

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

Huntlee Tavern officially opened

by Cessnock-bred & Newcastle Knights legend Andrew Johns

HUNTLEE TAVERN welcomed its first patrons last Friday evening after being officially opened by Cessnock -bred & Newcastle Knights legend Andrew Johns. The hotel has been 5-years in the making but, as ownerdirector Jason Gavin said, they

persevered and are proud of the outcome. "The result is a new hub for the community where absolutely everyone is

welcome. "It's great to be the first hotel in this brand new town - that's not the type of opportunity

that comes along every day," he said" said Jason. The hotel was designed by award-winning hospitality architects Bergstrom Architects and built by Whitcon. The hotel has a public bar, a bistro (open for lunch and

dinner seven days a week) and

a cafe (open from 7am daily). There's also a bottle shop, indoor kids' playground, a kids' theatre, an outdoor terrace, a VIP outdoor lounge, TAB and KENO facilities. The opening has also seen 30 jobs created and, as Jason said, mostly locals.

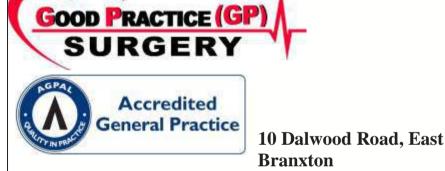
"Trading since Friday has been much better than expected which has been a welcomed surprise, particularly with Covid-19. The feed-back from patrons has also been very positive. I am very proud of our staff who handled the large crowds, since opening, very well," said Jason.

Jason also said he was delighted with the feed-back he's seen on social media and congratulated his kitchen.

"The menu focuses on classic modern Australian pub food and the chefs, between them, have over 100 years experience in the industry," said Jason. The Bistro has been booked out since opening as well as the Melbourne Cup luncheon. Photos: (at Top) Andrew Johns cut the opening ribbon &, at right, part of the crowd

at Melbourne Cup Luncheor





Dr T Sasi Sasitharan
MBBS, AMC, DCH (Syd), FRACGPDr Riju Verghese
MBBS, AMC, DCH, FRACGP

Dr Chaitali Biswas MBBS, AMC

Dr Jwan Roomi

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SAVE THE KRAWARREE

By John Murray, Executive Director, Hunter Anzac Memorial Ltd



The AH Krawarree is an Australian Army Sea **Ambulance from World** War 2 and today marks a significant day in having the boat fully restored and put back in the water again.

Launched in 1945 she is built from 100% Huon Pine at Launceston – Tasmania. Her sole purpose was to save wounded Diggers fighting fierce battles around our Top End, PNG and the Solomon Islands. Of only five built this one is the last remaining. A newly formed charity, the Hunter Anzac Memorial, has acquired this unique piece of Australia's wartime efforts and plans to have her made fully operational again. The Chairman of the Hunter Anzac Memorial Mr Brett Wild described the AH Krawarree as one of the most historic WW2 finds in decades "We must restore this boat so she may carry on with the important humanitarian work for which she was built." He said. "The AH Krawarree is a national treasure and it

master tradesmen and women who built her all those years ago proud!" The boat has been residing behind a service station in Northern NSW but over the weekend of the 24th and 25th October it was transported down the Pacific Highway under police escort to Carrington on Newcastle Harbour. It is here at Thales Shipyards that she will undergo specialised refurbishment. It is expected to take some two years to have the AH Krawarree bought back to looking and operating as new again. And once made fully operational, the **AH** Krawarree will have an extensive sailing schedule that will take her to all ports of Australia. In keeping with the Charter of the Hunter Anzac Memorial she will be taking out Veterans,

must be seen and experienced by all

deserving youth and other groups to assist with mental Australians whilst carrying health and other social out her most important issues. Whilst primarily for Veterans support the boat work. She will also do will also act as a floating Tasmania and all those platform from which to teach our children of the sacrifices Australians made then and now to keep us free. The AH Krawarree was made to help others but is now in need of a hand herself. If you can help with a donation to 'Rescue the Krawarree' and help us make this dream a reality we would be eternally grateful. Please visit our website to donate or go to the MyCause site shown below www.mycause.com.au Type Donate

Type in Hunter Anzac Memorial and select from the drop down menu Click on the logo for **Hunter Anzac Memorial** to donate All donations fully Tax Deductable

AH 1733 Krawarree Vessel Number: HV000399 Date: 1943

Defence Motor launches (HDML). It is the only surviving example of five such craft that were all built in Tasmania, and remains in its original configuration. It is a rare example of the huge number of working craft built for servcie and rescue operations, and one of the very few examples of the larger adapted fast supply and patrol boat craft still extant in Australia. Description AH 1733 KRAWARREE was built by EA "Ned" Jack in Launceston and probably launched around August 1945 . The Ambulance Launches built in Tasmania were made by either Purdon area. KRAWARREE did and Featherstone in Hobart who made three, or EA 'Ned' Jack in Launceston who made two. Neither firm kept exact records to confirm who built the craft which were numbered AH 1730-1734, however an image in the Hobart Mercury 28 August 1945

Builder: EA Jack

Previous Owner:

Australian Army

ft x 16 ft x 5.25 ft)

Classification:

ing trials on the Derwent

The 24.38 metre long craft

HDML hull design, with a

third of the hull to give headroom and space for

raised aft deck over the rear

stretchers. They were fitted

out with 33 stretcher berths,

three in a special ward. The

layout was an effective use

of the space and compart-

ments, and the arrangement

to lift stretchers aboard was

wartime period. Wounded

soldiers would be hoisted

aboard on a stretcher, and

hatch directly onto a table

for assessment and initial

The craft had wooden

double diagonal planked

hulls and were powered by

2 Hercules diesel engines,

giving a cruising speed of

12 knots, and a top speed of

16 knots. They were lightly

armed for defence with one

20mm machine gun, and

two twin Vickers 303 in

The building process was

lack of suitable engines. Of

the eight originally ordered

slow and held up by the

around the end of 1943,

only five were completed.

The first three saw service

late in the war in the PNG

not see active service as it

was completed at the end of

the war. The log books held

Canberra begin in August

capacity to be modified as a

commanders, and AH 1734

KURUNDA was noted as

being used as a command

craft after the end of the

war in September 1945.

in National Archives

The craft also had the

headquarters for senior

22 1945.

treatment.

guns.

lowered through a long

simple and shows how

basic facilities and

treatment was in this

30 in the main ward and

were adapted from the 80 Ft

River.

undergoing trials on the Tamar River. Another undated historic image of

shows the vessel AM 1733

AM 1733 shows it undergo-

The Greatest Commandment REFLECTIONS Matthew 25.1-13

Jesus used parables, or short narratives and stories to engage the imagination of the disciples and to challenge the conventional thinking of his time. These stories often draw from "everyday, peasant life, but an unexpected twist underlines the surprising, gracious, demanding and countercultural nature of God's reign." We too can draw insight from the parables of Jesus as we interpret them for our own time and circumstances. The parable in this week's Gospel, the Parable of the Ten Bridesmaids, is no exception.

"Five of them were foolish, and five were wise." [Matthew 25.2] The task at hand was to be ready for the arrival of the bridegroom. Five of them were prepared, but five were not. The five unprepared bridesmaids left to purchase oil for their lamps, but while they were gone, the five who were prepared and had brought extra oil with them were taken by the bridegroom to the wedding banquet. Arriving later, the five who were not prepared were denied entry to the wedding banquet, being told by the bridegroom, "Truly I tell you, I do not know you." [Matthew 25.12]

This parable highlights for us the importance of being ready and watchful for Jesus' return. None of us know exactly when hat will be, but we all can be ready ... or not. We have the choice to be foolish or to be wise with the time that we have we wait, living in the present with our gaze directed towards the future. If Jesus returns during our lifetime, will we be counted among the foolish or the wise? Should we not prepare so that we are ready for Jesus' return?

So, how do we prepare for the coming of Christ? It requires more than mere understanding of the things that Jesus teaches us through Scripture and the example of his most precious life. Our understanding must be put into action in our lives as we wait. Jesus shared life, loneliness, anguish, and death as we do. He is not far from us at any time. Each day we have the choice to touch, serve and love him by imitating his life of service to others. When he does return, we will be judged on our life, not a moment in time.

This parable is a warning for us. It is a warning wrapped in love, telling us that each moment of life should be beautiful, like bridesmaids awaiting the arrival of the bridegroom. We are not to wait in fear but in joyful hope, waiting for the voice of the Beloved.

I wonder what we will do this week to show God's love to the people around us? If Jesus were to return, would there be enough evidence of our love that he would recognise us as his disciples and welcome us into God's kingdom?

Blessings, Reverend Nicole

Branxton 'Book Exchange' now Open!



On Monday 26th October The Branxton Book Exchange was officially opened. The book exchange is located inside the Crib Box Café at Branxton. The idea originated from two locals Emma Nevin and her 7-year-old daughter Ruby (see photo above). During the Covid lock down the Nevin family found their love for reading again and came up with this initiative to pass on books that have been read for other members of the community to share. Emma also quoted that it was a good opportunity to give her girls a life lesson in giving. A big thanks to the Café owner Nicole Gibson for allowing the book exchange to be built inside her shop. Also a big thanks to the Community for all the books that have been donated so far. Please feel free to drop in more of your old used books.

To borrow a book all you need to do is pop a \$2 donation into the cup and take a book you like. Or you can swap a book. All proceeds will go to the purchase of more books. Feel free to come in to grab a coffee and take a look. "TAKE TIME OUT AND ENJOY A GOOD BOOK"

Reaching the end of a job interview, the human resources person asked a young engineer fresh out of Sydney Uni what kind of a salary he was looking "In the neighbourhood of \$140,000 a year, depending on the benefits for. package.

"Well, what would you say to a package of 5-weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every 2 years...say, a red Porsche?' "Wow! Are you kidding?" "Yeah, but you started it."

Emergency Phone Numbers



Origin of *Two Hoots Giftware* by Sally Moffat



Two Hoots Giftware was born in 2017 after I was diagnosed with Multiple Sclerosis and is named after the two Tawny **Frogmouth Owls that** come to nest every year in the tree outside of my loungeroom window.

I take great delight every year on their return, watching them raise their young and listening to their distinctive sound. Since 2013 I had been having minor issues but dismissed them. Little things like occasional blurriness in my left eye, accidentally walking into doorframes and

quite often forgetting basic words mid conversation. This would happen on and off a few times a year and after several weeks would correct itself.

The doctors put it down to vertigo and long sightedness and I was given prescription glasses. Then on November 3rd,

2016, things got a little crazy. Within a matter of 3 days, I went from being completely fine to being hospitalised. It was what they called my first major exacerbation or flare'

It had affected my vision,

mobility, balance, speech & reclaim some of me that MS cognition all at the same time. I could not walk or balance myself. My speech was slurred, and I could not remember what I was saying mid-sentence. The left side of my face and body was paralysed. My body would stiffen and contort with spasticity to the point I would convulse. It felt like a million hot needles pricking my body over and over. The

pain was horrendous! Worst of all was the cognitive issues. Problems with information processing, memory & concentration. I could not remember how to write my own name! I could not work out how to put my clothes on! Which piece of clothing went on first? Do I put my arm or my leg in? The confusion with simple tasks and word finding was just devastating! I felt like my mind was trapped inside

my body. I knew what I wanted to say but could not get it out! So here I was, a healthy 38year-old woman, a mum, I worked, I volunteered, I was active in the community. No -one in our family had a history of MS. I could not understand it! Why me? What had I done to cause this? After that initial stay in hospital and having had

MRI's, a lumber puncture and massive doses of steroids to try and calm the flare. I spent several months in rehabilitation trying to

had taken away. Learning to stand up without falling over. Learning to walk when I could not feel my feet. Learning to laugh when life just was not that funny! Then just as I was starting to see some improvement, another MRI three months later told a different story. More lesions had appeared on my brain and my MS was progressing. At this time came my 'Official Diagnosis' and the decision to start aggressive treatment straight away was advised. During this time, I was lucky enough to have had not only the support of family and friends but also my local Pharmacist, Lee Grundy at Piggott's Pharmacy Branxton. Many a time Lee and the staff had been there for myself and my family with advice and guidance through the various stages of our lives. Branxton Pharmacy had been my local Chemist for nearly 20 years, and I trusted and valued their help, as do many within our local community. As the month's past, I concentrated on rehabilitation, physiotherapy and learning to manage my

fatigue but I found myself becoming frustrated and depressed. So, a friend decided to get me out of the house and with wheelchair in tow, we ventured into Maitland. We were on the hunt for craft supplies. Something that I could do at

home to fill in my time between therapy. As my legs were not reliable, and I used a wheelchair or cane most days. I knew it had to be something that I could do with my hands and not be too mentally fatiguing. I had always enjoyed Visual Arts at school, so I was naturally drawn to the paints section. So began my painting journey.

I found that painting (as challenging as it was) was very therapeutic. It relaxed me, it calmed my mind, it made me push through the spasticity and incidentally work on my fine motor skills, whilst helping with my concentration and co-ordination. Painting gave me a way of being able to express myself but most importantly, it helped me to reconnect socially. As time went on and the spasticity started to subside, I ramped it up a notch and decided to challenge myself with attempting to paint on glass. It was then that I discovered these amazing paints that if dried properly and baked, they would allow your artwork to become dishwasher resistant. This was a game changer! Months were spent practising my new skill before holding my first stall at the North Rothbury Twilight Markets, of where the Community came together to support my new endeavour and Two Hoots Giftware was born.

Fast forward to today and I am pleased to say that my MS is currently stable. I have mastered the art of glass painting and am now a various colours with new proud small business owner. I am also absolutely honoured that I am being further supported by the same Pharmacy that supported me during my diagnosis and now their sister store Huntlee as well. Two Hoots Giftware is now available at both Pharmacies. Each hand painted on quality Krosno glassware with most taking several days to create as drying times varying depending on the layers of the design. Some taking up to 5 days to complete. All the glassware is dishwasher resistant, so do not be afraid to use them repeatedly.

Check them out next time you are in Piggott's Pharmacy Branxton or

Huntlee. They are perfect gift for Christmas, birthdays or for that some-one special! They are available in designs regularly released. I hope you enjoy them as much as I have enjoyed painting them for you! MS is an incurable chronic disease of the central nervous system where the immune system attacks the protective sheath (myelin) that covers nerve fibres and causes communication problems between your brain and the rest of your body.

It affects over 25,000 people in Australia with most being diagnosed between the ages of 20-40.

Roughly three times as many women have MS as men.

Ξ Photos: top left ~ Two Hoots Giftwares' Sally Moffat & above a sample of her creations

ADVERTORIAL -



PIGGOTT'S PHARMACY BRANXTON & HUNTLEE LOVES YOUR COMMUNITY!



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4 J THE NEWS No. 526 THURSDAY 5 NOVEMBER 2020

RA

Catastrophic doom(?)

It never fails to disappoint

proponents' bang on about

catastrophic doom without

ever questioning evidence

and statistics provided by

The 'science' is in so they

article or opinion is made on

the assumption that climate

exponentially as the world

burns more and more fossil

conflated every other type of

pollution from plastic straws

to nuclear waste, and a rapid

decline in biodiversity both

Things are not that simple,

but it is convenient for the

all this on carbon dioxide

and those who produce it.

I was, for want of something

better to do, whilst waiting

for the doctor, listening to a

talk session on ABC Radio

National. The broadcast was

October 2020, and the theme

of the programme was the

The point made was how

nowadays there is much

worried and frightened

people were of extreme

weather events.

more urgency and concern

about the weather and how

on Morning on the 26

weather.

'prophet of doom' to blame

fuels. On top of this, is

on land and on the sea.

change is real and increasing

say. Every conversation,

when the climate change

their forecasts of

the "science".

IEVE'S

action group. The climate

to their children's future.

their fear and mentioned

their own. Without

Several phone-ins spoke of

that their children were not

exception, all the phone-ins

based their contributions on

the assumption that climate

change was real and that

future extreme weather

events and threats to the

accounts of things they

obvious one where the

and the bushfires in the

eastern states and South

Climate change, of course,

did not cause these events.

The floods were the result

season in 2019 when three

tropical cyclones followed

one, two, three. This year's

fire season followed the

last two to three years

below the Tropic of

due to the Local

Capricorn.

devastating drought of the

which dried out the country

It was made more deadly

permission to reduce fuels

Government policy of

denying landowners

of an intense monsoon

Australia.

have observed which

biodiversity would be the

result. Each gave anecdotal

reinforces their ideas-the

North Queensland floods

in National and State reserves. There was good reason for

conditions and a lack of windless days. However, that only added to an already volatile situation which had developed over the last five years; this was neglect. After each significant bushfire event, we have investigations into the causes psychologist was concerned and severity of the fires and with peoples anxiety levels each time the same about climate and the threat conclusions are made. Apart from people and lightning causing fires, in the northern savannah planning to have children of

lands, birds, black kites, carry burnings stick or grasses in their beaks to start new fires to startle prey below. Indigenous people call them firehawks.

In NSW the purchase of additional aircraft and upgrades of the RFS fire fighting vehicles the RFS have better resources to deploy.

Hopefully, any future event will not be on such a large scale as this year's fires and fire-fighting assets will not be spread so thin; fingers crossed.

