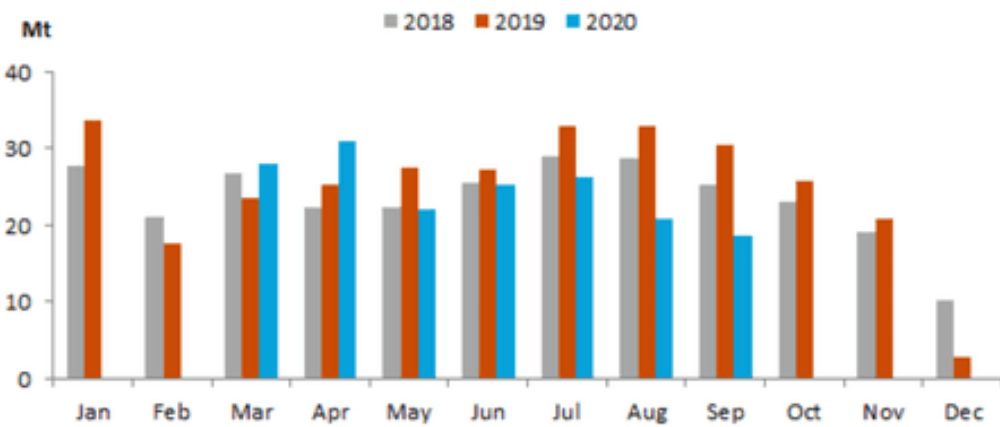
1300 622 376

China losing interest in Australian coal isn't about diplomacy – it's simply market dynamics

Alex Turnbull

The Guardian

China coal imports



Source: GAC, sxcoal.com

We need to discuss how communities and workers in the coal sector will cope with China's push for self-sufficiency

Australian politicians have been selling the “dream” of coal for years, but it’s a dream that is about to be mugged by reality. China’s coal imports have been weak all year. Initially this was attributed to Covid but as China’s economy has resumed growth – and certainly growth in its energy-intensive sectors – coal imports have dropped sharply from all countries, not just Australia. Indonesian exports were down 37% year on year in September. Public statements from China are pushing the narrative that Australia is being punished for its diplomatic insolence, but Indonesian exports are being just as badly hit despite relations with China being on a comparatively better footing.

In some of the frenzied commentary around China and its suspension of coal imports it is important to understand market dynamics rather than taking the spin from the Chinese foreign ministry at face value.

The decline in Australian coal exports has nothing to do with diplomacy and hurt feelings and everything to do with long-standing Chinese economic policy. Australia has generally been unaffected by China’s mercantilist tendencies and desire for self-sufficiency which has been a driving concern in more high-tech sectors under Xi.

We do not sell many chips, mobile phones or industrial equipment and have not felt the chill of China’s “localism” as much as Europe or the United States to date because we have limited presence in these supply chains. This is now changing as China quite explicitly pushes for self-sufficiency in key economic inputs such as energy and food. China’s rhetoric and policy looks more and more like a wartime North Korean “juche” footing.

As a major energy exporter this now matters a great deal for Australia. China’s plans for slower but more self-sufficient growth will slow their energy demand, allowing their investments in renewables, nuclear power and both the local coal capacity and logistics to move rapidly, which will reduce the need for energy imports, especially coal. How quickly they can go to zero imports is a topic of some debate but recent rail capacity expansions allowing them to use more of their own output from inland coalfields combined with low-carbon energy growth indicate that time may be now. China has throttled back imports already and shows no sign of shortages or reduced inventories. There is no reason to believe they cannot do this further.

For Australia to deal with this our political class first needs to face the reality that this is happening and no turnaround in diplomatic policy is likely to change it.

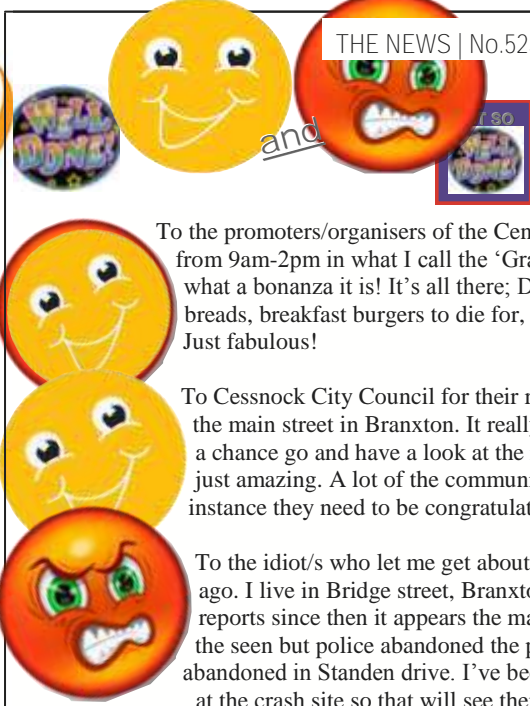
Additionally this self-sufficiency policy could extend to other commodities we export to China. China’s determination to protect local industries and jobs as well as its more orthodox Maoist-Leninist turn dictates greater self-sufficiency and weaker commitments to free trade as both are far downstream of its more nationalist political priorities. This fact must enter our own economic calculus. Wishing for simpler, more liberal times when China was more committed to honouring trade agreements and growing rapidly is not an effective strategy. To that end we need to start a discussion of how best to allow communities and workers in the coal sector to deal with this transition. The pressure is being felt already and reduced hours and job losses are impacting workers in the Hunter Valley and elsewhere. It is disingenuous to tell people that everything is fine when they know it is not.

Similarly we need to seriously consider the impacts of China’s more self-sufficiency-driven economic

program and what it means for the rest of the economy. For some the developments in coal may be an unpleasant surprise but we should endeavour to not be surprised similarly again. Milk powder at some point will have to reconcile itself with China’s low fertility rates. Iron and bauxite industries will need to keep an eye on both lower growth targets and China’s efforts to reduce emissions and imports via recycling as well as efforts to second source from African mines.

Perhaps more poignantly we need to understand that wearing a high-visibility vest and helmet does not make work or employment more real or stable. Just because you can pick up a piece of coal and hold it in parliament does not make it more real and stable than working behind a screen. Commodity markets are volatile, undifferentiated products and the customers are concentrated with ageing populations and slowing growth. These industries are not beloved by investment managers for very plain reasons that have nothing to do with environmental, social or governance reasons. Perhaps our politicians might cast a similarly dispassionate light on the sector and where Australia’s growth opportunities may lie rather than focusing on opportunities to play dress-up that PR flacks seem to prefer.

• Alex Turnbull is a fund manager based in Singapore



To the promoters/organisers of the Central Market held in Branxton every Saturday from 9am-2pm in what I call the ‘Graffiti Shed’. I stumbled upon it by chance and what a bonanza it is! It’s all there; Deli with just the best produce, wonderful breads, breakfast burgers to die for, the pecan lady & of course wonderful coffee. Just fabulous!

