CHURCHILL & DISTRICT NEWS

Est. 1966



The Tigers

Phill Mayer -Junior Basketball Coach

THE Churchill Junior Basketball Association is run by a group of dedicated volunteers who provide a valuable recreational outlet for the youth of our area.

One example if this dedication is junior coach Phill Mayer. Phill trains three Churchill/Yinnar teams in competition, the under 10 Girls Tigers, the Under 12 Girls Jets and the Under 12 Boys Jesters.

Phill coaches with energy, focusing on fun and skill building, with input and assistance from team managers Michelle Jordan and Maryanne Lugton and also the players supportive parents.

By providing encouragement and play tips during games, running weekly training sessions focusing on team and skill building and rewarding effort and fun Phill helps to develop the players in his care in positive ways. He instills some 'life ethics' about sportspersonship and doing your best in all endeavors.

The philosophy that participation is the key for young people, with winning and losing the last and

smallest line in the equation goes some way to explaining why Phill has such a good rapport with his young players.

Phill also runs youth drama workshops and adult theatre productions, umpires junior football on weekends and sits on various committees, including the Yinnar Combined Activities Club as Chairperson.

Phill was presented with in Australia Day Award in 2004 for his contributions to the community and was recently highly commended for his program design and supervision of a Federal Government work for the dole arts program.

The Tigers, who were successful in their division grand final for the second season in a row, currently has eight players, Caitlin, Tamsin, Gabby, Kate, Kaitlyn, Kaylah, Stacey and Shannon. The Jets are made up of Emma, Emily, Melanie, Tracey and Kira, whilst the Jesters, who also achieved success in their division grand final in a very close encounter, include Nick,

Luke, Nathan, Nick, James, Jack and Ryan. All the players are Churchill or Yinnar residents.

All teams were presented with medallions and trophies at a special season break up at the Morwell gymnastic Academy which was sponsored by one of the parents. Having started a new season all players are keen to continue strengthening skills and enjoy playing basketball.

For more information about Churchill Junior Basketball Association contact the associations wonderful secretary, Jenny Webb on 5122 2884. For enquires about the Tigers or Jesters contact Maryann Lugton, Team Manager, on 5122 1747, or for the Jets Michelle Jordan, Team Manager, on 5122 3069.

More team photos are on Page 19

Annua Paris

Phill with some of the Tigers, Jets and Jesters

Churchill & District News - Proudly Sponsored by:





Mathison Park Tidy Towns Nomination



By RUTH PLACE

THE Editor of the Churchill and District News has been impressed by the reports for the paper, of work that has taken place in Mathison Park. She persuaded members of the Development Committee to put in for the Tidy Towns Competition. There are several sections of the competition, including environmental development areas such as Mathison Park. Our entry has been accepted, and the inspection day is to be towards the end of July.

This has been an even greater incentive to the very small but hard working group of volunteers, to do some further maintenance work, to present its best aspect.

Bags of rubbish- wrappers, drink cans, advertising leaflets, bottles, etc. - have been collected from the trees beside the concrete path leading to Kurnai, the Arboretum area, and in and along the

creek as far as the old farmhouse.

The trees along the Eel Hole Creek path have been pruned and piled high for burning. The undergrowth has been cut and cleaned up. The Koori Plantation north of the farmhouse has been tidied. Much mowing and slashing has made the fire access tracks accessible, and the pathways between the stands of trees clear for folks to walk and enjoy the bird life and the trees.

Piles of dirt have been levelled, the excess used to fill holes and strengthen the creek banks.

This is satisfying work. Certainly it is warming work for winter's cold days.

So if you have a hour or two to spend, want to warm up, and do something worthwhile in the process, please contact Terry on 51221440. He would love to hear from you!

Pictured above is Lake Hyland taken by Tom Mikulic

Christmas in July at Churchill Hotel



Dainbridge Services Pty Ltd

Nobody much likes tax returns,
When we all have to show what we earn,

But Tax Refunds are nice, Why not ask our advice, You might be surprised what you learn,

Dainbridge Services 49 Switchback Road, Churchill 3842 Phone: (03) 51 222 033 Fax: (03) 51 222 733 Page 2- Thursday 14 July 2005, Churchill & District News

EDITORIAL

Many thanks to all those who attended the Christmas in July Trivia Night in aid of the Gippsland Cancer Care Centre.

Although there was only a small crowd a good time was had by all and \$325.00 was raised. Congratulations to Gippsland Trade Printers 'Reindeers' for winning first prize!

A big thank you goes to Helen and Peter at the Churchill Hotel for all their help, to The Italian Australian Club, Morwell RSL, Sam and Franks and John Parker for their prize donations. Our next fundraising event is the Pondage Pursuit to be held on the 20th November.

It is going to be a huge day with plenty fun for everyone aged 9months to 90 years! More information will be released soon.

**The short story and writing competition ends next month - on 12th July so now is the time to be thinking about sending etries in.

ED

Contributions

Articles for publication and letters to the Editor can be sent to:

Churchill & District News PO Box 234, Churchill, 3842

Or Email: editor@cdnews.com.au

All articles must be submitted by the 30th of each month for publication in the second week of the following month.

Advertising enquiries can be addressed to:

Peter Prokopiv Churchill & District News PO Box 234, Churchill, 3842 Tel: 03 5122 2589 or 0402 406 376



Look out for our Article Drop Off Boxes Located at: Foodworks, Churchill Primary School, Churchill Library, Co-Operating Church and Monash Uni Reception.

Churchill & District News

THE CHURCHILL & DISTRICT NEWS IS PRODUCED UNDER THE DIRECTION AND CONTROL OF THE CO-OPERATING CHURCHES OF CHURCHILL. THE CO-OPERATION IS MADE UP OF THE ANGLICAN, UNITING AND CHURCHES OF CHRIST.

Disclaimer

The Churchill and District News wishes to advise that the views or remarks expressed in this publication are not necessarily the views of the Editor or Working Party and no endorsement of service is implied by the listing of advertisers, sponsors or contributors.

This Month Highlighting the "StepLite" Range

Podicare

110 George Street Morwell 5134 2375



Discontinued Line

All Stepline shoes 1/2 price



No Exchange or Refund

Only while stocks last

The New Age Shop 13 WEST PLACE CHURCHILL

from

WINTER TRADING HOURS

MONDAY-FRIDAY 9.00-5.00

SATURDAY AND SUNDAY CLOSED

COME ALONG AND SUPPORT OUR LOCAL ARTISTS AND CRAFTS PEOPLE

BY PURCHASING A GIFT FROM OUR UNIQUE RANGE

TRY ERIC AND SYLVIA'S GREAT RASPBERRY JAM!

Short Story & Poetry Competition 2005

THE Churchill and District News invites you to enter our fourth writing competition.

The first competition was held in October 2002 as a part of the celebrations for the re-launch of the newspaper.

All winning stories are published in the Churchill and District News.

Writers from all over Victoria submitted entries. The local history category was introduced in 2003 and will stay for this year.

We have introduced a new category for 2005 - A Story for Children.

Many people write childrens stories so now they have the opportunity to be published.

The children's story can be for any age of child up to 18 years.

We welcome illustrations in this category as very often they are an integral part of a children's story.

Everyone is invited to enter, so if you have a story to tell we look forward to reading it.

CLOSING 12TH AUGUST

CATEGORIES

- 1. Children (U7) Short Story / Poem or Picture Story
- 2. Children (U12) Short Story (Illustrations Welcome)
- 3. Children (U12) Poetry (Illustrations Welcome)
- 4. Under 18 Short Story
- 5. Adult Short Story
- 6. Adult Poetry
- 8. Local History My Story. Our aim is to record the history of Churchill and District through the eyes of local residents. This category will be judged on content alone and there are no restrictions on length of story.
- 9. A Story for Children. Illustrations Welcome.

CONDITIONS OF ENTRY

- ★ All stories must have a completed entry form attached to the manuscript with a paper clip (no pins or staples)
- ★ The author's name must only be on the entry form and not on the manuscript.
- ★ Entries must be original, previously unpublished work.
- ★ Multiple entries will be accepted
- ★ Unless otherwise specified, permission to reproduce entries in the Churchill & District News for publicity

purposes will be assumed. Copyright remains with the author.

- ★ Writers will be credited whenever their writing is reproduced
- ★ Entries must be received by 12 August 2005
- ★ All pages should be numbered.
- ★ Length of stories are to be: Adult 1000 2500 words in length. Under 18 500 2000 words in length. A Story for Children maximum 2000 words Children: up to 500 words in length.
- ★ Poetry to be: Adult min 8 lines max 48 lines. Under 18 - min 8 lines - max 48 lines. Children - up to 20 lines.
- ★ Entries will not be returned and participants should keep a copy of their work.
- ★ The judges decision will be final and no correspondence will be entered into.
- ★ Signing of the entry form constitutes acceptance of these conditions of entry.

ENTRY FEES

\$3.00 Per Short Story - \$2.00 Student or Concession \$3.00 Per Poem - \$2.00 Student or Concession Children, Under &, Under 12 and Under 18 - 50c Special Category: Local History \$1.00 A Childrens Story - \$1.00

CHORCHILL & DISTRICT NEWS
SHORT STORY & POETRY COMPETITION 2005
ENTRY FORM

CHILDCHILL & DICTDICT NEW

Address:		
Telephone:		
	Number of Entries	Title of Story(s)/Title of Poem(s)
1. Children's (U7)		
2. Children's (U12) Short Story	<i>7</i>	
3. Children's (U12) Poetry		
4. Under 18 Short Story		
5. Under 18 Poetry		
6. Adult Short Story		
7. Adult Poetry		
8. Local History		
9. A Children's Story		

I have read and understood the conditions of entry and agree to abide by them. I certify that this is an original unpublished story or poem, written by myself.

Entry form can be completed on behalf of U12's by a parent or guardian.

Signature:

Entry Fee to be included with Entry Form.

Please make Cheques or Postal Orders Payable to the Churchill & District News.

No Cash or Stamps Please

Send Entry Form To:

PO Box 234

CHURCHILL 3842

Churchill Lions Say Thank You to Bunnings Mid Valley

By JOHN BARKER, Publicity Officer

THE Lions Club of Churchill and District acquired a "mobile hotplate trailer" from the Churchill Golf Club as they had no further use for it.

As we had borrowed the trailer on several occasions to fill a need on small projects, it was naturally very gratefully received by our club with heartfelt thanks.

It had been used in the past for small catering projects but was badly in need of a good makeover. One of the catering projects it was used at was our monthly sausage-sizzle at Bunnings Midvalley.

Bunnings have always been great sponsors of Camp Quality and, as our catering proceeds from this venue went to Camp Quality, they were very keen to assist further. They contacted Lion Peter McShane to discuss what assistance they could offer.

It was decided that Bunnings would assist with the refurbishment of the trailer by giving it a coat of paint with all materials donated by Bunnings. The staff jumped at the opportunity to take part in the project, some even coming in on their days off.

They rubbed it down and gave it several coats of a very bright yellow paint. In the early stages of preparation Bunnings was visited by a youth member of Camp

She was supported by Lionesses Sue Lowick and Margaret Barker, and Lions Bob Lowick and John Barker who are all associated with Camp Quality as vol-

The trailer was duly painted and is now resplendent in a new coat of paint. Bunnings proudly applied their own sponsorship artwork and our club supported the image with our own logo along with displays of our other sponsor artwork - namely Churchill Golf Club and

Special thanks to Angela McDonald, Bunnings Midvalley Complex Manager and all her wonderful staff who were part of this project.



Lioness Sue Lowick and Margaret Barker, Kimberley, Bunnings Manager Angela and Bunnings staff and Lions Peter McShane, John Barker and Bob Lowick.



Camp Quality youth member Kimberley

Child Friendly Communities

By PETER MCSHANE

NATIONAL CHILD PROTECTION WEEK



The theme for National Child Protection Week (NCPW) (September

September 11) is Child Friendly Communities Prevent Child Abuse and Neglect.

This theme is based on NAPCAN (National Association for Prevention of Child Abuse and Neglect) repositioning itself. This new position states that the single most effective way to end child abuse and neglect is for communities to become truly child-friendly.

This position arises from significant primary prevention research worldwide.

Putting an end to child abuse starts with a community that cares. Parents, families, friends, neighbourhoods, sports groups, workplaces, spiritual groups, organisations and businesses can all support children to grow up safer and happier.

NAPCAN believes that local communities can make the difference. Our vision is for every Australian community to be Child Friendly.

A Child Friendly Community provides children with opportunities for optimal growth and development: socially, emotionally, culturally and spiritually. This vision embodies a life for children, free from harmful or abusive behaviours, systems and services.

Families, parents and carers are supported within their community and readily access help when experiencing difficulties. Most importantly, children are valued, respected and actively included in the community.

A community can be any group of people that are making a positive difference to the lives of children, parents and families in Australia.

NAPCAN would like to tell others about how you are helping to create a Child Friendly Community and in turn protect children, on our website, and in other NAP-

CAN promotions and activities such as National Child Protection Week

Please tell us how your community is making a dif-

To obtain a nomination form, please contact

Maree Waterworth

NAPCAN Victoria

Ph: 54241182 / 0407 684 373 or email: napcan-

vic@bigpond.com

CRIME STATISTICS

Our recent figures have been down on previous months with only two reportable offences last month. Tthis may have been assisted by the strong Police pres-

As you will have seen recently in the papers, our local Police have been running some very successful blitzes on unregistered and unroadworthy vehicles, unlicensed drivers etc. and have found a number of other matters requiring attention while running these blitzes.

AREA OF NEED

Questions have been asked by members of our Community as to what area is actually covered by Neighbourhood Watch in Churchill and why can't it cover the whole town?

Your thoughts on this matter would be appreciated no matter what part of Churchill you are from so please drop me an e-mail or give me a call, we'd love to hear from you. Or you may care to come to our AGM and talk to me over a cup of coffee or tea.

ANNUAL GENERAL MEETING

Our Annual General Meeting will be held at 7.30 p.m. on Thursday July 21, at the Neighbourhood House Room, Churchill Leisure Centre.

