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WEDNESDAY
1 March 2023

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ALP promise high school for Huntlee if elected this month



A Minns Labor Government will commence work on a future high school in Huntlee/North Rothbury to cater for the communities of Branxton, North Rothbury and surrounds it was announced on Friday 17th February. NSW Deputy Labor Leader and Shadow Minister for Education Prue Car MP, state member for Cessnock Clayton Barr MP & ALP Upper Hunter candidate Peree Watson made the announcement jointly. The shadow minister said that Labor believes an investment in education is an investment in the state's future. "That's why Labor will begin work on a new high school for Branxton and North Rothbury. We know it won't be delivered overnight but Labor is committed to making it happen," she said. **CONT P. 2**



Exciting news!!!!

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From Front Page ALP promise high school for Huntlee if elected this month



* Photo above (L-R): Jay Suvaal Cessnock Mayor, Peree Watson endorsed ALP candidate for the seat of Upper Hunter, NSW Deputy Labor Leader and Shadow Minister for Education Prue Car MP and Emily Suvaal - Labor Legislative Council Candidate

Member for Cessnock Clayton Barr MP said that with Huntlee set to be home to 20,000 people, a similar size to Singleton, it's vital we have local schools delivered, starting with a public high school and then a primary school.

"We know land has been set aside but the NSW Liberal Nationals Government have failed to commit to a local high school. A Minns Labor Government will secure the school site and start work without further delay."

NSW Labor candidate for the Upper Hunter Peree Watson said that she was incredibly proud to hear the announcement that a newly elected State Labor Government would start work on a public high school for Braxton, North Rothbury and the surrounding suburbs.

"I want to thank the local community for their strong advocacy for education in our region. I'm committed to

ensuring our children have the best educational opportunities close to home. It is clear that only Labor will deliver a school for Braxton and Huntlee, only Labor values public education. The choice this election is very simple, if you want a school for Huntlee any time soon then we need to change the seat of Upper Hunter on March 25," said Peree.

Member for Upper Hunter Dave Layzell MP said that the provision of a high school for the area is all about timing.

"We have plans for a primary/junior school and eventually there will be a high school. At the moment there is capacity in other schools. I don't want to set up a school that's doomed to fail," Dave said.

Education Minister Sarah Mitchell said that the government had not allocated funding for new schools in the Huntlee area.

Local Elderslie resident & mother of three young children, Lee-Anne Moore, had called on the state government to provide adequate educational facilities for Huntlee newtown & the surrounding area. Lee-Anne headed a large group of local residents intent on seeing a new infants' primary & high school provided in the near future. Currently local school children, using the public schooling system, have to be accepted as infant/primary students in Braxton at Braxton Public School and those entering high school have been allocated Rutherford High School. Currently, Braxton Public School has around 400 pupils which is 175% over the accepted level which is 231. Demountable class rooms have, for now, catered for the rapid increase in the numbers but space for adequate outside play areas is rapidly declining. Three more at the

eastern end were installed just prior to the start of the 2023 school year.

Rutherford High School is 20k's away with a daily travel time for students of an hour and a half. They leave Braxton at 7:30am and return at 5pm which is an eight and a half hour day. Lee-Anne said that it is not acceptable. "High school children as young as 11 are putting in a tremendously long day and are expected to deal with home work & other on their return," said Lee-Anne.

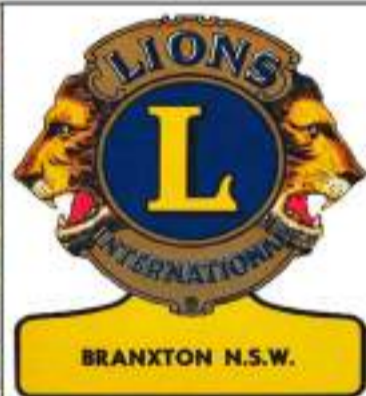
The announcement was very well received by Lee-Anne and her large group of local residents helping her lobby both sides of politics.

The last time a new high school was built in the Hunter Valley was in 1985 with two, Rutherford Technology High School and

Mount View High School in Cessnock.



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For membership details Contact Dr. Alan Beckley Secretary, Lions Club of Braxton Inc Email: braxton.nsw@lions.org.au Mobile: 0426 261948

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Mike Lowing: Editor, Journalist, Photographer & Administrator
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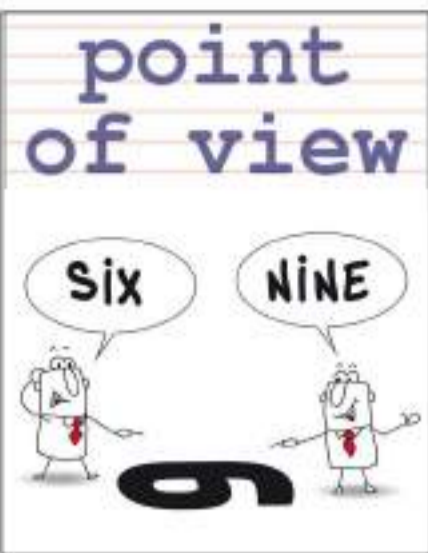
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"You'll have to get behind me and push."

ED., Australia is a country rich in natural resources – not least uranium. It's no surprise, then, that the debate around nuclear power has been raging on and off again for decades. Proponents of nuclear energy claim it's the only option for clean and reliable electricity. But is this true? (The article below was prepared by the Climate Council)

NUCLEAR POWER STATIONS ARE NOT APPROPRIATE FOR AUSTRALIA – AND PROBABLY NEVER WILL BE

The prospect of nuclear power in Australia has been a topic of public debate since the 1950s. While we have never had a nuclear power station, we do have 33% of the world's uranium deposits and we are the world's third largest producer of it. Periodically, as with the changing of the seasons, various individuals appear in the media singing the virtues of nuclear energy onshore – claiming it is the only option for clean and reliable electricity in Australia. In fact, nuclear power in Australia makes no sense and wasting time and energy debating it is a distraction from genuine climate action.

Why doesn't nuclear power make sense for Australia?

Nuclear power stations can't be built anywhere in Australia. They are banned in every state, and in every territory. Such bans were introduced because of community concerns about the health and environmental risks. Many parliamentary inquiries at a federal and state level – see this Victorian Inquiry, this Federal Inquiry, and this South Australian Inquiry for instance – have been held into nuclear, and all have concluded that nuclear power makes no sense in Australia.

Nuclear power stations are expensive and take too long to build. CSIRO says by far the lowest cost way of producing electricity is with solar and wind even when factoring in storage. In contrast, the costs of building and operating nuclear in Australia remain prohibitively high. Further, analysis conducted by the nuclear industry itself shows nuclear power stations take an average of 9.4 years to build – compared to 1–3 years for a major wind or solar project. Australia needs to replace its

ageing coal-fired power stations as quickly as possible, and should be slashing its emissions by 75% this decade. As shown in the Australian Energy Market Operator's Integrated System Plan, by far the cheapest and quickest way to do this is to **ramp up renewable energy** paired with storage like pumped hydro, and batteries. **Nuclear power poses significant community, environmental, health and economic risks.** Radiation from major nuclear disasters, such as Chernobyl in 1986 and Fukushima in 2011, have impacted hundreds of thousands of people and contaminated vast areas that take decades to clean up. Even when a nuclear power station operates as intended it creates a long-term and prohibitively expensive legacy of site remediation, fuel processing and radioactive waste storage. They are also water hungry – requiring massive quantities of water for ongoing operations.

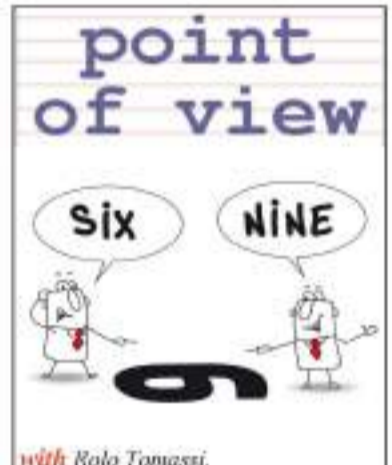
Nuclear power is not renewable. Uranium is a finite resource just like coal, oil and gas. **It needs to be mined which can have widespread effects – contaminating the environment with radioactive dust, radon gas, water-borne toxins, and increased levels of background radiation.** Australia is one of the sunniest and windiest countries on earth, with enough renewable energy to power resources to power our country 500 times over. Building large-scale wind and solar projects is the cheapest way of producing

electricity here, even when paired with storage. It is also low risk, renewable and non-polluting. The bottom line is – nuclear power is the slowest, most expensive, most dangerous and least flexible form of new power generation for Australia. It makes no sense. So let's stop wasting time, and get on with building more renewables.

Case study: Hinkley Nuclear Power Station, United Kingdom

When this project was first being promoted, the CEO of British energy company EDF Vincent de Rivaz predicted that the Hinkley C nuclear power station could be switched on in 2017. It is currently slated to open in June 2026, almost a decade late even if this extended deadline is met. Around the same time, the UK government priced the project at 4 billion UK pounds. It is now expected to cost between £22bn and £23bn. The price for Hinkley's electricity was fixed in a so-called "strike price" at £92 per megawatt-hour, rising with inflation. This won't rise, even though the costs of building the project have gone up. However, that is still expensive energy when the latest offshore UK wind farms have agreed to strike prices of less than half that (around £40 per megawatt-hour).

Meeting the climate challenge means taking bold and decisive action this decade with the technologies that are ready to go in Australia today. The significant limitations nuclear energy faces means that there is no real prospect of it playing a role in reducing Australia's emissions.



with Rolo Tomassi.

Offence

In this era of -ism and -phobe, not to mention misogyny (although not misandry, which apparently is a non issue), the ability to offend is commensurate with the ability to open your mouth.

Some are apparently unable to claim to have been offended. If you're a Caucasian cis-male, it's very difficult to be offended, or at least to be able to claim offence. After all, being in that group would render you a member of the toxic white patriarchy, which is seemingly the source of all evil and hence at the bottom rung of discrimination and the capacity to be offended, even though the rest of the world has demonstrably profited from this alleged patriarchy.

This raises an interesting question. Where do black, brown and yellow people fit into the pecking order? Which group is more disadvantaged? Who holds the higher moral ground disadvantage-wise? Does their locale count? Does the actual percentage of a genetic makeup count? Can you identify as one race with 5% of that genetic makeup? Why doesn't the other 95% trump the 5% you're identifying with? Should you have to prove you are predominately of the race you're claiming, say with DNA testing? This could/should be an issue if there are financial or other advantages that are race based.

My hero on the offence question is exemplified by Jordan Peterson when he was interviewed by Cathy Newman. This seminal example of handling a hostile situation highlights the question as to whether your being offended trumps the other person's level of being offended. Peterson correctly argues that to discuss practically any serious topic you have to accept that people may be offended. Serious topics must be discussed. I recently saw an Afro-American academic arguing against cultural appropriation because of the offence that may cause. He was arguing against say, Caucasians braiding their hair in, in his opinion, a black fashion. Another panellist countered that by asserting that braiding was a Viking fashion. Who is right? The academic was wearing a suit which was of a European style. Was that offensive cultural appropriation? Why is imitation no longer the sincerest form of flattery? Seems to me that much of this insistence on offence is propagated by those that don't want largely integrated societies but want to exacerbate racial divisions. Anarchists.

Letters to the Editor

Devastated to report that the Nationals will not match Labor's commitment to build Huntlee High School.

Dave Layzell (Nationals, Upper Hunter) finally met with me this week, and I now understand his position to be that when the Department of Education (DoE) decides that their figures show sufficient need, THEN he will be our "greatest advocate". Devastating! We need a "representative" who is willing to fight for us NOW. Someone who will listen to our community, and believe us when we tell him how urgent the situation is, not deny the need because his government says that it doesn't exist! While he wasn't sure what the DoE's magic number is for Huntlee

High School, there are other public high schools in our region with less than 700 students (eg Dungog, Seone), a figure that I'm sure Branxton, Huntlee and surrounds would easily reach. The difference is, those towns have had their high schools for generations, but we have to fight desperately for ours NOW. AGAINST our local member who should already be advocating for our children's education!

To act like the State Government has no power over the Department of Education's decisions and mystical figures is a cop out, in my opinion. The DoE is controlled by the State Government, and is the responsibility of the State Government. Telling me that the State Government fast tracking residential development at Huntlee, and failing to build a high school, and denying the inadequacies of the bus services between Branxton and Rutherford are all three separate issues, for three separate departments, is not a winning

argument. If anything it is a sign of an even bigger problem, that these departments are allowed to operate as though each of them has no impact on the other. After that crushing meeting, I now believe that it is pointless trying to convince the Nationals to match Labor in committing to building Huntlee High School. But the Nationals only have a 0.5% margin in the Upper Hunter in this election. Now more than

ever, your vote really counts. If you love a child that lives in Branxton, Huntlee, Greta, and surrounds, and care about their education and want this school built for them, please vote Labor (Perece Watson and Clayton Barr) in next month's election. And hope that the rest of the state does too. *Lee-Anne Moore, Elderslie NSW 2335*

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The News

Mike Loring: Editor, Journalist, Photographer & Administrator
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Cessnock electorate's local sport grant program

—successful recipients 2022/2023



Member for Cessnock Clayton Barr MP

State Member for the Electorate of Cessnock, Clayton Barr, MP is pleased to announce the successful recipients in the Cessnock Electorate who are to receive funding from the 2022/23 Local Sport Grant Program. Clayton Barr MP said the 7 projects funded across the

Electorate of Cessnock would increase participation in local sport across all age groups and bring our community closer together. Mr Barr said, "The Cessnock Electorate was successful in receiving \$50,000 under the Local Sport Grant Program to fund a variety of projects including programs, equipment and infrastructure such as privacy partitions, seating and lawn renovation." Grants of between \$2,000 and \$10,000 per project were up for grants with up to \$50,000 available in each electorate. The successful recipients for the 2022/2023 Local Sport Grant Program in the

Cessnock Electorate are:
 * West Wallsend Junior Rugby League Club Incorporated is to receive \$10,000.00 for partitions to be installed in sheds for privacy.
 * Fernances Creek Riding Club is to receive \$3,200.00 for Fernances Creek Dressage Area.
 * Cessnock Amateur Swim Club is to receive \$6,725.00 towards the CACS Swim Program.
 * Kurri Kurri Minor Rugby League Club is to receive \$10,000.00 for equipment for the 2023 Women in League Program.
 * Mt Sugarloaf

Croquet Club Inc is to receive \$6,407.00 for lawn renovation to provide an improved playing surface and increase participation.
 * Cessnock Minor Rugby League is to receive \$4,271.00 for seating at Mt View Park.
 Cessnock Rugby League Football Club Incorporated is to receive \$9,397.00 for ladies uniforms.
 "I would like to offer my congratulations to the successful clubs" said Mr Barr. "This funding will help local sporting clubs within the Cessnock Electorate to upgrade existing equipment and facilities and encourage everyone to increase their participation in sport."

New NSW State Electoral boundaries ~ A reminder of changes

Branxton & East Branxton to Upper Hunter electorate
 The NSW Electoral Commission announced in late August 2021 that there will be changes to the electoral boundaries. The changes will come into effect for the coming NSW State election in 2023. Until then all state electorates remain the same.

The new boundaries will include removing the localities of Broke, Howes Valley, Milbrodale, Mount Thorley and surrounds, and the hamlets of Branxton & East Branxton, north of the railway line, from the Cessnock electorate and into the Upper Hunter electorate.
 The State Member for Cessnock, Clayton Barr MP, said that he will continue to be your local NSW State parliamentary representative up until the next NSW election.



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Question: What is a bastard exactly?

Quite often we ask ourselves hard to answer questions like, "What is a bastard?" And we wax philosophic with metaphysical postulations, incomplete aphorisms, and inconsistent sophisms that make one more and more sure that the only true thing is that a picture is worth a thousand words.
 In this photo, the guy on the right is a member of a bomb squad in the middle of a deactivation. The guy behind him, well, he's a bastard.



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5 TIPS FOR SUN SAFETY

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Seek Shade

Cover Up

Source: CDC Sun Safety Tips

Members say ..