Other anecdotes reported by the people phoning-in were observations of changes to local birdlife, plants, and the strange demise of the normal range of frogs. As for the disappearing frogs, frogs need rain to start them mating. In

prolonged dry periods they estivate in mud, even for up to a year. Unlike hibernation, they can go into, out and then in again. It is not surprising in a drought then. The prolonged drought would seem the most likely cause for these changes. Droughts we know are

cyclical events, and as with fire, floods and pestilence have been occurring through recorded history. Strangely, what the recent history of extreme weather events shows is that they occur less frequently than in

the past and due to good gentle, inclusive part of the population, think of 'The Extinction Rebellion' addressing those who question climate change. Scornful and sneering, and publicly damaging the careers of those who disagree with their points of

Social justice warrior is a term for an individual who promotes socially progressive (not universally accepted) views, including feminism, communism, socialism, and multiculturalism. Unfortunately, they cover other -isms too Journalistically, sensational-

theory, with disregard to truth. To control outcomes, they accuse others of racism, sexism, classism. All the isms which are connected to 'Holier-Than-Thou' identity groups, attempting to influence social and economic justice. It is anything but social justice. The Left are expressing contempt or disapproval of those who question some of the more

human death toll from these events has reduced markedly in the past 50 years. This, despite far greater numbers of people being exposed to extreme weather as populations increase and move to cities on the coastal fringes.

weather forecasting the

When we talk of extinctions amongst our native species, any link of this to changes in the climate is spurious. The wildlife of Australia has adapted to and survived past climate changes for millions of years. It was the advent of humans in the past 60 thousand years, which started a steady decline in our megafauna and the changes to the vegetation of our continent. With the introduction of exotic animals such as kampong dogs (dingoes) pigs and water buffalos, bought to northern Australia by the peoples of the Indonesian archipelago, the Tasmanian Tigers and Devils disappeared from mainland

Australia. Then we have the arrival of the English who introduced, intentionally or otherwise, the greatest threats and causes of native animal extinction. These include the following; rats and mice, rabbits, cats, foxes, deer, goats, sheep, donkey's, camels and cane toads. The activities of the new human arrivals apart from habitat reduction had little effect on native animals apart from crocodiles

Unfortunately, some twerp thought it a good idea to stop hunting them. We need to invent a word, a noun, to designate people who believe in climate change - so shall we call them "Doomers? They hold as axioms many phenonium's for which there is no evidence. Let us look at each one in turn. The atmosphere is getting warmer; temperatures on the eastern coast of Australia have not changed since records have been kept.

Except where the department of meteorology has fiddled with the record in attempting outrageous rubbish. Young

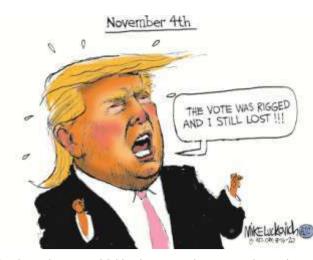
admirers of a socialist system of government that will answer to their genuine fears of Armageddon close their minds and walk away from the reasoned argument, disputing everything. And these bullies of the left are malicious, trying to take power, wanting to change our speech, our history and dividing us. Very pretentious about how much they care about social issues. freezing us to silence. The left bullies university professors who are scared to cover anything that might in

some way appear to discriminate or upset some students. Why? Because their careers

are at stake. We are well on our way to

George Orwell's 1984. Totalitarianism was the reason Romans killed

Caesar, and it again reared its head back in 1917. Ask any older Chekhovian, Hungarian or Eastern European. Chinese people are "sorted" with whom they associate. Their families



to allow for changed circumstances at individual weather stations. Like petrol prices, atmospheric temperature changes daily and between night and day. On a cloudless still night the temperature will drop 20 degrees or more. It is said, by placing a cup or a small tin of water in a hole in the sand overnight in the North African desert one can make ice.

What about upper atmospheric temperature? It just gets colder as one gets higher.

The sea level is rising, and the Pacific islands are being submerged? The mean sea level as measured on Pinchgut Island in Sydney Harbour, has not changed by more than four inches. (10 cm) since records have been kept. The highest levels were recorded just after Federation in 1901. Specific seasonal changes may occur as the trade winds come and go, and prevailing winds can lower sea levels near the Barrier Reef causing coral bleaching.

The islands of the South Pacific subject to sea-level changes are coral atolls. Coral atolls grow; they do not shrink. The habitable parts of these reefs are dead and broken coral which is washed up in heavy seas. Over time these piles of broken coral are colonised by coconut palms and other vegetation which produces floating seed pods. They always remain subject to storm surged and heavy seas.

and friends are graded as to how well they do in supporting the Communists Party. The party treats one by how they score. Similarly, we are tracked and graded by what we buy on the internet and our browsing history. I have recently been browsing postage stamps, so all manner of philatelists email me. My accountant can access the taxation department to see if I have been paid any benefits, and wine merchants know what I drink. Think of how that pregnant

woman arrested in her home for what she put on Facebook, was tracked. They can identify us. Some public servants can already arrest people, but that's when a crime is or has



Melting ice caps and retreating glaciers? There are two classic photographs of the Muir glacier in Alaska. The 1941 shot shows the serrated surface of the glacier as it creeps down the valley and it extends out of the photo frame on the lower right—all ice.

The second photograph from the same viewpoint in 2004 shows blue water up the valley with only a tiny show of ice at the top almost out of sigh-a dramatic illustration of how glaciers retreat in warmer conditions. In Melbourne during the late 1940s and 1950s, I remember breaking the ice on puddles on our way to school. That was a solar minimum. The winter of 1941 stopped Operation Barbarossa in its tracks just short of Moscow. The Germans never recovered from that as the Russian front went into a stalemate and the slow grinding down of the German Army. The studies of ice sheets in Greenland and Antarctica. all give figures of ice mass loss at the point where glaciers

meet the sea. The studies make dramatic predictions of the tipping point of no return for the collapse of the Antarctic Thwaites Glacier in the next 60 to 70 years. Then they say the steady decline in the glacier's mass could go on for centuries if a collapse does not occur in the g lacier's mass. Talk about having a bob each way. The ice cap researchers make

Andrews, wanted that position extended to "if a public servant "THINKS" someone might commit a

crime. Softly, softly, catchee Monkey. Totalitarianism. (Antonym: Democracy) As I see it, one has two choices; go along with the lefties and end up like Bolsheviks, where the Government control almost every aspect of life, and queue up to get microchipped. Or, join a group who can work together to oust the

ideologues, and keep isms private. Fiercely avoid making them a part of your identity. The most critical -ism, existentialism, is an anathema to the left. Arm yourself for the future. The future is here. Remember, our soldiers fought for our individual

Freedom.

give it away.

observations and deduce future events from the evidence left by past events on the seafloor and by the record of past atmospheres in ice cores i.e., CO2 levels, dust and pollen deposits. This evidence shows how the ice caps accumulated in the past. When researchers put this information into their computer modelling, they get conflicting outcomes and always give a 'range of possibilities'. However, they never quantify how much new snow and ice is deposited on the ice cap but always give the net amount of ice as a diminishing quantity and predict sea level rises. Well, hello, sea levels are not rising as predicted. Recently, the northern winters have produced record snowfall, and this northern winter will be no exception.

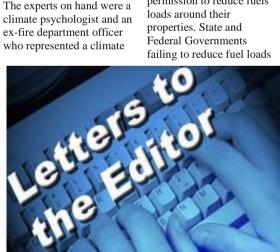
In the past twenty years, the eastern Antarctica ice has been growing. Just do not ask how we can tell east and west at the South pole. There are other factors which might affect global temperatures, some known but others beyond our ken. So why do 80% of Australians fear Global warming? It is quite simple. Most Australians get their information from the ABC, SBS and other twitterspheres. Therefore, they only get one side of the story. The only time these media outlets ever engage with 'non-Doomers' is to denigrate them. Every News show will have some reference to a global warming story, and every news item will be couched in terms of how this will affect global warming. There is no questioning of these pronouncements or any balanced comment made. A further startling fact is that 45% of Australians

cannot read and rely solely on television or social media for their information. I beg everyone who can read to do your research on this subject. The following is a list of suggested reading. ADOCAL VDSE N and BREAK THROUGH: Both by Michael Shellenberger COOL IT. By Professor of Statistics Bjorn Lomborg WILL THE GREAT

BARRIERS REEF SURVIVE? By our wellknown David Mason-Jones formerly with Mike at 'The News'. Any thing written by Ian Rutherford Plimer Cheers, Steve

M. Lind, North Rothbury NSW

Don't sit on the couch, and



illogical or flippant? It occurs to me that Allan Thomas The NEWS letters to the Editor 22 OCT 2020 has outed himself as illogical or flippant in that he has extended the argument beyond defending democracy and the rights of the individual. Let us not close our eyes to the creeping socialists that Labor and the Greens have become. It is easy to scoff at those that think for themselves and the democracy which allows us to speak out. Thank goodness we still have democracy and Allan has the right to expose himself. Group thinking and group identities are the realms of the socialists. Allan may have to zugzwang in his political druthers. People, those on the right of politics, generally want to get things done and let

others enjoy the life we had when people had Christian values.

In the post-Christian world, a new religion has taken over. Not just taken over. but so influenced the left side of politics the population is dividing not by classification but by identity.

I identify as a white middle-class person who understands the woke, cancel culture, political correctness and gender issues are being engineered and promoted by the left. The left assume moral superiority and aim to establish power over us. They are in our universities, big corporations and airhead political parties. You know who, inner-city chattering class, many public servants and many schoolteachers in every school.

If you think they are just a

view. ism, a distinctive belief,

this last year because of dry



The Central Hunter Business Chamber has had a history of managing change in the past 10 years. The chamber is once again facing the challenge of another change; the way society and business will relate in years to come.

COVID will change social expectations and demand different thinking for marketing, management and employment in businesses across the globe.

The interim board has been busy developing a NEW membership package and making arrangements for the AGM in November which will require each member to ensure they are financial.

Already Australian Business, Service NSW, Cessnock Council and The Hunter app have agreed to work with the Chamber to deliver a raft of business growth and management support programs including access to a multitude of funding sources for small

business. Economic success for the local business community will require a tenacious and innovative approach to business growth for community benefit. History

shows that with the right kind

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 Greta25th NovemberCycleway constructionat the Branxtoncommences early 2021Community Ha
- 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

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 <u>only financial</u> <u>members get to vote</u> Pre-election Nominations will be welcomed ONLY if sent in writing by email to secretary@centralhunterbusiness.com.au Central Hunter Business Chamber VISION STATEMENT to Improve the economic opportunity for every member of the Branxton, Greta, North Rothbury & Huntlee New Town Community



Central Hunter Business Chamber MISSION STATEMENT to create a better everyday life for the citizens of Branxton, Greta, North Rothbury & Huntlee New Town by working with business, Government and major stakeholders to inspire and implement solutions for improved trading environment, improved infrastructure and stronger economic growth for Branxton, Greta, North Rothbury & Huntlee New Town

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Members say



Clr Bob Pynsent, Mayor Cessnock City Council

Behind the Mayors Desk It was wonderful to attend the Sculpture in the Vineyards Opening event and see so many people enjoying art in a very special location. Well done to the organisers and artists involved. Despite COVID-19 we must continue to hold events and come together as a community in a safe manner. It is important life continues on and we remain connected. This is certainly important for occasions such as Remembrance Day which is approaching.

Unfortunately, we were unable to gather together to acknowledge ANZAC Day as a community, however we will be able to do so on the 11 November. It will be good to stand with the local community and pay respects to service personnel at the service in Branxton. Deputy Mayor Darrin Gray will attend the Kearsley service. Everyone in our community is encouraged to attend and

observe social distancing. Residents are encouraged to get involved in NAIDOC Week celebrations that start next week with the Always Was. Always Will Be Student Art Exhibition at the Cessnock and Kurri Kurri Libraries. There are a number of other fantastic events planned up until the 15 November. One of the highlights is a Youth Radio program which will be happening on Monday 9 November. Students from Mt View High School have put together a program that will be broadcast on 96.5FM exploring the theme of NAIDOC Week. They will interview elders, community members, artists, dancers and sporting stars. These students have worked very hard to be radio ready and as a community it would be fantastic to see a large number of people tuning in to show support. The program is scheduled from 9:30am to 11am. Thanks to 2CHR for their assistance and support to get these young people on their airwaves. To find out what else is planned during NAIDOC Week visit

download the program. Last week was a significant milestone for the Gingers Lane Road Upgrade, with crews starting work on stage four. It also marked the start

Council's website and

of construction of a new permanent roundabout at the most workers are female. Hart Road intersection. Residents have been severely impacted by these important upgrades and their patience is appreciated. These upgrades will make it safer for those travelling on these busy route.

For those who have not been to Bridges Hill Park Playground recently you are encouraged to pay a visit. Council crews have opened the Sky Tower to the public! This is a very large slide that will be a source of fun for the entire family. Works continue to progress well on the playground with the installation of amenities underway. To keep up to date with the project visit the Bridges Hill Park Playground Project page on Council's website. Cheers, Bob



Member for Cessnock Clayton Barr MP

Raising the BARR NEVER BEEN A MORE IMPORTANT TIME FOR OUR SOCIAL SERVICES

If anyone out there is coming to the end of their schooling or maybe looking for a career change (forced or voluntary) one industry that is desperate for more workers is the social services sector. This work might be helping families that are struggling with life's challenges, it might be looking after young children that have been removed from a dangerous home life, it might be social work and mental health services, it might be disability work or it might be in the role of an ambulance officer or school

teacher. While the recent Federal Budget had a large focus on building new stuff, it was dramatically lacking in any real investment in the people of Australia. My fingers are crossed that the NSW State Budget (due in 2 weeks) will be more focused on the people than on bridges or tunnels.

Of all of the jobs that have disappeared since COVID turned our world upside down earlier this year, 68% of the jobs lost have been in roles typically staffed by women. In simple terms, that's is 2 out every 3 jobs lost. This creates a whole host of socially un-even outcomes and we really, really, need to tackle this in the State Budget.

Please, don't get too upset by the generalisations that I make in these comments. Yes, I know that thousands of men work in social

services, but statistically Equally, I know that thousands of women work in construction and mining, but most of the workers are men. Unfortunately, over the next 12 months we are expecting to see dozens more people become homeless in our own local area, hundreds of our local families will likely see an increase in domestic

violence, hundreds more children will be living in terribly unsafe situations in their own homes, the levels of mental stress right across our community will skyrocket and tragically our rates of suicide will spike. It is a really important time to show kindness and compassion to our neighbours and to generally keep an eye out for families that are struggling. It is a really important time for our Governments to invest in the people. And it is a really important time for people to consider the incredibly important work of our social services as a possible career choice.

KURRI KURRI **REHABILITATION UNIT**

Many people won't even realise that at Kurri Kurri Hospital, on the grounds out the back, is one of the Hunters newest and best facilities. It is a Rehabilitation Unit that is basically able to take people that have been sick or injured, out of our hospitals, and help them with their recovery before sending them back to their homes or place of residence. The Rehab Unit does brilliant work and makes sure that during recovery patients have the best possible access to physiotherapists, speech pathologists, occupational therapists, social workers etc. If you help people recover really well then it is highly likely that they will make a successful return to their homes There has been some real concern in the community about that lack of new

patients coming into the Kurri Rehab Unit. People have been worried that it might close and become a white-elephant. But as I write this column, I am extremely optimistic that the concerns of the doctors responsible for that unit will have been addressed and we will soon see that wonderful rehab facility operating at full capacity in the very near

future. 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/ <u>claytonbarrmp</u>",

Cheers Clayton



Sue Moore, Mayor Singleton Council

Given everything that's happened in the past 12 months, it's hard to believe that it was only this time last year that we experienced catastrophic fire conditions for the first time in NSW and we all know what happened next. Singleton has been identified as an area that is battling the triple whammy of drought. bushfire and COVID-19, and Council takes our role extremely seriously not only to support our community in challenging times, but to provide tangible assistance to businesses and organisations to keep on keeping on. We have not forgotten that there are people in our community still dealing with the impacts of last summer's devastating bushfires, and it's heartening to know the Australian Government hasn't either with the Bushfire Community Recovery and Resilience Fund - Phase

2.

Council submitted Singleton's funding application last week, following consultation with people in the most affected areas of Putty and Broke, as well as community groups, local emergency services and the Local Emergency Management Committee to put together a fantastic and most importantly practical suite of community wellbeing programs and community preparedness. We have applied for \$250,000 to put these programs into motion, and I look forward to the outcome of those applications in the coming weeks. Our staff, as always, are doing a great job in accessing every dollar available to our community. This past year has also highlighted the important work of community organisations across our local government area in supporting the social fabric of our community, and we're putting the spotlight on sports groups in the next few weeks with free one-hour strategic planning workshops to help clubs prepare development strategies and achieve their goals.

Two sessions will be held at Council's Administration Building on Thursday 26 November at 7pm and Tuesday 1 December at 5pm to suit as many sporting groups as possible, as well as navigate COVID-19 requirements. You only need to come to one session. The workshop is free, but we ask that you reserve your seat because of limited numbers in keeping with social distancing.

Participating clubs have a little bit of homework to do before the sessions by undertaking a Club Health Check Exercise. It'd be great to see as many interested sporting organisations get involved. For more information, give our Customer Service team a call on 02 6578 7290 or check our website and Facebook page. Cheers, Sue



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

'School Visits Still Important'

I had a lovely visit to Singleton's King Street Public School on Monday. Conversing with our primary school students remains one of my favourite responsibilities as a Member of Parliament. They are always respectful, curious and well informed. And of course, sometimes amusing. All of these attributes are a great credit to their teachers and parents. Sadly COVID-19 has forced a suspension of school visits to Parliament House, it's a big missed opportunity and a great shame. Recent school visits have alerted me to yet another consequence of COVID-19, the opportunities missed by school leaders and achievers.

School Captains haven't had the opportunity to represent their school at events, functions and ceremonies. Year 6 kids destined to secure the mantle of "school champion" in their chosen sport have largely missed out in 2020. School excursions and sporting events have ground to a halt. These are hard things to rationalise, process and accept at such a young age.

As sad and disappointing as it all is, I hope our students can draw strength and resilience from it. It's been a tough year but maybe it will change their perspectives and expectations a little and they can gain from the experience.