To Cessnock City Council for their restoration works at the Branxton Rotunda & the main street in Branxton. It really has lifted that part of our town. If you have a chance go and have a look at the revamped Rotunda & the Bercini memorial: just amazing. A lot of the community throw brick bats at CCC but in this instance they need to be congratulated & applauded.

To the idiot/s who let me get about an hour of sleep a couple of Saturday nights ago. I live in Bridge street, Branxton & the commotion was unbelievable. From reports since then it appears the main culprit/s, who where in a stolen car fled the seen but police abandoned the pursuit. The vehicle was found crashed & abandoned in Standen drive. I’ve been led to believe that they left a mobile phone at the crash site so that will see them apprehended.

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For Sale: 2002 Rover 75 in need of a good home. Restoration project. Full leather interior, GPS, fully optioned. Needs new headliner, bonnet respray. Good tyres. Unregistered. P: 0414 757 826
For Sale: 2000 Holden Rodeo LXTFR9 Dual Cab lpg/petrol (WSE547) rego 27/6/20. 156,239 bull bar ute liner canopy silvergrey \$2950 neg. olwynncai@gmail.com P: 0249387430
For Sale: Small, almost new, Guinea Pig cage. \$25 P: 0404 499 849
For Sale: Practically new medium sized Mobility Scooter . Only 3yrs old and driven 3 times, as owner didn't have the confidence to use it. Brand new batteries just installed as it has been unused. or a long time. Always kept inside. Comes with canopy and shopping bag. 2200 ONO (value \$4500) Inspection by arrangement. Please call Cherie on 0458721077
For Sale: Collectable rabbit traps from \$10 P: 0421 102 711
For Sale: Alpacas Ph 0400697148
For Sale: Free range eggs. \$4/doz Greta 0412 976 809
Riding Lessons: agjstment, horses trained. 0407 453 494

Share Accommodation: East Branxton \$180 + share utilities cost P: 0407 383 026
Seamstress: Sewing & mending P: Brune 0413 351 057
Wanted: all kinds of Honda mini bikes qa50 z50a z50j1 z50jz ct70 st70 & atc70. Contact Drew 0435814841
Wanted: Clean Fill Required North Branxton area. No builders rubble or materials P: 0413161296 Fred
Work Wanted: Need a house cleaner \$25/hr P: 0488 588 333
Work Wanted: Need an extra hand? I do all maintenance, labouring, construction, asbestos & have working with children licence. P (Pat) 0414 278 292
Work Wanted: Lawns mowed, rubbish removal & slashing. Also 'Bobcat' work, trenching & post hole boring & general maintenance & handyman work. Phone Steve on 4938 3601
Work Wanted: HORSE CLIPPING - PERFORMANCE READY. Hunter Valley & Central Coast. Phone Caron 0416 128 701
Work Wanted: Lawns properties, mowing, trimming, removals, maintenance. Paul 0478103814 or 49987567
Work Wanted: Sick of cleaning, cooking dinner, washing. Call me! Taking bookings now. Professional and reliable service. Sue 0497257081
Work Wanted: Rural Fencing (TW & A Hollingshed) P: 4998 1583 or Trevor on 0429 320 787 for quotes.
Work Wanted: experienced baby sitter looking for work. Very reliable P: 0458 606 804
Work Wanted: Lawn & Garden Maintenance, P: 4938 3153
Work Wanted: Piano teacher available to give lessons P: Phil Aughey on 0447 381 989
Work Wanted: Contract stock work with horses & dogs. Design & building wooden stock yards - rural fencing

Dates for your diary
 The “For your Diary” section of The News is a FREE community service.

Dates for your diary

Dates for your diary

EVERY WEDNESDAY & FRIDAY MORNINGS — The Branxton Greta Mens Shed meet in the mornings: come and have a cuppa at the Shed. 49 Branxton Street, Greta (in the grounds of the old St Mary's primary school) For more information contact Richard Wesseling 0417422560
 TUES 13 OCT 2020— Branxton Greta CWA Mthly Mtg – Old St. Brigids Staff Room, Station St., Branxton, 9.30am, Morning Tea following. Visitors and New Members welcome. Contact Marie Shearer 0402015850 for any information.
 MON 26 OCT 2020— Branxton VIEW Annual Fashion Parade. 10am Branxton Community Hall. All clothing can be purchased on the day with donna-lou fashions showing the latest Spring and Summer styles.
 \$15 per person includes a light lunch
 MON 26 OCT - Cessnock Toastmasters Meeting, 7pm at Cessnock Leagues Club. For information: Phone Anna 49904093
 MON 2 NOV - Cessnock Toastmasters Meeting, 7pm at Cessnock Leagues Club. For information: Phone Anna 49904093
 TUE 3 NOV - Melbourne Cup
 SUN 8 - SUN 15 NOV - NAIDOC Week 2020
 TUES 10 NOV 2020— Branxton Greta CWA Mthly Mtg – Old St. Brigids Staff Room, Station St., Branxton, 9.30am, Morning Tea following. Visitors and New Members welcome. Contact Marie Shearer 0402015850 for any information.
 SAT 14 NOV - Branxton Lions Lap the Map for Diabetes at Branxton Oval commencing at 0800. Contact Alan Beckley on 0426 261 948 for further information.
 WED 25 NOV - Central Hunter Business Chamber AGM at Branxton Community Hall
 TUES 8 DEC 2020— Branxton Greta CWA Mthly Mtg – Old St. Brigids Staff Room, Station St., Branxton, 9.30am, Morning Tea following. Visitors and New Members welcome. Contact Marie Shearer 0402015850 for any information.

Upcoming Concerts
 SAT 26 MAR 2022 — Rod Stewart Live @ Roche Estate
 SAT 10 APR 2021 — “Hunter Valley Gin & Jazz festival” @ Hope Estate
 SAT 21 NOV 2020 — A Day on the Green (James Blunt & Jason Mraz) at Bimbadgen, Hunter Valley (CHECK)
 SAT 11 DEC 2021 — Iconic Scottish band SIMPLE MINDS will be performing at a day on the green Bimbadgin winery.

CCESSNOCK COMMUNITY PERFORMING ARTS CENTRE
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JAZZ
 FRI 6 NOV 2020—CPAC Studio Sounds presents Terence Koo Trio CPAC Studio Sounds Featuring Newcastle Jazz Virtuosos: Terence Koo (piano), Andrew Wallace (double bass) and Rob Coxen (drums).
 21 January 2021
 'The Gruffalo's Child'
 Adapted from the award-winning picture book by Julia Donaldson and Axel Scheffler. Published by Macmillan Children's Books.
 5 March 2021
 'Johnny Cash THE CONCERT'
 Back to San Quentin
 Featuring the great moments of Johnny Cash's seminal At San Quentin album.