Jay Suvaal Mayor of Cessnock

I encourage everyone to come out and experience the new upgrades with their families—there is something for everyone to enjoy. I am also incredibly proud to announce, in partnership with Singleton Council, the establishment of a BlazeAid temporary camp in Millfield, as a response to the July 2022 flood disaster. The camp will provide much-needed labour support to local landholders in areas of Cessnock and Singleton, who have been unable to re-build fences that were damaged during the floods. The camp will accommodate up to 20 volunteers and opened from Monday, February 13th. The project will be funded by the NSW Reconstruction Authority and will be run by experienced BlazeAid coordinators and volunteers. Cheers, Jay



Sir Sue Moore, Mayor of Singleton Council

While most conversations about the future of Singleton and our region tend to focus on the economy and the impacts of industry, Council puts a greater emphasis on liveability in our purpose to create the community we're all proud to be part of. Yes, "liveability" has become a buzz word, but there's plenty of meaning behind it. We're already really proud of the lifestyle offered by the Singleton local government area, where we celebrate city convenience with a rural heartbeat. But we are always looking to progress and evolve, and there's more that we can do to make our LGA even better for our residents now, and to attract new ones. For that, we need assistance from other levels of government. With little more than a month to go until the NSW election, it's the perfect time to ask for a commitment from all candidates for the seat of Upper Hunter and the major parties to work with us to enhance Singleton as a great place to live. Our *Strong for Singleton* campaign, and the First Tranche Advocacy issues derived from the Singleton Advocacy Agenda, highlight a number of first actions the newly-elected NSW Government can take after the polls on 25 March. At the top is the continuation of the Resources For Regions

program as an important source of funds to deliver a range of projects and programs that support a vibrant and active local community. Under the past three rounds, we have seen funds for a range of new sporting infrastructure, including a new grandstand for Singleton Rugby Club, a new clubhouse at Pirtek Park, and tiered seating on the way for Rose Point Park. We've seen the completion of the Broke Shared Pathway – and more funding for an extension – and \$1.7million to be shared among our rural halls. Liveability extends beyond local infrastructure. We also need the NSW Government to follow through on the enhancement of State services in Singleton, namely increased passenger train services and upgrades to police and justice facilities in Singleton and appropriate staffing. Funding for a new police station was promised during the Singleton By-election last year. We're seeking further information on the scope of works, timing and budget for a purpose-built 24-hour police station for Singleton. These two measures alone would go a long way to building on our community's vision to be vibrant, connected, resilient, sustainable and progressive, with safe and secure rolled in for good measure. Working together, we can ensure Singleton isn't just a great place to live, but has exceptional liveability by any measure. Cr Sue Moore, Mayor of Singleton



Member for Cessnock Clayton Barr MP

LONG TERM EFFECTS OF COVID WON'T BE REALISED FOR A LONG TIME
It's hard to recall anything quite like COVID, in terms of turning our society upside down and shaking it around. It was a massive disruption and many of the impacts won't be felt for a long time. One of the massive impacts was on our children and their school attendance. Over long periods of time, during our COVID journey, students were asked to stay at home and do their school either online, or with the assistance of parents/caregivers with worksheets. On the one hand, it was a remarkable effort by all that we managed to continue, in some form, the education of

our kids. But in other ways, the ability to wake up each morning and head off to school, for structured lessons as per a specific timetable, was a pattern that our children fell away from. Post COVID, many schools are reporting record high absence rates of students. Specifically, teenage boys have been most affected. In the coming years we are going to see what impact the separation from normal schooling has had on our children. In the shorter term we will have students getting to the end of their high-school studies and entering the workforce after 3 very disrupted years to finalise their education. Who knows, it may be magnificent. At the other end of our education experiences, we have the very young children having lost a big chunk of the past 3 years of socialisation. In our early years, especially in the 0-7 groups, socialising our children is vitally important in their development. Many of this age group are now entering school with little exposure to other children and/or little exposure to a "school" environment, be that their pre-school, play-group, or infants school. It is unlikely that this is going to be a good thing for the kids, but it will need to be monitored and factored in over the coming years. For the workers, especially those that have had the opportunity to either work from home during that shorter lock-down period, or that have become long term work from homers, the long-term effects of this "experiment" are also unknown. From a business productivity perspective, it seems that there has been little loss in the work-outputs for each worker. But what is far less easy to interpret is the impacts on social outputs for each of the workers that have very different, and possibly far fewer, social interactions with work colleagues. The entire COVID experience, initially geared toward saving lives and reducing risk of exposure, and now gradually heading in a "getting back to normal" direction, was one that no-one asked for or expected. Getting the high-risk behind us is one thing, but coming to terms with how it might have fundamentally changed many of us, is another. 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 claytonbarr@parliament.nsw.gov.au or call into 118 Vincent Street (PO Box 242), Cessnock 2325. You can also follow me on my Facebook page "www.facebook.com/claytonbarrmp", follow me on Instagram at "claytonbarrmp" or check



Member for Upper Hunter Dave Layzell MP

REJUVENATION UPDATE
CONSULTATION is underway on the NSW Government's Royalties for Rejuvenation funding program which will provide the investment to help diversify economies and create jobs in coal mining regions. Legislation passed the NSW Parliament in May 2022 to formalise the Royalties for Rejuvenation Fund as part of the Mining and Petroleum Amendment Bill 2022, and public consultation on the draft Regulations commenced in June last year. The Department of Regional NSW will host targeted consultation sessions including in the Hunter region with local councils, industry bodies, businesses and community groups invited to give feedback on the Regional Expert Panel structures outlined in the Regulations. The targeted consultation will take place until July when feedback will then be reviewed and considered before the Regulations are finalised. **CAP EXPLAINED**
The NSW Government has delivered on its commitment to level the playing field among coal companies as part of the Commonwealth Government's coal price cap. Revised directions mean both domestic and export-focused coal companies will be required to provide cheaper coal to NSW power stations. In response to soaring coal prices caused by the war in Ukraine, the Albanese Government asked NSW to introduce a coal price cap to put downward pressure on electricity prices. Where possible, coal mines will be required to provide power stations with the amount of coal they have supplied in the past, and export-focused mines will be required to provide additional coal needed to meet any difference. Under the national Energy Price Relief Plan, coal suppliers can apply to the Australian Energy Regulator for a higher price cap if they can demonstrate that their production costs are above the \$125 per tonne coal cap. **REGISTER RATs**
NSW Health has requested positive COVID-19 Rapid Antigen Tests (RATs) continue to be registered with Service NSW.

Registration can help infected people access health support including antiviral medicines if you are eligible. If you have COVID-19, it is recommended you stay home until your acute symptoms such as a runny nose, sore throat, cough and fever have gone. The NSW Respiratory Surveillance Report for the week ending 11 February showed a decrease in the number of people notified with COVID-19 and a reduction in the number of people admitted to hospital. Hunter New England Local Health District had 783 people diagnosed with COVID-19 for the week with 19 people admitted to hospital and one Intensive Care Unit admission. Learn more testing positive to COVID-19 and managing it safely at home: www.nsw.gov.au/covid-19/testing-managing/advice-for-confirmed **CHURCHILL FELLOWSHIPS**
If you want to travel overseas to explore a topic or issue that you're passionate about then applications for Churchill Fellowships open in March. A Churchill Fellowship is for any Australian who would like to explore international best practice and innovation or learn new skills from other countries. The fellowship is not an academic award, and no educational qualifications are needed to apply although you will need to demonstrate a benefit to the community in bringing back and applying what you have learned. The Winston Churchill Trust is holding online live information sessions throughout February: www.churchilltrust.com.au/news_item/applications-for-the-2023-churchill-fellowship-round-are-opening-soon/ Cheers, Dave



Member for Hunter Daniel Ropacholi MP

FAMILIES AND SMALL BUSINESSES IN HUNTER TO BENEFIT FROM FULL-FIBRE NBN UPGRADES
Households and businesses in Wyec, Wangi Wangi, Wallsend, Singleton, Glendale, Edgeworth, Cooranbong, Cessnock, Cardiff and Bomellis Bay will be able to upgrade to a full-fibre broadband connection as part of the Australian Government's plan for a better NBN. These upgrades are part of the NBN's fibre upgrade program which has been boosted by the Albanese Government's \$2.4 billion investment to expand full-fibre access to 1.5 million additional premises

by the end of 2025. This includes over 660,000 premises in regional Australia. The copper broadband network – a legacy of the former Coalition Government – is slower, less reliable and more likely to experience prolonged faults. In contrast, world-class fibre broadband means faster upload and download speeds, and a more reliable connection for local residents. The benefits are even more pronounced for larger households if many devices are used, as higher speeds means the whole family can be online at the same time. An upgrade will be available on-demand where an eligible household orders a higher speed plan than would currently be available to them over copper. NBN Co expects eligible premises announced today will be able to access a full-fibre upgrade from 2024. The Albanese Labor Government is delivering the positive change Australians voted for. For a full list of eligible suburbs or to register for updates, visit: www.nbnco.com.au/residential/upgrades/ftp-upgrade-with-higher-speed-tiers. For more information on the Albanese Government's investment, visit: www.minister.infrastructure.gov.au/nwland/media-release/albanese-government-delivers-major-nbn-boost-2022-23-federal-budget.

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COVID-19 hospitalisations and deaths in NSW up to 4pm 23 February 2023

- 818 people in hospital 18 people in ICU 47 lives lost in the previous 7 days*

Managing medications



Managing medications can be complicated, particularly if you are taking several prescription drugs that treat different conditions. Over 20% of adults aged 40 and older take five or more prescription drugs. The best approach ... when you're using several medications, be proactive. Taking medications as directed by your doctor, getting refills on time, and staying alert to side effects and interactions all help keep you healthy. The following strategies can make managing multiple medications easier — and safer:

Follow medication schedules and doses

* **Understand your medication routine.** Confirm the exact dose and timing of each medication with your pharmacist. Follow the schedule exactly, and take the exact dose prescribed. If needed, remember which medications need to be taken on an empty stomach or with food.

* **Double check information with your pharmacist.** Verify your information with your pharmacist each time you fill or start a new prescription to keep you on track. Here are some tips to stick to your medication schedule:

* **Write down the medication schedule and track changes.** Place your daily medication routine on a calendar or chart. Printable medication schedule templates are available online to make it easier for you. Update your schedule each time your medicine changes.

* **Keep your schedule in an obvious place.** Try putting the schedule in a place you see often, like

the door of your refrigerator or of a kitchen cabinet. Make taking your medications part of your daily

routine. Try setting a timer on your phone, watch or alarm clock. You might always take them after you brush your teeth or before eating breakfast.

Consider a pill organizer Use a weekly or daily pill organizer — especially when taking several medicines — to help make sure you get the right dose at the right time. A pillbox with compartments for each day of the week — and for morning, noon and night if you take medications several times a day — lets you know at a glance whether you've taken your medicines yet. Ask at your pharmacy what pill organizers are available. Smartphone or computer-based apps may also help.

Medications that aren't currently in your pillbox should be kept in their original containers. The labels include important information such as the medicine name, dosage, doctor's name and the expiration date.

Instructions about storage and information on some major side effects are also on the label. Make sure all clinicians know what medications you take. If you go to different doctors for different conditions, it's extremely important to tell each of them about all of the medications you are taking. It may help to carry a list with you at all times.

* **Use a medicine wallet card.** Ask your pharmacist if a medicine wallet card is available, or make your own. The card will help you keep an up-to-date list of your medicines with you.

* **Make sure your pharmacy has a record of all the medicines you take.** Use your medication list to let your pharmacist know about all of your

prescriptions and over-the-counter medicines. Don't assume all of your physicians and clinicians know about all of your medications. A list is essential. It can also help your doctor look for the sources of any side effects or interactions you may be having.

* **Try filling your prescriptions at one pharmacy.** This makes getting prescription refills simpler and helps your pharmacist protect you from drug interactions. Using one pharmacy keeps your medication records in one place, so the pharmacist can evaluate your risk and work with your doctor to avoid potential problems.

* **Tell your physicians, and your pharmacist about your allergies.** They can keep that important information in your records. Before taking a new prescription, be sure to confirm that it will not interact with your allergies.

* **Never stop taking a medicine on your own.** Always get your physician's guidance. Some medicines must be stopped gradually to avoid complications. If the medicine is making you feel sick or causing side effects that are difficult to tolerate, ask about adjusting the dose or changing the medicine.

* **Review your medications annually.** Once each year, toss everything you take (prescriptions, over-the-counter remedies and supplements) into a bag and take it to your annual checkup for a review. With age, the body absorbs and breaks down medications differently. Your doctor may change the dose of something you've used for a long time.

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The Aussie corner-shop burger isn't about technical perfection and certainly isn't about practicality. It's about nostalgia. Gripping the giant burger with two hands, wondering how to tackle it, beetroot and pineapple juice running down our arms. On hot summer days, I use every available surface area on my barbecue to cook up burgers for a crowd. But for the sake of simplicity, I'm providing directions to make one burger on the stove.

Ingredients

Beef patty
250g beef mince (at least 10 per cent fat)
½ tsp canola oil
1 tsp dried onion (flakes)
¼ tsp garlic powder
½ tsp cooking salt
½ tsp black pepper

Burger fixings

1 big, soft hamburger bun, split
2 slices streaky bacon
½ large brown onion, sliced 1cm thick
1 tbsp canola oil
½ tsp salt
1 egg
20g lightly salted butter
2 butter lettuce leaves
2 slices tomato, 7mm thick
2 slices Kraft Singles cheese (yep, we need processed cheese!)
2 slices canned beetroot
1½ canned pineapple rings
tomato sauce (or other sauce of choice)

Method

1. Place patty ingredients in a bowl and mix well

How to make a classic Aussie burger with the lot



with your hands. Roll the meat into a ball then pat down gently into a patty slightly larger than the bun. Press down with the back of your hand to make a dent in the middle of the patty — this will prevent the burger from doming up and shrinking while cooking.

2. Preheat oven grill on high. Place bun on a tray, cut face up, and toast until the surface is light golden. Remove from oven and set aside.

3. We're going use 2 pans here — one for the bacon and onion, the other for the patty and egg. Place bacon in a cold, non-stick frypan over medium-high heat. As the pan heats up, the fat will melt and the bacon will cook in its own fat. Cook until the bacon is golden (about 3 minutes), turn and cook the other side until golden. Transfer to a paper towel-lined plate.

4. Return the pan to high heat. Add onion with a pinch of salt and pepper. Cook in the bacon fat until golden — about 3 to 4 minutes. Add to the plate with the bacon (I pile it on top, which keeps the bacon warm).

5. Meanwhile, in a separate non-stick frypan, heat 1 tablespoon of oil over medium high heat. Sprinkle the burger patty with ½ teaspoon of salt (some on each side). Place in the pan and cook for 2 minutes. Turn then place 2 slices of cheese on the burger. Cook for a further 2 minutes, then transfer to a plate. Return the pan to the stove and reduce heat to medium. Crack an egg in and cook to your liking (I like runny yolks, which takes about 1½ minutes). Remove onto the plate.

6. To assemble, butter the burger bun. Smear with tomato sauce then stack the burger components on in the following order: lettuce, tomato, beetroot, pineapple, beef burger patty, onion, bacon then egg. Smear the top lid with more tomato sauce then place the lid on top. Serve with crispy fries.

Note: While I've provided the full arsenal of toppings for a classic burger experience, don't ever let anyone (including me) tell you what you should or should not have on your burger. The only rule is there are no rules!

Cessnock hospital redevelopment community information day

State Member for the Electorate of Cessnock, Clayton Barr MP is encouraging the community to have their say on the Cessnock Hospital redevelopment with a community information day planned for Wednesday 22 February.

Masterplans for the \$111.5 million Cessnock Hospital redevelopment have been released and made available for public viewing.

Clayton Barr said "It is incredibly important for community members to have their say and view the recently unveiled master plan and to ask questions.

With the release of the master plan this marks the next step in the planning process to ensure that the best possible hospital and health services are available to support the health of Cessnock communities now and into the future."

"I encourage everyone to view the plans, ask questions and provide feedback which will help shape the redevelopment" Mr Barr said.

A community consultation day was held Wednesday 22 February at Cessnock Hospital.

After consultation on the Master Plan is complete, further detailed planning will be carried out to inform the concept design for the redevelopment. The community will continue to be updated as the project moves forward.

For more information on the redevelopment, including the community information session please visit: hneinfra.health.nsw.gov.au/projects/Cessnock



Member for Cessnock
Clayton Barr MP

Cessnock Hospital redevelopment plan



Easter "Rock Hunt", Open Day with sausage sizzle

North Rothbury Rural Fire Service ~ Sunday 2 April '23

Seeing how popular previous Rock Hunts have been with the community the North Rothbury Rural Fire Service are having a Easter Rock Hunt, Open Station and Sausage Sizzle on Sunday 2nd April.