I'm a big Rugby League fan and Peter V'landys and his crew have done a wonderful job resurrecting and delivering a 2020 season. But the NRL's decision do drop the National Anthem for the State of Origin was a bad mistake and I welcome the reversal of the decision. The announcement was a welcome one. Understandable, deep divisions run through some

of our communities over the nature of the Australian settlement and the disadvantage caused to our indigenous people. We have a long way to go before that intergenerational disadvantage is overcome. Our path to truth-telling, reconciliation, selfdetermination and empowerment has been too slow and the latest Closing the Gap report demonstrates we must do better. To do so, we'll need more action and less divisive and unproductive symbolism. Dumping the National Anthem helps no-one and pours fuel on an already difficult process.

By the time this column appears the result of the United States Presidential election will be known. Few things remind us more that the world is changing at a remarkable pace. Whatever the outcome, the result of the election will have shot and long-term consequences for Australia

Last weekend's Queensland election reminded us that in relative terms, our democracy is in pretty good shape. There was no violence of any consequence and while "fake news" was not entirely absent, our electoral laws, processes, protocols and courtesies remain pretty good. We are indeed a lucky country, boasting universal healthcare, good access to education, a strong minimum wage, a good welfare safety net and universal superannuation. All of these things offer a stability not enjoyed by many. Of course, you make vour own luck! The result in Queensland reminds us of the impact of COVID-19, Annastacia Palaszczuk was rewarded for being strong in her

citizens safe. Most other issues took a backseat. How many more elections will be dominated by the Corona Virus? No one knows.

Cheers, Joel



MICHAEL JOHNSEN MP Member for Upper Hunter

STRICT NEW LAWS TO REGULATE SHORT-TERM RENTALS Short-term rental

accommodation hosts, guests, letting agents and online booking platform operators will soon be subject to strict new laws with a mandatory Code of Conduct for the industry to begin in December. The new Code, which has been released, includes clear guidance and obligations for hosts and guests centred on minimum standards of good behaviour. Also included are formal avenues for complaints and dispute resolution and the ability for NSW Fair Trading to ban problematic hosts or antisocial guests from booking short-term rentals for five years. The NSW Government is introducing these laws as part of our broad reform of the sector. Together, they will ensure the minority of participants who are giving the sector a bad name are removed and the short-term rental sector is improved for hosts, guests and communities. A key feature of the new laws was the establishment of an exclusion register, which will introduce a 'two strikes and vou're out' policy for unruly guests. The standards are

enforceable, with powers available to NSW Fair Trading Commissioner to take disciplinary action. including penalties and exclusion from the industry for repeat offenders. All participants, including

booking platforms, will be required to comply with the Code and comply with directions and requests from the Commissioner. Cheers, Michael





Pharmacist Advice with

Does our world drive you bananas?



Fibre and bowel health



The fibre in food helps keep your bowels (intestines) healthy and may protect against bowel cancer. It also helps control your weight, blood cholesterol level and blood sugar level. There are good amounts of fibre in wholegrain breads and cereals, fruits, vegetables, legumes, nuts and seeds. Ask a doctor, your local pharmacist or dietitian for advice. What is fibre?

Fibre is found in foods that come from plants. It is also called 'roughage' or 'bulk' Dietary fibre is the part of plant foods that is not digested or absorbed in your stomach or small intestine. Dietary fibre passes unchanged into the large bowel (large intestine, colon), where bacteria break it down. The breakdown of fibre may produce a lot of gas (wind) in the large bowel.

Most dietary fibres are carbohydrates. The main types of dietary fibre are

soluble fibre, insoluble fibre and resistant starch.

Some foods with good amounts of soluble fibre are: oats, barley, rye, fruits. vegetables and legumes (e.g. beans, lentils). Some foods with good

amounts of insoluble fibre are: wheat bran, rice bran, wholegrain foods, the skins

of fruits and vegetables, nuts and seeds. Some foods with good amounts of resistant starch are: unprocessed wholegrain cereals, nuts and seeds, under-ripe bananas, legumes, slightly undercooked ("al dente") pasta and cooked and cooled potato, rice and pasta. Resistant starch (as Hi-Maize) is added to some breakfast cereals and fibre supplement products. Fibre and health

Some health benefits of a

high fibre diet are: • Fibre increases the size of

faeces (bowel motions) and helps to soften them. Large, soft faeces move quickly and easily through your bowel, and are easy to pass when you empty your bowel.

• High fibre foods can help control body weight. They are often slow to eat (they need more chewing), they are filling, and they often contain less kilojoules (calories) per gram than low fibre foods.

• Soluble fibre slows the absorption of sugar into the blood stream. A high fibre diet can help people with diabetes control their blood sugar levels and may also reduce the risk of developing type 2 diabetes. • Soluble fibre can help

lower your blood cholesterol level. Fibre may reduce the risk of bowel cancer (colorectal

cancer). The breakdown of soluble fibre and resistant starch in the bowel produces

• high blood cholesterol diabetes. Self-care

• Eat a wide variety of high fibre foods. Most adults should aim to eat at least 5 serves of vegetables, 2 serves of fruit, 4-6 serves of wholegrain or wholemeal foods, and some nuts and seeds every day. Limit

foods high in fat, sugar or salt. · Increase fibre in your diet gradually, to avoid wind, bloating and cramping. • Eat regular meals to help your bowel activity. • Never ignore the urge to

empty your bowels. · Drink enough water every day to satisfy your thirst and to keep your urine 'light-coloured' (unless a doctor advises not to). A person with a high fibre diet needs to drink plenty of fluid, to avoid constipation • Exercise at a moderate level for at least 30 minutes on all or most days of the

week. Exercise can help short-chain fatty acids,



Who, at times, isn't stunned by the ridiculous and wildly unreasonable things we humans do?

Everyone should be shocked says Hunter Valley writer, Paul Maguire. That's partly the reason he's written a new book, going bananas. This is a second book for Paul, who was born in Singleton and lives in a rural area near Branxton. His first, vegan ninja, was published in 2015. About going bananas he said: "Start with the basics, food for everyone, clean water, fresh air, safe and meaningful lives, respect for nature and all other animals".

"It's a disgrace what we as a species do on personal and global levels.

"Millions of people are starving, we're polluting our air and water as if there were no tomorrow and the way we're going there may very well be no tomorrow.³ Paul, a former newspaper journalist, describes going bananas as an "ecosophical vegan cookbook"

Yes a cookbook. While it has 73 plant-based recipes, it's much, much more, he said. It's also an individual and global commentary that puts food in its place and blends environmental imperative with practical philosophy and daily action, he said. "There's a growing awareness that if our meals are meat-and-dairy-free our health, the animal kingdom and our planet will be

better off," said Paul.

"Our western industrial food system, coal-based electricity generation and petroleum-fuelled transport are having massive impacts on all ecology.

"Life though, is not black and white, so we have to find ways to encourage diverse solutions for the ludicrous and toxic things our species is indulging in,' he said.

Paul said the issues he's mentioned may imply the book is heavy stuff, but it's

"It's penetrating and relevant to these uncertain times, but it's also readable and occasionally funny," he said.

to become vegan 20 years ago but I do not want other

E Photo: Author Paul Maquire



which may protect the bowel from cancer. Also, large, soft faeces moving quickly and easily through the bowel can quickly remove cancer-causing substances from the bowel.

• High fibre foods usually contain many vitamins, minerals and other essential nutrients.

Effects of low fibre A diet that is low in fibre may cause or worsen some health problems such as:

 constipation • haemorrhoids (piles)

bowel cancer

• diverticular disease • irritable bowel syndrome

· being overweight

your bowel activity. **Fibre supplements** The best way to get fibre is to eat high fibre foods. Some people also need to use fibre supplement products. The fibre in these products may produce less gas in the bowel than high fibre foods. Common fibre supplements are: • psyllium (e.g. Metamucil, Nucolox) • inulin (e.g. Metamucil Fibresure) • ispaghula (e.g. Fybogel)

• sterculia (e.g. Normacol Plus.

Normafibe).

Bring some heat to your next barbie and try this chargrilled steak with chimichurri. It's quick, easy and full of

Serves ~ 6 Prep ~ **10m**

NOTE: + 5 mins cooling & 5 mins resting time Cooking ~ **10m**

Vhats

flavour.

Ingredients

6 Australian Beef T-Bone Steaks 1 tbs olive oil

Oregano sprigs, to serve CHARRED CHILLI CHIMICHURRI SAUCE

2 long red chillies 2 tbs red wine vinegar

2 tbs extra virgin olive oil

1 garlic clove, crushed 1/3 cup finely chopped flat-leaf parsley

1/3 cup finely chopped coriander

2 tbs finely chopped mint

2 tbs finely chopped oregano

1 tsp ground paprika



Method **STEP 1**

To make the charred chilli chimichurri sauce, heat a barbecue grill or chargrill on high. Cook the chillies, turning, for 5 mins or until blackened all over. Set aside for 5 mins to cool. STEP 2

Use a small sharp knife to halve the chillies lengthways. Seed and finely chop the chilli and place in a small bowl. Add the vinegar, oil, garlic, parsley, coriander, mint, oregano and paprika. Stir to combine. Season.

STEP 3

Brush the steaks evenly with the oil. Season well. Cook on grill for 2 mins each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for 5 mins to rest. STEP 4

Place the steaks on a large serving platter and drizzle with the charred chilli chimichurri sauce. Top with oregano sprigs. Serve immediately.

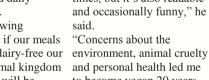
people to simply do as I have done.

"I want to put ideas into the public domain that have people thinking and questioning what's happening around them and then acting on the understanding that their actions, big and small, do make a difference.' A perspective of consideration and compassion extends to every aspect of our existence and should be part of our daily routine, he

said.

Issues examined in going bananas include the hero worship of money, status, power, mankind's exploding population, political corruption, coal, plastics, the great horse manure crisis, burning Notre Dame Cathedral, a supermarket samba and yes, coronavirus. The second half his book comprised 73 nutritious plant-based, meat-free and dairy-free recipes. They include soups, rustic vegetable pies, a variety of sauces, dressings, salads, lentil and tofu dishes, bread, two super burger patties, several cakes, biscuits and other sweets. All profits from going bananas will be given to wildlife and habitat preservation, education and solar power for disadvantaged

communities. going bananas is available by emailing Paul on mag.juju@hotmail.com or through McDonalds Bookshop Maitland, Branxton Post Office, Moorebank Wines Pokolbin, The Readers Café East Maitland Library, Tenambit Foodworks, Organic Feast East Maitland and Worn Out Wares Singleton.



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THE NEWS No. 526 THURSDAY 5 NOV 2020 9 9

Cessnock Toastmasters Speech Contests

Toastmasters is a community based group but it is a bit different to most other service clubs because its focus is on public speaking. Recently Cessnock Toastmasters Club held the first round of their annual speech contests. The winner of the club contest was David Sweet. David is a very experienced Toastmaster and for many years he has been successful at local club, area and division contests. He will now represent Cessnock at the Area 12 Contests next February. Area 12 is our local Toastmaster Area and it includes the clubs at Cessnock, Maitland, Singleton, Muswellbrook and Wallsend. There will be a second round of speech contests at Cessnock Toastmasters on Monday 30th November and visitors are certainly welcome. Next Monday night's meeting (9th November) will include a series of Demonstration Speeches. If anyone is considering finding out more about Toastmasters then one of these evenings would be a great opportunity to come along. The meetings are held at 7pm every Monday night. Venue—Cessnock Leagues Club.



Photo above: Speech Contest winner David Sweet with Area 12 Director Martin Beggs

Cessnock families get free subscription to sustainable fun with dirtgirl



Cessnock City Council has partnered with the award-winning children's TV show dirtgirlworld to bring a free online subscription program called Get Grubby for Families to the wider Cessnock community. Designed for families with 3 -10 year olds, this program provides resources to help families engage in fun sustainability focused activities such as growing a garden, making compost, recycling, DIY, and much more. Cessnock City Council Mayor, Bob Pynsent said there's no doubt the past year has been tough for parents and guardians with young children.

"This free subscription is one of the ways Council is continuing to support our local community whilst encouraging them on their journey to sustainability," he said.

dirtgirlworld creator, Cate McQuillen says the Get Grubby for Families program is all about learning and growing together as a family and as a community.

"For the past 10 years dirtgirlworld and Get Grubby TV have been proud leaders in sustainability education and entertainment. Throughout the COVID-19 crisis we've witnessed a huge resurgence of interest in sustainable living and growing food, and there's never been a more important time to support families on this path," said Cate. All families that reside in the Cessnock Local Government Area are eligible to access the Get Grubby for Families program for free. Sign up to the program online at www.dirtgirlworldshop.com/ggp-family-activatecessnock

Photo above: The Get Grubby for Families program features dirtgirl and Costa the Garden Gnome



We've all been through a lot, lately - drought, floods, bushfires and a pandemic – but despite that, our unrelenting community spirit survived, proving we can do anything, when we all work together.

Locals supporting locals is all about working together. It's about shopping and buying local; as well as hiring local talent – it's about keeping doors open! When we support local, every member of the community gets to enjoy the economic, social and environmental benefits; not just now, but well into the future.

#supportlocalcessnock

Take a selfie in your favourite local business, then post on Instagram or Facebook (public setting), with the hashtag #supportlocalcessnock. Enter lots, and tag/name the business please!

Every month until September, an Advance Cessnock City representative will choose 5 winning photographs. So, Join in - take a selfie, help a local; you could win a \$100 gift card*

Keep safe, please adhere to the social distancing rules.

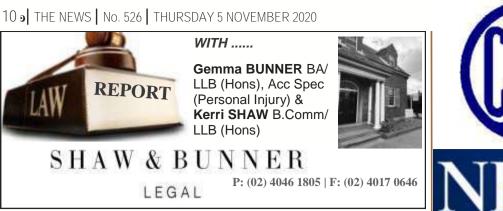




#supportlocalcessnock

*Full Terms & Conditions at advancecessnock.com.au/support/ocal

A CESSNOCK CITY COUNCIL INITIATIVE



How employers can avoid a post-Christmas party hangover (vicarious liability in workplace legislation)

As we roll into "silly season" many workplaces will be planning their annual COVID-compliant Christmas functions. Whilst these events are generally held outside of standard working hours, it is well established that such occasion are connected to the workplace. This means that unlawful behaviour such as bullying, fighting or sexual harassment - engaged in by employees at function can be subject of a workplace complaint or litigation.

In NSW, most workplace legislation contain provisions that the employer is held to be 'vicariously liable' for the conduct of their employees if the employer has not taken reasonable steps to prevent the unlawful behaviour occurring. This includes discrimination and sexual harassment laws and they extend coverage to corporate work events and 'after parties' A few case examples of

Christmas parties gone wrong include:

Four employees were prosecuted and fined by WorkSafe for breaches of occupational health and safety laws when an employee suffered severe burns at a Christmas party when another employee sprayed paint thinner onto his colleague's bare torso, which then caught fire as a result of the flame from an



Create a tiny office space anywhere in the home in 6 steps

the ability to function

Here are some tips on

ability to focus and

getting a makeshift office to

1. Make sure you have the

Almost any space in your

home can be converted to

it has a few key elements.

overlooked, is that it

small office space as long as

effectively.

work for you.

concentrate

Peter Walsh

Working from home is here to stay for many of us. The problem lots of people have, though, is that their homes don't include dedicated office space. But surprisingly, there are lots of small space in your home that can be converted to a workspace if you get creative.

As long as it offers you the ability to focus and concentrate, access to the tools you'll need most and

already ignited spray can.

• An employee was injured by a propeller after being pushed off a boat by another employee at a Christmas party. The employer was found liable for the injury. A golf club was held liable for the conduct of its president who sexually harassed a female employee of the club at the end of year Christmas party.

Aside from injury, incidents at work Christmas functions an lead to employment issues also. For example, a case involving an employee who was dismissed after he urinated over the side of a balcony on to diners below at his employer's Christmas party. He was dismissed and subsequently lodged a claim against his employer alleging his dismissal was unfair! To avoid the potential headaches, there are a few things employers can do when preparing for and managing end of year functions:-

Ensure that the organisation has current policies in place with respect to equal opportunity, sexual harassment, bullying and workplace health and safety. Polices should be reviewed to ensure compliance and should be circulated and reinforced to staff prior to any function,

along with a Code of Conduct if the employer has one.

Remind all staff via 2. email before the function of the standards of behaviour expected of staff at workplace functions. Highlight the disciplinary consequences of failing to meet those standards, as provided in relevant policies. It is important for employees to understand that just because the work function may be outside of standard working hours and may be at a nonwork venue, normal workplace standards of behaviour continue to apply.