They said it
 "When you reach the end of your rope, tie a knot in it and hang on." -Franklin D. Roosevelt
 "Always remember that you are absolutely unique. Just like everyone else." -Margaret Mead
 "Don't judge each day by the harvest you reap but by the seeds that you plant." -Robert Louis Stevenson
 "Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson
 "Tell me and I forget. Teach me and I remember. Involve me and I learn." -Benjamin Franklin



From the Lions' Den



Bunnings BBQ
On Saturday 17th October the Branxton Lions staffed a Bunnings BBQ at the Singleton store. Working under Covid-19 rules, from a different position in the carpark, the crew assembled at Branxton at 7 o'clock to load the food and drinks prior to making their way to Singleton.

By 8 o'clock the first batch of sausages and onions were on the BBQ and the aroma of the cooking food was permeating the carpark. Shopper's noses were twitching, customers were queuing and Branxton Lions were back doing what they do best, raising money for charity.

Traffic during the morning was steady but constant and there were many comments welcoming back the Bunnings BBQ. Business picked-up leading into the lunch period and the



Lion Alan Becker passing a cheque for \$500 to Rev. Nicole Baldwin of the Branxton Anglican Church.

Lions answered the challenge by picking up the pace. It is evident the Lions members participating in the activity enjoyed themselves and Branxton Lions would like to send a special thanks to Bunnings for the opportunity to hold the event and a loud thankyou to Martin for his efforts supporting the BBQ on the day.

"Thank you Bunnings Singleton." All monies raised on the day shall be distributed to charities and worthwhile causes.

Lap the Map

Lions 'Lap the Map' for diabetes comes to Branxton

On the morning of Saturday 14th November 2020, the Lions Club of Branxton invite you to participate in a self-paced walk, run or jog from the

crossings. Families can push a stroller, kids can ride a bike, the fit may choose to run, everyone can participate. Registrations open at 0800 and step-off is between 0830 and 0845 from Branxton Oval; it is anticipated the walk can be comfortably completed within 30 to 40 minutes.

There is no entry fee, but, due to COVID-19 safety precautions, participants will need to register at the start. There will be a halfway water station at Miller Park and on return to Branxton Oval, bacon & egg rolls and drinks will be available at a competitive price. A raffle of fresh fruit and vegetables shall be conducted after the walk and all monies raised on the day shall be donated to Lions Australia Diabetes Foundation.

Come along, participate, have some fun and at the same time brush up your knowledge about Diabetes. Looking forward to seeing you there. We're sure you will enjoy a great day out participating in a wonderful local opportunity for Lions' Australia to benefit our community as well as raise awareness around how we stop the spread of diabetes nationally.

Facts about Diabetes

* Diabetes is recognised as the world's fastest growing chronic

Branxton Oval to Miller Park carpark and return. The aim is to promote a healthy lifestyle and improve personal awareness about diabetes, its causes and effects. The Lions innovative *Community Engagement and Event Coordination Unit* will be present with detailed information about Diabetes. The route is approximately 2.5 km over flat

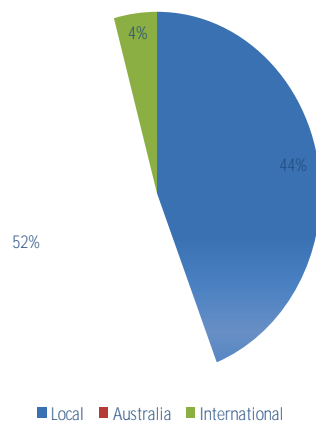
country on sealed paths with a minimum of road

crossings. Families can push a stroller, kids can ride a bike, the fit may choose to run, everyone can participate. Registrations open at 0800 and step-off is between 0830 and 0845 from Branxton Oval; it is anticipated the walk can be comfortably completed within 30 to 40 minutes.

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Branxton Lions Donations 2019 - 2020



President Brian Thomas passing a cheque for \$500 to Alan Humphries of Vinnies

condition.

* One in 11 adults world-wide is confirmed as having diabetes (415 million).

* 12 per cent of global health expenditure is spent on diabetes (USD\$673 billion).

* Every six seconds globally, a person dies from diabetes.

What Lions Do

The BBQ at Bunnings described above, is just one of the ways the Lions Club of Branxton raises money for charities and worthwhile causes. Raffles, the annual trivia night, BBQ's all contribute to the activity account of the club and that is the money distributed each year to a range of charities in our

local area, across Australia and to a lesser degree internationally.

During the 2019 - 2020 Lions year, the Lions Club of Branxton distributed \$11,789.02 to local, Australian, and International charities.

Locally, groups as diverse as the Jodie's Place, the local women's refuge, the Branxton Girl Guides and the Branxton Op Shop, plus others, were all recipients of donations.

From the chart below you can see local charities received 44% of the monies donated by Branxton Lions. Some 52% of the monies donated went to Australian charities and a proportion of that money returned to the local area via groups such as Vinnies and the Motor Neurone Disease Research group. These are but two examples of how Lions Australia wide donations flow back to assist the local community.

In the 2019 - 2020 Lions year, four percent or \$500, was donated to an international charity and that donation was made to the Lions Club International Foundation, a foundation which pools the strength of 55,000 Lions Clubs worldwide to provide humanitarian service projects and grants across the globe.

Club President, Brian Thomas, said, "these donations reflect the wishes of the club membership. It is the members that put in the hard yards at the fund raising events and the donations the club makes are unanimously decided by the membership. The priorities are clearly demonstrated to be community, country and international."

Lions Senior's Christmas Dinners

Unfortunately, a casualty of Covid-19 this year. Club President, Brian Thomas said, "it is a tradition we unfortunately have to break this year for reasons beyond our control." However, the club membership reached a decision to donate \$500 each to two charities, The Anglican Church of Branxton and Vinnies to ensure these groups can continue to provide support to those in need, within the local community, heading into Christmas."

Lap the Map for Diabetes
SATURDAY 14 NOVEMBER 2020
#LionsLapTheMap
lionsaustralia we serve



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LOCAL GOVERNMENT NEWS

Cessnock Hall of Fame welcomes two new members

The City of Cessnock Hall of Fame grew to 60 members this week as Simon Whitlock and Daniel Repacholi were both inducted under the Sports category.

Established in 2006, the Hall of Fame recognises those high achieving individuals and families from our region who have attained prominence in their chosen field.

Whether it's for sport, arts, business, public service, science or those meritorious families within our local government area, inductees are recognised and celebrated for their outstanding achievements.

Simon Whitlock, who uses the nickname 'The Wizard' for his matches, has been playing professional darts since 1984 and has achieved some incredible things in this time. These include winning the Oceanic Masters in 2002, finishing runner up in both the 2008 BDO World Darts Championship and the 2010 PDC World Darts Championship and reaching the final of the World Grand Prix in 2017.