Please come along and enjoy a cuppa and nibble after the meeting as we'd love to see you and hear your com-

CHURCHILL NEIGHBOURHOOD WATCH AREA LTB 22



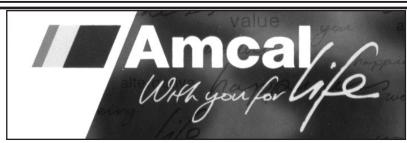
Phone: 5133 9088 Fax: 5133 9388

Need advice, information on

State Government matters?

For friendly advice and assistance please

Brendan Jenkins MP State Member for Morwell District



Clearance Sale

Pharmacy Savings



colour intensifier

technology

Complete Vitamins mineral supplement. Pack of 100



Live Hair Colour Permanent colour with

Monday to Friday 9am - 6pm. Saturday

9am - 1pm

Telephone: 5122 1390



Bulk Billing

- **Family Medicine**
- Women's Health
- Counselling
- **Minor Surgical Procedures**
- **Pathology Service**
- * Travel & Health Immunisations
- **Industrial Medicals**
- * Visiting Paediatrician
- Visiting Physiotherapist * Visiting Surgeon

Consulting Hours

Monday to Friday 8am - 5.30pm Saturday 8am - 1.30pm 24 hour on call service Tel: 5122 2555

9a Georgina Place, Churchill, 3842

"Caring Family Medicine"

Letter to the Editor

Dear Editor

I would like to commend you on the inclusion of the articles, 'An Outline of Buddhism' and 'Focus on Islam' in the last issue of the Churchill News.

I found these items extremely interesting and educational. I really look forward to each edition of your paper as it's great to know what's going on in our local community. Keep up the great

Jo Whitelaw Churchill

Page 4- Thursday 14 July 2005, Churchill & District News

Church News

Saturday Breakfast - Vanuatu

Mr. Don MacRaild was our speaker at the last Saturday Breakfast. Don studied Agricultural Science, which he then went on to teach. He transferred to teaching in schools, becoming a Principal. When he retired he and his wife went to Vanuatu. There he taught Agricultural Science.

Vanuatu is a series of 83 volcanic rugged islands, spread over a huge distance. Over 105 different languages are spoken, some close to each other. The various groups are culturally and linguistically diverse but people are at heart Melanesian.

In the 1930s some wealthy yachtsmen visited the islands. John Frum was one. He explained that the war was beginning and that things would come out of the sky (bombs). Some superstitions arose, leading to the Cargo Cult idea that people will come bearing goods. This has been perpetuated with many religious groups arriving with goods for nothing.

The islands are a hostile environment- tough volcanic, mountainous jungle. On the island of Tanna, the mountain Yasar erupts every 20 minutes, producing ash, but also acid rain. Cyclones destroy buildings. There are no funds to repair them.

Transport is old and unreliable. Reticulated water is only available in two places. Toilets are mainly pits. There is little electricity. Communications means are poor. Roads are only tracks. Medical and education facilities are very limited. People earn between \$100-\$200 a year.

The island of Erromango has a cannibal past. Cannibalism was their way to honour their dead- it carries on the dead one's life.

Futuna has no roads, no vehicles and a 300 foot drop into the sea. The locals climb 600 metre bamboo ladders to tend gardens.

Ambryn had a major volcanic eruption, resulting in the whole island having to be evacuated. This event was not reported in our press. One island tilted one metre, resulting in a large change in the ecology of the island.

After his return a man wrote and requested that Don send a pair of glasses back, suitable for a 72 year old man. Don mentioned this to his optometrist. When Don decided to return in1998, the optometrist taught him some simple eye tests, and off Don went with 400 pairs of glasses. There was some success, but much missed the mark. There was such a lot of eye disease. Don came home determined to get some help.

Don went and spoke to the Sale Rotary Club. He explained that there were no specialist eye doctors, no supply of glasses available to the indigenous population.

The club placed an advert in the Optometry Journal, and Don did an interview on the radio. The result was that three specialists were interviewed and returned to Vanuatu with him. They visited the islands and set up clinics wherever a suitable place could be found. Ear infections are a huge problem. The highest incidence of tuberculosis in the world is recorded there. Tuberculosis also caused blindness.

Diabetes is also a major health concern. Food aid has exacerbated the problem, as white rice adds to their already starchy diet, laced with cholesterol heavy coconut milk.

With the support of the Uniting Church and the Sale Rotary Club, Don and his wife go to Vanuatu for three months each year, taking optometrists and other health professionals, along with as many old pairs of glasses as can be mustered. The small-framed ones are the suitable ones.

In that time, Richard, an intelligent willing young man has been to Melbourne University and learnt to be an Optical technician. He can now diagnose eye problems and prescribe and make glasses.

Village people have been taught about health care. There are now four areas with 24 hour electricity, doctors in four centres, one optometrist, two ophthalmologists, ten eye care nurses throughout the country, two centres catering for major eye surgery, and an edging lab where glasses can be made.

They have worked in 42 locations on 11 islands, had 1558 patients, doing blood pressure checks on 1400, and blood sugar tests on 830, given specs to 1055 and referred 220 for surgery.

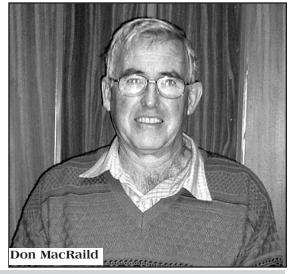
The aim is to work themselves out of a job. One determined teacher has started a boarding school.

Life expectancy has risen from 45 years to 60 years. The main reason for this is the introduction of bednetting. This lowers the cases of malaria. It is also impregnated with pesticides which kill bed bugs. Bed bugs bite causing people to scratch. The scratches become infected ulcers. This can lead to rheumatic heart disease.

The UCA works with the Vanuatu government, but beaurocracy, both in Australia and there, makes it very difficult.

No-one can comprehend the extent of the problems.

YOUR HELP IS REQUESTED. IF YOU HAVE AN OLD PAIR OF GLASSES YOU CAN DONATE THEM TO THE CHURCH WHICH WILL SEE THAT DON RECEIVES THEM.



Lumen Chritsi Parish

June saw huge works on our Church - numerous cracks and movement throughout the building had to be repaired. Mass had to be celebrated in the newly completed multi-purpose facility within the school grounds.

It was during this time that our parishioners showed wonderful cooperation and adaptability. Confirmation was celebrated during this time and was a wonderful celebration for all concerned.

Christian Unity week was marked with an Lumen Christi Mens Choir.

Ecumenical Service at the Co-operating church in early June. Many thanks to Rev. Bob Brown for hosting the night and offering his church as the venue.

The address was given by a Maureen Postma from the Victorian Council of Churches who drove from Melbourne especially for the service. The prayers and readings were shared by both churches and. Lyn Porritt, Chaplain at Monash, also joined us. Singing was led by Lumen Christi Mens Choir.

Church Times

Co-operating Churches of Churchill Rev. Dr. Bob Brown

Williams Avenue, Churchill. Tel: 5122 1480 Glenda and Ian Combridge Tel: 5166 1819 Sunday Service: 9.30am. Choruses: 9.20am

Lumen Christi Catholic Church

35 Walker Parade, Churchill Tel: 5122 2226 Father Malcolm Hewitt Saturday: Mass: 7.30pm

Saturday: Mass: 7.30pm Sunday: Mass: 9.30am 1st, 3rd, and 5th Sundays: Yinnar: Mass: 11.00 am

Mass: 11.00 am 2nd and 4th Sundays: Boolarra: Mass: 11.00am

Churchill Christian Fellowship

Maple Crescent, Churchill.

Pastor Tony or Hermanna Marsden:
5122 2777

Sunday: 10.00am Ladies Meeting: Tuesday 10.00am

Boolarra/Yinnar Parish

By RAE BILLING

We share the parish minister The Rev'd Bob Brown with Churchill parish, an arrangement that is working well. The Rev'd Lyn Porritt who is the interfaith chaplain at Monash University Churchill is part of our ministry team and congregation. Lyn was the leader for the Good Friday Walk of Witness through Yinnar and we joined with our Catholic friends for this very moving service.

Lyn, Ian and Robern represented us on Sunday 19th June at the 40th anniversary celebrations of the Co operating Churches in Churchill. Presbytery



Minister Ann Key travelled from Sale for the celebrations. Later that morning a service of Holy Communion was held at the Uniting Church Yinnar. The next service at Yinnar South is on 31st July at 11am. For help at any time ring Bob Brown on 5122 1480 or e mail bobbrown@alphalink.com.au

Chaplaincy Contemplations

With exams over most students have headed home or to the city. It is important to have a rest before next semester begins for staff and students so the brain will kick in well with the learning ahead.

Many people see University students as privileged people yet for many in Gippsland they are the first members of their families ever to attend a University and to study at a tertiary level. Often there is financial hardship and debt accumulation because of HECS with most students working part time to make ends meet.

There are many pressures on these students with family expectations riding high, yet often not understanding the study workload required for the student to be able to succeed. For quite a few students the family and partners give verbal support but in fact expect everything to remain the same. This is not possible and so students feel torn by the competing demand for their time, and they feel guilty asking for more time to allow them to complete their study.

It's not all bad, of course! University teaches many skills not least of which is to know how to think and to question. Self confidence is built as students discover their gifts and talents. There will also be a high likelihood of employment at the end of the road. Friendships are made and networks developed and at graduation proud family members are there to celebrate the huge endeavours made by the person being awarded the certificate, diploma or degree.

So let us give thanks to God, the loving and compassionate, who gives each and every one of us gifts to use for the betterment of society; indeed of humanity!

May we all find a way of using the gifts we have been given to reach out to others for the good of this planet we live on which is under such pressure due to our insatiable desire for "more". Help us to curb this need for short term exploitation and to take a longer view.

Let us take note of what Paul in his letter to the new Church in Corinth had to say about gifts.

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

1 Corinthians, Chapter 12, V4-11

Yours in Christ, Rev'd Lyn Porritt, Anglican Priest, Chaplain, Monash University, Gippsland Campus

Saturday Breakfast - Palestine

Chris Galloway visits Palestine every year to teach at the Bible College in Bethlehem.

He finds this a bitter- sweet experience. He feels that his visits are beneficial, but he is distressed by the plight of the Palestinians. He told us that many people have been killed, land has been confiscated, people are used as human shields, and land is razed.

Further land has been confiscated to build the security fence. This has reduced the suicide bombings, but has had other adverse consequences.

Bethlehem has many checkpoints, which slow the flow of people, as they must line up, wait to be beckoned forward, then walk along a narrow path to a soldier to have their ID inspected, and be subjected to a metal detector search. Long lines of people result, as all Palestinians need a permit to come and go to the area.

Chris said the Bethlehem Bible College has bullet marks in the walls. Snipers have in the past fired at the area from Jerusalem. Many of the young students have witnessed some terrible incidents which have discouraged them and left them feeling hopeless. Some have lost

There are an incredible lot of restrictions on people's lives. Checkpoints are one. But curfews can be imposed at such short notice. During that time the people are confined to their houses. Getting an education is very difficult, with all the interruptions. Exams have to be post-

Rocket raids destroy and interrupt essential services such as electricity. People in hospitals having operations have died. Houses have been destroyed.

The economic situation is worsening so much, to the point where people are leaving the country if they can.

Israeli settlers are aggressive and seek incursions onto Palestinian farms.

Chris is encouraged however, by the large peace movement in Israel, praying that it will help end the hostilities.

State Government Asks For Your Opinion on Human Rights and Incorporated Associations

STATE Member for Morwell District Brendan Jenkins has asked interested Gippslanders to consider having their say on two important community issues.

A recently released discussion paper and a review of legislation have provided the opportunity for ordinary Victorians to comment on two very different issues.

Mr Jenkins said the Attorney General, Rob Hulls, had launched a community discussion paper on Human Rights in Victoria. "This discussion paper will get people thinking about human rights and the role of government in fostering a culture of respect."

"Have your say about human rights in Victoria asks ten key questions about an issue a lot of us feel strongly about."

Among the question Victorians are being asked to consider include:

Is change needed in Victoria to

better protect human rights?

If change is needed, how should the law be changed to achieve this?

If Victoria had a Charter of Human Rights, what rights should it protect?

What should be the role of our institutions of government in protecting human rights?

What should happen if a person's rights are breached?

What role could the wider community play in protecting and promoting human rights?

What other strategies are needed to better protect human rights?

A review of administrative arrangements for incorporated associations provides the second recent opportunity for people to voice their opinion.

"Incorporated associations, such as sporting and social clubs, are important to Gippsland. The majority of people I meet are involved in the community through one organisation or another. "I'm sure all those involved have an opinion on the way incorporated associations are run and governed."

"In order that legislation reflects community expectations and needs, I would encourage those involved in an incorporated association to have a look at the review. There are a range of proposals which will ease the administrative burden on associations and limit the cost of compliance with the Act," Mr Jenkins said.

Copies of both the review of Incorporated Associations and the discussion paper on Human Rights in Victoria can be sourced by calling Brendan Jenkins office on 51 33 90 88

Submissions to the Human Rights discussion paper close on 1 August 2005.

CHURCHILL

ACCOUNTANT TONY ANTONELLI

NTAA

National Tax Accountants

Income Tax Returns (Fee From Refund)
Financial Advice

GST Assistance

MYOB QUICKBOOKS QUICKEN

OR MANUAL

5122 2058

pba@vic.australis.com.au

Help needed to Re-Vamp Hazelwood South Hall

The management and maintenance of the Hazelwood South Public Hall on Tramway Road is carried out by the Hazelwood/Churchill Guide District under a Community Users License from the Department of Sustainability and Environment.

The hall was built by local people for use by the community.

At the end of 2004 a Latrobe City Community Grant was obtained to repair and repaint the 'Hazelwood' sign at the front of the building and repairs to the floor of one of the small rooms.

The revamped sign is back in position but the floor

repairs are proving to be a major undertaking and more expensive than expected.

Treatment will be required for the eradication of termites and the resulting replacement of timber.

As the hall is a public hall the Hazelwood/Churchill Guide District is asking for assistance from the public to complete the necessary repairs.

Financial help as well as voluntary labour would be appreciated.

If you can help please contact Guide District Leader Marlene Ellis on 5122 2148.