The function should 3. have a designated finish time which factors in the time employees have been present. Provide transport to employees or taxi vouchers to ensure that no one who has been drinking drives home. With alcohol, it is

important to ensure responsible service. Employers are obligated to ensure that employees and others present do not become heavily intoxicated. In a 2016 Fair Work Commission case (McDaid v Future Engineering and Communication Pty Ltd [2016] FWC 343, the Commission held that employers must 'take steps' to ensure that they serve

alcohol responsibly. 5. Employers should consider sending unruly employees home by taxi before allowing any antisocial behaviour to start. On this point, is it often helpful to designate someone to monitor hazards. In a FWC case from 2015 it was encouraged for employers to appoint a manager to supervise the conduct of work events to avoid problems. The person should remain sober and be able to monitor and attend to any OHS issues through the event. Cheers. Gemma

provides you with the ability to ocus and concentrate A loud room filled with lots of distractions (even if it's meant to be an actual office) will probably not be nearly as quiet space where you can really concentrate. 2. Access to power points access to power outlets. This may sound obvious but easy access to power means Probably the most important of these, and one often most

productive for you as a small Secondly, it needs to either be very well lit or it needs to have that you don't have to rely on a network of extension cords and double adaptors to power your

devices and, in the process,

It was with great enthusiasm that Branxton/Greta CWA members re-united at the McAuley Hall, Station Street, Branxton on Tuesday, 13th October, 2020, after a very long COVID-19 break. Social distancing was maintained. All future meetings will be held here until further notice. The Land Cookery/Product Promotion Day has been cancelled due to the coronavirus and other functions for next year will be discussed at the next meeting. With most of our members working, it has been hard to be of assistance during the pandemic but it was heartening to read in the latest CWA

possible create trip

home.

to work

hazards or overload the

that you have enough not

also to provide you with

3. Create a clear space

only for your tech but

quality task lighting.

space for working,

laptop. Frankly,

writing and/or to hold a

horizontal space is more

The ability to have clear

important than seating.

open space might not

even need a chair. The

power circuits in your

Journal that Branches in other areas have kept busy making and selling masks and donating the funds raised to several charities in need. We hope to be back on track as soon as possible. My husband, John and myself, took a drive to Broke to visit Pauline Hunt (Agricultural/Environmental Officer) as Pauline was unable to attend the meeting. Thanks Pauline and Bill for your hospitality and a

lovely, relaxing afternoon. As always, we would happily welcome anyone interested in assisting to raise money to help others in need, or assist in any other ways, and also making new friends.

your options

requirements, there are lots of small spaces in your home Use the power outlets that that could potentially work

Yes, you could work out of a converted wardrobe; you can make a corner of the kitchen table your office area; even a repurposed corner of your laundry might provide the This definitely falls in the space necessary for you to obvious category but you create an effective work will need some horizontal area.

As an example, in my last nome, I took the sliding doors off a regular closet in the guest room and installed louvred horizontal blinds in their place. I then took out the clothes hanging rods and necessarily mean that you built a desk directly into the wall of the closet. latest research shows that The depth of the desk was small so I was able to simply

being seated all day can --Famous Quotes-

catch up. lower the blinds and no one would know there was a workspace back there. If guests arrived, I simply dropped the horizontal blinds and my desk and workspace were completely hidden.

5. Go small. Go light. Go digital.

If you don't have a small space you want to dedicate solely to work, then you'll need to think about portability. Start with technology.

If you have a choice, a large fixed desktop computer and monitor may not work for you. Consider transitioning to a good light laptop which can be moved at a moment's notice.

Also, paperwork in general, and specifically large file folders will make your workspace feel more crowded. Embrace the world empty bin were sturdy and of secure online storage, AKA 'the cloud' for storing your documents.

Take the time to set up smartly organised files in the cloud and you'll be able

Finally, will all of your work items fit neatly into a bin with handles? What if that when empty turned upside down and used as your seating? Double-duty items are definitely the way to go when working with a small

Should anyone be interested in

joining Branxton/Greta CWA, or

like any information, or attending

our Secretary, Marie Shearer on

branxtongretacwa@hotmail.com

Denise McGoldrick, Publicity

Officer.

on 0422896415 or Secretary

any of our functions, please contact

0402015850 or Denise McGoldrick

Photos: Members enjoying a "catch

up chat" and (top photo) BYO morn-

ing tea after the AGM & Denise and

John and Pauline and Bill enjoying a

quickly and easily from

6. Go for multi-purpose

Lastly, it's important to

If you're short on space,

consider the type of furniture

you use in your workspace.

consider using a bench with

store your work items when

storage for seating to give

you a little more room to

you need to convert that

space back to its other

Similarly, think about

adding a rolling cart to

is really helpful.

space.

your space. Being able to

roll away your work items

and store them out of sight

when they're not being used

purpose.

wherever you are.

and double-duty

"No one can make you feel inferior without your consent." - Eleanor Roosevelt "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." - Bil Keane "Whenever you find yourself on the side of the majority, it is time to pause and reflect." - Mark Twain "I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time". – Herbert Bayard Swope "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time". - Thomas A. Edison "You miss 100 percent of the shots you never take". - Wayne Gretzky "I could agree with you but then we'd both be wrong". - Harvey Specter "Be nice to people on the way up, because you may meet them on the way down." - Jimmy Durante

be hazardous to your health so, depending on how you work, you might consider a workspace without a chair, or perhaps without a chair 100% of the time.



4. Be creative with Given these three simple

you already have - ensure as office space for you.

to access anything you need





Gardeners



Debators



Kirkland Cup RL team

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

maitlandrmuseum@gmail.com



Branxton Public School

Our gardening crew have been busy preparing the gardens and planting cucumber, capsicum and tomatoes under the watchful eyes of Miss Towns and Mr Onslow. Cross fingers for a bumper harvest!

Mrs Melnik organised a fabulous week of activities for Book Week. We had competitions and an amazing Book Fair! The week culminated in a Book Parade for each stage which was shared on Seesaw. Thank you to the parents who supported the book fair and to all the children and staff who dressed up and made it a super fun

dav. The open boy's Rugby League team participated in the Kirkland Cup last Friday at Pirtek Park Singleton, accompanied by Mr Tattis and Mrs Smailes. The boys played their hearts out and competed well in their two games against Singleton Public and Scone Public. The first game was a close tussle with Singleton Public prevailing 7-5 in a tough game - Ryan Baker (3), Braydon Quinn and Lachlan Standen scoring the tries. The second game was played against eventual winners Scone, who defeated us 4-1 with Ryan Baker scoring our the girls lost in a very close

Australian Government

only try. The students had a great day out and behaved impeccably. We look forward to the girls now competing in their gala day later in the term. The Branxton Greater Debaters, coached by Mr Tattis, competed in the first round of the State debating knockout round against Gosford Public School after being crowned Zone champions last term. The girls were the negative team with the topic "all children under the age of 18 should be banned from appearing on reality tv". It was a robust argument with some great points raised by both teams on the day. Unfortunately,

result. The team exceeded all expectations and represented the school extremely well. Well done team! We are hoping that Kinder Orientation visits will go ahead later in November. Keep an eye on the Kinder

2021 Seesaw and emails for

information. 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.**

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

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Coming Events

Armistice/Remembrance Day 2020 & Public Exposé Hunter ANZAC Memorial Cycleway



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GRANTS ALERT

Did you know I regularly If you or a community need of funds, subscribe to

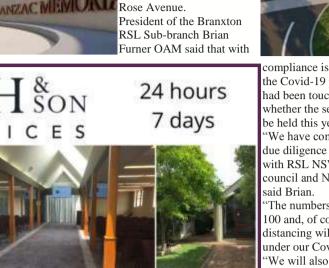
joelfitzgibbon.com/grants

CONGRATULATORY MESSAGES

Did you know you can request a congratulatory message from the Prime Minister, Governor-General or the Queen for celebrating a special birthday or anniversary?

- G JoelFitzgibbonMP
- C) FitzHunter
- FitzyMP

For further details, go to: www.joelfitzgibbon.com or call my office on: 49911022



Kurri Kurri

4937 4811

WITH the commemoration

Remembrance Day just 6 days away (11am on the 11/11) it has been confirmed that the local commemorative service will go-ahead. It is to be held at the newly renovated Branxton War Memorial Rotunda in John

of Armistice /



REMEMBRANCE

the Covid-19 pandemic it had been touch-and-go as to whether the service would be held this year.

'We have completed our due diligence by conferring with RSL NSW, the local council and NSW Health,'

The numbers are limited to 100 and, of course, social distancing will be enforced under our Covid-19 plan. We will also have the pleasure of the Mayor of Cessnock, Bob Pynsent, being in attendance," said Brian.

The commemorative ceremony will commence at 10:45am with seating available for the senior brigade. It has also been announced by the Executive Director

of the Hunter ANZAC Memorial Cycleway, John Murray, that they are to

of the proposed memorial aspects of the Hunter ANZAC Memorial Cycleway.

"We have the first detailed draft of the proposed \$2million project which we would like to share with the community," said John. "The Hunter ANZAC Memorial Cycleway seeks to honour the veterans and families enlisted from Branxton / Greta during World War 1 with a proposed 7 'encounters & engagements' inspired by the people, their stories and the mining history of the local area connecting the two townships.' "The intention is to create spaces that are tasteful, interesting and fun so as to encourage public engagement with the

Cycleway in general. "This in turn will promote healthy lifestyles, educational opportunities, tourism and the economies of Branxton / Greta. "These 'installations' will be attached to the proposed and approved cycleway constructed and maintained by Cessnock City Council," said John. Details are:-Venue RSL Hall Branxton

Day Monday **Date** 23rd November 2020 **1**st session ~ **10am**(1000

hrs) 2nd session ~ 2pm (1400 hrs)

(The presentation will take approx. 30 mins with 'Q & A' afterwards with a total duration of approx. 90 mins) "We would invite all to attend and we are looking forward to presenting our project to the wider community", said John.



installations and the

Branxton Lap the Map for Diabetes Saturday 14th November 2020 — 0800 Registration

Branxton Oval — Miller Park and Return

Registration and Entry — Free

Bacon & Egg Rolls & Drinks on Completion of Meander/Walk/Jog/Run/

Whatever **Fresh Fruit and Vegie Raffle**

All Proceeds to Lions Australia Diabetes Foundation

Diabetes Facts

Diabetes is recognised as the world's fastest growing chronic condition.

One in 11 adults has diabetes (415 million). 12 per cent of

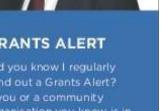
global health expenditure is spent on diabetes (USD\$673

billion). Every six seconds a person dies from diabetes

(5.0 million deaths)



Further Information: Alan on 0426 261 948



Authonsed by Joel Fitzgibbon, Australian Labor Party (NSW Branch), 3 Edward Street Cessnock 2325 NSW.

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Vacant Building Block Fantastic visage

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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

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ASKING \$130,000 ono



From the Lions' Den World Diabetes Day Saturday 14th November 2020 has been declared World Diabetes Day by the International Diabetes Federation. World Diabetes Day was created in 1991 by the International Diabetes Federation and the World Health Organisation in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nations Resolution. It is marked each year on the 14th November, the Birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The Lions Club of Branxton is celebrating

World Diabetes Day by conducting Lap the Map on Saturday morning 14th November 2020 at the Branxton Oval. The event shall consist of a meander/ walk/iog/run/whatever. from Branxton Oval to Miller Park and return. Bacon and egg rolls along with drinks will be available after the event. A fresh fruit and veggie raffle will also be conducted. Lions Club President, Brian Thomas in encouraging people to come along and participate said, "nearly everyone knows someone living with diabetes, as it is the fastest growing chronic condition in Australia, affecting 1.7 million people in this country alone. Our



Club Secretary Alan Beckley chatting with Lion Glenda Hofland after her presentation on the workings of the Lions Club International Foundation.

some of the good habits which could delay or prevent onset of the condition.'

Contactless registration will be available for the event and the event, with its COVID-19 safety plan, was

approved as safe by Cessnock City Council in a letter dated 28th October. All monies raised on the day shall be donated to the Lions Australia Diabetes Foundation. The aims of this foundation are two-fold; firstly, to fund research into the causes and to develop treatments of diabetes, and secondly, to raise awareness and provide effort to activities to either education so that there may

be improved care for people who have diabetes, or are at the risk of developing the condition.

Since the inception of the Lions Australia Diabetes Foundation in 1993, the Foundation has made grants totalling more than

\$862,000

region.

Lions Foundations Lions donate their time and

worthwhile organisation or to raise funds which are directly donated to a charity or donated to a Lions Club Foundation. The Lions Club Foundations are primarily focused on areas of health and welfare and include foundations to support childhood cancer research. eye health, Alzheimer's research, etc. Lions clubs donated more than \$28 million to national projects through Lions Foundations during 2017-18. Lions Club International

Foundation At the Lions' luncheon meeting on the 22nd October, Lion Glenda Hofland briefed the Lions Club of Branxton members on the current activities of the Lions Club International Foundation (LCIF) and explained the aims of the foundation and described some of the charitable activities the foundation has recently supported. Glenda explained the Lions **Club** International

Foundation is the charitable fundraising and grant-making arm of the Lions global organisation. directly support a charity or The Foundations mission is

to support the efforts of Lions Clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants. The strength of the Lions Club International Foundation is that it pools the strength of over 55,000 Lions Clubs worldwide. Glenda provided examples where the Lions Club International Fund has provided direct support to residents of Australia. One of the most recent and important being the more than \$500,000 donation to the Australian Lions Foundation's National Bushfire Appeal following last year's devastating fires.

If you feel you would like to become a Lion and contribute to your community through Lions activities, please give Lion Alan a call on 0426 261 948 and he shall be pleased to give you further information about Lions and the activities of the Lions **Club of Branxton.**

significant step in bringing

gether to present that unified

those key stakeholders to-

Signing of MOU between Hunter JO and Committee for the Hunter Building a unified voice for the Hunter

The Hunter Joint Organisation and the Committee for the Hunter last week signed a Memorandum of

Understanding outlining their shared commitment to providing a unified voice and platform for

little event is about raising

peoples understanding of

the condition and practice

collaborative action on issues of strategic importance for the Hunter region. The Memorandum was

signed by Cr Bob Pynsent, Chair of the Hunter JO and Mayor of Cessnock, and Richard Anicich AM, the

Chair of the Committee for the Hunter, with **CEOs** Joe James and Alice Thompson also present. The signing was held Maitat land's Coquun restaurant on the banks of the Hunter River, a natural symbol of the common destiny and con-

Cr Bob Pynsent said that the MoU signifies a shared desire to deliver outcomes for the region. "We owe it to our communities to speak to State and Federal decisionmakers with a unified regional voice wherever and whenever possible. As a collaboration of councils in the Hunter region we understand both the challenge of genuine collaboration and its power. This Memorandum of Understanding underpins our intent to work with

Committee for the Hunter.

nection that exists across our with the region's bests interests at heart. The MoU will connect our local government leadership with other thought leaders across the region, to deliver joint advocacy and action on shared priorities for our communities.

> "The Committee for the Hunter was established in response to a belief that the Hunter needed a unified voice that enabled regional leaders to identify long-term goals for the region and improve collaboration between community, industry and governments to achieve these. The MoU is a

Greta Museum now has for sale – Alek 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.

voice, which can only lift our influence in Macquarie Street and in Canberra", said Richard Anicich. The MoU speaks to the common strategic objectives of influencing policy in the interest of the Hunter region, attracting and enabling investment, and building capacity within the region. The Hunter JO and the Committee for the Hunter recently collaborated on the 'Ready to Rebuild' campaign aimed at attracting stimulus funding in the 2020 -21 Federal Budget for local

government infrastructure in the Hunter. This campaign has already seen results, with the Federal Budget announcing an additional \$1 billion to local government led projects. The Hunter was also identified in the Federal Budget as a priority under the Regional **Recovery Partnerships** program, providing \$100 million nation-wide to support recovery and growth in regions.

"The Committee partnered with the Hunter JO to provide a united front on the region's priorities to decision-makers. Working together, we are considered credible and capable delivery partners and we will build from this advocacy to see more investment that reflects the Hunter's size. economic contribution and capacity," Alice Thompson said. The Committee aligns with the Hunter JO on a number of strategic priorities, and although our stakeholders bases are quite unique from one another, this MoU allows us to bring our organisations together to collaborate on key issues for the good of the region," Joe James said.



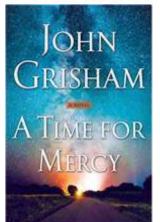
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Greta Workers Sports & Rec Club Ltd







John Grisham Brings Back His Hero Jake Brigance for a Third Case

By Sarah Lyall

Hello again, Jake Brigance! You've come back at the right time. It's nice to return to the courtroom with someone we trust. It's reassuring to remember that not everyone is crazy and books about crime and punishment, can help restore our equilibrium in this season of high anxiety.

"A Time for Mercy" is the third John Grisham novel to feature Brigance, a small-town Mississippi lawyer specializing in unpopular, seemingly unwinnable cases. He first appeared more than 30 years ago in Grisham's debut novel, "A Time to Kill" (1989), which began with a printing of 5,000 copies but became a runaway best seller (and a movie, starring Matthew McConaughey and Sandra Bullock) after the explosive popularity of Grisham's second novel, "The Firm" (1991), which didn't feature Brigance.

Set in 1985 in the fictional town of Clanton, Miss., "A Time to Kill" described Jake's defense of an undeniably guilty but very sympathetic client — a Black man on trial for killing the two white men who brutally raped his 10-year-old daughter. The novel is a nuanced, sensitive portrait of a particular time and place in a rural south still riven by racial discord and infected by the Ku Klux Klan, a fine work wrapped inside a legal thriller. Some readers like it best of all Grisham's books. Jake reappeared in "Sycamore

Row" (2013), this time in the service of a recently deceased client with an idiosyncratic view of estate planning. (Among other things, this client left



most of his considerable fortune not to The jurors aren't secretly sleeping his children but to his Black housekeeper, and not for the reasons you might think.) And now comes "A Time for Mercy." You get the feeling that Grisham, who has written several dozen books by now, has returned to the place closest to his heart. Thirty-one years have passed in the real world since we were first in Clanton, but only five in its fictional life. (How satisfying to see time plodding along at its own pace, back in those sleepy days before smartphones or the internet.) Jake is still living with the repercussions of the earlier murder trial. Once again, he is broke; once again, he takes on a case nobody else wants; once again, he finds himself saddled with a client whose excellent reasons for committing murder do not change the fact that he is indeed guilty. Grisham lays out the grisly back story in the tense opening pages. A sheriff's

deputy comes home drunk and violent, and proceeds to beat his girlfriend unconscious while her two teenage children cower upstairs. As she lies there, apparently dead, her 16-year-old son, Drew, grabs the cop's gun and kills him in a fit of fury and fear. He's charged with capital murder, which carries the death penalty. Clanton reserves a special level of hatred for cop killers.