Daniel Repacholi has been competing as a sports shooter since he was 12 years old and has represented Australia professionally in the sport for over 15 years. Daniel made his Olympic debut when he was just 22, representing Australia at the 2004 Athens Olympic Games and went on to compete at many Olympic and Commonwealth Games over the years. In 2018 Daniel won gold in the 50m Pistol event at the Gold Coast Commonwealth Games, where he set a new Commonwealth Games record.

Cessnock City Mayor, Councillor Bob Pynsent, said these men are both deserving members of the Hall of Fame. "The dedication both Simon and Daniel have given to their chosen sport is just remarkable, and this is reflected in what they've achieved so far. I hope our Hall of Fame creates a sense of pride for the community and inspires future generations to achieve the best they can," added Cr Pynsent.

Daniel said he was surprised to find out about his nomination for the award. "It was a bit of a shock to get the call saying I'd been inducted into the Cessnock Hall of Fame, which is quite cool. Having it in front of the burger shop which has been a good sponsor of mine as well, it's very fitting." To find out more about the City of Cessnock Hall of Fame, including how to nominate someone you think deserves to join the ever-growing list, visit www.cessnock.nsw.gov.au/Halloffame.



Mayor Pynsent & Daniel Repacholi

Spring into your cleanout with bulk waste collection returning to Singleton suburbs in Nov

Now is the time to schedule in your spring clean out with Singleton Council's 2020 Bulk Waste Collection campaign locked in from 2 November.

The Bulk Waste Collection service offers residents who receive a domestic waste and recycling service a one-off opportunity each year to dispose of bulkier waste items, simply by placing them on the kerbside for collection free of charge.



Waste Services Project Coordinator Hamish Murdoch and Waste Technical Officer Michelle Willis

Justin Fitzpatrick-Barr, Council's Director Infrastructure and Planning said to ensure residents were complying with collection guidelines, Council Rangers would be conducting audits of bulk waste piles placed on the kerbside in addition to regular patrols.

"As in previous years, households can take advantage of two cubic metres of domestic waste, to be collected in urban areas from 2 November, and rural areas from 9 November," he said.

"Council's Rangers will conduct surveillance during and after the collection to ensure items left on the kerbside comply with requirements, as well as to ensure the safety of our community and staff completing the pickup.

"Council's waste contractor, JR Richards will also submit daily reports of collections including any properties that fail to comply with the provisions so that our Rangers can follow up."

Residents can place waste on the kerbside the weekend before their collection. Items placed out earlier will be considered illegal dumping and may attract a fine.

"Don't forget that your trash could be someone else's treasure, with sites like Gumtree, eBay and Facebook's Marketplace or Buy Swap Sell pages perfect to sell on things like furniture, bikes, old toys and décor items," Mr Fitzpatrick-Barr said.

Each property is only serviced once.

Acceptable bulk waste items include general household waste, fully dismantled swing sets and trampolines, scrap metal, rolled floor coverings up to 1.5m in length and furniture.

Items that will not be accepted include mattresses, whitegoods, e-waste, air conditioners, green waste, hazardous solids/ liquids and batteries, commercial builders rubble and bricks, tyres, mirrors, glass table tops, window panes and sliding glass doors.

Cessnock Library is feeling fine (free)!

Cessnock City Library has announced they are no longer charging borrowers fines for books that are returned late, encouraging greater access to their services and removing barriers for community members most in need.

Library Services Co-ordinator, Rose-marie Walters said that most borrowers return their books on time and will continue to do so without the fear of a financial penalty.

"Discontinuing overdue fines is an important step in encouraging our community to interact with our libraries in a positive manner and enjoy all the benefits they have to offer," said Ms Walters.

The library has also made borrowing even simpler by making it free to reserve any item via their online catalogue of over 80,000 items, including books, magazines, CDs and DVDs. Borrowers can even reserve cake tins from the baking collection.

In addition, the library has implemented automatic renewals. Three days before items are due, provided there are no reservations, items will automatically renew for the normal loan period. The library circulation system will auto-renew borrower's loans twice.

"We hope these changes encourage more community members to visit and become members of our fantastic libraries," said Ms Walters.

Find library locations, opening hours and access the Cessnock City Library website online at www.cessnock.nsw.gov.au/library.

Council offers scholarships to get Singleton kids back into sport after coronavirus

Parents whose incomes have been impacted by the COVID-19 pandemic are being encouraged to apply for a Kids in Sport Scholarship to help get their children back into sport this summer.

Singleton Council has partnered with Singleton Family Support and the Bloomfield Group to deliver one hundred \$100 vouchers for vulnerable local families, available in addition to the NSW Government's Active Kids vouchers.

Council's Director Organisation and Community Capacity Vicki Brereton said the Kids in Sport Scholarship was another component of Council \$2million Community Support Package, with many local families struggling to re-enrol kids into much loved weekend activities.

"With local households cutting back where they can afford to, we want to make sure that sport continues to be an essential part of every child's life by making it a bit more affordable for parents who need some help with membership or the associated costs of participating in sport. We know how important organised sport is to the health and wellbeing of our kids, as well as for social interaction, and that has never been better demonstrated than during COVID-19. Giving kids the opportunity to get back out onto the sporting field, court, track, or in the pool, with their friends, is extremely important. Best of all, the Kids in Sport Scholarship will not only help struggling families but also provide a mini-stimulus to our local economy," she said.

Brendon Clements, Operations Manager at The Bloomfield Group owned Rix's Creek Mine, said it was wonderful to be part of an initiative that supports Hunter families.

"Sport is a big part of Singleton and we're proud to provide assistance for programs that support the health and wellbeing of kids in our community," he said.

With Council and the Bloomfield Group partnering to sponsor the scholarship, Ms Brereton said the team at Singleton Family Support would administer the program, including reviewing applications against the scholarship guidelines.

"Singleton Family Support are a very important organisation delivering essential support services and programs for local families — we are very grateful to be able to utilise their expertise and, with the backing of the Bloomfield Group, offer \$10,000 worth of scholarships to our community. The Kids in Sport Scholarship is another fantastic initiative of Council's Community Support Package, designed to help our local economy recover and get life back to normal as much as possible. I whole-heartedly encourage any family doing it tough to take a look at the guidelines and consider this opportunity if it suits their needs," she said.

The Kids in Sport Scholarship can be used towards a sporting club registration, equipment and uniforms. For more information and to download the application form, visit [W https://www.singleton.nsw.gov.au/kidsinsportscholarship](https://www.singleton.nsw.gov.au/kidsinsportscholarship)

Photo: Alex Richards (Executive Officer, Bloomfield Group Foundation), Clive Andrews (Mine Production Manager, Rix's Creek), Dean Deaves (Project Officer, Singleton Family Support), Lindsay Ross (Manager, Singleton Family Support) and Vicki Brereton (Director Organisation and Community Capacity, Singleton Council)



RESIDENTIAL PROPERTIES TO LEASE

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

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Citrus Care

Citrus trees were an integral part of an Australian backyard and still have an important place in today's garden.