Church News

Co-operating Church

Snippets

40th ANNIVERSARY

As part of the 40th Anniversary celebrations for our church, we invited Rev. Ann Key to attend and preach at our 9:30 am service on the 19 June. Ann is the Head of the Gippsland Presbytery, and well known to our congregation. Rev. Bob particularly arranged Ann's visit to coincide with the date nearest to the Uniting Church of Australia's 28th anniversary. A cake decorated with the UCA emblem was later enjoyed at the special morning tea which followed the service. Cathie gave us the next instalment in the review of our history, which was very interesting.

FILM NIGHT

The Outback Services aeroplane is in need of a new

engine to carry on its very important work. Our church has run an appeal, using different fundraising ideas to add to the collection. Rev. Bob organised a film night. Three films were shown.

Bay Tripping, a documentary on Port Phillip Bay, covering the heyday and demise of the steam ferries, to the rise of the motor car.

Holy Rollers was a tourist look at Jerusalem, with visits to the many places known from the Bible. The tourist walked in the footsteps of Christ.

Dinner For One is a German comedy, spoken in English, portraying Miss



Sophie's 90th Birthday. James the butler was played very well. A gold coin donation for the supper brought our total amount for the engine to over \$170.



Rev. Ann Key and Rev. Bob Brown

Expressions of Interest

Community Representation Glendonald Park Advisory Committee

Latrobe City Council invites nominations for membership on the Glendonald Park Advisory Committee. The Committee's role is to oversee the ongoing management of Glendonald Park. The establishment of the Committee is part of Latrobe City's commitment to involving and empowering citizens in managing community resources.

Applicants will be expected to fulfill a two year term and attend meetings as required. Interested persons can obtain a nomination form by contacting Simon Clark, Recreation Development Officer by telephone 5128 5422 or by mail to Latrobe City Council, PO Box 264, Morwell, 3840.

Nominations close Friday 22 July 2005



Paul Buckley
CHIEF EXECUTIVE OFFICER

MOBILE HAIRDRESSER

We come to you!



Renae Simmons 04127 43923 Hayley Giles 04219 94840



MATT'S OP SHOP YINNAR

By RAE BILLING

The fifty cent sale run over 4 days in June was very successful and we will have another one when a few more plans are in place. Thank you to all who came and joined in the fun, it was standing room only at the start! We have opened on two Tuesday afternoons, but please be patient while we work out rostering.

Normal opening times are Wednesday

and Thursday 1pm to 4pm and Saturday 9.30am to noon. Volunteers are always welcome, to staff the shop, to help sort goods and a host of other tasks. Donated goods for sale (no rubbish or electrical goods please) are always in demand.

I have moved out of the area due to illness but can always be contacted on 51345659, 0412691172 or e mail to prbilling@optusnet.com.au

Page 6- Thursday 14 July 2005, Churchill & District News

Schools News



Churchill Primary School Disco's Fencing and Authors!

Dawn Luscombe

Dawn is the author of the children's book "The Gippsland Panther". She visited the school and spoke to all the students about how she went about writing her book. She had the original drafts to show them. This acted as a motivation to show the children the writing process of making a draft, then working on the script to amend and correct, before producing a final copy.

Val Marshall was the artist who did the illustrations for the book. She brought along her original art work to show the children how it had developed into the final version in the book. Val brought along costumes as well.

The children in Prep/1/2 dressed up and acted out parts of the text. The 3/4s concentrated on the writing process, and the illustrations. The 5/6s focused on debating, and held a debate on the issues for and against the existence of the Gippsland Panther.

The visit created much interest in, and discussion of, the existence of the panther.

Paul's Collect – Caps

Do you drink Paul's milk, but do not know what to do with the caps? Then here is an opportunity to save the environment and help the school. Paul's give a donation for the caps collected. The money that has so far been donated to the school has purchased some extraordinary equipment, eg. a CD player for all the classrooms. The equipment bought will benefit the children.

You can just drop your collection off at the school.

Community Learning In Churchill

The next module will be very popular, so with only 15 places, you will need to get in very promptly. It is "SUPER NANNY-CHURCHILL STYLE"

The dates are Wednesday 13 July, 20 July, 27 July and 3 August. THE COURSE REQUIRES A FULL FOUR WEEK COMMITMENT.

The venue is the staffroom at Churchill Primary School at 7.00pm - 9.00pm. The tutor is Beth Sheffield. She will focus on self-esteem (yours and your children's), communication (reflective

listening, speaking clearly, impact of body language), expressing ourselves and our feelings in appropriate ways, and positive parent/child relationships (rules, discipline, negotiation). This sounds like a 'not to be missed' module.

Call the school on 51221343 for further information or to make a booking for the module.

Junior School Council DISCO

The very active Junior School Council along with their teachers planned another fundraiser by running a popular DISCO. This was run in three sessions from 4:30 pm- 8:15 pm. for the P/1/2s, then 3/4s, followed by 5/6s, with loud noises issuing from the G.P. room. \$450 was raised and the proceeds will go towards the expenses of the 5/6 camp, to be held on Phillip Island later in the year.

Prep Excursion

The Preps along with their teachers and Mr. Turner, went on a fantastic excursion to Morwell National Park on Wednesday 23 June.

They have been studying "Trees and the Natural Environment" for Science. This excursion was the culmination of the theme. The students participated in a nature walk around the park, and their teacher noted how observant they were.

All the students were very well behaved and had a great time despite the rainy showers. The teacher had a fun time also!

"Fund Our Fence" Campaign

The high fencing which exist around Churchill Primary School now has made a huge difference by reducing vandalism, and allowing for the development of the grounds, thus creating an environment which is attractive and functional for the children.

The school wants to extend this fencing to include the front area of the school yard. This will require the erection of approximately 300 metres of fencing, each fence panel being 3 metres



Visiting author Dawn Luscombe (above) and Preps at Morwell National Park (below)



wide, at a cost of 4250 each.

The school is appealing to local businesses and the community to support this project.

This one-off donation would be recognised with a small plaque attached to your panel, bearing your details.

If you would like to consider this very practical way of supporting your local school and its children, please contact the school on 51221343 and speak to Rob Higgins or John Turner.

Gold Diggers

TERM two at Churchill Primary School was a golden affair! All 5/6 students embarked on studying the topic 'gold' and how it shaped our nation during the gold rush. As a part of the unit all 5/6 students were required to create a journal in which they had to place themselves back in time and living on the goldfields during the 1850s

Each student created their own character and each day made a journal entry. It was for many an imaginary adventure that saw close friendships develop, highway robberies, jail breaks, the poor get rich and the rich loose it all. Below are some journal extracts from the students.

Gold Diggers By Jordan and Connor

On Tuesday 21 June the Grade 5/6s had a Gold Diggers Day. Students participated in events such as gold hunting, olden day hunting, gold panning and a race. Students dressed up as their gold journal character that they have been writing about for the past four weeks.

Bob Cooper contributed to the day by making stocks (the things to hold people when they broke the rules), making a miner's camp and teaching about gold panning.

Students had to buy a licence fee for £10 and if they were found without one they would be sent to goal. James Curwood struck it rich and found a 1468g gold nugget. Thank you to all the

GOLD!

teacher for helping set up and organising the day.

ganising the day.

May 23 1868 By Connor

The goldfields look more like bomb struck battlegrounds than a place where fortunes are made. I'm at the Ballarat goldfields and even as I write this I can hear the crunch of shovel against the ground, the swish of pans moving through the water of the creek right outside my hut

and the groans of unsuccessful diggers. I feel nowhere near as excited as I did on the boat here. I haven't got a licence yet but I'm heading down to the Commissioners Office soon. I've heard that the licence checks are strict. There are no jails around here so if you don't have a licence the guards tie you down to a tree.

Also I heard some bold buyers cheat diggers. I won't be tricked.

20 June 1868

Today will be a historic event. I'm going to Bakery Hill to take part in a rebellion against the troopers. It's a gathering of all the diggers who think that the licences are unfair and cost too

I don't know what will happen but I do know what we're doing is right. I hope there's no fighting but a lot of miners are bringing guns. I better bring mine too. Hopefully the governor will drop the licences. This is my last journal entry.

24 May 1850 By Ashlee Kearns

Dear Diary

Today I went to dynamite the pond to see if I could find any gold. I didn't find any gold but a bloke called Ian Diamonds did. He found a huge gold nugget. All I got was £25 from fish that I sold at the market. He said he didn't have that much food and if I gave him 4 fish he would give me an ounce of gold. I made the deal and now

I'm traveling to the assay office to get some money. I hope none of the blasted robbers steal my gold. An excellent day for me.

June 15 1850 By David Nugent Dear Diary

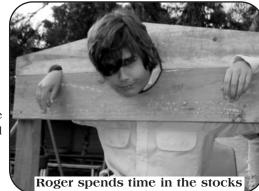
It's my last day here and I would stay but the miners are making a group called the Eureka Stockade. It thing this is going to start some really big trouble with the Joes so I'm going back to London.

I met a really good looking girl today but I'll never forget my sweet Caroline. I'm packing my gold up and selling all my tools. I've booked a first class boat to take me back to London. In fact I won the boat – it's called the Nautilus, the Sword of the Ocean. I hope everything works out well for the Eureka Stockade. From Dirty Iack

19/05 By Justin Smith

There was a storm last night and the creek flooded. It cleared about a metre of dirt. The man I work for came to me. I saw his face. It was amazing, well he was ugly but he was digging his life away because he could see gold. He stopped when the

police found out that he didn't have a licence but he paid me triple if found3 pieces of gold. I found 6 but I kept some for myself. There wasn't one ounce even you melted them together. But I made it into a ring and



asked Hannah to marry me. She said yes. We are getting married after we have the baby. I finally have some family and I cried when I felt the baby kick. I am so happy.

Day 2 21 May 91 By Matt Smart

Nah nah, that is the sound that woke me up at 4.00am in the morning. I went to see what the noise was and I couldn't believe it. There was a full grown thoroughbred. Me and Constance went into town. Constance had to see the doctor and I took the horse to the police. The cop said if nobody comes to claim the horse I get to keep it. I've already got one horse but I wouldn't mind a second one.

Constance is still in the doctors so I went round to the local to drink some grog. I went to pick up Constance and she told me some great news. She is going to have a baby, I'm going to be a dad.



Schools News





Churchill North Primary School News

WHAT a busy term it has been at Churchill North Primary, it's hard to

believe that half the year is over. We have included some of the events that the school has participated over the last term.

Even though we are still in 2005 we are already looking to 2006 with our Prep enrolments. We have already held an open day so that parents of preps for 2006 had the opportunity to come in and have a tour of our fantastic facilities.

For the week beginning Monday July 11 anyone that would like to come and inspect our school by having a guided tour or would like to enrol their child is welcome. Please ring 51221976 or call into the office to make an appointment.

Drumming

The whole school had a visiting performance where everyone had the opportunity to participate and learn about 'Drumming'. Each grade had a half hour lesson and all students got to have a go at drumming. Joan Rhodda from Rhodda Music came in for the day and taught everyone how to use djembe drums. Everyone really enjoyed the opportunity to have a go at the drums.

Science Day

During 'Education Week' we held an Open Day with the emphasis of the day being science. Some of our themes for this term were 'Electricity' and 'Magnets'. The students were able to show off models that they had made over a couple of weeks. The models showed their understanding of electric circuits and the use of magnets in board games. We had many parents and grandparents come throughout the day.

Power Works

Dale from Power works has been to the school to chat with all the grades about Power Works Station. Dale told as about the process of digging up coal, burning it to create steam to turn the turbines to give us electricity.

Dale talked about the machinery and we got to go outside and measure out 200m to see how long a dredger is. Over the following weeks all grades went for a visit to Hazelwood Power Station and to Power Works in Morwell. We all travelled on a bus supplied by Power Works. We all had to wear hard hats, safety glasses and ear plugs during our visit to the power station.

At Power Works we watched a video about making electricity, saw exhibitions about electricity and its uses, were given lunch and

received a sample of coal. All the grades had a fantastic time and learnt something new during the visit.

Talent Quest

On the last day of term 2 Junior School Council held a Talent Quest. There were 15 entries. We had singers, dancers, joke tellers, guitarists and drummers entertain the whole school. The winner was Miles Eddie who played

drums to the song 'Scar' by Missy Higgins and runner up was Brian Duffle who played guitar with his mum accompanying on recorder piano.

All the entries were fantastic and showed that we have lots of musical talent within the school.



Above: Brian with his Mum

Below: Madeleine, Brooke, James and Emma with their light house.



LEARNING IS FUN

activities at Hazelwood North Primary

Students from Year 3 and 4 attended an AFL Super Clinic at Morwell run by Hawthorn Football Club.

As part of a unit on non fiction books, senior students carried out some science experiments and cooking activ-

Students from the Prep One classes had a Circus Day. There were many parents in attendance. Students had their face painted. There were many creative costumes.

We are looking forward to meeting

THE end of Term 2 saw some fun prospective parents during Prep Enrolment week, the first week of

> If parents miss this week, of course they can tour the school or enrol their child at any time.

Students in the senior grades are looking forward to the Kurnai Churchill Peer Leadership students coming each fortnight, with their teacher to take art lessons.

01A and 01G with their teachers Miss Andrew and Miss Gliddon and aide Joy Bell enjoying Circus Day



fter School

By Kate and Kate Chipperfield

AFTER successfully completing their VCE at Mirboo North Secondary College last year, Boolarra residents. Jacob Norris and Matthew Allison are now attending Monash Gippsland University and are undertaking Information Technology Commerce studies. Year nine stu-

dents from the college had the opportunity to interview them about how they are adjusting to university.

What are some of the differences

between secondary school and univer-Matt: At university you have a lot more freedom, with only four days of

school a week. There aren't as many classes compared to secondary school, which makes it better because it's more relaxed.

Did you always plan to study com-

merce and information technology?

Jacob: I always planned to go to

expected to learn and study more on your own. It's tough to get motivated

sometimes. Tutors and lectures take up only about 14 hours a week. You need to do 10 hours of homework for each class

What would you recommend about Mirboo North Secondary College?

Jacob: Mirboo North teachers

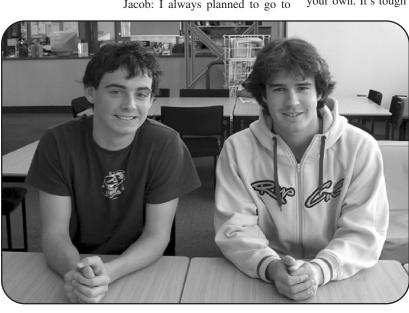
they care about your progress. They always encourage you to strive and that's contributed to our VCE results.