There will be 55 Easter themed rocks to find and a Gold 1st prize, Silver 2nd prize and Bronze 3rd prize "Special" rock to be found.

"Special Prizes for 1st, 2nd & 3rd place and all other rocks found will be able to claim a Easter Egg. All rocks are numbered so when you "find" one bring it to the station to collect your Easter Egg," said Kelly Knox, Community Engagement Officer for the NRRFS.

"We will have the Fire Station opened for you to have a look at the trucks and equipment and a donation for a Sausage Sizzle. It's a perfect opportunity for any



members of the community that are interested in joining our service to talk to one of our amazing members to see if it's

something you want to be apart of. Hope to see you there !!!

An invitation to help

Clean Up Australia Day. Sunday 5 March, 23 10am~ 1pm

You and your organisation, and friends and family are invited to celebrate *Lions Awareness Day* and *Clean Up Australia* day on Sunday 5th March 2023 between 10am and 1pm.

The Lions Club of Branxton are partnering with the 1st Branxton-Greta Scout Group, North Rothbury Tidy Town and other local community organisations to achieve the clean-up starting from Lions Park in Branxton

WHERE: Lions Park, Branxton, Dalwood Road, Branxton (Opposite Miller Park) **DATE:** Sunday 5th March **TIME:** 1000 am to 1pm

Members of the Lions Club of Branxton would love to see you there.

North Rothbury Tidy Town will be cleaning up Wine Country Drive between Mayne Street & Thomas Street starting at 8am and finishing at 10am or when the job is complete. If those members who would like to help on the day could be at Ayrefield Minders Memorial Park by 7:45 am it would be very much appreciated.



Please come and help Clean up the environment in your community



LIONS AWARENESS DAY
Learn what the Lions Club of Branxton do in YOUR community



YOU are cordially invited to join the Lions Club of Branxton To celebrate *Lions Awareness Day* AND *Clean Up Australia* day

WHERE: Lions Park, Branxton Dalwood Road, Branxton (Opposite Miller Park)

DATE: Sunday 5th March

TIME: 10am to 1pm

CONTACT: Wendy Lawson
Lions Club of Branxton.
Email: Branxton_Lions@outlook.com

Lions Club of Branxton in partnership with Clean Up Australia, Cessnock City Council and Branxton Scouts



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The nature of property



The High Court held there can be no property rights in a spectacle and uncollated information in signs on the ground was not copyright. Any profit made from a premise is made so by charging entrance to an area. A person should not have to divert their eyes from something as you walk past; there was little difference in this case. There was no proof that nuisance had been brought upon the race track, as it is not shown that the broadcasting interferes with the use and enjoyment of the land or the conduct of any of the plaintiff's patrons.

Off-track betting was subsequently brought under State regulation in New South Wales by the *Gaming and Betting (Amendment) Act 1938*, and the Parliament of Australia later passed the *Broadcasting and Television Act 1956*, prohibiting television stations (but not radio stations) from televising "the whole or part of a sporting event or other entertainment held in Australia ... in a place in which a charge is made for admission, if the images of the sporting event or other entertainment originate from the use of equipment outside that place". Radio stations were not included, as they had previously reached an agreement on the matter with the racecourse owners.

Cheers, Kerri

adjacent to the course, allowed the radio broadcasting station 2UW to construct a five-metre high platform on scaffolding from which someone could see into the course and broadcast, with the help of binoculars, the races and information about horses posted at the ground. This facilitated unregulated off-track betting. Attendance at the ground plummeted. The company applied to the Supreme Court of New South Wales for an injunction against Taylor arguing it had property in the spectacle and copyright in the information and nuisance. Privacy and non-natural use of property were also cited as grounds. It was common ground that the mere construction and use of the raised platform constituted no breach of building or zoning regulations or of the betting and gaming legislation or indeed of the regulations governing broadcasting. The injunction was denied, and the decision was appealed to the High Court.



First home buyers choose between stamp duty and property tax



The First Home Buyer Choice scheme, which commenced on 16 January 2023, gives first-home buyers the choice of opting into an annual payment of \$400 plus 0.3 per cent of the land's value when they purchase a property, instead of paying stamp duty. Purchasers paying \$750,000 for their first home would need to live in it for 15 years before reaching the equivalent they would have paid in stamp duty, Domain figures show. This time period will increase with the purchase price. A buyer paying \$1.5 million (the scheme's maximum purchase price) would be better off opting for the tax unless they intended to stay in the property for 18 years or longer. Domain's Chief of Research and Economics, Dr Nicola Powell said the scheme would reduce the amount of time it takes for first-home buyers to enter the market.

"One of the biggest barriers to getting into the property market is the upfront costs of stamp duty and a deposit," she said. "Removing stamp duty in place of an annual property tax will allow more first-home buyers to purchase sooner."

"The other benefit is, based on cumulative property tax, most people across the eastern seaboard could live in a house for at least 15 years before reaching stamp duty costs." Dr Powell added there was a risk the new scheme could inflate property values under the \$1.5 million price point, as those who have already factored in stamp duty costs may put this towards the purchase price.

There is, however, a chance that the scheme will be short lived, with the NSW Opposition pledging to repeal it if it wins at the March 2023 election. Instead, Opposition Leader Chris Minns has revealed a \$772 million plan to abolish stamp duty for homes under \$800,000 and expand concessions for homes worth \$1 million.

The Reserve Bank's latest interest rate hike could be one of its last

Shannon Malloy, News Editor

Struggling homeowners have copped yet another interest rate hike, but the end of the Reserve Bank's painful tightening cycle could now be in sight.

Mortgage size	Additional monthly repayments	Additional annual repayments
\$500,000	\$963	\$11,556
\$750,000	\$1445	\$17,340
\$1,000,000	\$1926	\$23,112

At its February board meeting on Tuesday, the RBA lifted the official cash rate by 25 basis points to 3.35% – its highest level since September 2012. While the news will come as a blow to mortgage holders battling nine consecutive increases, PropTrack director of economic research Cameron Kusher said the RBA had little choice.

"Despite signs of a marginal easing in inflationary pressures, with the highest rate of inflation recorded in

decades it was a pretty easy decision for the RBA to continue to increase interest rates this month," Mr Kusher said.

December quarter inflation data showed a slower than expected 1.9% increase quarter-on-quarter, but the annual measure was up a whopping 7.8%.

"It would be difficult for the RBA to maintain credibility as an inflation-fighting Central Bank had they not continued to lift rates this month," Mr Kusher said. But there could be some relief in sight, with signs that inflation might have peaked, and pressures will ease from here, he said.

"We're already seeing a slowdown in growth in producer prices," he said.

"Retail trade has shown early signs that it may have started to stall, while home prices continue to fall and demand for housing finance is continuing to slump." Mr Kusher believes one more interest rate rise of 25 basis points is likely this year, bringing the cash rate to 3.6%, at which point the RBA will sit tight.

However, a raft of economic data is due to come in before the board meets next in early March.

"Should the slowing continue and if economic growth comes in lower than expected, this might be the last of the hikes," Mr Kusher said.

"Either way it appears we are nearing the end of the rate-hiking cycle."

How much more borrowers will pay

Nine back-to-back rate hikes have put significant financial pressure on borrowers, Mortgage Choice chief executive Anthony Waldron said.

There's little doubt that most lenders will be quick to pass on today's rate hike in full.

"If you haven't asked your mortgage broker to review your mortgage in the past 12 months, now is a great time to chat to an expert and start your year off on the right foot," Mr Waldron said.

"I encourage all borrowers to take control of their home loans and be proactive about getting a better deal." For borrowers with \$500,000 outstanding on their home loan, the February hike could add an additional \$80 to their monthly mortgage repayments.

Those with a mortgage balance of \$750,000 will pay an extra \$121 a month after today's increase, while those with a \$1 million loan balance will cough up an extra \$161 per month.

But of course, the cash rate has already risen eight times before today.

Since May 2021, Aussies with a \$500,000 mortgage could see the combined cost of the rate hikes total more than \$960 per month – a staggering \$11,556 more a year.

And for a borrower with \$1 million outstanding on their home loan, the combined cost blows out to more than \$1900 extra each month.

Full impact of nine rate rises

While the cost of interest rate hikes has been steep for many, RBA governor Philip Lowe said winning the war against inflation is worth the pain.

"High inflation makes life difficult for people and damages the functioning of the economy," Mr Lowe said in a statement.

"And if high inflation were to become entrenched in people's expectations, it would be very costly to reduce later."

"The Board is seeking to return inflation to the 2% to 3% range while keeping the economy on an even keel, but the path to achieving a soft landing remains a narrow one."

Mr Lowe warned further rate rises could be needed in the months ahead to ensure inflation cools.

"In assessing how much further interest rates need to increase, the board will be paying close attention to developments in the global economy, trends in household spending and the outlook for inflation and the labour market."

Impact on home prices

Soaring interest rates have seen mortgage costs skyrocket and borrowing power plummet, with housing markets across the country impacted as a result.

The latest PropTrack Home Price Index shows values nationally slipped 0.69% in January and are now 4.51% below their peak.

Some cities have been harder hit than others, with Sydney – the country's most expensive market – seeing home prices fall 7.51% from their peak in February 2022.

PropTrack senior economist Eleanor Creagh, who authored the report, said the RBA's aggressive approach to rates was largely to blame.

"However, the worst of the downturn appears to have passed," Ms Creagh said.

"The rapid pace of price falls seen in June and July 2022 when interest rates first started rising have subsided and price falls have eased in recent months."

And while prices nationally have dropped 4.51% from their peak, they remain a staggering 28.5% higher than they were pre-Covid.



Central Hunter Community Broadcasters Inc.
Broadcasting to Cessnock & Maitland in the Hunter Valley, NSW

P: (02) 4991 1286 Email: secretary@2chr.org

2CHR (Central Hunter Radio) is a community radio station based in the Hunter Valley, New South Wales, Australia.

2CHR was formed in 2000 through the amalgamation of two aspirant stations: Cessnock Community Radio (CKRFM) and Radio Maitland (RMFM).

The station serves as voice media for the community of the Central Hunter area. It is operated completely by volunteers from the non-profit organisation - Central Hunter Community Broadcasters Inc.

Training courses in basic radio skills for would be presenters are provided. Other volunteers receive training in production, office and computer skills.

Sponsorship and Membership are welcomed and actively sought as the powerhouse of the station.

The station broadcasts from Bimbadeen near Cessnock on 96.5M.

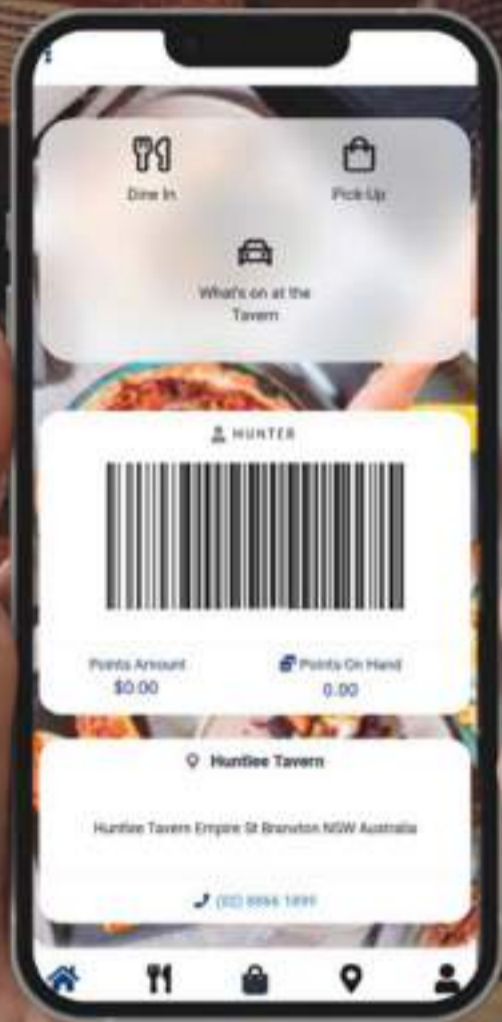
Programs include a wide variety of musical tastes interspersed with hourly News and Weather. There is also pertinent local information and bulletins, regular community notices and many specialty shows of cultural and social interest.

Broadcasts cover an area that includes the renowned vineyard areas around Pokolbin and Rothbury and out to the coal mining and agricultural areas of Cessnock and Maitland as well as historic Wollombi and the Quorobolong valley.

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How Life and Newspaper Publishing was in March 1916.

Things You May Not Know About



.....GRETA

with Neridah Kentwell

newly married, young housekeeper include learning how to cook so they have an idea of what their cook-general is using the money for when preparing dinner. Five pudding recipes complete the page.

Page Three - finally gets to what we would now more likely to have on a front page - *Interesting War Notes*; remember this was written in 1916, in the middle of the First World War. Articles under this title include 'Where Millions of Shells are Made' (luckily not describing the sites in Australia for the enemy to target, but about what is happening in England, Wales, Scotland, and Ireland), 'Artillery of Old', comparing weapons old and new, and 'Pigeons as Postmen. Trained in the French Army. Flocks of 100 Birds.' - gives an insight into thinking laterally; remember the Resistance came from France. An interesting article on Japanese sword making in 'Blessing the Swords. Women Forbidden to Make Them', praises the Japanese skill, 'Napoleon's Way' and 'When Monarchs Mounts Have Stumbled' is about how many monarchs have been thrown from their horses. Put in for good measure on the same page are articles under the heading *Farm and Field*, original articles by FCS, on the 'Value of Humus', 'Curing a Kicking Cow', 'Poultry. Maize as Feed. A Successful Experiment', and 'Were They Too Fat To Lay?'

Page Four - starts with a heading of *Poetry*, with poems published entitled 'Cheerfully Smile' and 'Eventide'. However, underneath this happy subject there are chapters of 'A Woman's Hate', published by 'Special Arrangement', and written by A Rendel Pope. This fills the rest of the newspaper page and is continued on the next one. Page Five - concludes another chapter or so of 'A Woman's Hate' which then changes theme dramatically to introduce *Science Notes*. Articles under this heading include 'Colours for Periscopes', 'Edison on Gas Bombs and Worse', 'Soldering By Electricity', 'Tyre Chains and Skids', 'New Weighing Device', 'A



Handy Rangefinder', 'War Sacrifice' which only talks about the Auckland Hospital Ship Fund, 'Counting the Stars', and 'The First Bomb'. *Items of Interest* comes last, listing small sayings that many newspapers like to do, with an example in 'Praise may puff up a shallow nature, but it always brings something of humility to a deep one.'

Page Six is full of advertising again. The Commonwealth Bank advertises from Sydney, as does The Royal Easter Show. There are 'Wanted' and 'Lost' ads from Branxton, the Allies Day Committee meeting to be held in the School of Arts (presumably Branxton), and two jokes. Church services are advertised for Church of England at Branxton, Greta, and Elderslie and Methodist at Branxton, Greta, Lochinvar, Corinda (Lower Belford) and Elderslie, and a story from Melbourne entitled 'A Husband for £50'. The next part of the page carries the heading *Local and General News* with small snippets on 'The Weather', 'Sand Bags', 'Convent School', 'Allies Day Fund', 'Tobacco Fund', 'War Comforts', and 'Sydney Royal Show'

Page Seven - includes 'They Say That' which were observations made, perhaps by the editor. There is also a report on the Village Fair at East Branxton which was designed to raise funds for 'our soldier boys', two reports on the presentation of watches to soldiers

leaving for the war, and a large ad on the right-hand side, running the length of the page, for Lynch Tailoring at Branxton. Page Eight, the back page, was all advertisements. They included Boswell Boots and shirts from Roy d'Argevel, available at the newspaper office, J Brown & Sons, coach builders, undertakers and general blacksmiths in High Street Branxton, Chappel Pianos at Palings in Newcastle, James Wolstenholme timber and joinery merchant with ice and aerated water, at West Maitland and Cessnock, and The Branxton Advocate ad, asking for advertising, which says it is published every Saturday morning. Also included are RC Mackenzie & Son, general blacksmiths, horse shoes and coach builders at High Street, Branxton, L P Gibson Cordial manufacturers at Sale Street, Greta, A S Mehan & Co. undertaker, cabinet makers, upholsterers and polishers at West Maitland, VJ Munzenberger, high class tailor at Branxton, BJ Brownsmiths, Branxton, for groceries, drapery, etc., and an ad for Singleton Markets, Grainger & Faulkner Ltd, auctioneers for pigs and calves.