Jake knows that no good can come of unpredictable, and that books, even his decision to represent Drew. He is already tens of thousands of dollars in debt, Drew's family is indigent, and the work will pay next to nothing. Half the town, including the entire law -enforcement community, is furious at him. In the diner where he eats breakfast, longstanding acquaintances turn their backs.

But the judge in the case, with the Dickensian name of Omar Noose, all but orders him to go ahead. "The situation can get dicey and needs a steady hand," the judge says. "I trust you, Jake, and that's why I'm asking you to step in."

The trial doesn't come until threequarters of the way through the book. This is a leisurely story, told by a master of plotting and pacing, and there's no use in him or us rushing our way through it. Grisham puts us inside the heads not just of Jake and Drew, but also of an extended cast of characters — the lawyers, the cops, the prosecutors, the relatives, Judge Noose, Jake's informal team of advisers. Clanton is a complicated town, a community of old grudges and deep connections driven by forces like race, class, religion, politics and family. Grisham helps us understand, if not quite sympathize with, most everyone in the book.

The trial is riveting, but don't expect anyone to burst into the courtroom at the last minute waving a piece of paper that upends the proceedings.

with the lawyers; the judge is not being paid off by the local crime boss. But it's striking how suspenseful the story is anyway, how much we're gripped by the small details. I was reminded, oddly enough, of the great Danish political TV drama "Borgen," which derives excitement not from soap opera-ish, "House of Cards"-style developments but from the viewers' investment in the outcome of carefully crafted, un-showy plotlines. In "Borgen," you become caught up in

the suspense of whether the Danish Parliament can muster the votes to pass its farm bill. In "A Time for Mercy," you care, very much, whether Drew's mother can pay for a new transmission for her car; whether Drew's schooling can continue in prison before the trial; and whether the judge will let Jake embark on a particular line of questioning. Not all the tangents are fully fleshed-out. Grisham is uncharacteristically insensitive in his portrayal of a pregnancy subplot, and there's an ancillary court case involving a railroad that fades in and out of importance in a way that feels unsatisfying.

But I found this book so useful to my psyche. Reading can be difficult right now. It's hard to escape the anxious noise in our heads, the sense that the world is falling apart right outside our doors. Every reader is different, and some people might well like to fall into flamboyant thrillers with high body counts, corrupt officials and preposterous plot twists. Clanton is the wrong town for them.

There's a quiet goodness in many of its residents. Sure, tension always shimmers

beneath the surface. Not everyone is a decent person. Life is unfair. Neat resolutions are hard to come by. But the lawyers believe in professional courtesy, and in acknowledging jobs well done. The sheriff believes in playing by the book. The ladies in the church believe that helping the struggling family of a teenage murderer is the right thing to do. Judge Noose is determined to see that justice, or some version of it, prevails. And at a time when our opinions are terrifyingly polarized, Grisham reminds us that people aren't one thing or another, but composed instead in shades of gray

Toward the end of the trial, the jury is struggling to reach a verdict. Fights are breaking out.

The judge instructs them to try harder. "I want each of you, regardless of how you now feel about this case, to begin anew from the position of accepting the opposing view," he says. "We are in no hurry.'

ABOUT: John Ray Grisham Jr. is an American novelist, attorney, politician, and activist, best known for his popular legal thrillers. His books have been translated into 42 languages and published worldwide.

Grisham graduated from Mississippi State University and received a J.D. degree from the University of Mississippi School of Law in 1981. He practiced criminal law for about a decade and served in the Mississippi House of Representatives from January 1984 to September 1990.

His first novel, A Time to Kill, was published in June 1989, four years after he began writing it. According to Academy of Achievement his books have sold 300 million copies and he has written 28 consecutive number one bestsellers. A Galaxy British Book Awards winner, Grisham is one of only three authors to sell two million copies on a first printing, the other two being Tom Clancy and J. K. Rowling.

Grisham's first bestseller, The Firm, sold more than seven million copies. The book was adapted into a 1993 feature film of the same name, starring Tom Cruise, and a 2012 TV series which continues the story ten years after the events of the film and novel. Eight of his other novels have also been adapted into films: The Chamber, The Client, A Painted House, The Pelican Brief, The Rainmaker, The Runaway Jury, Skipping Christmas, and A Time to Kill. Grisham's latest book (his 42nd published novel), A Time for Mercy, is his third story involving the characters established in A Time to Kill and further follows the story of Jake Brigance, a Mississippi small town lawyer representing a minor accused of murder.

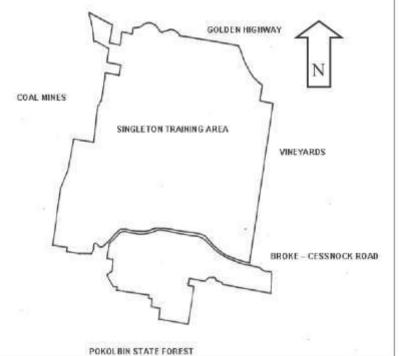
Grisham married Renee Jones on May 8, 1981. The couple have two children together: Shea and Ty. Ty played college baseball for the University of Virginia.

As a former-Baptist, he advocates the separation of church and state. He once said, "I have some very deep religious convictions that I keep to myself, and when I see people using them for political gain it really irritates me." Later in life, Grisham converted to The Presbyterian Church. He cited a preference for a more highly educated clergy and a desire for a "more dignified" style of worship.



WARNING NOTICE **DEFENCE FIELD FIRING RANGES**

SINGLETON MILITARY AREA



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

00189

The New York Times Best Sellers (1 NOVEMBER 2020)

1. NEW THIS WEEK ~ A TIME FOR MERCY BY JOHN GRISHAM The third book in the Jake Brigance series. A 16-year-old is accused of killing a deputy in

Clanton, Miss., in 1990. 2. 3 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.

3. 2 WEEKS ON THE LIST ~ THE SEARCHER BY TANA FRENCH

After a divorce, a former Chicago police officer resettles in an Irish village where a boy goes missina

4. 5 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

5. 2 WEEKS ON THE LIST ~ TROUBLES IN PARADISE BY ELIN HILDERBRAND The final installment of the trilogy that includes "Winter in Paradise" and "What Happens in Paradise."

6. 4 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.

7. 2 WEEKS ON THE LIST ~ 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.

8. NEW THIS WEEK ~ RETURN TO VIRGIN RIVER BY ROBYN CARR.

The 21st book in the Virgin River series. Strangers help an author during the holidays.

9. NEW THIS WEEK ~ JINGLE ALL THE WAY BY DEBBIE MACOMBER A December cruise in the Amazon fosters a potential change in priorities for a career-focused

real-estate executive. 10. NEW THIS WEEK ~ INVISIBLE GIRL BY LISA JEWELL

An ex-schoolteacher accused of sexual misconduct lives near a family led by a child psychologist whose former patient goes missing.



What's on & More …. **HELPING PEOPLE ESCAPE TO THE** COUNTRY

As more and

more city people consider moving to regional areas, encouraged by the remote working opportunities provided through COVID 19, many are considering buying a rural property and escaping to the country. For many of us, the idea of 'getting away from it all' and becoming a part of a rural community is a lifelong dream.

Acreage can be rewarding but if people do not have the skills and knowledge to look after their land and animals properly, the great Aussie dream could turn into

a nightmare. Local Land Services has responded to this need by releasing a toolkit of new and updated resources to help peo-

ple successfully make the shift to country life. The new resources include the 2020 update of the Rural Living Handbook which is a starter guide to getting the most out of a rural property and contains a wealth of resources for new

and prospective rural residents. It covers a range of topics as

diverse as emergencies, rural crime, owning livestock, farm safety, developing a property and what each landholder's General Biosecurity Duty is. The handbook includes a

'Before you buy' checklist that lists the sort of questions a prospective rural property owner should ask prior to purchase, to avoid potential problems.

The handbook is not designed to include everything a new or prospective rural resident may want to know but is intended to be a springboard for further personal research. Each section includes lists of

useful resources and websites as well as contact details for organisations that provide support to rural landholders.

"The landholders we help are pretty diverse, from large -scale primary producers to people who have a lifestyle block or hobby farm," said Peter Evans, Senior Land Services Officer at Local

The US presidential

interest for punters.

election holds massive

The Melbourne Cup next

Tuesday might be the race

that stops a nation but it's

later which has Australian

bookmakers trembling and

standing to lose tens of

another race a few hours

Land Services. "We tailor our help to what they need with the end goal of making sure our farms and

"We understand it is not always easy to know what to do or the right people or organisations to go to for help, if you have never lived in a rural area before." Susie Crowe is one landhandbook a lot in the early

hectare property at Wallerawang, west of Lithgow four years ago. for itself, but it was overrun with blackberries and they knew very little about how to achieve that goal. "We were consciously

Mrs Crowe. "When you're starting out, you need to surround

can trust, and Local Land Services provided such a diverse range of expertise." The Rural Living Handbook is the most up to date version of a guide that was originally compiled nearly 20 years ago for councils throughout Sydney's drinking water catchment. It was largely based on the work of Jack Miller, a Landscape Planner at Goulburn Mulwaree Council who said he is pleased the handbook is just as relevant today as in 2004.

for some basic information for people who were moving into our local government area who did not know much about rural life," he said.

"Over the years this publication has been reproduced in a number of formats in NSW and interstate and I am really pleased to see Local Land Services

release this updated edition." David and Kim King also thank Local Land Services for helping them gain the

millions of dollars.

and bookies face a

The race for the White

the great horse race in

staggering wipe-out if

Donald Trump wins

Sportsbet CEO Barni

another term.

House is far outstripping

terms of big betting interest

Racing Review & News

Betting agencies petrified of

Trump re-election by Ben Dorries

confidence to establish a environments are productive mixed beef, poultry and and healthy.' apiary enterprise on 33 hectares at Berry in the state's south east. David says that when they moved from Sydney five years ago it was their first

venture into farming and

they had lots of problems

learning curve and Local

Land Services has been an

enormous help," Mr King

"We attended as many

courses, workshops and

training sessions as we

including pest animals,

agronomy, beekeeping,

weeds, sheep and cattle

handling and grazing

"Without Local Land

we would be in the

been invaluable.'

Services there's no way

position we are now -we would have spent more

money and made more

mistakes. Their help has

The Rural Living Hand-

book is available to read or

download online and from

Services regional offices.

Another new resource for

online information hub

at 'blockies' and small

has a range of digital

resources such as the Big

called 'Every Bit

area farmers.

Shift for Small

rural property owners is an

Counts' specifically aimed

selected Local Land

management.

could on a range of topics

"It has been a steep

at first.

said.

holder who has been helped by Local Land Services and the Rural Living Handbook. She says she referred to the days after she and her husband Greg bought a 134-

They wanted the farm to pay incompetent; we knew we didn't know anything," said

yourself with people you Local Land Services also

"Back then, we saw a need Farms podcast which is designed to equip and connect small farmers with topics like 'Startup farming' and

'Urban farming' These resources and others can be found by searching www.lls.nsw.gov.au Any NSW rural landholder wanting advice, assistance or to attend training such as webinars can call Local Land Services on 1300 795 299 or make an online enquiry

at www.lls.nsw.gov.au/ contact-us

Evans told The Herald Sun his betting agency stood to lose more than \$10m if Trump won another term while Ladbrokes Australia CEO Dean Shannon said his agency faced a \$8-10m disaster if Trump tri-

umphed. Tabcorp would not disclose how much it stood to lose on a Trump victory but said it would hold more money on the US election race than it did on either the AFL or NRL grand finals. Betting interest is so intense

that TAB will for the first



Detailed Cattle report for Gunnedah Last reported 27th October 2020

Good rainfall across the drawing area reduced the penning by half. There was a good supply of yearlings along with heavy grown steers. There was a limited offering of cows. The quality and condition of the offering was mostly good with the majority presenting in forward to well finished condition. All the regular buyers were in attendance, however not all processors got a start. Restocker and feedlot competition was high. Weights were a factor in cheaper average prices for light weight young cattle to restockers. The market trend firm to dearer. There was strong demand for medium and heavy weight yearling steers to restock and feed with the market trend as much as 10c/kg dearer. Heavy trade steers saw some sales as much as 20c dearer. High demand for yearling heifers from backgrounders and feedlotters resulted in significantly dearer market trends across both the medium and heavy weights. Heifers to the trade also sold to dearer trends, however the improvement was not as great. Age and breed were factors in lower averages for grown steers to process, the market trend however was dearer. The well finished grown heifers also sold to dearer trends. The limited supply of cows sold to a dearer trend, up to 8c/kg. Heavy weight bulls sold on a firm to cheaper trend.

Detailed Cattle report for HRLX Singleton Last reported 28th October 2020

Consignments decreased, with the high rainfall recorded throughout the supply area the contributing factor. Quality was mixed with greater numbers of the mixed breeds penned. There were good percentages of high yielding and prime conditioned younger cattle yarded and competition was very strong throughout all classes. The vealers to the restockers sold well, with the steers selling from 408c to 514c/kg. The heifer portion made from 450c to 492c/kg, the latter for the lightweights. The yearlings to the restockers also sold to strong competition, with the steers making from 380c to 436c, while the heifers sold from 390c to 448c/kg. The prime conditioned younger cattle suitable for the butchers trended dearer, with prices making from 396c to 480c/kg. The older grown steers also trended dearer, with the lighter pens to the restockers making from 364c to 380c/kg. The better finished heavier lots to the processors made from 362c to 368c/kg. The older heifers reached 340c/kg. Cows gained 9c, with the better covered heavy weights making from 284c to 316c/kg.

Detailed Cattle report for Scone

Last reported 27th October 2020

Due to the recent high rainfall event, numbers were reduced, while the quality was overall very good. Most categories were represented, with the high yielding younger cattle suitable for the butchers carrying plenty of weight. The market trend was solid throughout. Calves made from 530c to 568c, as the vealer steers to the restockers sold from 470c to 498c/kg. The vealer heifers also to the restockers sold from 446c to 474c/kg. The yearling steers to the restockers received from 428c to 502c/kg, the latter for the light weights. The prime conditioned and high yielding younger cattle to the butchers ranged from 410c to 448c/kg. The single grown steer sold at 376c, while the older heifers made from 338c to 356c/kg. The better covered heavy weight cows sold close to firm and ranged from 296c to 316c, as the very heavy bull reached 250c/kg.

Detailed Cattle report for TRLX Tamworth

Last reported 26th October 2020 There was a rain reduced penning following some significant falls over the past week. Yearlings were well supplied and there were quite a few heavy grown steers. The quality and condition of the offering was mostly good. There were limited supplies of light weight young cattle. All the usual buyers were in attendance, however not all processors were active. Strong demand from restockers and feedlotters saw yearling steers sell to dearer trends. The light and medium not carrying too much condition experienced strong gains. The 3 scores were only slightly dearer with quality and breed accounting for some price change. Heavy weight feeders saw a dearer trend of as much as 10c/kg. Strong processor competition for well finished heavy weights resulted in dearer trends. Those dearer trends carried through to all classes of yearling heifers. Grown steers to feed sold to a much dearer trend with breed a factor in price change, a number of pens falling into the heavy weight class. Well finished heavy weights up to 4 teeth attracted both domestic and export processor competition with the market trend slightly dearer. Extra heavy weights and those carrying 6 teeth or more saw no domestic competition and sold to a slightly cheaper trend. Heavy grown heifers up to 4 teeth also sold to a dearer trend. The limited supply of cows sold to a dearer trend with high yielding C muscles up to 7c/kg dearer.

time promote overseas election betting markets during Melbourne Cup day coverage broadcast on Channel 10 next Tuesday. On betting exchange Betfair, there has been almost \$400m of matched bets worldwide so far on the Trump versus Joe Biden contest. That figure is expected to

L_____

nudge \$1 billion by the time polls close. Trump is the outsider in betting, with as much as \$3

being offered on Thursday with Biden the clear favourite at \$1.55 or with some agencies. AFP

But bookies everywhere have been swamped by big bets on Trump – Shannon has never seen anything like it. Not even in the great horse race. "Normally the Melbourne

Cup Carnival and even the Cup itself can be a bit of a make or break moment in our financial year," Shannon said.

"Last year with the locally trained Vow and Declare winning, it was a bit of a



wipe-out. But that will be othing compared to what we are standing to lose on a Trump re-election.

"Not only has the volume of bets been surprising, the sheer size of many of them has been quite puzzling. We have far more bets of over \$50,000 on Trump than we will take on any horse in the Melbourne Cup. "I have been around the game a long time and this

US election is the second biggest single betting event I have seen.

"It is strange because most of the polls and expert

commentary still seem to suggest Trump has ver barely write a ticket for Biden.'

Evans said more than 92 per cent of all bets staked on the presidential race had been for Trump. "Turnover will surpass the 2019 Melbourne Cup which was the largest

"And it's trending to be

the 2016 (US) election."

Tabcorp's Managing

five to six times larger than

said.

days.' betting event in the company's history," he

 Photo Above President Donald Trump addresses thousands of supporters during a campaigr rally at Phoenix Goodyear Airport Goodyear, Arizona. Photo: Chip Somodevilla/Getty Images/

little chance and yet we can said; "This will be a huge 48 hours. The Melbourne Cup is our biggest wagering event all year and to have the US Election, which has been extremely popular with punters, just hours later makes for an extraordinary couple of

Director Wagering and

Media Adam Rv



binder

program

unneeded files

remote location

Weekly

* Run a disk scan to check

* Run a defragmentation

* Run a clean up to delete

* Back up your files to a

* Empty your recycle bin

Computer Maintenance Checklist

When I loose productive time at work it is *usually* because of a problem I have encountered with my computer. And any time I have a computer problem it is usually related to one of the following items. In order to be a little proactive I have build this little checklist. I have automated as many of them as I can and if much of your livelihood depends on your technology functioning smoothly I suggest you consider doing the same. **Computer Maintenance**

Checklist At system setup

software

* Install a surge suppressor/ emergency shutdown power for hard drive issues strip

* Register your software products

Schedule automated updates

* Read the maintenance section of your manual

*Set up your email to auto-archive older messages

* Install anti virus software

*Install anti-advertising

*Put your software drivers * Run a full virus scan in a pocket sleeve 3 ring



This is why we'll always have SCAM phone calls....