What kind of job do you hope to get in the future?

Matt: I am aiming to be an accountant. There is a high demand for accountants in England, so hopefully this means I get to travel.

We wish Jacob and Matt all the

Pictured above: Jacob and Matthew



university, originally just to do the

information technology course, but

then I decided to do business and

commerce to improve my job

school that helped you advance in

your courses?

What subjects did you do in high

Matt: Accounting made it consid-

erably easier. University is very dif-

ferent to high school, so most of the

work that aided us in our courses was

derived from Years 11 and 12. You're





Subway Commercial Road, Morwell Tel: 5133 6833 Fax: 5133 6771



EVERY NIGHT FROM 6PM PURCHASE TWO FOOT LONG SUBS FOR \$13.00

Trevor Yurus - From Papua New Guinea to Australia

THE Yurus Family came to Australia two years ago from Papua New Guinea.

The children have been attending Churchill Primary School. Now it is time for them to return home for a long period. Trevor, in grade 4, has written the following story about his experiences here in Churchill.

From Papua New Guinea to Australia

I used to live in Papua New Guinea with my friends and my cousin who lived next door. We would play together until dark then go home, have dinner, a bath, watch T.V. and then mum would tell me to go to bed.

One night I went down the hallway to my bedroom on the right, turned out the light and went to sleep: in the morning my dad told me to "Get Ready!" Everything was packed and I knew it was time to go to the airport – it was time to go to Australia. We said good by to our friends and when our plane was called up we gave our passports to the guard, went trough a tunnel and walked onto the plane. The door closed and we started moving. I could hear the engines of the plane as we lifted off the ground and we were on our way to Australia.

It was night time when we got off the plane, my dad got a taxi and we went to our new home. My mum told me to unpack my things so I walked through the kitchen with a white fridge and brown table, and went through another white door to my new bedroom. My whole bedroom was white - I saw a cupboard and folded and unpacked my stuff. Mum must have already made up my bed when we first arrived.

Three days after we arrived, mum brought our school uniforms. We ate breakfast and then she walked us to our new school. When I first went I was nervous but then I met Jayden who I played with and then Braydon.

The next term, I skipped grade two and went into Mrs Telford's grade. The tables were all in rows and the computers were near the window. I thought Maths was boring when we first started! Jayden was in another class but I got to know some of the other kids in my class and made more friends.

In Mrs Telford's class we did lots of projects on planets. Mine was on Venus. I went onto the internet and got loads of information: I got a picture and stuck it on and after a week I was finished.

One day when I went home from school I saw a grey car at the front of the house. I went inside and asked mum who's car it was and she said "Ours!" Dad had got it from a guy at work. It was a cool car with grey outside and grey inside. A short time later dad sold the car for another which was maroon on the outside and grey

mum told me the holidays were coming. After the holidays I went into 3/4C and that was when I really started to like school. I started to come almost every day.

Pretty soon it was my birthday and I got Lord of the Rings - the third age: and a game called 'The Mummy Spider Man and Vice City'.

The months went by really quickly and it was getting closer to the time when we would have to go back to Papua New Guinea. I didn't want to go but I had to. Pretty soon there was only one month left and then only had until Thursday when school closes for the holidays. I didn't want to go and if I had a choice I would have stayed in Australia. I will miss everyone at Churchill Primary School

Good bye from Trevor Yurus.



Winter at Walkley Park Children's Centre

WINTER at Walkley Park Children's Centre is a great time. When the children cannot go outside at home there are many planned activities in a warm friendly environment. Our two playgroups have

organised lots of activities for the next term and the Koala Kinder children are presently working on painted life size cut outs of themselves (look out Picasso!). So, come one, bundle your children up

and come and have a cuppa and bucket loads of fun with us.

We presently have two playgroups and one three year old kinder operating from Walkley Park and you are most welcome to join one of the groups. If you have any queries please call Roslee on 5122 2645 or call in on Thursday or Friday mornings.



Kurnai College Reach Day



STUDENTS of Years Nine and Ten participated in several workshops designed to promote well-being, build confidence and to increase awareness of some of the dangers of alcohol and drugs. The day concluded with a taste of 'gospel hip-hop' from Phenomena, otherwise known as Chris Dickson.

The main focus of the day was the workshop provided by the Reach Foundation and it was a very moving experience for many of our students. This workshop was to show students that success is within the grasp of everyone if only you believe in yourself. Part of the experience included consideration of some of the negative forces in life as well as some of the positive strengths we all possess. For most students this was a challenging task but on which was very worthwhile.

The Centre Against Sexual Assault presented a short workshop on drinkspiking, sadly an increasing activity in our society. This was followed by a session from Latrobe Community Health on the dangers of alcohol and drugs. This information was presented in an informative but not judgmental way and was well received by the majority of students.

After a barbeque lunch organised by Fusion Gippsland, the students were enthralled by the stories and rap songs of Chris Dickson, otherwise known as Phenomena. Some students even demonstrated a talent in this area themselves.

All in all it was a very useful and worthwhile day that will hopefully set the tone for the remainder of the year as students come to grips with increasing demands of schoolwork and study.

Local Writer Featured in Pan Macmillan Book

FORMER maternal and child health nurse, Olivia Jackson of Churchill, is one Love" are by former midwives, but the of thirty-six nurses who have contributed editors - Amanda Tattam and Cate stories about their work in "A Labour of Love", a new book published by Pan

Olivia, who writes under the name of Olivia Langley, tells a story about her time as a young nurse in Western

In "On the Road with Infant Welfare" she writes of her work with mothers and babies including young families in Aboriginal camps.

Langley was Olivia's maiden name and she uses this as her nom-de-plume in honour of her late father as it was he who first encouraged her to develop her natural flair for writing.

Most of the stories in "A Labour of Kennedy – wanted to include some from Infant Welfare nurses, too. The book was recently launched at the Royal Women's Hospital, Melbourne, and was well reviewed in the national press.

Olivia, now retired, will be remembered by many local families for her work as a maternal and child health nurse in Yinnar and Boolarra.

Olivia and her husband Kevin lead a writing group at U3A, Morwell. Her work has been published in several anthologies and other publications. They are also enthusiastic members of the Creative Writing class at Churchill Neighbourhood Centre.

The Darren McLean Memorial Dedication Service.

THIS occasion was attended by Darren's parent's Val and Barry McLean, as well as members of the crew who were with Darren on the day of the accident, friends and neighbours, and present members of the brigade.

President of the brigade Mr. Ron Bennet was the MC for the proceedings.

He introduced Rev. Les Medley, who is the Region 10 CFA Chaplain.



Ron Bennet - President of Churchill CFA (above) Les Medley - Region 10 CFA Chaplain (below)

Les spoke of the annual memorial service to remember all firefighters who had paid the ultimate sacrifice for their community. Then he said that this memorial, to be unveiled, will serve as a local reminder of Darren who will live on in our lives

Darren was a son of this town. His record was excellent. He can act as a reminder of how we behave and give service and that we should aim for excellence in our relations with others.

Ron then introduced Firefighter Rob Langston, a firm friend of Darren's.

Rob read out Darren's history with the fire brigade, reminding all present of the fine example Darren had been in the brigade.

CFA Region 10 Operations Manager Greg Flynn spoke next. He concentrated on the reasons people have for joining the brigade. Having asked many people he knows that people do so not for the monetary gain, (quite the opposite), but because it is a giving thing, a service to the community, which is given freely. He related that to Darren- Darren who gave his life!

The Unveiling then took place

Captain Steve Barling spoke then about the Deceased Memorial at Fiskville, the CFA training facility at Ballan, and said that Darren was remembered there, but this local memorial would serve as recognition that we value our members, and rely on them to perform this community



He reminded all those present that there are

risks in being a firefighter, and that protection from fire can come at a high cost.

Ron then invited all to come forward and place a piece of evergreen at Darren's memorial and to think about the sacrifice made

Lieutenant Darlene Parkinson then read the Fireman's Prayer.

Following this, everyone was invited to share in afternoon tea and conversation.

This was a solemn occasion, of great significance.

Rob Langston, Captain Steve Barling, Barry and Val McLean (below) The Darren McLean Memorial (top)



CFA Region 10 Operations Manager Greg Flynn (above) Lieutenant Darlene Parkinson (below)







Latrobe Valley University of the Third Age

THE Latrobe Valley U3A is not a university in the traditional sense of the word. Beginning as an academic based movement for older people in Toulouse, France in 1972, the movement has since spread throughout Europe, United States, Australia and the world.

From 1981 the approach in U3A's has been one of self help, with those willing to share their skills becoming tutors and those wanting to learn, the course participants, rather than offering university courses.

Victoria now has more than 60 U3A's offering over 300 courses to some 16,000 plus members.

Here in Latrobe Valley we have over 30 courses and about 200 mem-

Our age group is distinctly of active semi retired or retirees, falling

in the 50+ year bracket. What we share in common is leisure time, wanting to keep our brains active and continuing to learn new things.

Our headquarters are located in the i-Gain complex on Commercial Road, Morwell, where our classes have access to great resources, eg computers, in a friendly welcoming atmosphere.

Some of our classes run beyond i-Gain, including Bush Walking, Fantastic Gippsland (a group exploring the rich resources within our reach), Cycling the Rail Trails and Chinese Cookery.

The Gardening group also relocates to members gardens on occasion.

Other classes include Creative Writing, Book Discussion, Literature, Calligraphy, Current Affairs, Genealogy, Craft, Visual

Arts, History, Languages, Mah Jong, and Sociology.

French classes began early June and Sociology begins again in October, reflecting the flexibility and short-term nature of some classes while others run year long.

Some classes even run as a "oneoff" basis. We have a web site and regular Newsletters to update members.

If you are approaching retirement and seek to be active, you may find some interests to pursue with the Latrobe Valley U3A.

For further details, please contact Kevin 51 221 317, Ann 51 222 413 or Richard 51 336 170

Our website is: www.lvu3a.org.au. or e-mail us at lvu3a@datafast.net.au

Woody's Churchill Timber & Hardware

Woody's Churchill Timber & Hardware now Stocking Timber that can be cut to your size & Hardware that is best suited for you & your home.

TWOOLU'S

CHURCHILL TIMBER & HVARDWARE

New Stock Arriving Daily!

Tel: 5122 1077

Keys Cutting to Paint Mixing

We do it all for you!!!!!

Trading Hours: 7.30am - 5.00pm Monday to Friday
9.00am -1.00pm Saturday
10.00am - 12.00pm Sunday

Page 10- Thursday 14 July 2005, Churchill & District News

Friday Night Raffles

8 Draws for

Royal Childrens Hospital

Monday 18th July

Uni Night

1 Balfour Place Churchill

Ph: 5122 1808

"FAR CRY"Melbourne Cover Band

Bistro Friday Nights

Kids Eat FREE

Conditions Apply

Present this voucher for free Soup or Dessert

Guess Whose Tenth Birthday It Is!









Open Day 2005 Tuesday July 19th 11.45am - 1.30pm

Come in and see why
Koala Kinder Kids always
have such an
educational and fun time

For further information contact Roslee Fyfe on 5122 2645

> Koala Kinder Group Inc. ABN 24 712 895 405 PO Box 228 Churchill Vic 3842 Phone 03 5122 1931

---- Youth Yard ----

MYTH - Chapter 1: An unfortunate event

Submitted by JAZZMAN.

Heroes come in all shapes and forms. Some are brave and noble, some have extraordinary powers. What about those other kinds of heroes? Those ones that against all odds manage to survive when faced with great danger. They are the true heroes...

This tale is set in the world of Drakkena, an ancient version of Earth. It is a time of dragons, elves, dwarves and malevolent creatures like orcs and goblins. The great 'elemental war' is raging across the countries. Warriors of Atlantis are constantly annihilating armies from other countries and have

conquered several others. The Atlanteans are the most feared race in all of Drakkena...

Nigel, a fifteen year-old boy was looking for firewood in a nearby forest for his mother when something large and vicious approached him at great speed.

Nigel was stunned and dropped the firewood onto the ground. Nigel immediately ran away from the unknown creature as quickly as he could. Unfortunately for him, the creature pinned him to the ground and repeatedly slashed him without any mercy.

Nigel let out a scream of absolute pain and tried to shake the creature off, but the creature kept slashing him with its huge sharp claws.

After a while, Nigel decided that the only way he could stay alive was if he outsmarted the creature. So Nigel pretended to be dead and held his breath.

The creature backed of slowly and began to wander off as if nothing had happened. Nigel realised this was his chance. He crept onto his knees and grabbed the knife from his pocket.

He could now see what the creature was; it was a 'Wilken Beast'. Wilken beasts are massive carnivorous beasts with large horns and extremely long, sharp claws. They have fiery red eyes and huge spikes on their backs that resemble those of an echidna. Wilken Beasts were said to dwell in deep forests, far away from other towns.

Nigel grinned. Even though he probably should have escaped in caution, he didn't. Instead, he grasped the knife and lunged at the Wilken beast in rage. By the time the ghastly creature could take one look at Nigel, it was dead.

Nigel laughed in triumph but came to a halt and remembered the pain he had suffered. He was bleeding severely and wasn't carrying any kind of bandages or medicine. It was a bad situation as you might have figured.

Nigel suddenly felt dizzy and collapsed to the ground unconscious.

A few hours later, Nigel woke up and found himself lying in a bed. He was in some kind of

Apart from one other person there was absolutely nobody else in the room.
Until of course, two men entered the room

and approached Nigel.

One of the men was a dark-elf. He had long, spiky black hair and distinguishing red eyes. The elf was relatively tall and was wearing rugged armour.

The other man was human,

also wearing armour but not quite as heavy as the elf's armour. An unusual 'dragon' symbol was imbedded on one of his chest places.

Other than that the human had dark brown hair with identically colored eyes.

Nigel was quite confused and dumbstruck after

the disaster in the forest.

"That was a pretty narrow escape young man,"

said the human. "If it weren't for us, you probably would have bled to death."

With that in mind Nigel just realised several bandages were wrapped around his torso.