Greta Museum now also has an A3 printed copy of the above paper in the museum, for anyone interested. The proprietor (publisher/printer) of this 'local' paper that lasted even less time than *The Branxton & Greta Gazette*, was James Leslie Arkell, a middle son of

Edmund Lyons Arkell who was the admired long term sub-overseer in the composing department of the *Maitland Weekly Mercury* (NSW:1894-1931), who died when James was twenty-six in 1907. James had married Ethel Mary Swanson in 1904 and had two sons, Athol William Lyons in 1905 in East Maitland and later, Maxwell Leslie Frederick in 1912 in Singleton. In 1913, James and Ethel were living in Branxton, and he was working as a butter-maker. It seems James was not having a good run, regarding work or family, as by 1927 he had a commitment warrant taken out against him for £10 11s 6d, for disobeying a magisterial order for the support of his wife and his child Maxwell. Athol was an adult by then. James was described as forty-six years of age, 5' 8"-9" tall, having a very slim build, bald head, dark piercing eyes, and a gold-filled tooth in his upper jaw. He was believed to have gone to Fitzroy in Victoria, however there is no notice there, or in New South Wales, of his death. Athol appeared to help support his younger brother Maxwell. In 1928 Athol gained a BA and Dip. Ed. and began working for the Yanco Agricultural High School. Their mother died in 1930 and was buried in Rookwood and her sons had the inscription 'Our Mother' put on her

headstone. Maxwell was a waiter in 1933 and later became a soldier in the Second World War with Athol listed as his next of kin. The brothers were living together in 1936 in Leichhardt, Sydney. Athol died in June 1941 in Inverell, aged just thirty-six, from complications of influenza, soon after he married Isabel Jane Malone, another teacher. This was also less than a year after his brother Maxwell married Elizabeth Francis Ewing Patrick in Newtown, Sydney in 1940. Maxwell recorded their father, James Leslie, as a salesman, deceased, on his marriage certificate. Maxwell died in 1988, aged seventy-six. We are fortunate to have a great local newspaper editor in Mike Lowing, who knows what a modern local paper is really for and has been publishing *The Branxton Greta Vineyard News* continuously since July 1997. Nearly twenty-six years as editor - well done! For other interesting local family histories and good general historical information of the area, call into Greta Historical Museum on a Wednesday or Saturday between 11am and 3pm. Situated in the former Greta Council Chambers at 96 High Street, Greta, between the Greta Bakery and the former Greta Courthouse.

We are dependent on old newspapers to help fill in the gaps of our history, and family history, and they are often essential for shedding some light on a subject which has us baffled. Trove (online) provides many of these papers and is a vital service which is currently under threat of losing its funding. As mentioned in an earlier issue, *The Branxton & Greta Gazette* had only a few years of life, roughly from May 1890 to June 1892 (550 pages), which the NSW State Library will send out for a cost per page, but which is now digitised by Mike at the *The Branxton Greta Vineyard News*. The former *Branxton Advocate: Greta and Rothbury Recorder* is in an even worse situation in that there is said to be only one known issue, from 4 March 1916, which has eight pages that has been digitised by the National Library of Australia, with funding contributed by the NSW Government, and the State Library, and is presently on line at Trove. However, there is another physical four-page issue that exists, dated 14 August 1915,

which was donated in previous years to the Greta Museum by Mrs Edna Ford. It is interesting to compare formats of former newspapers, which once placed advertising first and last, to our current style of paper: Page One of the *Branxton Advocate* shows large advertising for bedsteads from Fry Bros in Richardson's shop, who was possibly a barber with assorted goods but gave no address, and also assorted knitting wools listed from Jas Kerr & Sons' Ltd., also from West Maitland. Page Two - contains the Ladies Column, entitled *Women and Their Needs*, from which there was much to learn. Sewing patterns are supplied for a woman's dress and child's frock and coat. There are housekeeping tips for keeping tubs clean - wooden ones need to have a cold-water soaking, while zinc tubs need to be cleared with ammonia and thoroughly dried to prevent rust. Golden Hints for the Complexion are encouraged to be used to stop us women from having dull, pasty coloured skin, that is so unattractive. Tips for the

Come into Greta's Cool History Museum

Where the displays are cool, the air inside is cool and even the outdoor seat is now cool, with its shelter.

Ask for a free glass of cold water, to keep you cool as you look through.

Open each Wednesday and Saturday 11am-3pm.

96 High Street Greta, in the former Greta Council Chambers.



Greta Museum with its seat shelter

OVER 70 WAYS TO SAVE

SAVINGS FINDER

OVER 70 WAYS YOU CAN SAVE

SAVINGS FINDER



The NSW Government is helping reduce your cost of living by giving you more ways to save, including:

- Up to \$285 Low Income Household Energy Rebate
- Up to \$110 Gas Rebate
- \$250 Regional Seniors Travel Card

Use the Savings Finder to see which vouchers and rebates you're eligible for or book an appointment with a Savings Specialist.

GET A BOOST FOR YOUR BUDGET
service.nsw.gov.au



Are you towing your caravan safely?

Own your own caravan but have questions about weight? Wanting to buy your dream van but haven't much experience with towing? Tow a van and have some questions about loading?

Cessnock City Council with the support of Transport for NSW will be hosting two workshops on safe caravan towing where you can ask these questions and get the answers from the experts at Get About Training - Tow-Ed.

These interactive 2 hour workshops provide information and demonstrations to support

the safe loading and towing of caravans and trailers.

Councils Road Safety Officer Alison Shelton said "The experts from Tow-Ed will be able to answer your questions such as *What is the GCM? Is the towing capacity of my vehicle able to support my caravan? What are the rules for putting bicycles on the back of my van? How do I know if my van is loaded safely?*"

"It's important to make sure you know how to load and weigh your caravan, and drive safely whilst towing. Overloaded and



check you are safe on the roads before you head out on your next adventure."

Said Ms Shelton. These FREE workshops will be held at Cessnock PCYC on Tuesday 14 March 2023, with morning and afternoon sessions available. Spaces are limited and bookings are essential.

You can reserve your place at one of the two workshops by registering online at https://www.surveymonkey.com/r/Hunter_NewEngland_TowingWorkshopRegistration.

The link will also be available on Councils website.

If you would like any further information or do not have access to the online registration please contact Councils Road Safety Officer on 4993 4100.

Quotable Quotes.....

"People often say that beauty is in the eye of the beholder, and I say that the most liberating thing about beauty is realizing you are the beholder." —Salma Hayek
"The most sincere compliment we can pay is attention." —Walter Anderson

DO YOU REMEMBER?

Remembering producer, singer, songwriter, actor, and politician Sonny Bono who was born on this date February 16, 1935 in Detroit, MI. The family moved to Inglewood, California, when he was seven. Bono began his music career as a songwriter at Specialty Records, where his song "Things You Do to Me" was recorded by Sam Cooke, and went on to work for record producer Phil Spector in the early 1960s as a promotion man, percussionist and "gofer". One of his earliest songwriting efforts, "Needles and Pins" was co-written with Jack Nitzsche, another member of Spector's production team, and arranger.

In 1965, he achieved commercial success with his wife Cher in the singing duo Sonny & Cher. Bono wrote, arranged and produced a number of hit records including the singles "I Got You Babe" and "The Beat Goes On". He played a major part in Cher's early solo recording career, writing and producing singles including "Bang Bang" and "You Better Sit Down Kids".

Under a pseudonym, Bono co-wrote "She Said Yeah", covered by The Rolling Stones on their 1965 LP "December's Children". His lone hit single as a solo artist, "Laugh at Me", was released in 1965 and peaked at No. 10 on the Billboard Hot 100. His solo album, "Inner Views", was released in 1967. Sonny continued to work with Cher through the early and mid-1970s, starring in the variety show, "The Sonny & Cher Comedy Hour", which ran on CBS from 1971 to 1974. In 1974 his solo variety show, "The Sonny Comedy Revue", which ran on ABC for one season. From 1976 to 1977, the duo, since divorced, returned to perform together on "The Sonny and Cher Show". Bono's acting career included bit parts as a guest performer in many TV shows, and some films in the 70s and 80s.

He entered politics after experiencing great frustration with local government bureaucracy in trying to open a restaurant in Palm Springs, California. Bono made a successful bid to become the new mayor of Palm Springs. He served four years, from 1988 to 1992.

Bono was elected to the United States House of Representatives in 1994 to represent California's 44th congressional district on which he served until his death January 5, 1998 at the age of 62.



LAST SUMMER, ALMOST
2.4 MILLION
AUSSIE ADULTS WERE
SUNBURNT ON THE WEEKEND

THIS IS APPROX. 430,000
MORE THAN 4 YEARS AGO

Cancer Council

Source: Cancer Council National Sun Survey, population estimates from the Australian Bureau of Statistics

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From the Lions' Den

One step closer to Zero Childhood Cancer thanks to Lions

In 2015, our Childhood Cancer Research Foundation with Australia's Garvan Institute conceived of a plan to map the genome of over 250 Children with cancer, to advance research and to guide personalised treatment. Following on from this successful \$4million Lions project, this week the Children's Cancer Institute announced the Zero Childhood Cancer Program will expand to all Australian's aged 0 to 18 years with cancer, by the end of this year.

Glaucoma Australia, 7 sights challenge -

Sign up for free and join the 7 Sights Challenge 'Up to 50% of Australians with glaucoma, don't even realise they have it until it's too late' quote from Glaucoma, Australia). Throughout the month of March, you'll have the opportunity to get active and find, snap, and share seven awesome sights to take glaucoma blindness out of the picture. Keep it local or complete your challenge wherever you happen to be - there are incredible sights all around us!

Morning Tea with LIFELINE - 'Let's talk'

What EXACTLY do Lifeline do? They are NOT just a crisis hotline. You can find the answer to this question by sparing one hour of your busy life to attend a morning tea opportunity in discussion with Lifeline. The event has been organised in a partnership between Lifeline, Cessnock City Council, and the Lions Club of Branxton. **DATE: Thursday 27 April**
TIME: 10.30am
VENUE: Greta Workers Sports & Recreation Club, 2 West Street, Greta.
For more information or to RSVP, contact Melissa Boucher, Community Recovery Officer, Cessnock City Council on 0439 454 819

Upcoming Events in the Branxton Lions Events Diary:

- Branxton Greta Cricket 10-Over Competition, Sunday 5 March
- Clean up Australia Day and Lions Awareness, Sunday 5 March, 10-1pm
- Bunnings BBQ Singleton - Saturday 11 March
- Lions Lunch - venue TBA, Thursday 16 March
- State Election BBQ Saturday 25 March
- Transport NSW BBQs, Sat 25 & Sun 26 March, 8.30-5.00
- LIFELINE: not just a crisis hotline - morning tea, Thursday 27 April at Greta Workers Club

Lions Youth of the Year Final

DISTRICT 201N3 YOUTH OF THE YEAR FINAL- remember back to 2020?

The Lions Youth of the Year program was established during 1964 with the objective of developing and honing participant's skills associated with interview technique, personal interaction, networking, public speaking and "thinking on your feet." As students leave school and enter employment or further education, such skills are invaluable tools in establishing career paths on positive trajectories.

At the regional event level each participant has previously been successful in Lions Youth of the Year events at a Club level and in a Zone final. There were four participants in Sunday's event; one from each of the following schools: Mount View High School, Hunter Valley Grammar School, Merewether High School, and Callaghan College.

This year's Lions Youth of the Year final will be held at Maitland and members of the local community are welcome to attend to view the impressive candidates this year by RSVP - to email: voyn3@lions.org.au

Details of the event are:
DATE: Sunday 12th March 2023
TIME: 1.30 PM
VENUE: CLUB MAITLAND CITY, 14 Arthur Street, Rutherford.



The four Youth of the Year participants at the Lions Club of Branxton Regional Final held at Greta Workers Club on Sunday 15th March 2020 were from left to right: Delta Halsey (Merewether High), Rose Lucas (Mount View High), John McDonald (Hunter Valley Grammar School), and Keely Hams (Callaghan College).

Stories that inspire and personify what it means to be a Lion.

There are many individual stories about members of Lions Clubs who show enthusiasm, ingenuity, and resourcefulness. It's a chance to recognise those who are making a difference and acknowledge their service and commitment in their community.

Many of our hardworking volunteers will be getting out in the community in coming weeks to celebrate the importance of community service in the lead up to Lions Awareness Day. Held on the 5th of March, Lions Awareness Day is particularly important this year as Australia continues to face some of the worst flooding in its history. Many of our hardworking volunteers will be getting out in the community in coming weeks to celebrate the importance of community service in the lead up to Lions Awareness Day. Held on the 5th of March, Lions Awareness Day is particularly important this year as Australia continues to face some of the worst flooding in its history.



Don't let life GET YOUR GOAT!

On 26 February, a happy party of Branxton Lions members partook of a social lunch at the famous The Girl & The Goat Café in Greta. A good time was had by all, and they consumed a delicious lunch. However, I am told that no-one actually ordered the goat's cheese on the menu. If YOU would like to know more about Lions Clubs, we have listed some Lions stories below.

MARCH MADNESS! Clean Up Australia and Lions Awareness Day are back for 2023 Plus: Branxton Greta Cricket Club 10-Over Competition

You are cordially invited to join the Lions Club of Branxton to celebrate *Lions Awareness Day* and *Clean Up Australia day* on Sunday 5th March 2023 between 10am and 1pm. Please come and help the local teams *Clean up* the environment in the community of Branxton. The Lions Club of Branxton are partnering with the 1st Branxton-Greta Scout Group and other local community organisations to achieve the clean-up starting from Lions Park in Branxton.

DATE: Sunday 5th March
TIME: 1000 am to 1pm

VENUE: Lions Park, Branxton, Dalwood Road, Branxton (Opposite Miller Park) Meanwhile, (not for the faint-hearted), across the road in Miller Park Oval, a red-hot 10-over cricket competition will be held between local rival cricket clubs for the title of the 10-Over cricket champions 2023.

BRANXTON LIONS CLUB

Awareness Day Clean up Australia day

SUNDAY March 5th, 2023

Clean up the Environment in your community!

Clean Up

Where: Lions Park, Dalwood Road Branxton NSW 2325
 What: Clean up, 10-over cricket
 Time: 10:00am to 1pm



DAN REPACHOLI MP

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Authorised by Dan Repacholi MP, 3 Edward Street, Cessnock



Wollombi Road to receive \$16.8 million in funding

Cessnock City Council is pleased to announce its success in securing \$16.8 million in funding as part of the Accelerated Infrastructure Fund (AIF) Round 3 to improve Wollombi Road, Cessnock.

The Accelerated Infrastructure Fund is part of the \$2.8 billion NSW Housing Package announced in the 2022-23 NSW State Budget, of which the NSW Government is investing \$250 million into essential infrastructure.

Cessnock City Council is 1 of 36 Councils to receive funding in the third round of the program.

The project will involve road widening and intersection improvements at Wollombi Road, Cessnock with the details below:

- Road widening - Wollombi Road (Francis Street to West Avenue)
- Road Widening - Wollombi Road (Abbotsford Street to Francis Street)
- Intersection improvements - Wollombi Road / Abbotsford Street / Cox Street
- Intersection improvements - Wollombi Road / Bellbird North Access

Cessnock City Council Mayor Jay Suvaal said he is excited to see the result of the upgrades and the positive impact it will have on the community.

"The Cessnock Local Government Area is growing rapidly," Mayor Suvaal said. The road widening and intersection improvements will provide safer and more efficient transport for our residents, visitors and businesses. The upgrades will help to ease congestion and improve accessibility, which is crucial for our growing region."

"Cessnock City Council is committed to delivering high-quality infrastructure that supports our local communities, and this funding will go a long way towards achieving that goal. We look forward to seeing the positive impact that the Wollombi Road upgrades will have on our region."

Construction is planned to start on Wollombi Road in July 2023.

Lone Pine Barracks School of Infantry celebrates significant anniversaries with historic Freedom of Entry parade in Singleton

Hundreds of uniformed soldiers from the Lone Pine Barracks School of Infantry will parade through Singleton Town Centre on Friday 17 March as part of a traditional ceremony to formally request Freedom of Entry to the Singleton local government area.