Not only does the Vitamin C in their fruit protect against colds and flu in the colder months, citrus are also highly productive. Citrus trees don't require a lot of attention throughout the year (they can be virtually neglected, and still weigh down their branches with fruit, season after season) and they are a fruit most children enjoy, especially mandarins. Try incorporating some citrus trees and chooks in your backyard to create a mini ecosystem, and a great source of interest for your kids. In one garden I know they have planted citrus trees next to the chook shed. The tree roots have grown under the shed to get at the continuous supply of rich chook manure.

Additionally, the chooks act as mobile compost heaps, devouring all the kitchen scraps and adding manure to the soil. They also help clean up pests.

Best citrus varieties
Mandarins: Mandarins are fast health food – they peel easily and cleanly, and are not at all messy. Their sweetness makes them a great favourite with kids, and of all the citrus trees, the 'Emperor Mandarin' would be the finest addition to your backyard.

Oranges: While many people love the taste of Navel orange juice, the seedless Valencia is also great for juicing and has fewer problems. It is the better growing tree for backyards as it crops over a longer period.

Lemons: The 'Eureka' lemon is great for the warmer areas in Australia, while 'Lisbon' or 'Meyer' lemons suit cooler climates. Of all varieties, the 'Meyer' is the best choice for planting in a tub in any climate.

Lime: 'Tahiti' produces very juicy fruit, and is used in drinks or as a lemon substitute. The fruit is small and green when ripe, and seedless.

Cumquat: The 'Nagami' cumquat with its oval shaped fruit has a sweeter taste than other cumquats and is very decorative to look at on the tree. Another good container plant in a small garden.

Citrus care
 Full sun.

Before planting, dig in plenty of chook, cow or horse manure into the ground.

Ideally, citrus should be fertilised in August and February. It is good to alternate fertilisers – say Dynamic Lifter in August/September and Complete Citrus Food in February. Keep citrus trees well watered when young fruit is forming in spring and early summer. Use a sprinkler twice a week to deep water trees in the warmer months. Grass and citrus don't mix. Keep the area beneath your citrus free of grass and weeds. Cover with a mulch such as lucerne, composted leaf litter or compost, but keep the mulch away from the tree trunk to avoid collar rot.

Citrus in pots

Trimmed and rounded citrus trees in pots are one of the main components of the fashionable Mediterranean or Tuscan garden. They have the added advantage of being able to be moved from place to place to enjoy the sunshine.

Ensure that citrus in pots are well watered – once or twice a week in warmer months.

Fertilise every six to eight weeks with a complete citrus food, alternated with Dynamic Lifter or use 3-4 month Osmocote applied in spring and early summer. Citrus trouble shooting

Sour oranges. May be caused by:

- * harvesting the fruit too early (leave fruit longer on the tree).
- * insufficient sunlight (it may be necessary to replant your tree in a sunnier position or remove surrounding growth to allow more sun to reach the tree particularly in winter).
- * nutrient deficiency (treat the soil around the tree with a matchbox-full of copper sulphate. If that fails, try spreading a small handful of super phosphate about the root zone in spring).

Yellowing leaves. Older leaves that yellow in the centre may be an indication of magnesium deficiency. Treat the soil around the tree with epsom salts (magnesium sulphate). Leaves that yellow at their tips can indicate a lack of fertiliser (use a complete fertiliser).

Dropping fruit. Caused by:

- * strong winds during flowering or shortly after while fruit is forming.
- * too much water or too little (at flowering or while fruit is forming). To remedy this, check drainage if soil too wet, or put the sprinkler on twice a week to give adequate water.

Pests

Bronze orange bugs (also known as stink bugs) and other sap sucking insects. The larger insects such as bronze orange bugs can be removed by hand, or by using a vacuum cleaner (with a disposable vacuum bag). These insects can squirt an irritating substance, so take care to protect your eyes and skin. Alternatively, spray with Pest Oil or Folimat (in an aerosol can).

Citrus gall wasp: Lumps on the branches are caused by little wasps. It does not kill the tree but remove any bits of the tree with lumps. Dispose of these in the garbage. Affects coastal Queensland and New South Wales and some inland areas. Prune galls by the end of August to control this pest.

Diseases

Citrus scab. Lumps and brown scabs on the skin of citrus (particularly lemons) are symptoms of a disease called Citrus Scab but not one that affects the fruit. Remove the scabs if using the rind or just use pulp or juice. Ignore the disease, or treat by spraying with a solution of copper oxychloride and white oil around October to get rid of the disease before scabs form.

Citrus pruning

It is not necessary to prune citrus to produce fruit. The trees can be pruned however if it is necessary to shape them in some way, for example to remove low hanging branches, or to remove branches that are rubbing and can cause bark damage and allow an entry point for disease. Use secateurs (for small branches) and a pruning saw (thicker stems) for the task. **Tip:** Make a small cut underneath the branch first then cut through from the top. This will stop the bark tearing.

Citrus may also require pruning if too heavy a crop is produced. A heavy crop can weigh down branches to the point where they can break, especially after heavy rain. In this situation either remove some of the fruit to lighten the weight or cut out some of the smaller branches. The heavy crop can be avoided again by removing some of the young, developing fruit before it gets too big. The tree will then produce larger fruit.



Tips For Your Dogs

& Cats

Pet Grooming

A well-groomed dog is not just about those that need to be clipped such as Poodles with fancy cuts and top knots. Dog grooming is more about a clean dog, that will not smell, have knots and acts as an overall body health check. When you have your pet either professional groomed or you wash your own dog, its important to understand that you should always check for:

- * Fleas and Ticks,
- * Knots,
- * Checking eyes and ears for smell or discharge,
- * Skin infections or redness
- * Teeth for tartar build up and gingivitis,
- * Lipomas – fatty lumps

Regular grooming will help to identify early any of these problems & it will also make your dog feel happy – and make you the owner even more happiness especially if they are an indoor dog.

Shampoos and conditioners

When selecting a grooming product, you should always ensure that you only use shampoos and conditioners that are suitable for "PET USE ONLY" – PET FRIENDLY". We should always remember that all dogs and cats, have thinner skin type than people, that is why we should never use your own shampoo on your pet; using our products on our pets will often irritate and inflame their skin.

When choosing a product, consult your Veterinary Surgeon or Veterinary practise, talk to your local pet shop – making sure its suitable for their skin type. On the market today are several medicated shampoos that are formulated for greasy skin conditions or even yeast infections to grass allergies. Products such as *Malseb* for those conditions – whereas Fidos Baking Soda is a good all-round shampoo with no chemicals and can be use more frequently for all skin

types with no conditions. – If unsure check with your Veterinary surgeon.