"Who are you guys?" Nigel asked.

"Well, I am Darrowin," claimed the elf.

"And my name is Frostbite," said the human. Nigel looked at Frostbite in curiosity and simply had to ask, "Why do they call you frostbite?"

Frostbite glanced at Nigel with a very serious expression on his face.

"Well you see lad, it all began when I was 16 years-old.....

To be continued....

Next Chapter: Close encounter of the green kind...

SOCCER

By SAIREY DELMONTE

Hi. My name is Sairey Delmonte and I am writing about my childhood ambition.

I started playing soccer with the Falcons Soccer Club in Under 10s B when I was nine years old. I trained twice a week and played games on Saturday against teams such as Pegasus, Drouin Dragons, Sale, Fortuna and other teams from around the Latrobe Valley.

While I was playing for the Falcons I got to know the Falcons NSL side very well. They helped me learn the skills and tricks of the trade. Then after two years I moved on and went to Pegasus Soccer Club in the Under 12s and from there I got into the Gippsland Under 12s representative team and we went to Bendigo. I am still with the Gippsland Girls Squad. I stayed with Pegasus for two years as well.

No I play for Tyres Lightning Soccer Club in

14s, Under
16s Second
Division
and I sit on
the bench
for the
reserves
and get a
run most
t i m e s .
Tyers is a
great club



and I plan to stay there. I also got into the Victorian Academy in the under 16s and we play games that teach you skill and much more.

My view is whoever you are get out there and be yourself no matter who you friends are or what they do.

-- Youth Yard

One Weird Day

By JACQUE CHRISTI

I woke up this morning and started getting ready for school. As I was going to leave for school a horse came flying past. For a moment I thought I was still dreaming so I went back inside and splashed my face with water to wake me

Then I went back to the front door and slowly opened the door and a kangaroo went flying past. This time I had no idea what to do, so I ran upstairs and woke up my youngest sister.

Then I went to wake up my Mum but she was nowhere to be found. I went into the lounge room and turned on the television. I went and made my sister break-

When I looked over at the television I saw a cyclone warning. All of a sudden the power went out.

I looked out the window only to

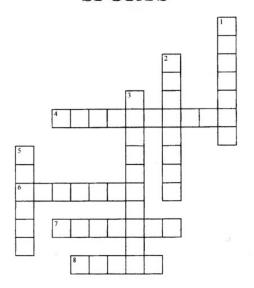
TO BE CONTINUED.













- 4 You don't need a ball but maybe a bar.
- 6 LBW is a way of going out.
- 7 Don't go offside.
- 8 Hit the ball and run to first base.

DOWN

- 1 "Come On".
- 2 This sport has ruckmen.
- 3 Don't worry in this sport you're meant to
- 5 Don't touch the ball with your hands.



BY Cindy Chin

This year students from Kurnai College, Churchill Primary School, Churchill North Primary School and Lumen Christi have come together to form a youth group.

After a couple of meetings we came up with the name H2y.

This stands for Hill 2 Youth.

We have planned a sports day with the four schools broken up into mixed teams for volleyball, soccer, t-ball and netball.

We are also helping to

plan a community event and some dance and drama workshops for the schools.

We are trying to find some people that know how to dance and run a work-

We will be helping to plan the Pondage Pursuit.

We meet every 3 weeks and talk about what we can work on during the 3 weeks leading up to our next meet-

We meet at 9:30am -11:30 am. While we work we usually have fun and eat lollies and chips for brain

ABC T.V shows

S S Η Ε L D D C T W E O O R Η O O O D S R T Η R T R E E M T T T E E Y A O W E O Y O S Ι S R U D T W Η В T T D D T T R D L E R O N H \mathbf{B} M L W U T Η U D T C R Η I R Ε Ε Α S I T R T E S E R R R В R A N A R U В E R D U В В R S O D O \mathbf{B} E \mathbf{S} J Y P I S Ν A A В A Μ Α N A N S N P Y Η Η S В U L C E L D D A T E D Η O O A В L 0 В A Η D Ι R \mathbf{S} T P O S T O В O R Ε L T Ι L В E L J В T D Η O A R D O Η W S N

H₂y

BY Justin Smith The Hill 2 Youth a thing for kids, kinda a group. We have lots of fun planning lots of stuff. All of us just can't get enough. They also give us some food and that puts us in the mood. We sing a lot of kiddies songs but we only do it for fun. Ok. Goodbye, ill see you later because this poems going in the paper.

Here is a word find put together by the H2y Youth Group. Find the ABC Shows listed below.

AROUNDTHETWIST ARTHUR BABAR ВАВАВАSINРУЈАМАS BOBTHEBUILDER DOCTORWHO JOHNSONAND-**FRIENDS** LITTLEROBOTS

PLAYSCHOOL POSTMANPAT RUBBERDUBBERS SADDLECLUB **SESAMESTEER** SPOT THEFERALS WORSTWITCH



Lions Incoming Club Officers 2005/2006

By JOHN BARKER, Publicity

On Wednesday 16th June the Lions Club of Churchill & District and the Lioness Club of Churchill held their combined changeover dinner at Angelinas Restaurant in Morwell.

Churchill Lions and Lionesses and partners, and visiting Lions from Yinnar, Yallourn North, and Morwell enjoyed the evening. Lion Wally Osuch was MC for the occasion.

The purpose of the changeover dinner is the installation of the newly elected President, Secretary, Treasurer and Board of Directors of the Lions and Lioness Clubs.

The installer this year for the Lions Club was Lion Graham McKenzie of the Lions Club of Trafalgar and for the Lioness Club was Lion Tony Harwood of the Lions Club of Yinnar and

The incoming Lions Club President for 2005/2006 is Kevin Rennie. Outgoing President Norm Hall presented Kevin with the gong and gavel badge of office and wished him and his board well for the forthcoming year.

It has been another very busy year with the Lions club disbursing \$27015 in donations and financial assistance raised from a staggering 3879 hours of service, much of this being for the youth and families of our community.

The club distributes disbursements throughout the year as needed, not in a presentation format at the end of the year.

Disbursements this year included:

1. Lions International and Lions Projects (\$4853) such as Ride for Sight, Lions Village Licola, Drug Awareness, Hearing Dogs, Prostate Awareness, Spinal Cord Research, Tsunami

Churchill and District Lions and Lionesses Combined Changeover

Appeal and Child Cancer Research.

2. Youth
Projects
(\$17662)
including
C a m p
Quality,
R o n a l d
McDonald
H o u s e

 $(\ M\ o\ n\ a\ s\ h\)\ ,$ Junior Fishing Competition prizes, Churchill & District News Birthday Club, Kurnai College Academic Prize, Royal Children's Hospital, school donations and appeals.

- 3. Local Area (\$3400) including Salvation Army, St Vincent de Paul, Rotary Centenary House, Cancer Care Centre, Ulysses Toy Run, Latrobe Info & Support Centre, Churchill Citizen of the Year, Mathison Park, Tree Planting, schools and kindergartens.
- 4. Others (\$1100) including organisations and events such as Peter McCallum, Leukemia Foundation, Haemophilia Foundation, Stroke Foundation, Cystic Fibrosis, Bone Marrow Donor, Life Line and Royal Flying Doctor Service

Fundraising this year included:

Catering continues to be the major source of income for the Lions club. The club is really well set up with three vans – a hot plate cooker, a deep fry cooker and a serving van – and has a good name for quality, cleanliness and value.

Our "army of cookgear" has been increased by two "barbecue trailers" for small projects.

Activities catered for include the Computer Expos, Good Friday Appeal, Junior Swim Meet, Junior Fishing Competition, National Tree Planting Day, Red Shield Appeal and Bunnings sausage sizzle for Camp Quality.

Our biggest money raiser each year is setting up and catering at the Outdoor Expo – some 729 hours – assisted by the Lioness club and Morwell and Yinnar Lions. Other fund raising includes the selling of Christmas trees, Lions Christmas Cakes and Lions Mints.

d Local activities this year r included:

Australia Day, Churchill Citizen of the Year, Camp Quality Escarpade (car rally), Camp Quality Camps, Neighbourhood Watch, Scouts, Santa visits, letters to Santa, Clean up Australia Day, Lions Village Licola, Mathison Park and the very popular Churchill & District News Lions Birthday Club.

With the continuous dedication to service of the members of the Lions Club and the wonderful support of the community, 2005/2006 will be another great success.

Lions Club Structure 2005 / 2006

President: Kevin Rennie, Immed Past Pres: Norm Hall, Secretary: Trevor Burgess, Treasurer: Peter North, 1st VP:

Stephen Duggan, 2nd VP: Bruce Cassidy, 3rd VP: Bruce Cassidy, 2 year Directors: Ray Medew, Ross Norman, 1 year Directors: John Barker, Wally Osuch, Tailtwister: Robin King, Safety Officers: Ray Medew, Trevor Burgess, Membership: Reg Grisotto



Lions Badge of Office hand-over (above)

Lioness Incoming Club Officers 2005/2006 with Lion Tony Harwood of Yinnar Lions





By Margaret Guthrie, President

Churchill and District Community Association (CDCA) has been planning a special project and event to celebrate Churchill's 40th anniversary. We are pleased to be able to announce that Latrobe City Council and Monash University, Gippsland Campus, have committed to project partnership for our exciting new ven-

CDCA and Latrobe City Council have commissioned Monash University's Centre for Gippsland Studies to design and produce a series of six panels on the History of Churchill and District, from pre-European Settlement to present day. An accompanying booklet is also to be produced.

Director of the Centre for Gippsland Studies, Dr. Meredith Fletcher, worked on a series of panels, on display at the University, detailing the history of the Monash campus, and is excited at the prospect of producing this set of panels for the Churchill community.

Dr. Fletcher has begun gathering material for the panels and is liaising with CDCA in regard to content. We are particularly keen to find photos of the Hazelwood farming district, families, buildings and landscape before Churchill was built.

Anyone who may be able to help with such material is invited to contact our Secretary on 5122 3602.

The six panels will be designed to be portable and, after their launch to the public later this

year, will travel around to a number of diverse sites within Churchill and Latrobe City as a 'travelling exhibition'.

Secretary

It has been suggested that a permanent home for the panels might be the Churchill

families, Intergenerational Community Hub when it is chill was built.

NOTICE OF AGM

At 7:30pm Tuesday 2nd August 2005

Churchill Football Club, Gaskin Park Churchill

Rob Whelan

A 40th anniversary community event will be held in November at Monash to

A more formal launching of the panels in the evening, with entertainment provided by senior students, will follow an afternoon viewing with accompanying musical

unveil the panels

to the public.

40th Anniversary

Project

performances from some of Churchill's primary schools' students

51223602

A 'walk-through' the new Gippsland Education Precinct is planned for guests attending either celebration.

An exciting feature of the launch will be a further set of six panels painted by students from Churchill Primary School.

These will compliment the six historical periods identified for the panel series and will feature Churchill's history artistically represented through children's eyes.

Monash University Gippsland Student Union will be one of the sponsors of the event in November, and other project and event sponsorship is still being sought.

Members of the community are welcome to attend our monthly meetings and participate in our planning.

CDCA has three projects 'on the go' at present – the 40th anniversary celebrations, the Civic Garden project and our community Christmas activities. Ideas and suggestions invited!

CDCA meets on the first Tuesday of the month at 7.30pm in the Link Room at Monash University.

Contact us at PO Box 191, Churchill or telephone the Secretary, Rob Whelan, on 5122 3602.

Trip to Vancouver for the Canada Wide Science Fair

By ALICE TAYSOM

On the 29th of May 2005 I packed up my bags and made my way to Melbourne Airport, where all of my greatest adventures would begin when I departed for Canada.

But before that date had even arrived I faced the largest of difficulties.

Year 12 is the year that the world is suppose to stop moving, and all that a dedicated student should do is focus on their education. Never in my wildest dreams would I have thought that I would be taking three weeks off in the middle of second term to go to Canada!

Through my experience at the National Youth Science Forum in Canberra I learnt that through proper time management anything can be possible. So earlier in the year when I was offered the chance to represent Australia in Canada I jumped at the chance and never looked back.

As a Victorian science student my largest obstacle was getting ahead, so when I returned from Canada I was fully prepared for mid-year science examinations, which were to be held a week after my arrival back home. This proved to be the most difficult and daunting task.

The Easter school break didn't prove to be anything like a break. Everyday for the two weeks I worked hard on my school work, although I really didn't mind considering what I had to look forward to!

The weeks before our departure flew by. I was constantly drowned with homework, but every time any generous donations had been received I felt relieved.

I was then eventually ready to leave.

Arriving at Melbourne Airport I was so excited to see the not so familiar faces of the four other Australians who I was traveling with. I had met my travel buddies (Sophie, Anton, Amanda and Sheridan, picured below) once or twice

before. They all seemed like wonderful people but I never got the chance to get to know them properly. After spending three weeks with them they proved not only to be wonderful, but amazing, generous and outstanding people who I love, admire and miss incredibly.

Our first stop was Hong Kong. We spent six hours there during a stopover. For most of us Hong Kong was our first visit to an overseas country, so the experience was unforgettable.

During this period it was our chance to get to know each other outside of a plane, and our first chance to get to work together as a team. The major cultural differences between Australians and the citizens of Hong Kong made the city an impressive place to visit and an amazing place to start our three week adventure.

The next major adventure for us awaited us in Canada. After a brief stopover in Vancouver we arrived in Calgary where we were going to start our one week adventure through the Rocky Mountains of Alberta. Our trip through the Rocky Mountains began at Edmonton, to Jasper, to Lake Louise and finally to Banff.

The sites we were to explore were purely our choice. We collected pamphlets, sat down together as a group and discussed where we would go the following day, who was going to navigate, and who was going to check that we had everything.

Usually our group could come to a good compromise. We learnt to appropriately negotiate with members of our group in order to keep everybody happy. Through our decisions we visited the West Edmonton Mall, Athabasca Glacier, the Northern Lights Grey Wolf Sanctuary, Lake Louise, Banff Hotsprings, and the Drumhellar Royal Tyrrell Dinosaur Museum.

The following week, after our week traveling through the Rocky Mountains, we caught our

next flight back to Vancouver where the Canada Wide Science Fair would be held at the University of British Columbia.