Last month I wrote about Computer Scammers and how to avoid them, or at least recognise them so you don't fall into their trap.

This month, I'll try to enlighten you about phone scammers. So, if you're one of the few people who don't receive scam phone calls, congratulations! For the rest of us, if we're caught in a moment of poor judgement, it may cost us thousands!

Anyway, a couple of years ago I was chatting to a high level Telstra technician (yep they exist) and we were talking about a variety of problems and one was 'do I have the ability to turn OFF overseas incoming calls', even if they have been diverted from another number.

The answer was YES! It was as simple as literally flicking a switch. However, it's not something they want us to know about. Now I get that many Aussies have a reason to take calls from overseas for family or business reasons, but why can't we also 'whitelist those numbers much the same way that we can block and whitelist emails? For the rest of us who don't want overseas callers AT ALL...ever, we simply flick the

switch to NO and the rest of us can be selective in the calls we take. They could even make it an option on our devices. Sounds easy, right? Well there are a few reasons why it won't happen.

1. If most of us in Australia turned off overseas callers, ALL of the Australian

businesses with Call Centres overseas would have to bring back their Call Centres to Australia (the banks, the telcos, insurance companies etc). For them it probably means more expense to have this service for clients but let's face it, many of us complain about these call centres because we can't understand what they're saying. Now we have an even better reason to bring them back....to get rid of the scammers!

2. Another reason is that Governments in Australia won't support it. I've spoken to a few local politicians over the years and they're not interested in make these sorts of changes. They say it's a commercial decision for businesses to decide on whether or not they want to employ overseas people instead of Australians.

3. Another reason is 'it's just too hard'. Unless we all make a loud enough noise about this type of thing, it'll just be another one of those interesting things you read in the News paper. Government stats shows that Aussies lose a few million every year to these scammers and they tell us how to handle this type of event.

Wouldn't it be easier NOT to have this event AT ALL, rather than put most of us through the anxiety of wondering who's on the end of the next phone call? If we can collectively force the Telcos and the Government to provide the 'Switch off Overseas Calls' option, we'll not only stop the scammers in their tracks, but we'll probably solve the unemployment problem in Australia as many if not all of the call centres will have to come back to Australia.

Having been a technician for ALL of my working life, it's been my job to find solutions to all kinds of problems. Some are harder than others. This is one of the easiest hard ones I've come across.

It's easy to do, but not easy to get it done. Maybe this is another one for my friends at 'A Current Affair'? They seem to be able to get stuff done.

Monthly

* Check for updates * Delete/uninstall unneeded or unused programs

- Quarterly
- * Clean your keyboard * Clean your monitor
- * Clean your peripherals
- * Rebuild your desktop * Change all your pass-

disk filled with files you

words

subscriptions

disk

* Delete your Internet files Yearly * Clear your browsing

history * Delete your cookies

* Update your virus definitions

* Renew your software update and anti virus **Clean out your hard** If you've got a bloated hard

don't need, you could be slowing down your PC. Cleaning it out can give you a speed boost. Windows 10 has a surprisingly useful built-in tool for doing this called Storage Sense. Go to Settings > System > Storage and at the top of the screen, move the toggle from Off to On. When you do this, Windows constantly monitors your PC and deletes old junk files you no longer need — temporary files, files in the Downloads folder that haven't been changed in a month, and old Recycle Bin files. You can customise how Storage Sense works and also use it to free up even more space than it normally would. Underneath Storage Sense, click "Configure Storage Sense or run it now." From the screen that appears, you can change how often Storage Sense deletes files (every day, every week, every month or when your storage space gets low). You can also tell Storage Sense to delete files in your Download folder, depending on how long they've been there, and set how long to wait to delete files in the Recycle Bin automatically. You can also have Storage Sense move files from your PC to the cloud in Microsoft's OneDrive cloud storage if they're not opened for a certain amount of time (every day, or every 14 days, 30 days or 60 days). You can also delete old versions of Windows that might be hogging space. At the bottom of the screen. check the box next to "Delete previous versions of Windows." Storage Sense will then delete old versions of Windows ten days after you've installed an upgrade.

(Note that if you do this, you won't be able to revert to the older version of Windows)

MOVE REVEW PG RAMS

Rams review – Sam Neill and Michael Caton's unpretentious sheep farmers will move ewe

brothers losing their liveli-

by Luke Buckmaster

Don't judge this warm, funny, tender and down-toearth rural drama about odd-couple brothers by its garish marketing materials he poster for Rams depicts a perturbed-looking Michael Caton next to a smug-looking Sam Neill, both standing behind a sheep, which, like them, is means, in addition to the staring into the camera. Going by this advert alone you'd be forgiven for thinking this was a bone-headed comedy about cack-handed country types and their livestock - something with a tagline like "they're baaaaaad to the bone" or "just ewe and me"

How wrong you would be. Rams is a lovely, eventempered drama about men and rural life, gentle but firm of spirit, with a downto-earth pith and a way of entertainingly and unpretentiously exploring potentially difficult subjects such as masculinity. Director Jeremy Sims and screenwriter Jules Duncan faithfully remake the excellent Icelandic film of the same name. which won best film in the Un Certain Regard category at Cannes in 2015 and tells the story of two brothers who live on neighbouring sheep farms but haven't spoken in many years. In the Australian version, the protagonist Colin (Neill) is the more affable of the pair, a sensible chap with savoir-faire, who gazes upon his cattle with love and reverence, literally telling them how beautiful they are. Les (Caton) is quite the opposite: a stink-eyed "get orf my lawn!" type, with zero patience and a glowering disposition, prone to epic solo drinking sessions followed by marinating while comatose in the sun. Handsomely shot by Steve there's a wool there's a Arnold in and around Mount Barker in the Great Southern region of Western Australia, with occasional roving drone shots that make the film look a little touristy, much of the drama takes place on the brothers' farms, the MacGuffin arriving in the form of a terrible disease that infects one of Les' prize-winning rams. Authorities decree that every sheep in the valley must be killed for the sake

of containment, which



hood, the potential end of their prized bloodline. A small group of local farmers meet and spitball ideas on how to react, with Les on the side (illustrating his outsider status) kvetching loudly, while preparing himself a scone. "They don't know, do they?" he bellyaches, 'they just come here and-" then he abruptly stops mid-sentence, upon discovering there's no more cream left in the bowl in front of him. Les never concludes that line. Sims chops the sentence off and lets it linger; lets the silence take hold for a beat or two. Usually scripts deliver neat lines with neat finishes, filmmakers turning the loose threads of real-life into smooth contrivances. The incompleteness of this moment gives it something paradoxically interesting: a special kind of mundanity, and an imperfection that suits the film's earthy tones. It is indicative of an experience that is not going to rush for you. Like the television series Rosehaven, similarly full of country air and wide open spaces, the audience will adjust to its tone and rhythms - and most likely find that adjustment process rewarding. It isn't clear where the plot of Rams is heading, particularly for those who haven't seen the Icelandic film. That uninspiring poster, and a wishy-washy trailer stamped with a line of text reading "Where way" (groan) seems to indicate the brothers might do something to please the gods of genre algorithms,

joining forces for instance in some kind of sheepshearing competition and returning home triumphant, lugging a big golden trophy. But that is not the case at all. Sims has learned from Grímur Hákonarson (who directed the original) important lessons about containing a film tonally, with few of the stark

switches between "happy" and "sad" that made his previous feature Last Cab to Darwin a limited. dictatorial experience emotionally. At the heart of the picture are two very appealing performances from Neill and Caton, who feel even from early moments like real, lived-in characters, well cast to reflect their differences as actors. Caton has always been a bit scruffier and Neill a bit slicker. The former is the kind of bloke who eats rissoles and goes to Bonnie Doon for the weekend; the latter looks good in a leather jacket. The "neighbouring brothers who don't speak to each other" setup could have felt like high-concept gimmickry, but it rings true in a funny sort of way. By contrasting geographic closeness with emotional distance, Sims explores a truth we are all confronted with: that there are certain things - particularly those involving our bloodlines and backgrounds - none of us can ever really escape; things that follow us everywhere even if we never move. In this respect I was reminded of director Clayton Jacobson's dark comedy Brothers' Nest, another film about starkly different siblings existing in the shadow of their parents - or in the words of one of the characters, another film about "family shit". The setup of Rams also develops into an interesting perspective on loneliness and masculinity, with

messages blokes in particular may relate to: how men often shrink inside ourselves; how we so easily shy away from expressions of feelings; how we deploy various techniques to shield ourselves from the stabs of memory. See? I told ewe this wasn't a dopey comedy about sheep. It's funny at times but also tender and touching: the cinematic equivalent of a gently moving turn of phrase.

• Rams is out in Australian cinemas now 4/5

The Coalition is spooked by Australia's credit rating when it should be scared of

Recession Greg Jericho



many – especially those in the Morrison

Just remember - ratings agencies don't care

employment prospects. They overwhelmingly

care about the budget balance as though the

government is a business or household that

And this is important because thinking that

ratings agencies matter is especially stupid

at a point the Reserve Bank is currently

took around eight years for the level of

employment hours to return; the 1990s

the GFC was so poor that when the Covid

The history of recessions is one of long

It happened in 1996 when the Howard

recession peak level of hours worked.

the recovery was not yet complete.

But yes, we kept our AAA rating.

the accelerator too soon.

recession took 17 years, and the recovery from

recession occurred we were nowhere near the

peak level of 2007, let alone the previous peaks.

recovery and governments taking their foot off

government thought it was time for austerity.

would never have recovered to the pre-1990s

Even the ALP government in 2011 became too

spooked about debt and deficit at time when

The celebration this week of our AAA ratings

government that cared less about the nation's

suggests this mistake is set to continue.

It would be nice if just once we had a

credit rating and more about its people.

Were it not for the mining boom, we likely

Consider that S&P's is already suggesting we

need to start reducing the deficit in 2022. That is

estimating unemployment will still be 7%, and

The history

recessions

is that they

take a long

time to

recover

The 1980s

recession

from.

of

That doesn't strike me as a point where the

about your welfare, standard of living, or

government – think they matter.

might not be able to pay its bills.

wage growth will be just 1.75%.

during a recession.

Australia will need economic

stimulus for far longer than the

treasurer thinks



'Just remember - ratings agencies don't care about your welfare, standard of living, or employment prospects.

One of the funniest things this week was the federal government bragging about rating agency Standard & Poor's reaffirming its AAA rating for Australia. I guess we shouldn't laugh, but it is all rather pathetic.

Just a reminder, late last year S&P's was warning Australia if any "fiscal stimulus" designed to lift the economy out of the rut it was in involved

"substantial spending initiatives and changes the trajectory of the budget, then doing so could increase downward pressure on our rating and outlook for Australia.

At the time the government was planning net debt by June this year to be 19.5% of GDP and for it to fall to 16% by June 2023. Spending in this financial year was expected to be \$510.5bn.

Now net debt is above 25% of GDP and on track to reach 44% of GDP by June 2024 and the government economy is overheating.

plans to spend \$677.bn this financial year. I guess not all "substantial spending initiatives" are the same ... So much for

worrying about debt.

But, bless them, S&P's is still keeping up the pretence that it matters and once again this week it rolled out the "downward pressure" phrase. It noted that it "expects fiscal deficits to narrow from fiscal 2022 onwards, even with proposed tax reforms and new expenditure measures announced". But that "should this scenario not pan out as we expect, downward pressure on the rating may intensify." Please. Any government worth its salt should tell S&P's to take its downward pressure and shove it. Back last year when S&P's was worrying about stimulus that might actually boost economic growth (something that was needed given 2019 was the worst year of economic growth in 28 years) the government was paying a record low interest rate of

1.15% on its 10-year borrowings. Now, despite massive increases in debt, the government this week borrowed \$2bn over 10 years with an interest rate of just 0.7672%.

Borrowing has never been cheaper, even though debt has never been higher.

But while S&P's and other agencies might be just a figure of amusement for some, the problem is too





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'ou can e-mail, fax or simply drop your ©WD or 😣 NSWD into our office:- 12 Clift Street, Branxton or Fax: 4938 3301 or

The Branxton community has now lost a great community meeting place as the final decision was decided at a special meeting that the board of Greta Bowling Club can make the final decision on who can buy our community club. The land was donated by Mr. Miller for community use and it's a shame that now a few people can decide it's future rather than the community.

Do we consider that nuclear power will solve human energy problem according to Steve's Rant? I think not. Pros. for nuclear-power; low CO2 emission & allows countries to become energy independent with low operating costs.

Cons. of nuclear-power; environment radioactive waste, requires mining, refining & transportation, radioactive waste disposal, limited availability of uranium and a precursor for delivering a nuclear arsenal. Good gosh.....how sick.

A futuristic view would be a fusion power plant. Why has only 15% of worlds power generation Nuclear?

To the developers & owners of the new pub at Huntlee a very big 'Well Done'; great design, great food & great staff.

(B) (6)

Computer Tuition: From basics to highly skilled & learn all about ebay. P: 0429 381 908 repairs. Comtronics P: 4991 1128 Drum lessons: Young Musician studying Bachelor of Music will conduct lessons (drum) your home or mine. (\$25.00 at mine \$30 for away for ½ hour). Beginners welcome. call Josh on 0458 611 362

For Rent: Branxton RSL Hall, air conditioned. Short or long term. P: 0429 438 460

For Sale: 2 ton chainblock \$100, Hardwood Timber beam 4800 x 290 x 75, \$50. 2470 x 140 x 100, \$20, Humes prime coat solid exterior door, 2040 x 820 x 35, New \$120, sell \$50, Painted solid door 1985 x 920 x 40, \$20, trailer axle with Holden hubs and stub axles, \$20, 4 White roll down security shutters 1800, 1860, 1760, 1650 wide with 2000 drop, Free Ph.0437312905

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. olwyncat@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: agistment, horses trained. 0407 453 494

The "For your Diary" section Dates for your diary

of The News is a FREE community service.

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 Leagues Club. For information: Phone Anna 49904093 TUE 3 NOV - Melbourne Cup

SUN 8 - SUN 15 NOV - NAIDOC Week 2020 MON 9 NOV - Cessnock Toastmasters - Demonstration Speech Night. Cessnock Leagues Club at 7pm. All welcome

For information: contact Anna 49904093 FUES 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. - Branxton Lions Lap the Map for Diab

Branxton Oval commencing at 0800. Contact Alan Beckley on 0426 261 948 for further information. MON 16 NOV - Cessnock Toastmasters Meeting, 7pm at

Cessnock Leagues Club. For information phone Anna 49904093

MON 23 NOV - Cessnock Toastmasters Meeting. 7pm at Cessnock Leagues Club. For information phone Anna 49904093

WED 25 NOV - Central Hunter Business Chamber AGM at Branxton Community Hall

MON 30 NOV - Cessnock Toastmasters club speech contests. Visitors welcome. 7pm at Cessnock Leagues Club. For information: contact Anna 49904093

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.



eamstress: Sewing & mending P; Brune 0413 351 057 Vanted: all kinds of Honda mini bikes qa50 z50a z50j1 50jz ct70 st70 & atc70. Contact Drew 0435814841 Nanted: Clean Fill Required North Branxton area. No

builders rubble or materials P: 0413161296 Fred Vork Wanted: Need a house cleaner \$25/hr P: 0488 588 333

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

Vork Wanted: Lawns mowed, rubbish removal & slashing. Also 'Bobcat' work, trenching & post hole boring & general maintenance & handyman work. Phone Steve 4938 3601

Vork 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 Nork Wanted: Sick of cleaning, cooking dinner, washing Call me! Taking bookings now. Professional and reliable ervice. Sue 0497257081

Nork Wanted: Rural Fencing (TW & A Hollingshed) P: 4998 1583 or Trevor on 0429 320 787 for quotes. Vork Wanted: experienced baby sitter looking for work. /ery reliable *P: 0458 606 804*

Nork Wanted: Lawn & Garden Maintenance, P: 4938 3153 Nork Wanted: Piano teacher available to give lessons : Phil Aughey on 0447 381 989

Nork Wanted: Contract stock work with horses & dogs Design & building wooden stock yards ~ rural fencing

Dates for your diary >

Upcoming Concerts

SAT 26 MAR 2022 - Rod Stewart Live @ Roche Estate SAT 10 APL 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.



CENTRE



GRUFFALO'S

Sounds presents Terence Koo Trio CPAC Studio Sounds Featuring Newcastle Jazz Virtuosos: Terence Koo (piano), Andrew Wallace (double bass) and Rob Coxen (drums).

CPAC Studio

21 January 202 'The Gruffalo's Child' Adapted from the award-winning picture book by Julia Donaldson and Axel Scheffler. Published by Macmillan Children's Books.

March 20 Johnny Cash THE CONCERT' Back to San Quentin Featuring the great moments of Johnny Cash's seminal At San Quentin album.



Like all good journalists it is instinctive I took it up with Steve & he referred to question purported facts put to you that just don't seem to be correct. As a working journalist I always go through all copy sent to 'The News' for publication just to be sure that I won't

be liable for a defamation action or there is something derogatory said about the editor; I always leave the nice things said! Anyway, I received 'Steve's Rant' last

week &, as always, read & checked the veracity as best I can.

The statement that I queried was ... 'A further startling fact is that 45% of Australians cannot read and rely solely on television or social media for their information' (you can read it in full context on page 3 of this edition).



Open 7 days 8am-8pm 4990 3485

202 Wollombi Road, Cessnock (opposite ALDI)

me to a SMH article published roughly 10 years ago written by John Bailey. (https://www.smh.com.au/national/you -wouldnt-read-about-it-20100508ul30.html).