Bathing

Prior to bathing your pet, always use a brush to remove any loose hair, bindies and knots – this will result in a terrific clean pets, always use *luke warm* water test on yourself by placing your hand under the tap (ensure you have mixed both hot and cold to avoid burns and scalds).

Pets do not like the water being hard or full pressure from hosing down with cold water, we would not like full pressure of the hose on us so ensure you fully wet your pet down before using the shampoo or soap. Thoroughly rub the shampoo or soap into a lather, rinse well and depending how dirty your pet is repeat this – ensure to rinse well, rinse well under the stomach area, between the toes and around the tail area. Ensure that soap and shampoos do not enter the eyes or ears.

When using a conditioner, these can also help to reduce tangles and knots in your pet, especially those with long coat types, when using medicated shampoos in most cases they will need to have skin/coat contact for a period of time. Ensure you read the instructions before use.

Drying

After you have washed your pet – towel drying is particularly good and sometimes your pet may enjoy the rubbing as a massage. You can also use



a brush removing excessive hair as you go. A blow dryer will also help dry your pet quicker and will result in very fluffy and soft coat.

Its very important to remember especially at this time of the year; do not allow your dog to dry slowly in direct sun, this will cause the layers of the skin to heat up quicker and can lead to what is called "hot spots".

Clipping

When using scissors or clippers ensure you always use them safely – remember they are sharp. The clipping of dogs with scissors is best left to professional groomers – unless you have good grooming skills. If you have identified knots in your pet's coat and you need to remove them – some tips are:

- * Do not cut across the knot,
- * Slide the scissors into the knot,
- * Slice the knot length ways.

Once you have sliced the knot – brushing should remove the remainder, remember your pets' skin is sensitive and care should always be taken.

Nail clipping

When looking to clip your pet's nails, you should ensure that the nail clippers are good – these can be purchased from your local pet shop or even veterinary practise. The size of the clipper should reflect the size of your pet. Smaller clippers will give a greater control.

Cutting pets nails can be tricky and care should be taken not to make them bleed by cutting them to sort, the nails will grow in normally a curled nature. Some pets will have clear / white nails and others will have black nails.

Once you have identified where the nail starts to curl, if you are unsure for the first time take small cuts in the nail, cutting should always be done in a straight up and down motion.

Experience will tell you in the future how much to cut – as always ask you veterinary Surgeon or pet boarding facility for advice.

Ear cleaning

Good health and hygiene is also important in the ears of your pet, in some breeds its common for a yeast infection or bacteria to develop & this can be more prevalent in breeds that have a lot of hair in the ear canal – a smell can be present or your pet may scratch a lot – see your veterinary surgeon. In normal circumstances a waxy discharge around the ear can be noticed, this is easily cleaned using a gentle ear cleaning solution available from pets hops and veterinary practises. Never use cotton tips in your pet's ear canal.

Teeth cleaning

Regular checking of your pet's teeth is important to good teeth health. Checking for yellow/ brown tartar build up, bad breath or inflamed gums can be early indicators of other more serious problems – in these cases see your Veterinary Surgeon.

Pets like people will benefit from regular tooth cleaning – use a child's toothbrush and special pet's toothpaste, cleaning daily or even weekly will help maintain good pet tooth health. NEVER use human tooth paste on your pet's teeth. Sometimes bad teeth and tartar build up in pets can be associated with diet, as dogs are carnivorous, they need bones for good dental health.



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SPORTS RESULTS



Winner: Jan Scobie with 38 points
 Runner Up: Caren Caldwell with 35 points
 Putting comp: Ruth McCarthy with 29 putts
 Melita Watson with 30 putts
 NTP: Carol Miller
7th October 2020
 Stableford & Round 2 of Championships
 Winner: Jan Scobie with 40 points
 Runner Up: Neridah Busch with 34 points
 Putting Comp: Jan Scobie with 30 putts
 Melita Watson with 30 putts
 NTP: Jen Salna

Branxton Golf Results
Saturday Stableford
10th October
A Grade
 Winner: Dean Fowler 39 pts
 Runner Up: Steve Ross 39 pts
 3rd: Lee Heuston 37 pts

B Grade
 Winner: Mick Carling 39 pts
 Runner Up: Zac Hayes 39 pts
 3rd: Dave Hodges: 37 pts

C Grade
 Winner: Col Hughes 40 pts
 Runner Up: Izach Dennis 38 pts
 3rd: James Elphick 37 pts

Ball Competition: 34 pts c/b
NTPins:
A Grade: Joshua Tracey
B Grade: Troy McCaw
C Grade: Richie Turnbull

All nearest the pins were inside 1.5 m
 57 players enjoyed excellent conditions in Saturday's Stableford Competition, a week before the Club Championships which start next week. Dean Fowler won A Grade with an excellent 39 pts, on a countback from Club Captain Steve Ross who has found some form in readiness for next week's championships. Lee Heuston, playing off a 2 handicap, came third with his superb 37 pts (a 71 off the stick). Mick Carling won B Grade with 39 pts as well, just beating Zac Hayes on a countback, with Dave Hodges third with his 37 pts. Col Hughes had the day's best stableford score in winning with his 40 pts, just ahead of Izaac Dennis's 38 pts with James Elphick third with his 37 pts. 34 pts (on a countback) was needed to win a ball. Izaac Dennis recorded an eagle on the 16th—a great effort which certainly helped him come second in C Grade. It was also noted that all the NTPins on the last hole were within 1.5 metres indicating some great sharp shooting happening. As mentioned, the Club Championships begin next week with the course in immaculate condition in readiness for another closely

Results 15-10-20
 Veteran Championship
 Round 1 (Stableford)

Div 1 Winner G Anderson 30 pts R/u M Tracey 29 pts (c/b) 3rd M Ford 29 pts
 Div 2 Winner R Chalmers 33 pts (SOD) R/u M Kingston 30 pts (c/b) 3rd A Hackett 30 pts (c/b)
 Ladies Div Winner R McCarthy 32 pts R/u C Miller 28 pts 3rd R Friis 27 pts
 NTP Ladies
 N Busch Gents M Barrett
 Members draw - Not won
 Once the early fog had dissipated, the morning developed into comfortable playing conditions for to-day's event. Over 50 players gathered for the first round of the Veteran Championship and to-day's results would indicate an exciting finish next week, when the second round is completed. Congratulations to Richard Chalmers on winning his division and achieving the "Score of the Day". Well done to all other winners and place getters.