At Canada Wide top Canadian students are selected to attend from regional levels. At the fair they present their own scientific project, which is then judged and prizes (including cash and university scholarships) are presented accordingly.

Australians are not required to present a project, we were simply there to observe the Canadian science. Not having a project proved to be of a great advantage to us. The extra time gave us the chance to meet Canadian, and other international students including Taiwanese and Swedish students.

Never before have I been the centre of attention because I speak with an accent or because I come from the other side of the world.

The experience of socialising with the Canadian, Taiwanese and Swedish students increased my confidence and ability to publicly speak to a group of near strangers about my country and lifestyle, something I've never had to do before. The week I shared with these people is one I'll never forget.

The people I met and became friends with changed my life. Never before would I imagine

that I would have friends in Northern America and Europe!

Our final stop before heading home was our five day amazing stay in London.

The city of London was the most interesting place I've ever visited. I never imagined one city could have so much history. Visiting Hampton Court Palace and knowing the fact that this was the place where Henry VIII lived blew me away!

Reflecting on my time in London, the most valuable skill which evolved for me was my realisation that it is better to work as a close team rather than alone with many leaders.

During our time in London I became sick. As a part of that sickness I continuously felt drained and found myself in a daze.

Whilst roaming around the hectic streets of London our group could have easily been split up, but we weren't, thanks to our two navigators and our two "Alice checkers".

This system enabled our group

to stay together and remain on time. We had our two leaders who made sure that we were going to the right place at the right time, and we had two members of the group who were constantly with me making sure I didn't get lost in a daze.

In a situation like this a team effort is essenial.

After returning home, without even realizing it, my time management skills had significantly improved. My time overseas showed me just how much I can fit into a short time. I managed to recover from jet-lag and squeeze in extra information before my two exams.

My order of priorities has also changed. I realise what is important to me right now, and what effort I have to put in to get there.

One of the most valuable aspects of the trip is my new found family of friends. After spending nearly every hour of every day with the same four people, who you share common interests with, for three weeks it's not hard to see how close you become.

As I now sit back and plan my next overseas adventure, there are so many people I would like to thank for their help and support from my latest once in a lifetime opportunity. You've helped open a gateway for me that I am so grateful for. My time overseas has really opened my eyes to what is important in my life at this moment. I would like to thank everybody who donated money towards my experience.

Major sponsors included West Gippsland Catchment Management Authority, Basslink, Yinnar Community Hotel, the Rotary Club of Dandenong East, the Rotary Club of Moe, the citizens of Yinnar, the Rotary Club of Drouin, Australian Paper and Roche Bros PL.

I would also like to add a special thanks to the Rotary Club of Hazelwood who helped start this whirlwind of an adventure May last year.

And finally I would like to thank The National Youth Science Forum for making this opportunity possible, my school teachers who welcomed me into their homes during their holidays for tutorials, and my dear friends and family for their ongoing support and tolerance.

None of this could have been achieved without you.

Pictured left: Alice and some international sudents, above: Alice in the lab.



Watch this space

WATCH this space for further developments on the relocation of the Lifeline shop in Churchill. We wish to tell all readers that the Lifeline shop is here to stay in Churchill - but the actual location is still unknown.

We want to thank all our customers, supporters and volunteers for putting up

with the changes of location and we hope that wherever we relocate our many customers and friends will follow.

In the meantime come into the old florist shop and check out all the bargains.

Joke of the Month

A visiting minister came to a small country town and asked a young boy to direct him to the church where he was preaching that evening.

After the boy had given him the directions the minister said to him, "You must come along tonight and bring all your friends."

"What for?" asked the young boy.

"Because I will tell you all how to get to heaven," said the



minister, to which the boy replied, "You must be joking. You didn't even know how to get to the church." Page 14- Thursday 14 July 2005, Churchill & District News

HAZELWOOD

A New Town for the Latrobe Valley

A Churchill & District History Series

Looking Back...

...through the eyes of local residents





Bob Cooke was born in Northern Ireland on 1st August 1939, the last of seven children. Bob attended Millbrooke Primary School, the Larne Regional College followed by Larne Technical. There was twenty years difference in age between his oldest sibling and himself.

As a young boy, Bob had appendicitis which burst. It was touch and go whether he survived, but he did.

Being the youngest he was commandeered to work around the house with, and for his Mum. His Dad was a merchant sailor and seldom home.

Once, trying to be Mary Poppins, he jumped of the house roof using an umbrella, he hoped it would act as a parachute. Unfortunately he didn't have Mary Poppin's magic and a broken arm resulted.

After school Bob worked in the local butcher shop. He learnt the trade and also scored some free meat

Other after school and weekend activities included making wooden kites and finding artefacts, like old arrowheads. Looking back he now realises their value, but then they meant little! He also served with the Territorial Army.

On leaving school Bob became a 5th generation bricklayer and stone mason with his brothers - a profession he follows until this day.

An older sister, Anne had already emigrated to Australia. Glowing reports on how wonderful Australia was were sent home to Ireland. Bob decided to save up and come emigrate on an assisted passage for ten pounds. He arrived in Melbourne on the "Fairsea" in February 1959. "It was the best holiday he ever had," says Bob.

Bob lived with Anne in Morwell. There he worked with various bricklayers, before moving to Bairnsdale bricklaying with his brother Norman. It was there that he met Aileen.

Aileen was born as Elizabeth Beare at the West Gippsland Hospital on 26th January 1944-Australia Day. She was the youngest of 6, weighing in at just 2lbs. The doctor later advised that she be fed on bananas and she didn't look back

Aileen began her education at St. Josephs' Warragul. The family moved to Shepparton then Wangaratta. Aileen's Dad was an electrical installations inspector for the State Electricity Commission.

At age 6, in 1950 Aileen contracted Polio. She spent many months on her back in a plaster bed at Frankston Orthopaedic Hospital at Mt. Eliza. She learnt to read and feed with the aid of a mirror.

During the time she was in hospital she met several notable people like Johnny Ray who sang "Little White Cloud that Cried" for her. Others included Bill Boyd (Hopalong Cassidy), Virginia Paris (from North Pacific), Dame Sybil Thorndyke who read "The Camel with Two Humps" and Robert Wayner. The Uncle Bob's Club members gave the most wonderful

OF BRICKS GARDENS AND CRAFTS ACCOMPANIED BY FAITH Aileen and Bob Cooke

Christmases and Easters with buns and eggs.

At the hospital Aileen learnt to use her hands in basketwork and leatherwork. She also learnt photography and won the Argus Sun Child Photography Competition becoming Victorian Champion. The subject was a doll and the patient beside her. The photo had to be taken through the mirror ensuring the lighting was perfect with no reflections. Aileen proudly asserts that she "beat all the Melbourne School entrants!"

Aileen was brought some holy water from Lourdes in 1962. This she drank and prayed for healing. From then on she started to get better, learning to walk again. She revealed that she would climb out of her plaster bed at night and walk around.

At Port McQuarie some years later Aileen had a full body x-ray. It revealed a perfectly straight spine. Aileen says she never felt better, considering herself lucky health wise.

After the stint in hospital, when the family had moved to Shepparton, Aileen attended St. Patrick's Secondary College.

One special memory, which has produced an ongoing interest, was Aileen's attendance at the 1956 Olympic Games. She saw John Landy, Ron Clark, Shirley Strickland and Marjory Jackson all compete. She counts this as a great experience.

When the family moved to Wangaratta, Aileen started photography at Pan Pix Studios. As she learnt about photography she worked as a photographer's assistant. She recalls that printing of films held its challenges!

Next the family moved to Bairnsdale, where Aileen secured a job at the Home and Hospital for the Aged, and then Coles.

It was in Bairnsdale, on a blind date to make up a foursome, that Aileen met Bob and Aileen proudly states that Bob was 'taken by her red hair'. It must have been more than the hair that attracted Bob, because two days later he proposed. They courted 1 ½ years before their marriage in St. Mary's Bairnsdale on 21st May 1966. For awhile they lived with Aileen's parents. A month after the wedding Aileen's Dad died and she conceived Cherralee.

Bob was then transferred from Bairnsdale to Churchill to work as a bricklayer.

The couple lived in the caravan park in Wallace Street. Morwell until their house was ready, Aileen being pregnant with Cherralee was feeling quite sick. Bob began work on 11th June 1965 laying the first brick in Churchill on the base of Peter Arch's house in McInnes Crescent. He worked with the first contract for houses with Norman and Melvin (Taffie) Wells. Aileen recalls they were paid monthly. She shopped on \$4 a week!

Their house in White Parade was built in the second contract. They moved in on 8th December 1966. Aileen fondly remembers Lance Eldridge, their next door neighbour of thirty-nine years, arriving to welcome them with a silver service to serve them tea, cakes and biscuits.

Cherralee was born on 25th May 1966 about 5 months after their arrival in Churchill. She was the first Catholic baby from Churchill's Lumen Christi Parish to be christened by Father Spiteri.

The day after their arrival Bob and Aileen, who is a mad keen gardener, began to establish their front garden. They removed the bricks and other rubble. A load of top soil was ordered, and then a rope and plank were used to level off the soil in the yard. In a few weeks there were trees, shrubs and azaleas growing.

There were still no shops in Churchill, but

Aileen says John Koedijk delivered milk and Mr. Barrett delivered eggs. His wife was the kinder teacher. They owned a poultry farm at Yinnar.

Aileen remembers going to catch the bus and meeting up with and chatting to Betty Wyatt at the bus stop.

Tim Glen was born in 1970. Bob was delighted. He named him after the Glens of Antrim in Ireland.

Lisa was born in 1973 at Morwell Hospital. They were over the moon to have another little girl. Lisa was born with asthma and needed a special nebulizer from the America. By then the shops were open and Ross Ollquist was able to get one in for Lisa.

Bob spent 10 years working at the SEC doing shift work as an operator.

During those years they staged many parties being the only family with a brick barbecue.

At one stage, when Cherralee and Tim were at Churchill Primary School, they hosted about 200 children, over two days who came to cook sausages. The Cookes supplied balloons, lollies and homemade icy-poles.

When Lumen Christ School was established, Cherralee became one of the first grade six students. Tim and Lisa also attended Lumen Christ.

Aileen was sewing co-ordinator for the Mothers' Club at Churchill Primary School. When preparing for their big fetes, Aileen ran classes at their house, making clothing to sell. Aileen cut out the patterns and the other ladies sewed. At Lumen Christi Aileen undertook craft teaching.

She and Bob helped establish the garden at Lumen Christi. Through that they met Cheryl Breheny who also helped with the garden. They became great friends. Aileen and Cheryl regularly arrange the flowers in the church at Lumen Christi.

The family faced some difficulties with there being no doctor in town. Bob often worked away and then Aileen had to rely on the bus or neighbours for a ride. But she says the neighbours were wonderful.

Because of loneliness, the Cooke's started the Churchill Dart Club in their home. Bob erected a dart board. Everyone brought a plate and paid 10c to play. This money was used to purchase trophies for the winners.

Where the units are now in White Parade, the residents held a big bonfire. They all sat along the gutter to watch the fireworks.

In White Parade playground they held a fair complete with jumping castle, barbecue, stalls, merry-go-rounds, fairies on sticks, Beatle dolls and other knick knacks.

The family went to the Pondage and caught carp. These they put in their swimming pool to clean the pool.

Cherralee remembers carton boarding down McDonald Way slopes. They were not allowed

to do it for fear of being hit by a car- but they did it for hours if they could get away with it. They never told Mum. Cherralee and friend Christine Henshaw spent many happy hours exploring the area west and below the Scout Hall

until Cherralee stepped on a brown snake. Suddenly it didn't seem so attractive!

Cherralee and Lisa went to Brownies. Kath Tanian was Brown Owl. Later they went on to 1st Churchill Rovers where Willa and Tony Martin were the leaders.

After Cherralee left Kildare College, she worked at Mid Valley Green Cafeteria for 1 ½ years. She is now a welfare worker with three children. Proudly she told me about her son Dallas and his friend who asked the local MP for a skate park in Churchill. Dallas is now number 2 in Victoria for skating prowess, wanting to be a professional skater.

Tim is married to Mel and has 2 children, Josef and Talia. They own their own catering business.

Lisa is married to Allan Robinson but has no children yet. She is number two executive in Australia for Colorado (formerly Williams the Shoeman) being Victorian team leader and also active in South Australia, Tasmania and New South Wales. Her home is in Caroline Springs.

Aileen is involved with a wide range of crafts which she takes to Sunday Markets. The house is a real showcase of all her excellent work in bark painting, ceramics, lead work, patchwork quilting, folk art and cake decorating. Aileen takes classes in gardening and craft at U3A, Igain and Neighbourhood Houses in Morwell, Traralgon and Churchill.

Bob is still laying bricks. He also has a great interest in genealogy and has traced his family tree back many generations.

The couple have had two trips to Ireland in 1990 and 1993. They were occasions to catch up with family on both sides.

Aileen was lollipop lady for ten years at the Monash Way crossing, until she was hit by a car. She had to suffer nine operations and has iron bars in her legs.

Being born on 26th January gives Aileen the right to belong to the 26ers Club. There is an annual parade in each state. Annually Aileen receives an Akubra hat and a T-Shirt. She was invited to have lunch with the Premier. One Australia Day Aileen was walking along the beach and found two rocks, one in the shape of Australia, the other like a Koala. It gave her a real thrill.

Both Bob and Aileen belong to the Moe Historical Society, the Orchid Club, the Rose Garden and formerly the Lions Club and RSL.

Bob says he is grateful he came to Australia where he met Aileen and has been happily married for 39 years.

As you can see, Bob and Aileen have been and continue to be, very active members of our community. It is their spirit which helped to make Churchill such a close-knit community in the early days. This spirit is alive and well here today



Hazelwood Rotary Recognises Ken Peake



A highlight of the Rotary Club of Hazelwood Annual Handover Dinner held at the Italian Australian Club last month, was the recognition of hardworking member, Ken Peake, with one of Rotary International's most prestigious awards, the Paul Harris Fellowship.

A former president of the Club and Assistant Governor of District 9820, Ken has been extremely active in Rotary since his induction in 1994.

He has been a driving force in two of the Club's major initiatives in recent times- the Indigenous Health Scholarships and Gippsland Rotary Centenary House.