The most astounding revelations & with facts supported by some amazing research. The clincher to me was that "46 per cent of us viz., Australians, don't have the literacy and numeracy skills required to

participate effectively in modern Australia". When I questioned Steve he asked me

if I knew anyone who had literacy and numeracy skill problems & I had a problem trying to remember anyone except for an acquaintance of mine from Walgett who,

unfortunately, never really attended school as his parents where drovers and so spent most of his youth in the 'long paddock'. Steve then recounted a number of friends who don't have the literacy and numeracy skills to manage their respective businesses but are very successful thankfully for their wives/ partners input. An excerpt from John Bailey's article ... The Adult Literacy and Lifeskills Survey conducted by the ABS in 2006-07 closely examined 9000

Australians and their ability to negotiate the sorts of language and calculations they would encounter in everyday life. Each

or parsing the terms and conditions of a workplace agreement. Our perceptions of our skills can be at odds with the reality, according to the survey. Although 17 per cent were found to have the lowest level of literacy for reading prose, only 4 per cent had described their own skills as poor. What's more, people facing difficulties in these areas often compensate in other ways. Once upon a time, "I can read and write" was probably a very good

level three considered the minimum

The survey presented real texts -

abilities to interpret and respond to

abstract, it sought to determine how

So congratulations, again. If you're

reading this, you're probably perfectly

able to write a birthday card or count

the survey reveals, a troubling number

when it comes to calculating interest or

understanding obtuse packaging labels

well people could follow health

instructions or understand the

society.

instance.

response, says Geri Pancini, president of the Australian Council of Adult Literacy. The increasing sophistication of the texts that determine many areas of our lives make this position less tenable today.

I would like to think that our respective state & federal governments would fund some community programs to address this problem.

Locally I am prepared to run a literacy & numeracy class.... say one night a week for 10 weeks and see where that goes.

If you would like to join please email me on thenews@hotkey.net.au or phone 0414 757 826 and register your

Your interest will remain confidential.

Cheers. Mike

ILLEGAL 131555

interest.



The Central Market is held in Branxton every Saturday from 9am-2pm. It has a great range of fruit, veges, meats, good coffee & burgers. All fruit & veges are organically grown & are, almost, straight from the garden to the market. If pecan nuts are your go then this is the place to be



• Cath Harvey & Tony Gates from Branxton enjoying the market last Saturday morning



GIVE US A BREAK

DUMPING ISN'T GIVING

STOP DUMPING Take your garbage to the Waste Management Centre.

(5)

EPA

CHARITY OPERATORS ARE NOT GARBAGE SERVICES

A NSW EPA Waste Less, Recycle More initiative funded from the Waste Levy





Cessnock City's Public Art Policy is now open for community input



Residents from the Cessnock Local Government Area (LGA) now have the opportunity to provide feedback on Council's draft Public Art Policy. An important part of Council's Community Strategic Plan, the draft Policy supports the development and commissioning of art in public spaces, and provides a transparent and planned approach to managing art on Council land.

Following a recent review Council identified the need for the Policy to be updated to reflect changes to current plans and legislation, as well the needs of the Cessnock community.

Cessnock City Mayor, Councillor Bob Pynsent said that public art not only improves the quality of the built environment but supports our sense of heritage and identity. "We already have some fantastic public art in Cessnock and I look forward to an updated Policy facilitating more opportunities for art to enhance the connection between the community our urban landscape," he said.

Council's Community and Cultural Engagement Manager, Natalie Drage said it was important that the Policy be open to community feedback.

"Active community participation in public art, and how it is managed in public space, can only strengthen future projects and the social, cultural, environmental and economic outcomes they may bring," she said.

The draft Public Art Policy is now on exhibition and will be open for feedback until Monday 23 November 2020.

View the draft Policy and make a submission online at

www.cessnock.nsw.gov.au/Council/Have-your-say/Public-Art-Policy

• Photo above: Commissioned mural by Silky Street Art at Bridges Hill

Thousands of local government jobs at risk in regional NSW under government's rural roads reclassification plan

NSW Labor is demanding the Government guarantee the transfer of 15,000 kilometres of rural and regional roads to the State will go ahead without hurting local Councils.

It comes after the Government issued a Request for Information regarding roads maintenance contractors, throwing into question the job security of thousands of Local Government employees. The Government is seeking to understand the suppliers available, the geographical area they can service and their capability.

The Shadow Minister for Local Government Greg Warren said the Government should be prioritising the thousands of Council workers who maintain the roads, instead of outsourcing to contractors.

"This means those Council workers now have no protection or job security going forward. How can the Government put the future of thousands of Local Government jobs at risk in the middle of a pandemic?" Mr Warren said.

"The Government's election commitment to transfer 15,000 kilometres of road to the State was meant to help ease financial burdens on Councils. Instead it will mean less funding and job losses across regional NSW. It's disgraceful."

Singleton's outstanding citizens to be recognised via livestream this Australia Day

The search is on for Singleton's most outstanding residents with nominations now open for the 2021 Citizen of the Year and Young Achiever of the Year to be announced via livestream on 26 January 2021.

While COVID-19 restrictions have put a question mark over what Singleton's Australia Day festivities will look like next year, Mayor of Singleton, Cr Sue Moore said it was more important than ever to recognise those unsung heroes who make a difference in our community. Nominations are open until Friday 27 November 2020. "There is no question this has been a particularly challenging year for everyone, and yet there are people in our community who freely



give their own time and energy to keep on helping others," she said.

"And it's not just this year: there are people among us who just want to make life a little easier for someone else, regardless of their own personal circumstances, and who don't go looking for awards or accolades. "The reward they value most is the satisfaction of doing a good turn for someone else.

"Most of us know someone in our local government area like this, who makes a quiet contribution that makes a big impact.

"This is our opportunity to let those people know we see what they do for all of us, that we appreciate it, and to say thank you. Don't assume someone else will do it – head to Council's website and put their name forward." A formal Australia Day ceremony will be held on 26 January 2021 to announce the Singleton Citizen and Young Achiever of the Year, which will be livestreamed to the community because of current COVID-19 requirements that limit the number of attendees.

Singleton Australia Day Committee chairperson, Cr Danny Thompson said the committee was working through options and ideas to bring people together for a wider community celebration in place of the usual family-friendly events that have been affected by COVID-19 restrictions.

"The global pandemic doesn't change that Australia Day is a great occasion for us to learn more about each other, reflect on what we love about Australia and celebrate what makes this the best country in the world," he said. "Equally importantly, it's the day we celebrate our outstanding citizens and welcome our new Australian citizens.

We are making sure that still happens and involves as many people as possible through a livestream. "The Committee is also looking at what our wider community celebrations will look like next year, with a host of ideas and suggestions that we're currently working through. I hope everyone will keep an eye on Council's website and Facebook page to keep up to date."

• Photograph above: Singleton 2020 Citizen of the Year Gary Holland and Young Achiever of the Year Darcy Gilson.

Active transport grant helps get infrastructure and people moving in Cessnock

The NSW Government will provide more than \$1.5 million grants to Cessnock City Council to help deliver new infrastructure to promote walking and cycling in their community.

The new infrastructure will make it easier for the community to get around their local area using active transport, Catherine Cusack, Parliamentary Secretary for the Hunter said today.

"This grant from the NSW Government will enable the construction of more than 3 kilometres of shared path linking the Cessnock CBD with public schools, sporting complexes and community centres," said Ms Cusack. "Active transport is a great way for the local community to get around and this new infrastructure will help to provide safe access for pedestrians and cyclists to schools and other local facilities."

Cessnock City Mayor, Councillor Bob Pynsent said it's a fantastic announcement that will increase pedestrian connectivity in Cessnock.

"Council will construct shared paths, for pedestrian and cyclists in the Cessnock CBD and a number of pedestrian refuges that will make it easier and safer for residents moving around the town centre. The paths will better connect Bridges Hill Park to the CBD," said Mayor Pynsent.

"The project also includes pathways that provide safe passage for both pedestrians and cyclists looping the Cessnock CBD, connecting to two public schools and the Cessnock Youth and Outreach Service."

The creation of this shared path is part of an investment of around \$710 million in walking and cycling infrastructure over the next four years that will bring the NSW Government's total investment to almost \$1.1 billion – the largest in the State's history.

"The NSW Government continues to encourage people to walk and cycle as part of their everyday commute, promoting an active and healthy lifestyle while also helping to relieve congestion on the roads and public transport," said Minister for Transport and Roads, Andrew Constance.

Further information about these projects will be available from Cessnock City Council as the project progresses.



HANDY TIPS **The Dirt** Detective

Whether you're getting started on a home vegie garden, or a market garden, it's important to get to know your soil before you start dropping plants into the ground. Taking the time to observe, dig a few holes and get your hands dirty before planting will save you time, money and grief in the long run; get to know what lies below – the soil. Here's some tips on how to garden from the ground up. **1**. Check your profile

Dig a few holes to about 50cm so see how your soil profile changes. It's usually made up of topsoil in the first 15cm, which is full of living organisms; subsoil below this without as much life but still important in making nutrients available and allowing drainage. At the base is usually clay. It's important not to disturb this profile and bring the clay to the surface as plant roots and water won't be able to

penetrate. 2. Check the colour Soil colour is a great indicator of its drainage and nutrient levels.

Black - high in organic material

Red/Brown/tan - has organic matter and good drainage

Pale soils - tend to be in high rainfall areas and show soil is leached of nutrients

Yellow soil - has organic matter, prone to waterlogging, easily leached of nutrients

Green-blue soil - low in organic matter, poor drainage, easily compacted 3. Have a sniff It should smell fresh; poorly drained soil is anaerobic and smells bad

like rotten eggs. **4.** *Have a feel*

The best soils are a blend of clay, sand and silt, and are called loams. Put some in vour hand, add a little water, mix it with your finger and test the texture. Sand feels gritty, silt feels like moist talcum powder and clay feels slippery.

Too much sand and it drain well but not hold nutrients

Too much clay will hold nutrients but not drain well.

• Too much silt and it is prone to erosion. 5. How to fix it

Adding compost or other organic material is a great way to correct any soil; it improved drainage and helps retain moisture and nutrients.

In the Garden

Bee Garden Basics: Types of Bees and Useful Tips For Making A Successful **Bee Garden**

Bee garden is a concept for attracting bees into your garden and by doing this, increasing your pollination success rate and increased yields. but before focusing your efforts on making a bee garden, you need to know about different types of bees.

There are nearly 20,000 known species of bees. But here we will focus on 5 main types. Types of Bees:

Here are 5 most popular types of garden bees Bumble Bee (Bombus *ternarius*):



Bumblebees are larger in size (10 to 23 mm in length). They have round bodies covered with soft hair making them appear and feel fuzzy. Because of the buzzing sound, they are called bumblebee.

They build their nests on the ground. Some species, such as *Bombus impatiens*, are used to pollinate greenhouse crops. Like their relatives the honeybees, bumblebees feed on nectar.



The first distinguishing feature of honey bees is they can produce and store honey and can create nest made of wax. This European species is used for pollination and for honey, propolis, and beeswax production. Bees are 10 to 15 mm in length and colonies survive winter on stored honey.

Leafcutter Bee (Megachile sp.):

Leafcutter and mason bees

are solitary. They are 3 to 20 mm in length, and usually nest in cavities. Leafcutter bees use bits of leaves and flowers to wrap

brood cells for their young, whereas Mason bees use soil. Blue Orchard Bee (Osmia



The blue orchard bee is a mason bee (11 to 15 mm in length) that uses mud to divide its brood cells. Bee belongs to the same family as leafcutter bees and is an important fruit pollinator. Mining Bee (Andrena sp):



Basic Rules of Bee Gardening When gardening for bees,

> here are a few general rules of thumb: Choose a range of flower shapes and colours to attract the most bee species. Bumblebees can easily

collect pollen from complex flowers, while smaller bees appreciate simple flower shapes and a flat place to land.

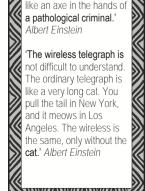
Plant season-long blooms to support garden bees from early spring until fall. Provide areas of undisturbed ground or vegetation for nesting sites. Bees and flowers have evolved in tandem, so make

sure to choose non-hybrid natives. Plant in masses for efficient pollen collection. Sunny areas are most attractive. Avoid using pesticides. Even some organic mixtures can harm insects. Provide a muddy area or



shallow trough for water.

Albert Einstein (1879-'Technological progress is ike an axe in the hands of



Why is my dog barking?

If your dog has a barking problem, this can be a nuisance for both your own family and your neighbours. You love them and give them everything they need, right? So why can't they just be quiet? Generally, if a dog is barking there's a reason why. And it's important to identify the underlying causes, so that you can then take appropriate action to fix the issue quickly Why do dogs bark? Barking is a very normal behaviour for dogs - after all, they can't speak to us, so this is how they communicate. Dogs may bark when calling out to other dogs, expressing emotion, being territorial or when trying to grab their owner's attention. Any noise, no matter how slight, can stimulate a barking response - for example

rustling leaves, a banging window, lightning or thunder, or a ring of the doorbell. Dogs also bark because of behavioural issues. For

example, a dog may bark out of fear, boredom, or when they're anxious to be left alone.

Again, barking is a normal behaviour and is simply our dogs trying to communicate with us. However, when dogs bark excessively (as in, for many hours of the day or repeatedly in certain situations), this usually indicates an underlying issue. To diagnose the issue, you may need to find out from your neighbours how long your dog barks for after you leave the house. How to stop your dog from barking?

Find the trigger The first step is to work out the cause of the problem. Is your dog barking repeatedly in a certain situation because they're scared of something (also known as a 'barking trigger')? Are they barking to get your attention? Are they barking to protect their territory? Are they barking when vou're not at home because they re bored! Common trigger situations

can be when a dog is scared

boarding

of another dog, when they're around objects like vacuums, lawn mowers or cars, or when they've been conditioned to be alarmed by something that we usually wouldn't recognise as frightening, for example people in high visibility clothing, glasses or hats. Retrain their behaviour Once you've identified the trigger, it's time to do some simple obedience training to retrain your dog's brain to not associate the trigger with a need to bark. Behavioural modification training involves using rewardsbased, or positive

reinforcement, to teach your dog what 'good' behaviour

Slowly expose your dog to their trigger, and reward them whenever they don't bark. For example, if your dog's trigger is someone walking past the fence, have someone approach the fence a number of times, starting out a few metres away and then getting closer and closer each time. Every time your dog doesn't bark, reward them with a treat. If they do bark, simply ignore them and try again. Likewise, if your dog's barking is a way of gaining

your attention, only give this attention when they are

need to be consistent and patient, and resist any urge to react to barking by shouting at

> Retraining your dog is a great way to encourage them to stop barking, however it may also be necessary to





environment so that they're less likely to bark when you're not around.

For Your Dogs,

If you think your dog might be barking because they're not getting enough exercise, take them for a walk each morning before you go to work and see if that makes a difference. Also make sure that your dog has adequate stimulation in the form of entertaining toys or food to keep them occupied during the day. This could come in the form of raw bones (but not too many as they can be fatty), but a safer option would be Kong toys or oldfashioned chew toys. If you think your dog may

be barking because they're being left alone for long periods of time, explore options like a dog walker or doggy day care to keep them company. Remember that dogs are social animals and generally don't like to be left alone! Sometimes when dogs bark excessively in response to a particular stimulus, such as people passing by the front gate, a simple environmental solution such as blocking their view can resolve the problem. Be aware that if your dog sleeps outdoors, there will be many sounds that could potentially trigger

trees, other dogs barking, or even the wind, so vou should bring your THING dog into the house at night SO CUTE)

where they

will learn

barking, such as possums in

to sleep quietly. Are you at risk of a dog barking complaint? If your neighbours are getting annoyed at your dog barking, there's a number of avenues they can take. The first option (and the best for you) is for them to write you a letter/note or come and speak to you in person. This is ideal as it will give you the opportunity to have an honest conversation with them and let them know that you're addressing the issue.



close enough with your neighbours to warrant a conversation, they may speak to a Community Justice Centre, or, in more extreme circumstances, contact the local council. The council will investigate the matter and potentially deliver you a prevention notice, which will instruct you on the steps to need to take the rectify the matter. However, if you think your dog may have a barking problem, it's best to prevent the issue from escalating by having an honest and open chat with your neighbours as soon as possible.