LN Bootes
Branxton Lady Golfers
 The results from the 16th September are a double up -
16th September 2020 - Stableford
 Winner: Tracy Miller with 37 points
 Runner Up: Caren Caldwell with 34 points
 3rd: Carol Miller with 32 points c/b
23rd September 2020 - Stableford
 Winner: Neridah Busch with 41 points
 Runner Up: Ruth McCarthy with 33 points
 3rd: Caren Caldwell with 30 points c/b
 4th: Robyn Hoffman with 30 points
 NTP: Robyn Hoffman
30th September 2020 - Stableford & Rond 1 of Championships



■ Branxton Golf Clubs' Corey Lamb on the 8th tee

fought championship. Cameron Johanson, the Club Champion for the last two years will have many challengers once again this year with the 2017 champion Joshua Tracey leading the charge. Other notable low markers include Peter Wilton, Anthony Bentley, Lee Heuston, Isaiah Wolferstan, Rod Wilton and the perennial competitor Mick Tracey. Corey Lamb, I have been told, will not be competing as he is also vying for The Vintage championships at the same time—15-time champion Mark Hale, now based in Mudgee, is also unlikely to compete—but you never know! Good luck to everyone over the next two weekends.

Saturday, 17 October 2020
CLUB CHAMPS RD 1 - STABLEFORD

Field: 71
 Grades A Joshua Tracey 40
 Grades A Rodney Wilton 39
 Grades A David Matt 38
 Grades B Zac Hayes 43
 Grades B Paul Bush 40
 Grades B Benjamin Bridge 39
 Grades C Reg Rogers 40
 Grades C Hugh Dilley 39
 Grades C Matthew Bain 39
 Balls 21 Distributed down to score: 35
 N.T.P'S
A GRADE S KEARNEY
B GRADE Z HAYES
C GRADE L PORTER
 The Branxton Club Championships started on Saturday with many excellent scores recorded on a course that is looking outstanding. In A Grade Joshua Tracey won the A

Grade Stableford with an outstanding 40 pts—a majestic 66 off the stick from his scratch handicap. Rod Wilton started the championships well, finishing runner up with his 39 pts, a one over par 71 with David Matt third with his 38 pts showing his consistent ball striking skills once again. In B Grade young Zac Hayes had his best ever score of 77 off the stick—43 pts—from his 14 handicap. A fantastic round from a very promising young golfer. Paul Bush started the championships well with his 40 pts giving him second place with last year's B Grade Champion Ben Bridge coming third with his excellent 39 pts. Reg Rogers won C Grade with a very pleasing 40 pts, just ahead of Hugh Dilley's 39 pts with Matthew Bain third, on a countback, with his 39 pts as well. 35 pts was needed to win a ball—a rather hot start for the championships. After Day One, the leading scores on each grade were—A Grade Joshua Tracey 66, Corey Lamb 69, Cameron Johanson, Peter Wilton and Rod Wilton 71, Isaiah Wolferstan 72—a very impressive start to the championships. 13 players broke 80 in A Grade. B Grade: Zach Hayes, 77, Ben Bridge 81, Paul Bush 82, Toby Grant 82. C Grade: Matt Bain 92, Mick Lutovac 94, Robert McMillan 96, Pip Lancaster 98.

Sunday, 18 October 2020
CLUB CHAMPS RD 2 - STABLEFORD

Field: 58
 Grades A Toby Grant 41
 Grades A Lloyd Barrett 39
 Grades A Cameron Johanson 37
 Grades B Rodney Moylan 40
 Grades B Colin Ford 40
 Grades B Michael Carling 37
 Grades C Jarrod Makin 43
 Grades C Matthew Bain 42
 Grades C Hugh Dilley 39
 Balls 17 Distributed down to score: 34
 N.T.P'S

A GRADE L BARRETT
B GRADE C FORD
C GRADE H DILLEY
 On Sunday, Day Two of the Championships, saw the impressive scores continue. 34 pts was needed to win a ball. In A Grade Toby Grant (who is leading the B Grade championships—he started in B Grade yesterday) won the day's event with an outstanding 41 pts—a 78 off the stick. Lloyd Barrett finished runner up with his 39 pts with Cameron Johanson third with his 37 pts—a 69 off the stick. Local veteran Rod Moylan showed how it can be done in winning Sunday's B Grade Stableford with an excellent 40 pts, on a countback from Colin Ford with Mick Carling third with his 37 pts. The hot scores soared in C Grade with Jarrad Makin winning with a superb 43 pts defeating the C Grade Championship leader Matthew Bain's 42 pts with Hugh Dilley picking up another prize with his 39 pts. Captain Steve Ross couldn't believe that the two NTPins in A and B Grade were both under 10 cms—it sounds like a crowd should be on the club's verandah to watch some outstanding golf. There were 4 eagles recorded today including club champion Cameron Johanson on the 10th, utilising the new front tee which is now a risk/reward hole for the longer hitters. 2017 champion, Joshua Tracey drove the first green with a 3 Wood! The shot of the day belonged to Paul Bush who eagled the 7th from the dam/penalty area. He was cheered on by a group of players in the 11th as he couldn't see the result—what a thrill! After two Days the Club Championships are really hotting up with some wonderful scores in each grade. The A Grade Championship is now starting to look a 3-horse race with Corey Lamb (+2) leading with 136 (69, 67), Joshua Tracey (0)- 139 (66, 73), Cameron Johanson (1)- 140 (71, 69). Rod and Peter Wilton are 5 shots further back on 145. In B Grade Toby Grant leads with 160 (82, 78), Zach Hayes 161 (77, 84), Ben Bridge 163 (81, 82) with Colin Ford 168 and Paul Bush 170 still in contention. In C Grade Matthew Bain has an outstanding lead on 180 (92, 88)—11 shots in front of Robert McMillan on 191 with Mick Lutovac (194), Pip Lancaster (195) and Jarrad Makin 196 still live chances. Next weekend's golf should be wonderful to watch, particularly in A Grade where the last 3 year's

champions (Cameron and Joshua) compete with one of the most promising golfers in this state - young Corey Lamb. Long drives, eagles, near hole in ones—pristine greens—and plenty of food and cold drinks available—a great weekend of golf awaits!

Hunter Valley Golf Club
Sunday 11th October

The Weekly Challenge has been won by Phousang Sihapanya with 43 points from Harrison Preece with 39 on countback to Jeff Shanahan in 3rd. Ball details are not available at this time.
Tuesday 13th October
 After knocking on the door recently Wayne Burgess came through with a big win in the Tuesday Stableford with 43 points from Singleton GC visitor Brett Janssen with 41 on countback to Ty Cowley. Ball winners were: Mark Fullbrook 39, Peter McIntyre 38, Chris Ford v38, Rex Talbot 37, Phil Darcy 37, Kevin Smith 37, Rob Hannah 37, Lindsay Self 36, Greg Harder 36, Darrell Porter 36, Matt Delforce 36, Chris Taggart 36, Peter Franks 36, Nic Bates 35, David Peel 35, Dan Olsen 35, Bruce Matthews 34, Peter Wilson 34, Greg Ireland 34, Tom Vaughan 34, Scott Conti 33, Bindi 32, Graham Shirley v32, Dennis Donn 32 & Damien Porter 32 c/b. Nearest-the-Pins went to Ken Scott-MacKenzie (3rd) Rob Hannah (8th) & Scott Conti (10th & 17th)

Wednesday 14th October
 The Ladies Stroke event needed a 3 way countback to find the placings with 73 Net returned by all 3, Mary Fortey claimed 1st from Lorraine Clack with Jenny Chambers getting the minor placing. Massey Park GC visitor Ulla Wood was the sole ball winner. The Ladies will play Individual Stableford next week.