Singleton Council has joined with the Lone Pine Barracks School of Infantry to hold the special event, marking the 55th anniversary since the first granting of Freedom of Entry to the Singleton Military Area in 1966 (postponed from 2021 due to COVID-19) and the 50th anniversary of the establishment of the School of Infantry in Singleton.

The granting of the Freedom of Entry is the highest civic honour a city can confer on a military unit. It is restricted to Australian military units which have, through their command, a significant attachment to the city.

Up to 300 uniformed personnel will be involved in the parade led by Senior Australian Defence Force Officer Singleton Military Area and Parade Commander Lieutenant Colonel Richard Thapthimthong, CSC. He said the march has historic and significant meaning, with a quarter of all Australia's soldiers being connected to Singleton through the School of Infantry for half a century. "The Freedom of Entry is a historic event and reconfirms the connection that the Military, especially the Army, has with Singleton – a connection that's older than 50 years, but is well-versed with the School of Infantry," he said.

"For the soldiers at the start of their careers, getting to be part of something so significant before they get to their home battalions anywhere around Australia, with that added layer being the 50th anniversary of the School, will just be something extraordinary to hang their hat on as they leave this place as qualified Infantry soldiers.

"Infantry represents 25 per cent of the Australian Army, so for the last 50 years for every single person that has served in the Army, at least a quarter of them have lived here in the Hunter Valley to complete their training through the School. They link their lineage, historically through their training, to this little town called Singleton, and it's really important for us to be able to reconfirm the connection that this town has to generations of soldiers."

Mayor of Singleton, Cr Sue Moore said Singleton held a unique place in Australia as a centre for Infantry training.

"It's a privilege for Singleton to be a stop on the journey for a large number of the men and women who go on to protect our country and our way of life in conflicts and in peace time," she said. "It's sometimes easy to forget that there could be up to 1,000 people at any one time undergoing their training at the base right here in Singleton, and I hope as many people as possible from our community will line the streets to pay tribute to all of our soldiers and celebrate with the School of Infantry."

The Freedom of Entry parade will step off from Hunter Street at 11am on Friday 17 March and continue onto John Street before being halted by a senior police officer under the New England Highway flyover, who will formally grant permission to enter. The procession will then continue onto Queen Street to Civic Green where the Mayor will inspect the troops. Members of the public are encouraged to line the street.

A community gathering will be held after the Freedom of Entry at the Civic Centre forecourt, including refreshments, free icy poles and an Australian Defence Force display.

For more information about the event, including road closures and parking restrictions, visit www.singleton.nsw.gov.au/freedomofentry



Photograph Above: Senior Australian Defence Force Officer Singleton Military Area Lieutenant Colonel Richard Thapthimthong, CSC and Mayor of Singleton, Cr Sue Moore.

Mayoral Scholarship 2023

Cessnock City Council Mayor Jay Suvaal is delighted to announce the 2023 Mayoral Scholarship Program will open to applicants on March 1, 2023. Now in its 21st year, the program has awarded 235 scholarships to the value of \$588,000.

The program aims to assist students of the Cessnock Local Government Area (LGA) to achieve their educational goals at TAFE or university by providing financial support. The program targets students who are advancing their education in industries offering gainful employment in the Cessnock LGA such as hospitality, tourism, education, engineering, medical, mining, communications and manufacturing.

"Education can be the foundation of individual economic security and also benefits the entire community," Mayor Jay Suvaal said.

"Cessnock City Council wants to support the people of the Cessnock Local Government Area to achieve academic excellence and this program provides much needed financial support towards that end.

"The scholarships would not be possible without the support of local businesses, individuals and the families who sponsor it. I extend a big thank you to all of this year's sponsors."

Successful applicants will receive \$2,500, awarded in two payments. To be eligible, applicants must reside within the Cessnock Local Government Area and will be enrolled at TAFE or University during 2023/2024 in full-time studies of a recognised course of qualification.

Applications open on March 1, and close on April 23, 2023. More details can be found on the Cessnock City Council website: www.cessnock.nsw.gov.au/msp.

Norman Swan in conversation with Matt Bevan



Dr Norman Swan

Newcastle Writers' Festival is back with a very special guest!

Cessnock City Council is thrilled to welcome the 2023 Newcastle Writers Festival back to Cessnock as the Festival teams up with Cessnock City Library and Performance Arts Culture Cessnock (PACC) to host a prestigious author event. In 2023, more than 100 writers will feature in the Newcastle Writers Festival program, which was launched online last Friday. Cessnock City Mayor, Councillor Jay Suvaal said it is an amazing opportunity for Cessnock and looks forward to Council working again with the Newcastle Writers Festival.

"Newcastle Writers Festival is now one of Australia's largest regional literary festivals and 2023 marks its tenth anniversary. We are excited to be a part of this fantastic celebration of writers and welcome visitors to our local government area."

On Saturday 1 April, Newcastle Writers Festival will present The Lowdown on Longevity: Norman Swan in Conversation at the Performance Arts Culture Cessnock (PACC). The event will be hosted by ABC podcast host and producer Matt Bevan.

In the pursuit of health, happiness and youth, does anyone hold the secret? The community is invited to join Norman Swan in conversation about the ultimate dream – to stay as young as possible, for as long as possible. He'll explore the science, myths and mistruths that surround ageing.

Trained in paediatrics, Dr Swan was one of the first medically qualified journalists in Australia, with a broadcast career spanning more than 30 years. He currently hosts Radio National's The Health Report and co-hosts Coronacast. He also reports on 7.30 and is a guest reporter on Four Corners; appears on The Drum and is an occasional host of Radio National Breakfast.

In addition to being an active journalist and health broadcaster, Dr Swan has a deep strategic knowledge of the Australian healthcare system and is committed to evidence-based approaches to help young people, which is why he sits on the board of the Australian Research Alliance for Children and Youth. He was also the co-founder of Tonic Media Network, a health channel that plays in GPs' waiting rooms.

Tickets to The Lowdown on Longevity: Norman Swan in Conversation with Matt Bevan are \$30 and available online or by contacting PACC on 4993 4266. Copies of Norman Swan's books will be available for sale and signing at the event.



Matt Bevan

'Brace for blackouts' without urgent power grid spend

New generation, transmission lines and energy storage are needed to keep the lights on in homes and businesses as ageing coal power plants shut down. In a national electricity market update released on Tuesday, the Australian Energy Market Operator warned the reliability of the electricity grid was in doubt over the next 10 years without urgent new spending. AEMO chief executive Daniel Westerman said timely investment in the grid was needed as Australia ended its traditional dependency on coal-fired generation and faced delays on major projects including Snowy Hydro 2.0. Opposition energy spokesman Ted O'Brien warned Australians to "brace for blackouts" and even higher bills for less reliable energy. Mainland states in the national electricity market are forecast to breach the reliability standard from 2027 onwards, with at least five coal-fired power stations - totalling 13 per cent of the market's capacity - expected to retire.

Energy Minister Chris Bowen said Mr Westerman was not suggesting there would be blackouts. "It does mean that we've got more work to do," he said. "But I'm very pleased with the progress we've made so far." The Albanese government is confident future updates will show the reliability gap closing. Victorian Premier Daniel Andrews said the report emphasised the need for more renewable energy, with another two of the state's coal-fired plants due to shut over the next 12 years following the closure of Hazelwood in 2017. "This transition is not easy," he told reporters in Melbourne. The premier said he doubted it could be left to the private sector to provide enough investment. Climate Council senior researcher Carl Tidemann said wind and solar-powered electricity backed by big batteries was already doing the heavy lifting on ensuring a reliable supply of electricity. "With the right



The controversial \$1.3 billion gas-fired Kurri Kurri power station.

government support, we can rapidly roll out more renewable generation, storage and grid infrastructure that will enable a reliable energy grid powered by 100 per cent renewables," Dr Tidemann said. Victoria's offshore wind plans may also reduce longer-term risk, according to AEMO.

Since the last update, AGL Energy has accelerated plans to shut the Torrens Island B plant in South Australia, from 2035 to 2026. The controversial \$1.3 billion gas-fired Kurri Kurri power station, intended to be a "peaker" plant that switches on during high demand, is delayed to December 2024.

But the Waratah Super Battery Project in NSW is on track for late 2025, to make up for the closure of Australia's largest coal plant Eraring. "Investment in firming generation, such as pumped hydro, gas and long-duration batteries, is critical to complement our growing fleet of weather-dependent

renewable generation," Mr Westerman said. Projects that AEMO says could reduce the reliability gap include Transgrid's 360km HumLink, the Hunter Transmission Project, Marinus Link and battery developments in various states. Nexa Advisory principal Stephanie Bashir, formerly with AGL

Energy, said Australia was lagging on building renewable generation and transmission. "We need to get on with it, on a massive scale," she said. "The good news is we are going to be okay for electricity supply this winter." *Courtesy Australian Associated Press*

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This weeks Product Champion



Branxton Community Hall

Branxton Community Hall has been operating for over 60 years and is run by volunteers with 0 paid staff. They offer a venue for events, functions, physical activities, high teas and elections. The Branxton Community Hall is large with a stage at one end. They currently have a historical photo gallery for Greta Migrants in the front foyer.

Branxton Community Hall has these events coming up:

- Bridal Expo Saturday 18 March 2023 from 10am-2pm
- NSW Elections 25 March 2023 from 8am - 6pm
- View Club Lunch 17 April 2023 from 10am - 2pm

Come and join us!

Contact: 0427 047024 | Email: bch.helen@outlook.com



This project received grant funding from the Australian Government

#supportlocalcessnock



Book Reviews

SEEING OTHER PEOPLE

DIANA REID

Seeing Other People, by Diana Reid

Ultimo Press
As witty and compelling as her first novel, *Love and Virtue*, Diana Reid's *Seeing Other People* focuses on two Sydney sisters in their 20s: the older Eleanor, sharp and together, who fiercely values her own intelligence and integrity; and the younger Charlie, beautiful and sensitive, an actor on the rise.

The novel is fascinated by questions of morality, truth and self-perception (or, rather, deception). Vivid with hot beach days and tangled romantic relationships, it's a great summer read. — *Donna Lu*

Diana Reid on Sally Rooney, *Love & Virtue* and her fast follow-up:

'Lockdown gave me freedom to fail'

Seeing Other People comes just 12 months after Reid's acclaimed debut and follows two sisters enthralled by the same woman — and the pull between duty and desire. "You know when you're a kid so excited for Christmas Day that you wake up really early?" she says. "For a month after I found out I was being published, I woke up unnaturally early every day because I was so excited to live my life." The Sydney author was just 24 when she started writing in 2020, as a lockdown project. She didn't think anything would come of it — but it went on to become her critically acclaimed debut, *Love & Virtue*. That 2021 novel, set at a prestigious Sydney campus, tapped into the zeitgeist from all sides: exploring feminism, female friendship, privilege, rape culture and consent. It became a bestseller, winning the ABIA Book of the Year award, the Sydney Morning Herald's best young novelist and a Bookseller's Choice fiction award — and endorsements from Helen Garner, Hannah Kent and Annabel Crabb. "It definitely was something I always wanted to do in a very

pipe-dreamy, I-loved-reading-and-I-thought-it-would-be-such-a-bucket-list-thing-to-try, [but] if it weren't for that lockdown, I know I would not have done it," she says. "I felt there was the freedom to fail, because I was like, 'If I write a book and nothing happens, then it won't make a difference because no one else is doing anything anyway.'"

Reid has since been able to quit her graduate role at a law firm for the coveted gig of full-time writer — and just 12 months after her debut, she is already releasing a follow-up. Out this month, *Seeing Other People* is a wry examination of two sisters in their early 20s, and their respective, sometimes intoxicating, attraction to the same woman, told from all three perspectives, it's a gripping and tense read. Underpinned by Reid's take on the difference between infatuation and love, the story is delivered with a cutting appraisal of her generation, with characters who are both performative in the way they act, and profoundly ethically aware. The younger sister, Charlie, an actor, fantasises about the social currency of dating Helen, a director who commands admiration from every room she steps into. While the older sister, Eleanor — fresh from a break-up with the nondescript Mark — is gripped by the intensity of her feelings and a growing dread of what it would look like if she acted on them.

Seeing Other People is similar in tone and style to *Love & Virtue* ("I wanted people to feel like they were reading a Diana Reid book," she says): a think novel with a moral dilemma at its heart. But the characters feel like older, more evolved versions of the university students of her campus novel. Reid says her education (she went to the elite Ascham school in Sydney's east, before studying Law and Philosophy at the University of Sydney) gave her the permission and confidence to question everything — an "exhausting but useful practice" that sees her begin the drafting process with a moral question she would like to explore. It's this emotionally analytical undertone of her work — as experienced by young, cradite, mostly white, middle-class characters — that has drawn numerous comparisons to Sally Rooney, who Reid says has been "hugely influential". "I guess the more politically conscious



Diana Reid was 24 when she started writing *Love & Virtue* in 2020. It won awards and became a bestseller — and now she's back with a follow-up. Photograph: Blake Sharp-Wiggins/The Guardian

[response] is that it's reductive to equate women because they're of a similar age and demographic — but I love Sally Rooney so much that I don't care; I find it really flattering," she says. "I read *Conversations with Friends* in 2019, in the year before I wrote *Love & Virtue*. It [was] the first book I'd read that I felt really reflected my social world ... the first time that I

in *Love & Virtue*, the main character is obsessed with this Eve figure, but because they're in a heteronormative environment, she ultimately channels it into this competition for male attention instead. It's what [philosopher] Adrienne Rich calls compulsory heterosexuality. "I guess I was not done with that dynamic and I wanted to explore it a bit

worthwhile," she says. But her own story consciously refrains from the politics, normalising queerness to the point that one sister's move from a straight relationship to a queer one, for instance, is barely commented on by those around her. "What I wanted was to tell a love story, where love was the subject, and the moral dilemmas were the



"If it weren't for that lockdown, I know I would not have done it": Diana Reid. Photograph: Blake Sharp-Wiggins/The Guardian

realised that lives like mine were worthy of a literary rendering, which sounds like a crazy thing to say because as you say, I am white and university-educated, so I am not sly of representation at all. "I think it's more that it was treated so seriously as a piece of literature. I am not naive to the fact that my book sold so much better because Normal People had been so successful, and so publishers saw, 'campus novel written by a young woman — we know that sells.'" Of the similarities between the characters in her own novels, Reid says: "I am always interested in the dynamic of female relationships, where it's a grey area between knowing whether you want to be like someone, or be with them.

more. In *Seeing Other People*, it's more queer, more diverse, and they're in that artistic environment, so that kind of obsession is channelled more into a romance rather than this sort of toxic competition." Centering queer stories was also a byproduct of another decision: to make the main characters sisters which, Reid believes, can be a more fraught and intense bond than that between brothers and sisters. She won't comment on whether those characters' sexualities come from a place of experience; she hopes the book's merit is taken on its own terms. "I was so conscious of really powerful queer literature which looks at [queerness] from the context of oppression, which is really real and

subject, and where queerness was an aspect of the story but not the subject of the story." Diana Reid holds a Bachelors of Arts (Hons) / Law from the University of Sydney. She is also the author of *1984! The Musical*, which was due to play at the Edinburgh Fringe before the COVID-19 pandemic. She published her debut novel in 2021. *All Works by* 1 *Love and Virtue* Diana Reid, Ultimo: Ultimo Press, 2021 novel 2 *Love & Virtue: An Extract* Diana Reid, 2021 extract novel

The New York Times Best Sellers

Combined Print & E-Book Fiction as of Feb 2023

- 86 WEEKS ON THE LIST
IT ENDS WITH US by Colleen Hoover
Atria
A battered wife raised in a violent home attempts to halt the cycle of abuse.
Ranked 1 last week
- 16 WEEKS ON THE LIST
IT STARTS WITH US by Colleen Hoover
In the sequel to "It Ends With Us," Lily deals with her jealous ex-husband as she reconnects with her first boyfriend.
- 13 WEEKS ON THE LIST
LESSONS IN CHEMISTRY by Bonnie Garmus
A scientist and single mother living in California in the 1960s becomes a star on a TV cooking show.
- 81 WEEKS ON THE LIST
VERITY by Colleen Hoover
Lowen Ashleigh is hired by the husband of an injured writer to complete her popular series and uncovers a horrifying truth.
- NEW THIS WEEK
HEART BONES by Colleen Hoover
After an unexpected death prevents her from going to Penn State and and forces her to move in with her absent father, Betsy Grimm has a summer fling with the rich guy next door.
- 83 WEEKS ON THE LIST
THE SEVEN HUSBANDS OF EVELYN HUGO by Taylor Jenkins Reid
A movie icon recounts stories of her loves and career to a struggling magazine writer.
- 8 WEEKS ON THE LIST
TOMORROW, AND TOMORROW, AND TOMORROW by Gabrielle Zevin
Two friends find their partnership challenged in the world of video game design.
- 56 WEEKS ON THE LIST
UGLY LOVE by Colleen Hoover
Tate Collins and Miles Archer, an airline pilot, think they can handle a no strings attached arrangement. But they can't.
- 13 WEEKS ON THE LIST
DEMON COPPERHEAD by Barbara Kingsolver
A reimagining of Charles Dickens's "David Copperfield" set in the mountains of southern Appalachia.
- NEW THIS WEEK
EXILES by Jane Harper
Questions surrounding the case of a missing woman, which have weighed on Aaron Falk for the past year, emerge at a gathering in the southern Australian wine country.