Tips

How to know when to see a veterinarian

In some excessive barking cases (or if you just need a bit of help with your training), you may need to speak to your veterinarian, who can provide you with advice and maybe refer you to a rewards-based animal behaviourist or veterinary behaviourist. A veterinary consult is advisable if your dog is a compulsive barker. which means they bark for long periods, accompanied by other repetitive

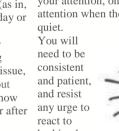
behaviours such as circling or jumping. Your veterinarian may need to prescribe a medication for your dog in conjunction with the behavioural modification. In all cases of excessive barking, your veterinarian can also identify

and treat any underlying medical causes, such as chronic pain or cognitive decline If you do choose to get out-

side help, avoid any dog trainer who uses negative punishment, as this has been known to create fear in dogs and essentially make the issue worse in the long-term. You can also contact your local RSPCA for

advice. Keeping your dog's barking in check You love your dog, and obviously want them to be happy and healthy. However, excessive barking really can be an issue for your dog, you, and your neighbours. Be sure to take steps like behavioural modification training or seeing your veterinarian if you suspect your dog has a barking problem, and you'll be able to avoid having the matter taken to your local council. Author

Rosemary Elliott, BVSc (hons) MPsych (clin) BA (hons), MANZCVS (Animal Welfare)







Branxton Veteran Golfers Results 22-10- 20 Veterans Championship (Rounds 1 & 2) Men's Div 1

Scratch - Winner J Sheedy 119 R/u E Barrett 124 (c/b) 3rd M Barrett 124 Nett - Winner M Ford 99 R/u G Gazzard 101 (c/b) 3rd G Sheldon 101 Stableford - Winner G Anderson 56 pts R/u G Wilton 53 pts 3^r D Sheppard 52 pts Men's Div 2 -Scratch - Winner B Smith 141 (c/b) R/u J Flynn 141 \ 3rd R Showman 143 Nett - Winner L Bootes 83 R/u D Taylor 94 3rd A Hackett 95 Stableford - Winner R Chalmers 65 pts R/u P Sekulich 57 pts 3rd M Kingston 54 pts Ladies Div Scratch - Winner C Caldwell 141 R/u R Friis 149 (No Nett - Winner R McCarthy 149 R/u M Hunt 179 (Third Stableford - Winner C Miller 50 pts R/u N Busch 40 pts (Place NTP - Ladies R McCarthy Gents - D Kinch Members draw - Not won A fine Spring day for a round of golf and an exciting finish to our Championship. Congratulations to all winners and a jolly well done to the place getters. A special mention must be made in regard to our

& 3rd in Div 2 Nett section. Still able to mix it with best.

octogenarians, finishing 1st

Results 29-10-20 Stableford

Div 1 Winner T Seamer 31 pts (c/b) (SOD) R/u M Rvan 31 pts 3rd D Sheppard 29 pts Div 2 Winner P Lancaster 29 pts (c/b) R/u J Atton 29 pts 3rd D Taylor 28 pts Ladies - Insufficient numbers to form a division NTP Ladies M Hunt Gents E Barrett Members draw - Not won The rain clouds rolled away, the sun shone, making very pleasant playing conditions for our Veteran players. Congratulations to Tony Seamer on winning his division and achieving the "Score of the Day". Well done to all other winners and

place getters. LN Bootes, Hon Sec

Branxton Golf Club Championships—Round 3 Sunday Seeded Groups A Grade: Corey Lamb 203 (69,67,67) Joshua Tracey 207 (66,73, 68) Cameron Johanson 210 (71,69,70) Peter Wilton 217 (71,74, 72) **<u>B Grade:</u>** Zac Hayes 243 (77,84,82) Ben Bridge 248 (81,82,85) Toby Grant 251 (82,78, 91) Colin Ford 252 (87, 81, 84)C Grade: Matthew Bain

285 (92,88, 105) Rob McMillan 287 (96,95,96) Pip Lancaster 291 (98,97, 96) Richard Turnbull 297 (100, 98, 99)Juniors: Zac Hayes 243 (77,84,82) Riley McClung

248 (87,77,84) Hugh Dilley 318 (104.102.112) Saturday, 24 October 2020 CLUB CHAMPS RD 3 -**STABLEFORD**

Field: 56 Grades A Mark Moylan 39 Grades A Joshua Tracey 38 Grades A Victor Matt 37 Grades B Paul Bush 36 Grades B Colin Ford 36

Grades B Murray Johanson 35 Grades C Robert McMillan

35 Grades C Pip Lancaster 35 Grades C Lennard Porter 30 Balls 17 Distributed down to score: 31

A GRADE D TURNER **B GRADE N WHEELER** C GRADE L PORTER Saturday's 3rd Round began with a change in weather with a wet course facing all competitors although the rain managed to stay away all morning allowing good scores to be recorded. Mark Moylan enjoyed the

conditions to win A Grade with an excellent 39 pts, just ahead of Joshua Tracey's 2 under par 38 pts, with Victor Matt turning back the clock to finish third with his 37 pts from his 5 handicap. Paul Bush continued his solid championship form to win B Grade with his 36 pts, just ahead of Colin Ford on the same score. Former long time Club Captain Murray Johanson finished third with a very pleasing 35 pts after making a sterling return to golf after knee surgery this year. Rob McMillan won C Grade with his 35 pts defeating Pip Lancaster on a countback with Lennie Porter third with his 30 pts. Pip's round was very pleasing after a lost ball on the first an excellent come-back. Dan Turner's NTPin on the last was very impressive finishing around 20 cms from the cup. The championships are really hotting up in each grade with the cream rising to the top, especially in A Grade where Corev Lamb leads with his 7 under par. Joshua Tracey continues to impress at 3 under par with Cameron Johanson at even par. Young Zac Hayes has a 4shot lead in a very competitive B Grade with Matthew Bain hanging onto a 2-shot lead. (See back page for final championship round) Saturday, 31 October 2020 SATURDAY COMP -

under the fence behind the STABLEFORD tee—he still made a six so he gets the "play of the day"

Field: 50 Grades A Lee Heuston 40 Grades A Troy Felan 38 Grades A Peter Wilton 38 Grades B Neil Jordan 36 Grades B Paul Bush 33 Grades B John Bowen 33 Grades C Andrew Keogh 36 Grades C Ted Zawirski 34 Grades C Lennard Porter 34 Balls 15 Distributed down to score: 33

A GRADE L HUNT **B** GRADE B TURNER C GRADE **B BAILEY** The Annual Captain V President event was played

on Saturday with the Captain's team winning narrowly 751-749. The teams were formed randomly from the timesheet. The last group out had the President's team in front by 3 but a brilliant 40 pts by Lee Heuston got the team over the line. Lee, a two marker, had a two under 68 which included a lip out on the 13th which could have taken him to 5 under. Lee played with Club Champion Corey Lamb and runner up Joshua Tracey who both had 35 pts so the quality of golf was fantastic. Mick Tracey, playing with them had 35 pts as well from his 5 handicap-not bad for the elder statesman in this group! Trov Felan made a welcome return to Branxton golf to finish runner up in A Grade with an excellent 38 pts with Peter Wilton third with his 38 pts (an even par scratch score—gee we have some good golfers at Branxton!). Neil Jordan turned back the clock to win B Grade with 36 pts well clear of runner up Paul Bush (fresh from a solid championship) with John Bowen third with the same score. Andrew Keogh won C Grade with his 36 pts, just ahead of the ever- consistent Ted Zawirski with legendary Lennie Porter third with 34 pts each. 33 pts was needed to win a ball. I was also informed that the Club Captain contributed the lowest score to his groupobviously the stress of leadership affected his game. I'm also reliably informed he also bogged his cart on the 7th hole—the Club President did the same after driving through some water-what happened to our fearless leaders! Bobby Hale provided some entertainment for his group (and some other golfers who witnessed his play) by hitting his drive on the 6^{th} tee into the social

The encouragement award goes to Luke Matt who played his first competition game today with his Dad Victor. Welcome aboard Luke-you certainly have a great mentor with your father a wonderful golfer and excellent sportsman. Next week the Singles Final will take place with Troy McCaw and Dan Turner to vie for the title. Well done boys and

good luck next week! HUNTER VALLEY GOLF CLUB Sunday 18th October

Diane Grant from Cronulla GC has won the Weekly Challenge with 43 points from Greg Sprong from DuntyLeague GC 43 and Beau Willet of Toukley GC with 41 points. Ball winners were: Jeff Shanhan 39. Ralph Grant v39, Robert Wood v38, Phil Douglas 37 & Dylan Palmer 37 c/b **Tuesday 20th October** David Spruce has produced a solid 42 points to win the Tuesday Stableford from Ty Cowley with 40 on countback to Peter Wilson in 3rd place. Ball winners were: Peter Franks 37, Ian Smith 37, Peter Tierney 37, David Peel 37, Graeme Flynn 37, Gary Arnold 36, Greg Ireland 36, Wayne Barber 36, Dean Morison 35, Matt Zechel 35, Angello Wood 35, Lindsay Meyn 34, Leigh O'Connell 34, Andrew Causey v34, Paul Neuss 34, Lindsay Self 33, Jeremy Smillie v33, Dennis Donn 33, Lloyd Barrett 33, Andrew Edwards 33, Rick Turchini 33, Eric Smith 33, Michael McNab 32, Arthur Cuttriss 32, Wayne Burgess 32, David Michael Menzies 32, Dylan Palmer 32, John Stewart 32, Ian Newell 31, Ken Scott-MacKenzie 31 and Anthony Mudd v30, Rex Talbot 30 & Phil Darcy 30 c/ b. Nearest-the-Pins went to Phil Darcy (3rd) & David Peel (4th,8th & 17th) Wednesday 21st October Melita Watson has taken benefit from the accommodating course conditions to have consecutive rounds of 79 at Hunter Valley Golf Club, bound to come under the handicapper's eye, the score in the Ladies Stableford worked out to 41 points and the winning round from Maureen Donaldson with 40 & Jenny Chambers 3rd with 36. Ball winners were: Mary Fortey 35, Ruth Scott 35 and Dale Hamilton 34 c/b.

Thursday 22nd October Once again fantastic scoring featured in the Vets Irish Stableford with excellent course conditions providing

YOUR friendly team

markers and rebounding

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the platform for these results. Division 1 has gone to Guntha Shilko with 89 points from Peter McIntvre 82, Division 2 to Geoff Boyd with a staggering 90 point haul from Ray Boyd with 80 on countback & Division 3 to Norm Barry with 80 points from Phil Wetzler 77, Ball winners were: Ken Harris 80, Paul York 80, Steve Jurd 78, Curly 77, Gerry Irwin 75, Boss Hogg 75, Dave Balckburn 74, Mark Barrow 74, Fluff 73, Bill Freeman 73, Ken McLaughlan 72, Wayne Berry 72, Steve Rawlings 71, James Hogg 71, Anthony Neale 70, Kerry Bartlett 70, Doug Harley 70, Denis Donn 70 & Paul Ireland 69 c/b. Nearest-the-Pins went to Garry Marsden (3rd) Rob Hannah (4th & 10th) Ken Harris (8th) & David Peel (17th). Saturday 24th October The much needed early Saturday rain left many of the Stableford field at home with only a small number of players turning out. Lindsay Meyn found conditions to his liking with a 41 point round, runner up went to Stephen Zok with 39 on countback to Twin Creeks GC visitor Tyler Bratusa also on countback. Ball winners were: Nicholas Hain 39, Shannon Attewell 38, Craig Sharp 38, Brian Connolly 37, Ron Felsch v36, Andrew Zok 36, John Kitchin v35, Michael McNab 34, Nick Looby 34, Aaron Marks 34, Jeremy Holden 34 and Wayne Barber 33 c/b. Nearest-the-Pins went to Craig Sharp (3rd) Peter McIntyre (4th) Michael McNab (8th) &

Shannon Attewell (17th). Next weeks event will be a Medlev Stableford Please Note: ***Bookings are now open for the Mixed 4BBB Championship Sunday 8th

November Due to current Covid -19 restrictions on gatherings, to assist in the planning for our

AGM & Presentation to be held on Sunday 29th November beginning at 10:45 am the Board are requesting all who intent to attend to please notify before 14th November, don't forget to include your partner in the reply if they are planning to attend with you. The Board email is: hvgcboard@gmail.com or notify any Board Member Geoff Sweetman 33, Anof your intentions. Thank you to all who have already taken the time to reply. Sunday 25th October The Weekly Challenge has been won by Tony Krishna with 42 points from Magenta Shores GC visitor Damend Naidu with 41, no other details are available at this time. Tuesday 27th October Mathew Zechel has re-

corded 49 individual points to easily win the Tuesday Stableford, bound to be playing on a new handicap next outing, Ty Cowley produced another solid round to take 2nd place with 42 on countback to Chris Taggart. Ball winners were: Mathew David Ford v39, Andrew Cawsey v39, Tom Vaughan 38, Steve Piggot 37, Jason Cowburb 36, Michael David Menzies 36. Geoff Boyd 36, Wayne Barber 35, Phil Darcy 35, David Peel 35, Michael Ridgeway 34 & Wayne Burgess 33 c/b. Nearest-the-Pins went to Geoff Boyd. Phil Darcy & Gary Arnold. Wednesday 28th October Constant early showers hurried the Ladies who started from the course with no results handed in. Next week the Ladies will play Individual Stableford Thursday 29th October Kinder weather greeted the Vets field who turned out in the Medley Stableford, scores reflected the heavy ground which reduced the 'run' may of the Vets rely on. Division 1 went to Steve Piggot with 37 points from Jeff Taylor 36 on countback, 38 from Don Bradley 37 c/b and Division 3 to Ron Findley 34 from John Harrison 33 c/b. Ball winners were: Bruce Chambers 37, Ken Harris 36, Michael Gilbert 35, Kerry Bartlett 35, David Peel 35, Lloyd Barrett 35, Lindsay Meyn 34, Steve Rawlings 33, Robert Logue 33, Wayne Drayton 33, Paul Smith 33, Wayne Barber 33, thony Neale 32, Graham Donaldson 32, Graeme Flynn 32, Fluff 32, John Pascoe 32, James Hogg 31, John Grayson 31, Wayne Berry 31 and Darrell Preston 31 c/b

Nearest-the-Pins went to David Peel (3rd & 8th) Guther Shilko (4th) John Carmody (10th) & Dave Gellwiler (17th). next week the Vets will play a Medley Stableford

Saturday 30th October Early drizzle cleared quickly leaving a great day for the members and visitors playing in the Medley American Stableford. A Grade has been won by Stephen Zok with 58 points from Shannon Attewell 56, B Grade to Cabrammatta GC visitor Steven Thomson with 55 points from Jerry Bowden with 53 on countback and C grade to George Copas 59 from Scott Jones with 58 points on countback. Ball winners were: Bill Mitchell 58, Nicholas Hain 56, Lex DeBock v56, Murray Flannigan 55, Jason Stoker v55, David Johnston 55, Richard Craft 54, Trevor Collins 54, Peter Tierney 54, Dean Morison 54, Peter Huckfelt 54, Brian Ferrao v54, Alan Provenzano 53, Graham Morris 53, Nicholas Dunn 53, Edward Bagoly v52, Fluff 52, Peter McIntyre 52, Paul Bullock 51 and Geaoff Boyd 51 c/b. nearest-the-Pins went to Peter Tierney (3rd) Tracy Morison (4th) Dean Morion (8th) Nathan Sweeney (10th) 7 Stephen Morgan (17th). Next week's event will a Medley Stableford

Branxton Greta Swimming Club end year in a true competitive spirit!

REMEMBER

Division 2 to Kevin Smith



The last race night, just prior to Christmas, for the first half of the summer season of Branxton Greta Swimming Club was held in excellent weather after a few cancelled race nights due to rain. Individual medley events push swimmers to perform their best, a distance of each stroke is swum - butterfly, backstroke, breaststroke and freestyle. Megan Searle, Chantelle

Jones, Logan Ratley, Cooper Wilton and Brodie Grant had fantastic races completing the strokes with correct technique. Toby Wilton and Charlotte Martin also put in great effort in checkout our facebook page. the individual medley races. Matthew Wenham not only swam a great medley race but a fantastic 33m freestyle also. Brianna Crothers was also a

stand out in the freestyle events. Appreciation is extended to all the helpers during the first half of the season. Don't forget the intensives in January

Photo Above ~ Club members on the last swim night prior to Christmas

BRANXTON GRETA VINEYARDS

Corey Lamb 'A' Grade Club Champion 2020

Full Report ~ Branxton Golf Club Sunday, 25th October Last Round of 2020 Championships

Sunday's weather ensured the last round of the Club Championship would be challenging with the daily stableford event proving that being the case. The day's winner in A Grade was Gregory Tearle with a pleasing 38 pts, just ahead of Club Championship runner up Joshua Tracey who had an excellent 37 pts (one under par). Ben Bridge who finished runner up in the B Grade Championship finished third with 37 pts as well. Colin Ford won B Grade with his 34 pts, a score good enough for him to win the overall Vets title as well. Rod Moylan had another good day to finish runner up with 32 pts with Barry Turner third with his

excellent day winning the day's C Grade Stableford with 33 pts, a score good enough for him to win the C Grade overall title. Young Hugh Dilley finished runner up with the same score with Richie Turnbull winning another prize with 31 pts. 32 pts was needed to win a ball. The Club Championships *Titles* proved to be great viewing throughout the day in each grade with the cream

rising to the top, especially in A Grade where our very promising local prodigy, Corey Lamb, won the title with an overall 9 under score 271 (69, 67, 67, 68). Joshua Tracey once again finished runner up with a wonderful 4 under total score 276 (66, 73, 68, 69). The quality of golf on display would put most Pro-Ams to shame. To see two

players finish under par after

31 pts. Matthew Bain had an 4 rounds is something to see. throughout the champion-They combated like prize fighters all day, both playing well enough to be a few shots better. Defending Champion, Cameron Johanson finished third with a one over par score of 281 (71, 69, 70, 71)—a score good enough to win past championships quite easily. Young Zach Hayes battled hard to win B Grade from last year's champion Ben Bridge, finishing in style by holing a difficult putt on the 17th to maintain a 2-stroke lead and sinking a 20 footer on the last to seal his victory. In C Grade Matt Bain lead for the 4 rounds, winning by a few shots in the end, just missing a birdie on the last as well. The seeded group were all first timers in the last group so congratulations to Matt, Rob, Pip and Richie. The course was in wonderful condition

ships, with Club Captain, Steve Ross very thankful to everyone involved. A Grade Scratch Winner -**Corey Lamb**

A Grade Nett Winner - Josh Tracey A Grade Scratch Runner Up - Cameron Johanson

Field: 42 Grades A Gregory Tearle 38 Grades A Joshua Tracey 37 Grades A Benjamin Bridge 37

Grades B Colin Ford 34 Grades B Rodney Moylan

32 Grades B Barry Turner 31 Grades C Matthew Bain 33 Grades C Hugh Dilley 33

Grades C Richard Turnbull 31 Balls 13 Distributed down

to score: 32 A GRADE C JOHANSON B GRADE J BEREZA C GRADE R MCMILLAN



A Grade & Club Champion, Corey Lamb, & dad Tony C Grade Champion Matt Bain

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