Thursday 15th October
 The Vets contested the final round of their 2020 Championship in idyll conditions and as is the case 'cream' comes to the top when Steve Piggot starting the final round well back shot 69 off the stick to lift himself to the Champions title with a combined total of 65 points to edge out first round leaders James Hogg (63) and Wayne Barber (62). The handicap section has seen Tommy Bell produce another sub Par round to claim Division 1 with 82 points with Wayne Barber & David Peel tied for 2nd with 76 points, Garry Clarke needed to rely on his first round handicap to get past Wayne Drayton by a single point to claim Division 2 with 81 points and Phillip Wetzler's 82 point total was enough to win Division 3 from Peter Perkins who totaled 80 points

The Daily Stableford comp played in conjunction with the Championship has seen Tommy Bell take Division 1 with 41 points from John McLoughney 40, Division 2 to Dave Fury with 41 points from Kevin Smith 40 and Rex Talbot with 40 points has won Division 3 from Sue Peel who returned 39 on

countback. Ball winners were: Rob Hannah 39, Graham Donaldson 39, Steve Piggot 39, Arthur Cuttriss 39, Wayne Drayton 38, Bill Freeman 38, Bruce Matthews 38, Paul Ireland 37, Ryan Wilson 37, David Archibald 37, Lindsay Meyn 37, Jill Ramsden 37, James Hogg 37, Boss Hogg 37, David Peel 37, Peter Payne 37, Peter McIntyre 37 & Kevin Dick 37. Nearest-the-Pins went to Ken McLaughlin (8th & 10th) John McLoughney (3rd 4th & 17th). Next week the Vets will play a Medley Irish Stableford
 Some days Golf can give you a severe kick in the pants. Rex Talbot believed he had gone OB on the Par 3 8th hole so hit a provisional ball before heading to look for his original ball which he found still inside the side fence and continued to play that ball to the hole, when he finally made it to the green and looked for his provision ball he was shattered to find it in the bottom of the hole, alas no reward for an 'Ace'!!

Saturday 17th October
 The 2020 playoff for the Girls Goblet and Mug of Mugs turned out to be very one sided in the Ladies section with Melita Watson having a 'blinder' returning 64 Nett to clearly win the Girls Goblet. The Mug of Mugs provided a much closer affair by the qualifiers with Nathan Sweeney doing best with 66 Nett for this years title. Congratulations to both for their respective wins and to all of the qualifiers who took part in this years event.

The daily comp has seen Wade Attewell claim A Grade with 66 Nett from Nathan Sweeney on countback, Melita Watson accounted for B Grade with 64 Nett from David Agnew 69 and Nicholas Hain has won C Grade with 67 Nett from Greg Harder 68. Ball winners were: Matt Delforce 67, Andrew McBean v67, Wayne Barber 68, Warren Redmond v69, Ben Bradley 69, Patrick Wand 70, Graeme Smith 70, James Schofield 70, Shannon Attewell 70, George Copas 70, Don Bradley 70, Jon Lawler 70, David Peel 71, Peter Mooney v71, Alan Provenzano 71, Garry Marsden 72, Craig Sharp 72, Bruce Chambers 72, Kyle Richardson v72, Chris Russell 72, Peter Huckfelt 72, Graham Morris 72, Jeremy Holden 72, Tom Bell 73, Muz 73, Dan Mcleod 73 & Hieu Le 73 c/b. Nearest-the-Pins went to Steve Piggot (3rd) Michael Gilbert (4th) Kevin Smith (8th) & David Peel (17th). Next weeks event will be a Medley Stableford

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The News **SPORT**

RUOK Help is at hand

Father and son dominate 'October Fishing Open'



The 'Lethal' father and son combination of Andrew and Lewis Jacobs dominated the scoring in the October Fishing Club Open weekend. Andrew "Jakey" is making a late fight for the overall 2020 title with a 140.5 score with his 19 fish at Harrington. A good catch of Flathead, Squire, Morwong and Nannygai were weighed in. Son Lewis (125.5 points) fished hard as usual weighing in Flathead, Whiting, Squire, Nannygai and Pearl Perch.

Another father and son combo Troy and Tom Field scored well also at Harrington with Troy (123.6) catching Bream, Morwong, Snapper and Flathead. Tom (44.4) caught a feed of Nannygai, Flathead and Goatfish. The catch of the weekend was a 2.8kg Flathead caught by Jayden Miller in Newcastle Harbour. Ironic that "Box-head" caught a big Flat-Head.



Other fish caught over the weekend were some Trag from Tuncurry, and some Bream, Tailor and Salmon off the beach at Hawks Nest. A reminder to keep Sunday 13th December free as it will be the end of season Christmas Drinks at the Greta Workers Club. Once again many thanks to our Sponsors for 2020, GoCon Rural Fencing, McDougall Concreting, The Harvest Bistro, Greta Workers Clu, The Sea Shanty Rutherford, and the Bottlo at Greta. We are looking forward to treating the Sponsors at the Christmas Party for a fun & free afternoon.

■ Photo: 'Box-head' Jayden Miller with his Flat-head

Local man Mike Taylor has been to hell and back over the last 3-years but has now turned that grief into help for others.

In February 2018 his world come crashing down when he received a phone call telling him that his dad, Brad Quinton 37, had committed suicide. "After 6 months I thought things couldn't get any worst when my partner Cameron Summers 18, committed suicide as well. I have had 4 people in my family alone commit suicide. I could write a huge list of how many people I know who have committed suicide," said Mike. Mike decided enough was enough & came up with, what he hoped would be, a partial panacea. "In 2019 we kicked off Brad Quinton Memorial in



know we can help. If you know someone struggling don't ignore the signs. "If we win there's prize money involved we will be donating half to suicide prevention Australia," said Mike.

"If you're ever feeling down, alone and/or having suicidal thoughts I will always be here for anyone and everyone; no-one should ever have to go through this alone & please check in on your loved ones. "Be supportive to people struggling with their mental health and be open to communicating about your own. It's not weak to speak." "Emotional support is important, and a homogeneous support group is more helpful than a generalized group," Mike concluded.

■ Photo: The Suicide Prevention Australia touch team

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