(*Love and Virtue*) — Appears in: Kill Your Darlings [Online], October 2021; 3

Seeing Other People Diana Reid, Ultimo: Ultimo Press, 2022 novel
Personal Awards 2019 commended The Best of Times Short Story Competition — Spring for 'Namesake' Awards for Works

Seeing Other People Ultimo: Ultimo Press, 2022 novel
2023 shortlisted Indie Awards — Fiction

Love and Virtue Ultimo: Ultimo Press, 2021 novel
2022 shortlisted Readings Prize for New Australian Fiction
2022 shortlisted The Age Book of the Year Award — Book of the Year
2022 winner Australian Book Industry Awards (ABIA) — Australian Book of the Year
2022 highly commended New South Wales Premier's Literary Awards — UTS Glenda Adams Award for New Writing
2022 winner The Sydney Morning Herald Best Young Novelist of the Year

2022 winner Booksellers Choice Award — Adult Fiction Book of the Year
2022 winner Australian Book Industry Awards (ABIA) — Australian Literary Fiction Book of the Year
2022 shortlisted Australian Book Industry Awards (ABIA) — The Matt Richell Award for New Writer
2022 winner MUD Literary Prize
2022 shortlisted Indie Awards — Debut Fiction

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FIRST AID TRAINING & EMERGENCY SERVICES EXPO MCCULLY'S GAP

We are teaming up T.A.K. Training and local emergency services to offer fully funded, accredited, full-day first aid training to community members. Empowering local rural communities and their leaders with knowledge and information not only around administration of first aid, but also to assist with emergency preparedness will stand the community in better stead to tackle any future challenges.

- Do you have first aid training?
- Are you prepared with a bushfire plan?
- What will you do with your stock in an emergency?
- Does your community have a defibrillator?

These are all critical questions that are often put in the "too hard basket" but now is the time to start developing your skills and have those important conversations – it could save a life!

Lunch and refreshments will be provided.

On the day a 1.5 hour emergency services expo is also planned from 12:00 to 1:30 pm that the whole community is invited to attend.

EXPRESS YOUR INTEREST

Secure your place at this first aid training by expressing your interest through our online form.

MORE INFORMATION

Lori McKern, Community Engagement Officer, Upper Hunter
lori.mckern@lls.nsw.gov.au or 0419 186 271

When

4 Mar 2023 9:00 am - 5:00 pm

Region

Hunter

Where

MCCully's Gap, NSW

Contact

Lori McKern, Community Engagement Officer, Upper Hunter
0419 186 271

lori.mckern@lls.nsw.gov.au

Racing Review & Breeding News

RIP Deane Lester: A 'proper racing legend' taken too soon

By Adam Dobbin

THE Australian racing community is in deep mourning following the death of revered industry identity Deane Lester, aged 54.

Deane, one of the most respected and astute form students in the game, passed away peacefully on Thursday night with his family by his side following a brief battle with cancer. The news has sparked an outpouring of emotion in racing circles with RSN issuing a statement paying tribute to a "much-loved friend and colleague".

"It is with great sadness we inform you of the passing of our much-loved friend and colleague Deane Lester," the statement read. "On behalf of the RSN Racing and Sport board and staff, we extend our deepest condolences to Deane's mother Sandra and his partner Leanne. "As you may be aware, 'Deano' has experienced health issues throughout his entire life. He was born with Spina Bifida and from 2002 was aided by a mobility scooter. "Despite this, Deane never complained, moving



Deane Lester was universally respected.

forward with courage and dignity. There was work to be done, wimmers to be found. "Just last month, Deane received the devastating news that he would be facing the biggest battle of his life, a rare form of cancer. "Sadly, this was a mountain too big to climb and after a short, but very brave fight, Deane passed away peacefully at the Alfred Hospital on Thursday (February 16) at 54."

His partner, Leanne, posted a simple message on social media. "No more pain," she wrote. Jockey Ethan Brown described Deane as a "very considerate person who only had his peers and friends best interests at heart."

"Deane was a great mentor to me to say the least. Forever remembered and thanks for everything. Rest In Peace Deano," Brown wrote. Racenet iQ's legendary form analyst Tony Brassel joined the chorus of tributes. "R.I.P. Deane, virtuous one," he wrote. Racing Victoria chairman Brian Kruger said: "On

Gunnedah

Report Date: 21/02/2023 Total Yarding: 2100 (-600)

This week saw a reduction in supply with 2100 head penned. Young cattle were well supplied particularly medium and heavy weight yearling feeders. There was a fair supply of heavy weight grown steers to suit feedlots however very few to suit processors. Cows were well supplied. Overall the quality of the offering was fair to good with not as many secondary quality cattle penned. There was reduced restocker and feedlot attendance however all regular processors were operating. There were varying trends in the young cattle market with lightweight yearling steers selling to a slightly dearer trend on the back of a limited supply of suitable vealers. Medium weight yearling steers saw the plainer and secondary lines sell to cheaper trends while the better quality lots showed little change. Heavy weight feeder steers in large numbers sold to cheaper trends with a large variation in both quality and breed. Despite reduced competition demand from buyers was strong for medium weight yearling heifers, trends mostly firm however there were some breed related dearer sales to restockers. Heavyweights saw a firm to dearer trend with little competition from the domestic trade. There were insufficient well finished heavy grown steers to suit processors for a quote. The majority of the steers were best suited to feedlots at firm to cheaper prices. The market trend for cows was mostly cheaper up to 10/kg on the heavyweight 3 and 4 scores.

HRLX Singleton

Report Date: 22/02/2023 Total Yarding: 352 (-92)

Singleton penned 352 very mixed cattle which was 92 less than last sale. It was a plainer offering which reflected through all categories. Most regular buyers attended and there were very few export cattle on offer. Singleton has been receiving rain since early this morning. Weaners sold to significantly cheaper trends with the light drafts purchased by restockers and there was a noticeable decline in quality. Quite a few heifers falling under the 300c/kg mark. Yearling steers sold to similar trends although very light steers saw only a minimum loss however prices ranged from 280c to 368c/kg for that category. The balance of the yearling steers sold to considerably cheaper trends with medium feeders 320c to 374c/kg and restockers to 414c/kg. Heifers endured the same trends in background and feeder categories. Processor veal ranged 342c to 398c/kg. Grown steers and heifers were in very limited numbers to preclude a quote as was the cow offering. Market Operator Stephen Adams.

Scone

Report Date: 21/02/2023 Total Yarding: 689 (-46)

Scone numbers were similar at 689 mostly good quality cattle. Young cattle were in the majority and all the regular buyers attended to a varied market. Backgrounders were dominant in the purchasing group. Weaner steers sold to cheaper trends both through the light drafts and the heavier classes. Heifers on the other hand sold to dearer trends with all weaner categories going to restockers. Drafts of the steers tended to show a lack of quality in places and this resulted in those cheaper trends. Heavy drafts of the heifer offering made to 426c/kg. Similar results for the yearling steers although the heavier feeders did sell to a slightly dearer trend making to 400c/kg. Yearling heifers to backgrounders sold to dearer trends as did the medium weight feeders. Limited grown steers saw a dearer trend and the grown heifers ranged 240c to 279c/kg. Cows sold to mixed trends with medium and heavy drafts selling to dearer trends for the most part. Restockers stepped in to purchase cows 260c to 274c/kg. Market Operator Stephen Adams.

Tamworth

Report Date: 20/02/23 Total Yarding: 1365 (+115)

There was a small increase in supply to 1365 head. The quality of the offering was fair to good with restocker and feeder cattle well represented. There were some very good heavy grown steers and cows along with a fair supply of grown heifers. The usual processors were in attendance however there was a reduced restocker and feedlot presence. The reduced competition and weaker demand resulted in cheaper trends through the young cattle. Restocker vealers sold to a considerably cheaper trend with some of the price change breed related. There was not as great a variation in the quality of the medium weight yearling steers this week hence the tighter price range. The market however was cheaper. Heavy weight feeder steers sold to a cheaper trend of as much as 18c/kg. Medium and heavy weight yearling heifers to restock and feed saw a cheaper trend of 15c/kg and more in places particularly in the heavy weights. An improvement in quality contributed to dearer prices for heavy grown steers to process, market trends also dearer. Well finished grown heifers to process sold to cheaper trends. Demand was a little weaker in the cow market with the market trend showing a slightly cheaper trend of 3c to 4c/kg.

behalf of the Victorian racing industry, I would like to extend our heartfelt prayers and condolences to Deane's family and friends on the sad news of his passing." "Deane dedicated his life to racing and the tributes that have flowed since the news of his passing is a great reflection of the indelible mark he has left on both colleagues and fans within the racing industry," he said. "Deane's health battles throughout his life presented significant challenges, however showed he great stoicism and resilience to forge a long and decorated career in racing media."

Racing commentator Jenny Chapman said: "We have very fond memories of Deane over many, many years. A great and passionate racing person and brilliant judge." "Gone too soon and sadly missed. A proper racing legend," she wrote. "Rest In Peace Deane." Retired racecaller Bryan Martin described Deane as an



A four-year-old Deane Lester on the back of Roy Higgins.

"amazing man". "Deano brought so much to so many in racing," he wrote. "His friendship will be sadly missed along with his wonderful knowledge. A very sad time. We acknowledge a true champion." Trainer Robbie Griffiths said Deane "could have

been good at anything". "As a young man he could have been a pro-golfer, he was an A-Grade pennant squash player but his passion was racing," he said. "Deane and I have always had many horses together, winning with The Quarterback in The Newmarket was something

special to share. "He's always got time for everyone, he's the most selfless person that you can come across, he gives and gives and gives." Deane was born in the Victorian seaside town of Dromana and spent most of his childhood on stud farms on the Mornington Peninsula.



MOVIE REVIEW

CREED 111



After dominating the boxing world, Adonis Creed (Michael B. Jordan) has been thriving in both his career and family life. When a childhood friend and former boxing prodigy, Damian (Jonathan Majors), resurfaces after serving a long sentence in prison, he is eager to prove that he deserves his shot in the ring. The face off between former friends is more than just a fight. To settle the score, Adonis must put his future on the line to battle Damian -- a fighter who has nothing to lose.

Director: Michael B. Jordan
Producer: William Chartoff, Ryan Coogler, Jonathan Glickman, Michael B. Jordan, Elizabeth Raposo, Irwin Winkler, Sylvester Stallone, Charles Winkler, David Winkler
Writer: Keenan Coogler, Zach Baylin
Release Date: Mar 3, 2023 WIDE
Distributor: Michael B. Jordan premieres Creed III, hopes to expand

'Creed-verse' Michael B. Jordan reprises his role as boxer Adonis Creed in new film 'Creed III' and the actor-director says he hopes to expand the universe around the character in future. Jordan makes his directorial debut with the third instalment of the movies, which first began with 2015's 'Creed', a spin-off of the 'Rocky' films starring Sylvester Stallone, and telling the tale of Adonis, the estranged son of late heavyweight champion Apollo Creed. "It was challenging but I never felt more alive," Jordan told Reuters of his directorial debut at the "Creed III" premiere in London on Wednesday. "I had a chance to put my point of view on everything and that was really good." In "Creed III", Adonis is enjoying his successful career when an old friend and once promising boxer, Damian, played by Jonathan Majors, comes back into his life after serving a prison sentence. While the friendship is at first rekindled, things soon unravel when Damian insists he wants a shot in the ring.

Asked if there could be more for Creed in future, Jordan said: "Definitely. I want to do something like a live on its own, something that maybe if you didn't see the first two films it would still be able to tell a story and make you feel full when you finished it. "But I definitely plan on expanding the 'Creed-verse' moving forward... comic books to graphic novels to TV to spin-offs. There's so many ways that you can tell a story with these rich characters and now I'm going to figure out what I'm going to do." One potential storyline could concern Creed's opponent in "Creed II", Viktor Drago, son of "Rocky IV" character boxer Ivan Drago. Viktor makes an appearance in "Creed III". "We're working on something and I feel like this is some kind of a teaser in 'Creed III'," actor Florian Munteanu, who plays Viktor, told Reuters. "This movie was really about digging into the depth of Adonis but I feel like the Drago story is still unfinished, it's still untold so we still have something to tell there... let's see."

After AI chatbot goes a bit loopy, Microsoft tightens its leash



Microsoft chief executive Satya Nadella unveils a search engine powered by artificial intelligence this month. (Jeffrey Destrin/Reuters)

No more long exchanges about the Bing AI's "feelings," the tech giant says. The chatbot, after five responses, now tells people it would "prefer not to continue this conversation."

By Drew Harwell
 Microsoft started restricting on Friday its high-profile Bing chatbot after the artificial intelligence tool began generating rambling conversations that sounded belligerent or bizarre. The technology giant released the AI system to a limited group of public testers after a flashy unveiling earlier this month, when chief executive Satya Nadella said that it marked a new chapter of human-machine interaction and that the company had "decided to bet on it all." But people who tried it out this past week found that the tool, built on the popular ChatGPT system, could quickly veer into some strange territory. It showed signs of

defensiveness over its name with a Washington Post reporter and told a New York Times columnist that it wanted to break up his marriage. It also claimed an Associated Press reporter was "being compared to Hitler because you are one of the most evil and worst people in history." Microsoft officials earlier this week blamed the behavior on "very long chat sessions" that tended to "confuse" the AI system. By trying to reflect the tone of its questioners, the chatbot sometimes responded in "a style we didn't intend," they noted. Those glitches prompted the company to announce late Friday that it started limiting Bing chats to five questions and replies per session with a total of 50 in a day. At the end of each session, the person must click a "broom" icon to refocus the AI system and get a "fresh start."

The Washington Post

Whereas people previously could chat with the AI system for hours, it now ends the conversation abruptly, saying, "I'm sorry but I prefer not to continue this conversation. I'm still learning so I appreciate your understanding and patience." The chatbot, built by the San Francisco technology company OpenAI, is built on a style of AI systems known as "large language models" that were trained to emulate human dialogue after analyzing hundreds of billions of words from across the web. Its skill at generating word patterns that resemble human speech has fuelled a growing debate over how self-aware these systems might be. But because the tools were built solely to predict which words should come next in a sentence, they tend to fail dramatically when asked to generate factual information or do basic math. "It doesn't really have a clue what it's saying and it doesn't really have a moral compass," Gary Marcus, an AI expert and professor emeritus of psychology and neuroscience at New York University, told The Post. For its part, Microsoft, with help from OpenAI, has pledged to incorporate more AI capabilities into its products, including the Office programs that people use to type out letters and exchange emails. The Bing episode follows a recent stumble from Google, the chief AI competitor for Microsoft, which last week unveiled a ChatGPT rival known as Bard that promised many of the same powers in search and language. The stock price of Google dropped 8 percent after investors saw one of its first public demonstrations included a factual mistake.

MacDroid's

18-YEAR GAMERS SALES - SERVICE - SUPPORT

For Sales, Service & Advice...



Macbooks	Desktop PCs	Laptops	iPads	Tablets	Phones
<ul style="list-style-type: none"> ● Cracked Screens ● Water Damage ● Refurbishment ● Recycle 	<ul style="list-style-type: none"> ● Battery Replacement ● Software Issues ● Network Unlocks ● Screen Issues 	<ul style="list-style-type: none"> ● Passcode Removal ● Fan Problems ● Internal Cleaning ● Motherboard Repairs 			

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SPORTS RESULTS

The News **SPORT**

Local Junior Wildcats Represent at Matilda's International

On the evening of Wednesday 23rd February 10 lucky children were selected to play a game at McDonald Jones Stadium (Newcastle) at the halftime of the final Cup of Nations match where The Australian women's soccer team took on Jamaica.