Ken is currently Chair of the Centenary House Committee of Management and has actively sought and obtained major donations for the project from governments, corporations and philanthropic trusts.

The award was presented by outgoing President Ross Ollquist in an emotional ceremony featuring a surprise appearance from Ken's family.

The Handover Dinner brought to an end a highly successful year for the Club under the Presidency of Ross and saw the installation of new President Aldo Minchella.

In reporting on the year's activities, Ross noted that the Hazelwood Club had raised and distributed almost \$40,000 during the Rotary year.

Major recipients were Shelter Boxes for the Tsunami Appeal (\$12,100), Indigenous Health Scholarships (\$5,000), Go Youth Camp (\$3,593) and Rotary Centenary House(\$3,000). A further \$5,000 was distributed to local charitable organisations.

New President Aldo Minchella paid tribute to the achievements of the Club under the leadership of Ross and outlined his goals and objectives for the coming year.

He indicated that a great emphasis would be placed on members having fun and fellowship during the busy time coming up but every effort would be made to maintain the high standard of outcomes set in recent years.



Lions Club of Churchill and District

By JOHN BARKER, Publicity

Bunnings Hardware Midvalley have finished painting our catering trailer and it looks great. It is a very bright yellow and carries the logo of Bunnings and our other sponsors.

Donations:

Spinal Cord Research \$100 Royal Flying Doctor Appeal \$100 LISC \$100

Snippets:

Members have attended other club changeovers in the District. Lion Frank Langston still ill, we wish him speedy recovery.

Combined Lions / Lioness Clubs change-over was held on June

Another working bee took place at Lions Village Licola on House. 3-4 members took part.

Welcome to our new member Dave Lacey

Catering coming up:

Catering at Bunnings in July for Camp Quality

Amateur Radio Club in July

Our Club and had it's changeover at Angelinas on June 16th. All incoming officers were installed by Lion Graham McKenzie from Trafalgar Lions. The Lioness Club also had it's installation at the same venue by Tony Harwood from Yinnar Lions. A great night was had by all.

We would like to thank all our patrons at the sausage sizzle at Bunnings on 11th June (a cold, wet, long weekend Saturday) – a fantastic success.

A club member attended a weekend Camp Quality Family Camp at Phillip Island and assisted with integration of families and running the activities. Everyone had a great time.

A club member is assisting local Scouts in badgework, leadership skills and activities.

Our club has three members in District positions this year – Lions Peter McShane (Cabinet Secretary), John Barker (Administration Officer) and Steve Duggan (Zone Chairman).

The Lions Birthday Club, sponsored and run through the Churchill & District News by our Lions Club, is a great hit. Sarah Cook and Chris Nicol were each the happy Birthday Club recipients of a \$15 voucher in June. All children in Churchill and surrounding areas under 12 years of age are eligible to join. IS YOUR CHILD A MEMBER? IF NOT, WHY NOT? Make sure your child is registered – just follow the instructions in the Lions Birthday Club list published each month in the Churchill News. WE NEED MORE MEMDERS.

To all the families in our great community of Churchill and surrounding district, we thank you for your support. Need to contact us? Our address is The Secretary, Lions Club of Churchill and District, PO Box 110, CHURCHILL 3842.

Through Our Eyes: A glimpse into the lives of new refugees in Australia

A free photographic exhibition by Kirsty Fiddian.

The people you will meet in this exhibition have gone to extreme lengths and faced incredible hardships to find peace and a new life in Australia. But that's not the story they want to tell you.

They want to tell you that Zamin is working towards getting his forklift license, Sakina would love to see her teenagers go on to university and when he is feeling lonely, Ahmad enjoys spending time at Victoria Market.

"Through Our Eyes" has given an incredible group of people who come from Iraq, Afghanistan, India and Uganda, the unprecedented opportunity of being in control of their own representation. In return they have given us the privilege of an intimate glimpse into their lives, fears and dreams of which in many cases aren't that

different from our own.

Each participant was given a disposable camera and asked to photographically record, "through their eyes" what life was like for them as a refugee in Australia. The group members' lives vary, with some living in rural farming communities and others in the city. Some have come with their families others haven't seen their wives and children for more than three years.

The majority of the exhibition participants are on Temporary Protection Visas, which are given to asylum seekers who do not carry appropriate visas. TPVs are often only valid for three years and not necessarily renewable. TPV holders cannot exit and re-enter the country, but most do have access to Medicare and some social services. One participant of the project is on a Bridging Visa, which means he does not have the right to work or receive benefits and is inel-

igible for Medicare.

Through Our Eyes is made up of 14 mini exhibits which each have a professional photograph of the subject acting as an anchor to the larger display of photographs taken by participants themselves as well as a small biography about each person. Thus, the exhibition tells the stories of people living precariously in our society who are often politically denied a 'face' and a 'voice'.

The exhibition is situated in the 'Knuckle' at Monash University, Gippsland Campus and takes place from Sunday 17 July to Friday 22 July.

The Exhibition is brought to you by the Refugee Action Collective Gippsland Campus.

For further information regarding the exhibition or RAC contact Marianne Robinson 5122 6325 or Peter Farago 5122

Government Grants For Water Projects

Brendan Jenkins State Member for Morwell District today urged local residents to apply for grants from the Bracks Government for water projects.

Mr Jenkins said that applications are now open until 4th August for grants from the \$10 million Storm water and Urban Water Conservation Fund, to harness alternative water sources and help save Victoria's drinking water.

"Funding is available on a dollar-for-dollar basis up to \$250,000 to substitute alternative water sources - such as storm water and recycled water - for drinking water," he said.

"The Storm water and Urban Water Conservation Fund is a major initiative of the Government's *Our Water Our Future* action plan to secure Victoria's water supplies for the next 50 years

"The Fund has proven that supporting local projects that use alternative water sources will lead to real water savings.

"Storm water and recycled water are untapped resources of our cities and towns.

"Already 22 successful projects, which were funded earlier this year in the first round of funding, will together save 22,000 mega litres of water over 25 years," Mr Jenkins said.

The Fund has so far helped to tap into storm water as an alternative water resource, to drought-proof sports and recreation facilities through using recycled water, and to slash the use of drinking water for industry through reprocessing water.

Applications for funding close at 2pm on Thursday 4th August 2005. Application forms are available from www.dse.vic.gov.au/stormwaterfund

More information is available from the office of Brendan Jenkins at 66 George Street Morwell 3840.



Page 16- Thursday 14 July 2005, Churchill & District News

Looking Towards The Galactic Centre

By JEFF SING

The months of July and August are a good time to view in the direction towards the centre of our Milky Way galaxy. You cannot 'see' the centre of our galaxy with the naked eye or even with optical aid. The view is obscured by vast clouds of interstellar gas and dust. Astronomers have detected the precise centre using sophisticated instrumentation and imaging techniques.

The visible disk of the Milky Way is about 100,000 light years across and 2,000 light years thick. Our Sun is situated in one of the spiral arms about 26,000 light years from the centre. The Milky Way has a relatively flat structure, shaped like two fried eggs stuck back to back.

It is a spiral galaxy with arms extending from a nucleus like in a Catherine wheel. The nuclear bulge is about 20,000 light years across and about 10,000 light years deep at its thickest part. There are over 200 billion stars in our galaxy. It takes about 250 million years for our Sun to revolve once around the galaxy. It is called a cosmic year. The Sun has made about 15-20 rotations of the galaxy since it first formed.

The galaxy centre is located in the constellation of Sagittarius (The Archer) not far from the Scorpius (The Scorpion) border.

The galactic centre is about one and a half degrees away from the star X Sagittarius, a dim, though readily visible, naked-eye star. The centre itself resides in a feature called Sagittarius A, which is one of several powerful sources of radio waves in the nuclear region of our galaxy.

Sagittarius A is surrounded by very bright and hot high density gas filaments and concentrations of less luminous stars with masses of millions of Suns per cubic light year. This radio emission, which is produced by high-speed electrons spiraling around a magnetic field, is called synchrotron radiation. Despite its small size of a just a few light years in diameter Sagittarius A is one of the brightest sources of synchrotron radiation in the entire sky.

Inside Sagittarius A is a small, compact and even more powerful radio source called Sagittarius A* (pronounced A star). Its core is thought to contain a super-massive black hole. A black hole is an incredibly dense and compact and bizarre object where gravity is so strong not even light can escape. In 2001, the Chandra X-ray telescope observed a burst of X-rays from the Sagittarius A* black hole indicating that it is no longer than one Astronomical Unit (the Earth-Sun distance) across, which is consistent with theoretical calculations. The Sagittarius A* black hole may have a mass of three million Suns in a space smaller than the Earth's orbit around the Sun. In early 2005, further examination of the Chandra X-rays revealed a suspected swarm of up to 10,000 or more mini black holes orbiting around the Sagittarius A* super-massive black hole.

You can look in the direction where the Milky Way's centre is located tonight around 10.30 p.m. and through the rest of July and all of August (but earlier in the evening as each night progresses). This same view can be repeated, for example, at 9 p.m. on August 4 and 8 p.m. on August 19. The other dates and times can be interpolated.

To look in the direction towards the exact centre of our Milky Way galaxy lie on your back on a reclining sofa or inflatable mattress (or a rug will suffice) in warm clothing and gaze straight up to the zenith (the point directly overhead). Then measure a fist width at arms length towards the north as you look towards a very dense por-

tion of the glorious Milky Way and this is the approximate position of the galaxy's centre.

Our view of the sky and the celestial sphere is dependant on one's latitude. For example in the Latrobe Valley the galaxy centre at the right time of evening in July and August (mentioned above) is about nine degrees north of our zenith. From latitudes along a line 29 degrees south of the equator such as the city of Lismore in New South Wales the galactic centre is exactly overhead.

Because we are located inside one of the spiral arms (the Orion arm) of the galaxy the stars appear densely concentrated in a 'cloudy' band across the night sky seemingly so close together that you cannot separate them singly with the naked eye. However, even with the slightest optical aid these 'clouds 'can be separated into hundreds of individual points of light consisting of stars. Some areas can't be resolved into stars at all due to the tenuous nature of enormous clouds of interstellar gas yet to condense and form into 'new' stars. There are untold dozens of deep sky objects able to be seen in this region of the galaxy with the naked eye, binoculars and telescopes. The 'deep sky' describes objects beyond

the solar system and the nearer stars of the Milky Way. It also encompasses galaxies outside the Milky Way far into deep space beyond.

One can spend hours exploring the marvellous winter Milky Way and its surrounds with an ordinary pair of binoculars resting on your elbows looking upwards while still flat on your back on any clear, moonless night for the next two months and never completely exhaust the treasures that one never before suspected to exist. To learn more about the deep sky objects mentioned in this article - including their astronomical names, origins and evolution - visit your local astronomical society here in the Valley. Anyone with an interest in astronomy at any level is welcome to attend meetings held on the second Tuesday of each month from February to November at the Wirilda Environment Park conference centre, near Tyers starting at 7.30 pm.

The Latrobe Valley Astronomical Society is conducting a private observatory visit for members only on Tuesday, August 9. For more details contact Gavan Dinsdale on 51746453 or visit the society's website at http://home.vicnet.net.au/~lvas.

Health and Wellbeing

Hypertension or high blood pressure

THE heart pumps blood around the body through the blood vessels. Blood pressure is the amount of force exerted on the artery walls by the pumping blood. High blood pressure (hypertension) means that your blood is pumping with more force than normal through your arteries.

The added stress on the arteries can accelerate the silting of arteries with fatty plaques (atherosclerosis). Other risk factors for atherosclerosis include cigarette smoking and high blood cholesterol. Atherosclerosis contributes to many illnesses, such as heart attack and stroke. Hypertension is a common disorder of the circulatory system, affecting around one in seven adult Australians.

Hypertension usually produces no symptoms. This means most people don't even realise they have it. Experts recommend that everyone should have their blood pressure checked regularly.

How blood pressure is controlled When the heart contracts, the blood inside the left ventricle is forced out into the aorta and arteries. The blood then enters small vessels with muscular walls, called arterioles. The tone in the muscular walls of the arterioles determines how relaxed or constricted they are. If narrowed, they resist flow. Reduced flow of blood is detected in the brain, the kidneys and elsewhere.

Nerve reflexes are stimulated and hormones are then produced. The heart is induced to beat more forcefully so that the blood pressure is maintained at a higher level, to overcome the restricted flow through the arterioles. The achievement of good flow (now at high pressure) eases possible problems for function of the brain and kidneys. These adjustments occur normally. However, in some people the adjustments become fixed and high blood pressure persists. These people have developed hypertension.

How blood pressure is measured Hypertension can be mild, moderate or severe.

Your blood pressure is naturally higher when you are exerting yourself, such as during physical exercise. It is only a concern if your blood pressure is high when you are at rest, because this means your heart is overworked and your arteries have extra stress in their walls. Blood pressure is measured in two ways:

Systolic - the highest pressure against the arteries as the heart pumps. The normal systolic pressure is usually between 110 and 130 mm Hg.

Diastolic - the pressure against the arteries as the heart relaxes and fills with blood. The normal diastolic pressure is usually between 70 and 80 mm Hg.

How the sphygmomanometer takes blood pressure

An inflatable pressure bag is wrapped around the upper arm. The bag is connected to a pressure-measuring instrument called a sphygmomanometer. The operator manually pumps up the bag with air until the circulation of the arm's main artery is interrupted. The pressure in the bag is then slowly released until it equals the systolic pressure in the artery, indicated by blood once again moving through the vessel.

This makes a 'thumping' sound. The systolic pressure is indicated on the sphygmomanometer and recorded. Next, the blood pressure in the arm's main artery drops to equal the lowest pressure, which is the diastolic pressure. This is the pressure at which the thumping sound is no longer heard. This figure is also recorded. The operator may take numerous readings to get the true picture. This is because many people tend to 'tense up' during the procedure, and nervous tension may temporarily boost the blood pressure.

Most people with hypertension feel okay

Hypertension usually does not produce any symptoms, because the organs of the body can resist high blood pressure for a long time. That's why it's important to have regular medical examinations to make sure your blood pressure isn't creeping up as you grow older. High blood pressure over a period of time can contribute to many illnesses, including:

Heart attack

Heart failure

Kidney disease

Stroke.