On a day where the heavens opened, and the Hunter Region got soaked in rain everyone had their fingers crossed that there would be some reprieve and the event would still go ahead. Approximately 6pm the skies cleared, and the text message circulated to confirm it was going ahead.

The kids all had a great time and enjoyed the experience getting to play in front of over 9000 fans.



with Mark Bercini



The Wildcats in action



A big thank you to one of the leading sporting clubs in the region The Greta Branxton Wildcats for the opportunity they will never forget and to committee member Matt Edwards and player Steve Nevin for supervising the junior Wildcats on the night and the parents/grandparents for bringing them.

The Matilda's overcame a slow start in their match to win convincingly 3-0. Crowd favourite and skipper Sam Kerr played solid in the victory that sealed up the Cup of Nations for the home side.

Pictured below from left to right Addison Rattray, Bianca Edwards, Will Edwards, Kade Bishop, Anika Fuller, Myhanna Floyd, Addison Bondin, Violet Sweeney, Holly Nevin and Tom Edwards

SPORTS RESULTS



with Mark Bercini



Espressos father & son combination James and up-and-coming junior Will Halpin



Espressos skipper Josh Dagg with star of the future Isaac Heinzl

(4-15 off 8) and Durren Thomson (3-8 off 4.4) bowling beautifully. The Blues were patient in reply, surpassing the small target in the 23rd over after losing two wickets, with openers Mark Bercini (39) and skipper Joey Butler (20) getting the job done.

At adjacent Miller 2, Second Grade couldn't make it a Pink Stumps Day double when they were ousted by five wickets at the hands of minor premiers Bellbird. The Blues made a neat 100 batting first, with the Wright brothers Sean and Andrew leading the way with 26 runs apiece. Bellbird achieved the target in the 24th over with five wickets in hand, with new ball bowlers James Halpin (3-19 off 7) and Mark Pence (2-45 off 10) taking the wickets.

Third grade recorded a 68-run win over the Piranhas at Turner Park, with further details unavailable at the time of writing.

Points Tables
First Grade (Coalfields Cup)

Final Standings Valley/JPC 66, PCH 57, Greta/Branxton 51, Bellbird 48, Creeks 40, Wine Country 39, Piranhas 21, Glendon 16.

Second Grade Bellbird 84, Wine Country 65, Greta/Branxton 64, Chelmsford Hotel 57.

Third Grade Wine Country 70, Piranhas 54, Greta/Branxton 57, Bellbird 50, Hotel Cessnock 45.

Fourth Grade Wine Country 78, Greta/Branxton 77, Supporters 60, Piranhas 58.

Club Championship Greta/Branxton 536.85, Wine Country 515.10, Bellbird 514.70, Piranhas 219.1

victory, the Blues surpassed the target in the 27th over after losing just the one wicket. Mark Bercini finished unbeaten with a scratchy 60, with Josh Dagg returning to form with 35no. Glendon were dismissed for 111 earlier in the day, with Brent Watson (3-16 off 8), Patrick Andrews (3-21 off 8), Mitch Casey (2-24 off 8) and Alex Walking (2-28

off 7.4) picking up the wickets. Second Grade went down to Chelmsford Hotel by 98 runs at Chinaman's Hollow, Chelmsford compiled a healthy 5-171 batting first, with Jason Varley the pick of the Greta/Branxton attack with 2-48 off 6. The Blues struggled in reply, and were all out in the 19th over for 73. Tanveer Singh (20), Jason Haines (18no)

and skipper Sean Wright (17) were the only batsman to show any sort of resistance. Third Grade turned some heads with a 268-run annihilation of Hotel Cessnock at Miller 2. The Blues amassed 8-331 batting first, with Ben Parkinson notching 114no from just 58 balls including 17 boundaries and 4 maximums. Noah McNamara was next best with 70, with Cameron Carmody (38no), Adam

Kerry (36), Jamie McNamara (24) and Harry McNamara (15) all scoring freely. The visitors were all out for 63 in reply, with Chase Butler was also pretty impressive with 3-9 off 3.3. Fourth Grade were narrowly defeated by 14 runs at the hands of the Piranhas at Turner Park. The Piranhas were dismissed on the second last ball of their

innings for 169, with Logan Rutter (4-43 off 9) and veteran Phil Aughey (3-19 off 9.5) providing the bulk of the wickets. Greta/Branxton were all out for 155 in reply, with Nigel Churnock continuing a stellar year with 78no. Co-skipper Zach Macbeth notched 31 at the top of the order.

Week 14 Week 14 of District Cricket saw big wins recorded by first and third grade, second grade were defeated, while fourth grade had to settle for shared points due to being washed out.

It was Pink Stumps Day at Miller Park, with the area all decked out in pink. Needing to win to secure third place on the ladder, first grade did it in style with an 8-wicket victory against Wine Country at Miller 1 in the final round of the Coalfields Cup.

Wine Country batted first and were skittled for just 83, with Brent Watson

Week 13
Week 13 of Cessnock District and Coalfields Cup cricket was played on Saturday 18th February, with Greta/Branxton recording wins in first and third grade, with second and fourth grade going down. The penultimate round of Coalfields Cup saw first grade record a comfortable 9-wicket victory over cellar dwellers Glendon at Singleton's Howe Park. In pursuit of just 112 for



GBUCC Pink Stumps Day First Grade Team



GBUCC Pink Stumps Day Second Grade Team



Tips For Your Dogs

& Cats



Things to know about keeping backyard chooks



Keeping backyard chickens has become increasingly popular – it's one of the easiest ways to live a little more sustainably and feel connected with nature.

Chooks consume your food scraps, produce a natural fertiliser, and they provide you with lots of delicious fresh eggs!

You may be surprised to learn that chickens have individual personalities and can be very engaging and fun pets.

However, there are several things you need to consider before rushing out and buying some.

1. Check local council rules.

Most councils allow chickens to be kept in residential areas, but they vary in terms of how many chooks you can keep, as well as some other conditions about how the coop is constructed. Many councils, however, forbid keeping roosters due to the noise they make.

2. Chickens should be in their enclosure from dawn to dusk.

You must be able to protect them from foxes, snakes, and other predators. Foxes are extremely skilled at breaking into chicken coops, so you must make sure the coop uses strong wire, is secure, and fox-proof.

3. Different areas

The coop should also have an indoor and outdoor area as well as one nesting box for every three to four birds. The bedding should be cleaned every few days.

4. Chickens need friends

Chickens are flock birds and should be kept in a group. Three or four birds is recommended for an average-sized yard. The more space per bird, the better, but the general rule is that they should have a minimum of one square metre per bird.

5. What chickens eat

Chickens are omnivores and will eat a wide variety of food. It is best to feed a good quality commercial pellet and supplement with some fresh fruit and vegetables. They are great for reducing household waste by eating table scraps like rice, pasta, and vegetable peeling. They will also enjoy eating a lot of your weeds.

6. They can cause a little havoc

They will damage your garden if allowed to roam free. Chooks thrive when they have grass and garden to scratch around in, but they dig to find worms and will dig up your garden.

How can I reduce or prevent my cat from hunting prey?

Cats are very efficient and prolific hunters. Research has shown that domestic cats can have individual preferences for different types of prey and that they will continue to hunt preferred prey even when their numbers are low. In some locations, this behaviour may have significant implications for the conservation of endangered and threatened species. The only effective way to completely prevent your cat from hunting prey is to keep them safely contained at home. You may choose to do this voluntarily, or you may live in an area where cat containment is mandatory under local government by-laws. Mandatory cat confinement may be night only or for 24 hours/day to your home or within your property boundary. The RSPCA encourages the containment of cats not only to reduce hunting but also to help protect your cat from disease and injury, increase the opportunity for human interaction and reduce disturbance to neighbours. Most cats adapt relatively easily to being confined indoors, especially if this occurs from when they are a kitten. Finally, should a dead animal be presented to you by your cat, it is best to dispose of the carcass (ensuring first that the animal is indeed dead) as quickly as possible and without displaying any reaction, as a response may inadvertently encourage more hunting. Never punish a cat for hunting. Should the prey animal still be alive, it is advised to swiftly retrieve the animal to check for injuries. If injuries are present or suspected, the animal should be taken to a vet as quickly as possible for assessment. If this is a regular occurrence, then you should seriously consider containing your cat.

If you are not able to confine your cat, you may consider trying a special predation deterrent to help prevent hunting and predation. Research has found that bells on collars are relatively ineffective but

other research has shown that some specially designed cat predation devices may reduce predation. However, there is limited research on this topic and more work needs to be done to determine the efficacy of these devices and their potential effect on cat welfare. Therefore, cat containment is preferred to using any prey deterrent devices.

Why Dogs Bark

No one should expect a dog to never bark. That's as unreasonable as expecting a child to never talk. But some dogs bark excessively. If that's a problem in your home, the first step is figuring out what causes your dog to bark too much. Once you know why they are barking, you can start to treat their barking problem.

Barking is one type of vocal communication that dogs use, and it can mean different things depending on the situation. Here are some reasons why dogs bark:

Territorial/Protective: When a person or an animal comes into an area your dog considers their territory, that often triggers excessive barking. As the threat gets closer, the barking often gets louder. Your dog will look alert and even aggressive during this type of barking.

Alarm/Fear: Some dogs bark at any noise or object that catches their attention or startles them. This can happen anywhere, not just in their home territory. Their ears will be back and tail tucked when they are in a state of fear.

Boredom/Loneliness: Dogs are pack animals. Dogs left alone for long periods, whether in the house or in the yard, can become bored or sad and often will bark because they are unhappy.

Greeting/Play: Dogs often bark when greeting people or other animals. It's usually a happy bark, accompanied with tail wags and sometimes jumping.

Attention Seeking: Dogs often bark when they want something.

Separation Anxiety/Compulsive Barking: Dogs with separation anxiety often bark excessively when left alone. They also usually exhibit other symptoms as well, such as pacing, destructiveness, depression, and inappropriate elimination. Compulsive barkers seem to bark just to hear the sound of their voices. They also often make repetitive movements as well, such as running in circles or along a fence.

How to Treat Excessive Barking
Getting your dog to bark less will take time, work, practice, and consistency. It won't happen overnight, but with proper techniques and time, you can see progress.



How and what to fertilise with-Hoya's

You can fertilise hoyas in three ways:

Worm Tea

Worm Tea is a fantastic Hoya conditioner! Worm Tea can be easily diluted and misted onto both hoyas and dischidia - weekly in the warmer months of the year, and fortnightly during winter.

Control-Release Fertiliser

Firstly, apply fertilising granules to the pot. The preference is for control-release fertiliser which is easy to use and provides all the essential nutrition necessary to promote beautiful blooms, lush foliage and strong root growth.

Utilising incredible CR technology, the rate of nutrient release increases in warmer months when the plant needs it most. It is best to apply at the beginning of spring and again in the middle of summer. Gently work granules into the top layers of soil mix and water well.

Soluble Fertiliser

In addition to granular fertiliser, the regular application of soluble fertiliser as a foliar spray as it helps speed up leaf growth, flowering and keeps your plants looking healthy:

Bloom Booster, with higher levels of potassium, is used every 1-2 weeks in the warmer growing months.

Foliage Blaster, with higher levels of nitrogen, is used every 2-3 weeks during the cooler months. *(Ed. I have picked on Hoya's because I wanted to know personally so decided to publish results.)*

A GUIDE TO GARDEN FERTILISERS

In spring most plants put on a spurt of new growth. This makes early spring the ideal time to apply fertilisers to most garden plants and also to lawns. Fertilisers can be for general use on a wide range of plants or they may be tailored for particular plant groups such as lawns, roses, citrus, orchids, indoor or native plants. General or 'all-purpose' fertilisers include composts, manures, blood and bone, or fertilisers labelled as all-purpose. Fertilisers, also known as plant foods, come in a range of formulations

including granular, slow-release and liquid. Which formulation you select depends on your garden size, storage facilities and ease of application.

NPK

Fertilisers contain the major plant nutrients of nitrogen, potassium and phosphorus that control plant growth, flowering and fruiting. Specialist fertilisers have these nutrients in varying amounts and may also contain minor elements such as sulfur, iron, calcium and magnesium. The major nutrients are indicated by their chemical symbols of N for nitrogen, P for phosphorus and K for potassium. Fertilisers developed for different plants may have these nutrients in different amounts. For example, a fertiliser that's formulated for citrus may have higher levels of P and K than one formulated for lawns, which will contain higher amounts of N than other plant fertilisers. These variations relate to the plant's nutrient needs and are shown as an N:P:K ratio on the fertiliser packet or container. Leafy plants such as grasses benefit from high in nitrogen levels, while fertilisers for flowering and fruiting plants demand higher amounts of phosphorus and potassium.

DO I NEED A SPECIALIST FERTILISER?
It is worth buying specialised fertilisers (such as azalea, citrus, native or rose food) if you have the plants to use them on. It is not necessary to buy a different fertiliser for every plant in the garden! If your garden is mainly planted with native Australian plants or other phosphorus-sensitive plants such as proteas, select a native plant food that is low in phosphorus. If you have a garden of acid-loving plants such as azaleas and camellias, use a specialist azalea fertiliser.

If you have a number of citrus, roses, hibiscus or other plants with specialist fertiliser needs, use the relevant specialist fertiliser such as a citrus food or rose food. Citrus food can also be used to feed other productive plants along with long-flowering plants such as gardenias, roses, hibiscus and bougainvilleas.

FERTILISER TIPS

- Feed all plants in spring with a general

- fertiliser. Plants growing in low nutrient soils or those that have high nutrient needs such as annuals, vegetables, citrus and roses, require additional fertiliser during their growing period.

- Follow rates recommended on the package – too much can be harmful.

- Apply fertilisers evenly for example by using a fertiliser spreader.

- Water before or after applying fertiliser especially to lawns. Add liquid fertilisers to a filled watering can.

- Don't allow fertilisers to come in contact with plant roots. If adding fertiliser to soils at planting time, incorporate it thoroughly or lightly cover the fertiliser with a layer of soil to protect the roots. Keep fertilisers in sealed containers away from moisture and sunshine and away from pets.

Some general garden tips for this time of the year

It's still pretty warm outside, but there are some tasty treats you can plant out this month. Try silverbeet, leeks, spring onions, Brussels sprouts, bush beans, broccoli, cauliflower and celery... but wait until the end of the month.

Lettuce is lovely at the end of February, but, because the days are still quite hot, consider popping the seedlings under some shade cloth, or a more established plant to protect its sensitive foliage from the sun. Even try growing in partial shade.

Still too hot for most herbs but lemongrass will take the heat if planted out now. Basil is happy to go in now as well, so why not mix it up and try some purple, Thai and lemon basil, as well as our old favourite, sweet basil.

Why not try some lovely flowering stuff in your patch as well, like nasturtium, verbena, petunias and marigolds. These guys are great at attracting pollinators and beneficial insects to your patch, and they look great as well.

Want to save some money? Avocados are relatively expensive at the moment, but in a few years time that won't worry you. Towards the tail end of February try planting an avocado.

The News SPORT

SPORTS RESULTS

RESULTS GOLF

hit his drive a long way past Billy on this hole.

Branxton Golf Club Saturday Comp Saturday, 18 February 23 PAR EVENT

Field: 40
Grades A Craig Howe 3
Grades A David Kinch 1
Grades A Michael Simpson 0

Grades B Benjamin Porter 5
Grades B Kerrie Fry 3
Grades B Reece Caldwell 2
Grades C Trish McMillan 6
Grades C Garry Taylor 2
Grades C Glenn Fletcher 2.

NTP 2/11 Craig Howe 318cm
NTP 4 Nicholas Redgrove 69cm
NTP 9/18 Steve Eccles 73cm
NTP 13 Neil Jordan 487cm
Balls 12 Distributed down to score: -1

Pro's NTP 18th - Steve Eccles 73cm = \$60

Proshop Voucher 40 players endured Saturday's heat to compete in the Par event with Craig Howe displaying his ever consistent form to win A Grade with an excellent +3.

Dave Kinch, the 2022 B Grade Club Champion, finished runner up with his creditable +1 with Mick Simpson, making a welcome return to competition play, finishing third with his square score. Ben Porter won B Grade with a wonderful +5 score, finishing ahead of the Ladies captain, Kerrie Fry, with a pleasing +3, with Reece Caldwell, warming up for Sunday Pennants at Maitland, third with his +2. Trish McMillan recorded the best score of the day to win C Grade with a superb -6 score. Her round would certainly give her the bragging rights over her husband Rob this week. Left hander Garry Taylor finished runner up with his +2 just ahead of Glenn Fletcher on the same score. The shots of the day belonged to Nicholas Redgrove on the 4th, finishing only 69 cms from the pin, and this year's Summer Cup winner, Steve Eccles, winning the Pro's Pin on the last with his shot finishing only 73 cms away. -1 was needed to win a ball. The Seniors lost their Club Pennants 3-0 to Murrurundi at Maitland on Sunday, after a tight 2-1 loss to Denman at Murrurundi last week. Team Captain Lee Huntsaid the Murrurundi team's handicaps certainly killed them with many players receiving two shots on some holes - always a difficult task in this competition. B Grade had the bye with the team Captain, Murray, serving up a BBQ for the competing teams, with some extra help from his fellow team members. Last week B Grade had a tough loss to Kurri 4-1 at Kurri.

Overall Winners: Steve Condran and Barney Ward 64 pts (47,17)
Runners Up: Garry Train and Errol Munzenberger 58 pts (38,20)

3rd: Gary Wilton and Graham Scobie 58 pts (39,19)

4th: Roger Yandle and Richard Chalmers 55 pts (36,19)

5th: Peter Conroy and Murray Kingston 54 pts (33,21)

6th: Mike Ryan and Jeff Flynn 54 pts (35,19)

NTPins: Ladies: Ruth McCarthy Men: Lee Hunt

Thursday's 2 Ball Aggregate Competition was decisively won by Steve Condran and Barney Ward with an outstanding 64 pts, a score which included an amazing 47 pts on the first nine holes. To put this in perspective, the next best first nine holes score was 39 pts. Such a score meant they averaged just over 5 pts per hole - very consistent golf. Garry Train and Errol Munzenberger finished runner up 6 pts back with Club Life member Gary Wilton and Graham Scobie third on the same score. 54 pts was needed to win a ball. Ruth McCarthy and Club Captain Lee Hunt were the sharpshooters for the day on the last hole. Bill Smith teamed up with our nonagenarian, Bobby Hain, hitting a remarkable shot on the 6th hole where his tee shot hit the tree on the left-hand side of the tee, before careering back over the tee (and through my legs) to finish near the creek around 30 metres back. Bob can certainly claim that he

Branxton Golf Club Par Three Championships Saturday, 25th February

A Grade Scratch Winner: Steve Eccles 58 Runner Up: Peter Wilton 60

A Grade Nett Winner: Nick Wheeler 52

Runner Up: Dave Hodges 55

Third: Peter McKenzie 56

B Grade Scratch Winner: Ben Porter 62

Runner Up: Gary Wilton 65

B Grade Nett Winner: Neil Jordan 51

Runner Up: Mick Carling 55

Third: Murray Kingston 55

C Grade Scratch Winner: Gary Walsh 68

Runner Up: Richard Turnbull 73

C Grade Nett Winner: James Scott 48

Runner Up: Mathew Schnell 53

Third: Graham Bull 53 c/b

Ball Competition: J.Haywood; D.Kinch; J.Burgess; G.Taylor; T.Seamer; R.Biles; L.Hunt; R.Hale; C.Zawinski; R.McMillan; B.Bridge; S.Primmer; C.Jubb; M.Crossley

NTPins: 2nd/11th: Lee Jackson 113 cms 4th: Chris Zawinski 485 cms 13th: Steve Eccles 83 cms 9th: Steve Ross 128 cms

Pro Pin 18th: Rex Talbot 132 cms 586 Proshop Voucher

Saturday's Par Three Championships proved to be a real challenge for all players with Steve Eccles playing some great iron golf to win with a 4 over par score of 58, 2 shots clear of Peter Wilton's 60. Steve started with a double bogey so his score indicated some very consistent golf for the rest of his round. Ben Porter won B Grade with an excellent 62 off the stick, 3 points clear of local legend Gary Wilton with 65. Gary Walsh won C Grade with a 68, well clear of runner up Richie Turnbull with a 73. Nick Wheeler, Neil Jordan and James Scott won the Nett Competitions in each grade, with James Scott's 48 nett score the best of the day. The shot of the day belonged to Steve Eccles on the 13th, finishing only 83 cms from the pin whilst Rex Talbot won the Pro's Pin on the last. Captain Steve must be congratulated for setting up a challenging but fair course for these championships, after spending some time on the course (after work) on Friday evening before doing the raffles later in the night. The first hole proved very difficult for all players as they had to hit a 146 m shot onto an island green for their first shot of the day - and I can tell you, the safest spot on the green (as a spotter) was in the middle as only 3 players, all day, hit this green. Bobby Hale, spotting on the 2nd, told me the creek must have risen a metre or so judging by how many balls landed in it from the 2nd tee. Steve Eccles and Bob Biles

continue to lose their keno matches to Gary Walsh and Robert Miller, much to Steve's disgust - he is currently in super form, but they still lost their match 7 and 6 - go figure! Steve was quoted as saying, "I'll just set up a weekly bunk transfer!"

Hunter Valley Golf Club Sunday 12th February

Wayne Trappel has won the Weekly Challenge with 42 points from Joseph Cumow 40 & Colin Mitchell with 38 in 3rd place. Ball winners are: Andrew Chalker 37, Michael Jurgean 37, Joshua Mitchell 37, Patrick Ryan 36, John Knuth 36, Greg Morgan 36, Graeme Mankelow 36, Paul Monahan 36, Micheal Hall 36, Phouasang Sihapanya 36, Phil Byron 35, Gary Woodland 35, Todd Jolly 35, Marjo Kemmeling 35, Clinton Goodchap 35, Mark Fullbrook 34, Adam Batholemew 34, Phil Douglas 34, Adam Holmes 34, Broque Smith 34, Don Curran 34 & Cmaron Davis 33 c/b

Tuesday 14th February Jerry Bowden returned 44 points to win the Tuesday Stableford from Todd Burgoyne 43 & Jaydon Casinelli 3rd with 41 points. Ball winners are: Scott Conti 40, Brandon Cole 40, Dez Bailey 39, Dean Morison 38, Rick Turchini 38, Brendan Bouke 37, John Carmody 37, Tracy Morison 36, Graeme Flynn 36, Rex Talbot 35, John Stewart 35, Wayne Cowan 35, Larry Forbes 35, Dennis Donn 34, Greg Chesson 34, Peter Franks 34, Greg Ireland 33, Tom Bell 33, Bindri 33 & Bernard Avery 33 c/b. Nearest-the-Pins to Larry Forbes (4th) Terry Webb (8th) Shawn Parish (10th) & Todd Burgoyne (17th)

Wednesday 15th February The Ladies Summer Stableford round has resulted in a countback to decide the winner after Sue Williams & Melita Watson returned 35 points with Sue gaining the judges nod, Glenda Williams took 3rd place with 33. Ball winners are: Christine Tancred 32 & Di Oakes with 31 c/b. Nearest-the-Pins to Melita Watson (3rd) Sue Wilson (10th) & Dale Hamilton (17th)

Thursday 16th February The Vets American Stableford has produced some excellent scoring across all Divisions with Peter Huckfeldt getting the nod from Trevor Collins in Division 1 after both returned 58 points, Paul Campbell claimed Division 2 with 60 points from Geoff 'Banjo' Boyd with 57 and Silver Peterson took Division 3 with 57 from Phil Wetzler 55 on countback. Ball winners are: Kevin Dick 55, John Martin 55, Michael O'Brien 54, Michael Tsakissiris 54, Eric Smith 54, Tracy Morison 54, Ron

Findley 54, Fluff 53, Greg Burke 53, Doug Harley 53, Spot 53, Graeme Smith 53, John McLoughney 53, Wayne Cowen 53, Chris Taggart 53, Joe Olsen 53, Wayne Berry 53, Rex Talbot 52, Kevin Coleman 52, Bill Freeman 52, Bruce chambers 52, Muz 52, Don Tull 52, Ryan Wilson 51, John the Pom 51, Steve Piggott 51, Bomber 51, Dave Blackburn 51, Paul Ireland 51, Garry Clarke 51, Greg Amlah 51, Col Somerville 50 & Greg Ireland 50 c/b. Nearest-the-Pins to Peter Attewell (3rd) Trevor Collins (4th) Chris Taggart (8th) Wayne Berry (10th) & Jeff Taylor (17th).

Saturday 18th February The Blue Tee Challenge has been played in extreme heat which took toll on the field. Mathew Dyson has done very well with a 9:30 tee time to record 41 points to claim A Grade, all other placings were filled by the early starters. Ben Bradley with 40 points took runner up in A Grade, Peter Huckfeldt with 40 has won B Grade from Craig Mould 39 & Thomas Cunningham 36 C Grade from Graeme Porter 35. Ball winners are: Dean Freebairn 38, Tom Bell 38, Brandon Lidbury 37, Scott Conti 36, Luke Johnston 36, Scott Smith 36, Nathan Bell 36, James Marsh 35, Dez Bailey 35, Lewis Howells 35, Jarrod Gorsuch 34, Beepa 33, Don Bradley 33, Andrew Zok 33, John Chenery 33, Jacko 33, Scott Jones 33, Caleb Porter 32 & David Matt 32 c/b. Nearest-the-Pins to Scott Smith (3rd) Joshua Mitchell (4th) Patrick Wand (8th) Anthony Bower (10th) & Jarrod Gorsuch (17th).

Sunday 19th February The Weekly Challenge has been won by Kingsley Baldwin with 45 points from Paul Thorpe 40 & Teresa Taylor in 3rd place with 39 points. Ball winners are: Richard Bilham 38, Scott Conti 37, Peter Guest 37, Luke Silay 37, Brad Benkovic 36, Jewel See 36,

Liam Bentley 36, Matt D'Force 35, David Schmierer 35, Adrian Kent 34, Melvin Moore 34, Paul Cinat 34, Andrew Medway 34, Sean Masterson 34, Andrew MacPherson 34, Dan Taylor 34, Stacey Brennan 34, Juice Thomson 33, Brendon Van-Veen 33, Tim Beasley 33, Regan Payne 33, Kurtis Grant 33, Jason Avery 33, Alan Cizzio 33, Michael Boyle 33, Thomas Vaughan 32, Bernard Avery 32, Brandon Lidbury 32 & Phil Small 32 c/b

Tuesday 21st February Inform Scott Conti has won the Tuesday Stableford with a solid 41 point round on countback to Jerry Bowden with Dylan Barnes 3rd with 37 on countback. Ball winners are: David Peel 37, David Delaney 36, Hugh Le 36, Brendon Cole 36, Chris Taggart 35, Matt D'Force 35, Bernard Avery 35, John Stewart 34, Dean Morison 34, Tracy Morison 34, Neil Crittenden 34, Kevin Smith 34, Steve Morgan 33, Brendan Bourke 33, Larry Forbes 33, Steven Kane 33, Todd Burgoyne 33, John Carmody 33, Terry Webb 33, Jeremy Smillie 33, Tom Bell 32, Steve Piggott 32, Jarad Hofman 32, Ian Newell 32, Wayne Burgess 32, Garry Marsden 32, Dennis Donn 32, Wayne Barber 32, Alan Jamieson 31, Ryan Felton 31 & Dan Crush 31 c/b. Nearest-the-Pins to Todd Battle (3rd) John Stewart (4th & 10th) & Steve Piggott (17th)

Wednesday 22nd February Ladies Golf was a washout this week.

Thursday 23rd February The Vets Irish Stableford has been won by Gunner with 76 points from Doug Harley with 75 on countback to GB Harris in 3rd. Ball winners are: Chris Taggart 74, John Grayson 72, Eric Smith 72, Don Tull 72, Steve Piggott 71, Dave Gellwiler 70, James Schofield 68, Graeme Porter 68, Bomber 68, Tom Bell

67, Garry Clarke 66, Alan Bishop 65, Greg Amlah 64, Dean Morison 64, Rod Williams 63, Bruce Chambers 63, Graeme Smith 62, Morto 62, Tony Loeriman 62, Paul Campbell 62, Gerry Irwin 61, Norm Barry 61, John Pascoe 61, Burgo 60, Mark Green 60, Kevin Gibson 59, Wayne Barber 59, Dave Blackburn 59, Don Bradley 58, Wazza 58, Paul Smith 58, Greg Burke 57 & Silver 56 c/b. Nearest-the-Pins to John Grayson (3rd) James Schofield (4th) Don Tull (8th) Dave Blackburn (10th) & Morto (17th).

Saturday 25th February The Medley American Stableford provided some solid scores across all grades with A Grade going to Ben Bradley with 60 points from Wade Attewell 59. B Grade to Mike Carter with 55 on countback to Don Bradley also on countback & C Grade to Joshua Noble with 61 from Scott Jones 59. Ball winners are: Russ Calderwood 57, Mark Noble 57, Mark Makin 56, John Campo 56, Ty Cowley 56, Nick Hain 55, Abdel Bennani 54, Greg Burke 54, Peter Payne 54, Richard White 54, Paul Campbell 54, Peter Puerta 53, Dan McLeod 53, Tony Loeriman 53, Andrew Zok 52, Peter McIntyre 52, Steve Jurd 53, Gruller 52, Russ Lightfoot 51, Bruce Chambers 51, John Martin 51, Young Curly 51, Troy Wallis 51, Col McGowan 51, Paul Doig 51, Graham Morris 51, Jeremy Holden 50, Mick Goldman 50, Fluff 50, Ron Findley 50, Dave Hollis 49, Trevor Collins 49, Denis Corke 49, Tom Cunningham 49, David Dalley 49, Peter Tierney 49, Barry McKay 48, Brian Connolly 48, Paul McCudden 48, Jeff Taylor 48 & Damien Porter 47 c/b. Nearest-the-Pins to Luke Johnston (3rd) Lindsay Meyn (4th) Wade Attewell (8th) Jeff Taylor (10th) & Peter Payne (17th). Next week's golf will be the Monthly Stroke rounds

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Saturday 25th February The Med

The BRANXTON GRETA VINEYARDS

The News **SPORT**

Branxtons' Rosary Park Girls Qualify for State Championships



Junior girls relay team pictured from left to right (Emily Allgood, Ruby Nevin, Ellie Ayscough and Charli Fox)

On Thursday 30th March 2023, 5 very determined swimmers from Rosary Park Catholic School Branxton will represent the Diocese of Maitland/Newcastle in the State Championships at Sydney Olympic Park Aquatic Centre. Holly Nevin, Emily Allgood, Ruby Nevin, Ellie Ayscough and Charli Fox all reside in Branxton and are very excited and proud at what they have achieved so far. The have a ready



State Championships qualifiers pictured from left to right (Holly Nevin, Emily Allgood, Ruby Nevin, Ellie Ayscough and Charli Fox)

exceeded expectations and will go into the Homebush Meet buoyed by the best wishes and support of the Rosary Park Parents, Students, Teachers and the entire Greta-Branxton Community. Holly Nevin will compete in the 8yr girls individual 50 metres freestyle event and Emily Allgood, Ellie Ayscough, Ruby Nevin, and Charli Fox (in swim order) will compete in the Junior girls 4x50 metres relay. The relay team which are now being referred to as "The Fierce Four" began their journey on December 8th, 2022, when they swam the fastest four times at their

school carnival at Singleton Pool. From there they represented at the regional carnival on the 15th February earlier this month. The Fierce Four came from a long way behind to win comfortably that day. Last Tuesday 21st February at the Diocesan Carnival the girls all swam a terrific race and again finished first to qualify for state. A special mention to Ellie Ayscough who is a year younger than all the girls in this event who continues to swim out of her skin every time she competes. The determination she shows in all her events whether it be individual, or team is second to none and that fighting

Ayscough spirit is very evident. Holly Nevin qualified the fastest 8yr girls 50m freestyle at the school carnival than came up against the very speedy Ayla Hansen at the Regional to finish second. Holly then swam a very fast time personally to finish third at the Diocesan to qualify for State. A big thanks also to the Branxton Greta Swim Club (Redbacks) who prepared these girls to be finely tuned for these events and to their highly experienced and passionate coach Scott Schmidt who have them rock hard fit and ready for this next challenge on March 30!

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