An unhealthy lifestyle can cause hypertension

Some of the factors which can contribute to high blood pressure include:

Hereditary factors

Obesity

Lack of exercise

A diet high in salt

Heavy drinking

Kidney disease.

The effects of high blood pressure on the arteries are worsened by:

Cigarette smoking

High levels of saturated fat in the diet High blood cholesterol

Diabetes

Responses to some types of stress may affect both blood pressure and changes in the arteries, but this remains scientifically uncertain.

Some drugs may cause hypertension

Certain drugs can cause hypertension or make controlling hypertension more difficult. Check with your doctor or chemist for alternatives. These drugs include:

The combined contraceptive pill

Non-steroidal anti-inflammatories Some nasal drops and sprays

Some cough medicines, eye drops and

appetite suppressants.

Making healthier choice

Two out of five people can successfully lower their blood pressure by making adjustments to lifestyle. Exercising, eating a healthy low salt diet, keeping within your normal weight range and reducing alcohol will all have a dramatic effect. See your doctor before you start any new exercise program.

A low fat diet and giving up cigarette smoking will reduce the damaging effects of hypertension on the arteries.

Antihypertensive medications In most cases, it is necessary to take antihypertensive medication as well. Usually hypertensive medications are introduced at low doses. The dose may be gradually increased if needed. A second, even a third drug may be added to achieve good blood pressure control. Not many people experience unpleasant side effects. Any drug treatment for hypertension needs to be monitored carefully by your doctor.

You should never alter the dose of your hypertension medication or stop taking it without consulting with your doctor. Medications don't cure the condition, and most of the people who need to take antihypertensive drugs will do so for the rest of their lives.

Where to get help

Your doctor

Your local chemist.

Things to remember

Hypertension, or high blood pressure, is a risk factor in many diseases, such as heart attack, kidney failure and stroke.

Hypertension often doesn't show any symptoms, so regular checkups are important.

Leading a healthy lifestyle is one of the best ways to both treat and prevent hypertension.

This article has been sourced by Hazelwood Health to provide up-to-date information on topical subjects.

****CHIEDREN'S CORNERS****

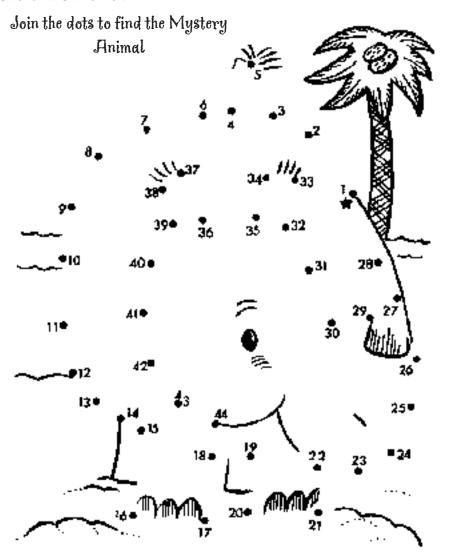
Birthdayites!



Sarah Cook, 11 years on 27th June and friend Christopher Nicol, 11 years on 2nd June

THE June "Birthdayites" were all smiles as they were each pre- from the June list. This could sented with \$15 vouchers for have been you - make sure you Churchill Newsagency by John join so you also have the chance Barker from the Lions Club of to be a lucky "Birthdayite". Churchill & District.

They were chosen at random



There Was a Little Girl

There was a little girl Who had a little curl Right in the middle of her forehead

When she was good She was very, very good But when she was bad she was horrid

Henry Wadsworth Longfellow

LIONS BIRTHDAY CLUB

Proudly sponsored by the Lions Club of Churchill & District Inc.

Hi Kids,

If you are under 12 years old you can join the club. Ask your Mum, Dad, Guardian or Carer to ring the Editor of the CHURCHILL AND DISTRICT NEWS on 5122 2589 or write to

> LIONS BIRTHDAY CLUB PO BOX 110 CHURCHILL

with your NAME, ADDRESS, PHONE NUMBER, BIRTHDATE, and whether BOY or GIRL

> The lucky "Birthdayites" for June were Sarah Cook and Christopher Nicol

Late entry for June list - Jay Wain, 9 years

BIRTHDAYITES FOR JULY 2005

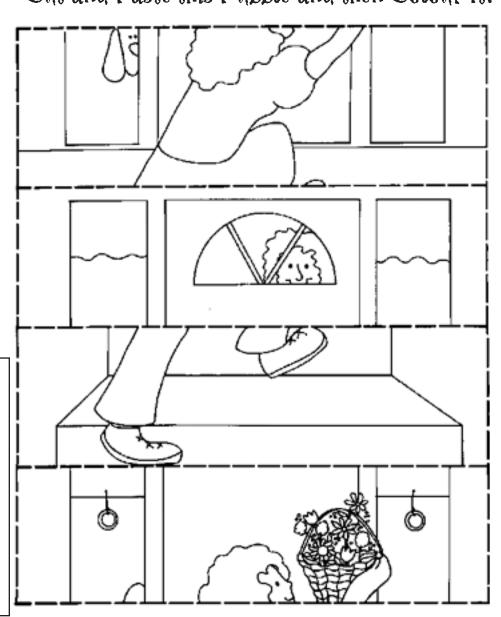
Alexandra BENNETT	10 years
Jaryd DOWNES SMITH	6 years
Connor FLAKE FARRELL	12 years
Ashlee FLANIGAN	10 years
Courtney HOOINEYER	5 years

The randomly chosen "BIRTHDAYITES" for June are ALEXANDRA BENNETT and COURTNEY HOOINEYER

Congratulations, you have each won a \$15 voucher for Churchill Newsagency. We will contact you soon..

John Barker

Cut and Paste this Puzzle and then Colour It!



AnglicareFinancial Counselling Service



Anglicare's Financial Counselling Service, is funded by the Department of Human Services.

The service covers needs like:-

Debt crisis counselling for people having financial

Helping the disadvantaged who are doing it tough, by assisting them to resolve their difficulties.

This aspect covers a wide spectrum of problems from having difficulty making ends meet, to severe financial problems to the point of bankruptcy.

One example might be the possibility of a person having their electricity cut off. In this case Anglicare counsellors will negotiate with the power provider to set up a payment system, or help with obtaining an energy relief grant.

For those with severe financial difficulties, Anglicare can advise on the pros and cons of bankruptcy declaration, and assist with the application for same. If its multiple debts, Anglicare will assist by arranging a payment system to satisfy both parties.

Above all, the aim is to

protect people's assets- house, car.

Help clients research legal advice. eg. To ascertain if they have been unfairly dealt with under the credit code, and to make application to VCAT for legal resources.

Anglicare has many people who want to access these services,-too many for the available trained counsellors to handle effectively.

So the counsellors put their heads together and formulated the idea of a volunteer help program, to assist them, and the clients, to improve the capacity of the program to meet the client's needs.

As government funding is never enough, this effort needed extra funds, so in 2004 Anglicare applied to the Latrobe City Trust- Gambling Impact Fund and received the money to proceed.

The Volunteer Program has been developed in line with Anglicare's policy of involving the community in the programs it runs.

Being part of the program is an opportunity to gain skills through the training sessions of a half day for 4-6

This training will equip the volunteers with all the knowledge they need to have to carry out initial basic assessment of client's needs, budgeting, concessions and energy relief grants and capital grants.

They will also be able to asses if the client's needs are beyond their capacity to be met at this initial contact, and will know to refer them on to the full time financial counsellors.

Once the training is complete, which they hope will happen by the end of June, the volunteers can begin on a negotiated time allocation, to have the program up and running.

ANGLICARE IS ALWAYS LOOKING FOR EXTRA VOLUNTEERS so if you are a committed person, and see yourself working in this area, with or without previous financial experience in this work, you will be welcomed!

Your initial training will equip you for the job, and in turn you will be providing a vital service. To inquire, ring Rachael Tobias at Anglicare on 51339998.

On the other hand, if you are someone who has financial difficulties, you are also welcome to ring Anglicare on the above number, to ask for assistance.

The Financial Counsellors at Anglicare are most appreciative of the money that has been supplied by the Latrobe City Trust- Gambling Impact Fund, to resource and equip the volunteers with the necessary training to help those in financial difficulties.

The counsellors see the huge impact of gambling each day of the week, on the person, their family, friends and community, and know what a valuable service this

Hard Work to Dispose of Hard Waste!

By David Guthrie, President

Last month volunteers from GRG conducted a pilot hard waste collection for all residents of

The exercise took four days to complete and, believe it or not, was great fun for those who took part!

The weather remained fine and many locals were pleased to be able to get rid of old furniture, tyres, whitegoods and other junk cluttering garages, sheds and yards.

CGE Hire provided a box tandem trailer at a special discount rate for the weekend, which was filled to the roof several times over, whilst trailers belonging to volunteers were also put to good use!

Residents were requested to sort their waste into green, recyclable and general waste piles on their

Numerous trailer loads of metal and other recyclable goods were collected and taken to the transfer stations (such material can be left at the tip at no charge).

A 6in chipper was hired from Touch Wood Maintenance in Morwell, and Paul, the operator, worked with volunteers to mulch suitable green waste for use in residents' gardens.

Disposal of other general waste at the transfer stations needed to be paid for and GRG wishes to publicly thank our sponsors, mecu banking



and DHS/Neighbourhood Renewal Project for their financial support.

Safety vests, gloves and other personal protective equipment were supplied to volunteers, who were also provided with lunches and much needed drinks each day. A big thankyou to the volunteers who worked so hard!

Our July activities include a school holiday activity for children at the Churchill Town Hall and some plantings in Glendonald Park to coincide with National Tree Planting Day on July 31st.

Photos and information regarding GRG's activities can be viewed in the vacant shop window next to Glendonald Pizza in Churinga

Our next meeting will be held at 6.30pm on Tuesday 26 July at the Glendonald Kindergarten. Childcare is provided.

residents All Glendonald are welcome to attend. GRG Inc can be contacted at PO Box 245, Churchill or by phoning the Secretary, Barbara James, on 5122 1407

Results Round Up Churchill Football/Netball Club

Round 12

Seniors Churchill: 6 - 11 - 47 Heyfield: 10 -

Best: Nathan Richer, Travis Brighton, James Larkin, Chris Burke, Ben

Kane Sheridan.

Goals: Dean Jenkins 2, Scott Kelly 2, Adrian Waller 2.

Reserves

Churchill: 7-9-51 Heyfield: 6-4-

Best: Scott McCafferty, Shaun

McNamara, Chris Williams, Matt Giles, Rob Radd,

Ouiny Whitehead.

Goals: Brad McCartney 4, Scott McCafferty 2, Steve Rennie 1.

Thirds

Churchill: 7 - 7 - 43

11 - 8 - 74

Best: Josh Hawkins, Ben Randall, Rory Shields, Stephen Valastro,

Heyfield:

Ashleigh Hoogendorn, Nick Duncan. Goals: Stephen Valastro 4, Toby Sims 2, Ryan Cornell 1.

Netball.

A Grade: Churchill 41 def Heyfield 35 Best: Roxy Shields, Stacey Darby, Stacey Sanders.

B Grade: Churchill 30 def Heyfield 29 Best: Stacey Spence, Kylie Richards, Marnie Peterson.

C Grade: Churchill 35 def Heyfield 29 Best: Kelly Whykes, Annie Answerth, Mandy Leeson.

D Grade: Churchill 23 def by Heyfield

Best: Brooke Soutar, Peta Alexander,

Sharon Stait.

Old Time Family Dance

When: Friday 22 July

Where: Jeeralang North Hall

Time: 8pm - 11.30pm **Music: Harmony Plus**

Cost:Admission \$5.00

Supper: Bring a plate to share

Sandwiches supplied by the Committee The hall is available for hire, it has an excellent dancing floor, and is heated and is in a rural setting.

For more information ring Zelma Mildenhall on 5166 1264

ROYAL CHILDREN'S HOSPITAL

HALF YEAR RAFFLE AND **AUCTION**

FRIDAY 22ND JULY 6.00PM

CHURCHILL SALOON BAR

ALL PROCEEDS GO TO THE **ROYAL** CHILDREN'S HOSPITAL



Morwell RSL Sub Branch Inc.



5134 2455 BISTRO

OPEN 7 DAYS LUNCH & DINNER

All functions catered for Rooms Available for:

Meetings, Conferences, & Seminars

Entertainment for July

Friday 15th Saturday 16th Friday 22nd

*Wednesday 27th

Friday 29th Saturday 30th

No Table Reservations

Flatliners Frank Amorosi

Crash the Party

\$5 Rock Bak 2 Bak

Misty

(Cover Charge For \$5Rock)

*Anzac Room

Sports

Churchill Monash Golf Club Results



Tuesday Ladies Comp: Doris Chambers. 31.5.05 CCR70

Winners: Y Wotton (23), C Ellis (33) 28 - 36pts. DTL: M McConville (21), H Croft (38), 38 – 37pts. K Raber (29), V Verheyen (28) 29 – 25pts. Longest Drive: 0 - 3.2 J Bilzzard. 33 - 45 J Beck.

Foundation Young Australian: Stableford 4.6.05 CCR70

A Grade: (0 – 19) K Hills (8) 37 C/B. B Grade: (20 22) N Hutchinson (22) 36pts. C Grade: (24 - 32) J Sterrick (30) 37pts. DTL: B Peter 37, G Miller 36, M Brereton 36, P Shields 35, F Sedjak 35, A Vanderham 35. NTP: 3rd P Shields, 5th N Hutchinson, 12th D McCafferty, 14th P Shields. Birdies: F Sedjak 3rd, N Hutchinson 5th, D McCafferty 12th.

Sunday Ladies Comp: Stableford 4.5.05 CCR 70 Winner: H Croft (39) 37pts. DTL: J Busch (27)

Tuesday Ladies Comp: M Medal Third Round Silver Spoon 7.6.05 CCR 73

Scratch: Y Wooton 94. A Grade and Medal: Y Wotton (23) 71. B Grade: S Cooke (45) 74. DTL: S

Jeffery 74, J Beck 75, M McDonald 75, M Mitchell 75. NTP: 3rd D Mogford, 5th L Ollquist, 12th K Hall, 14th C Ellis. Putts: J Blizzard 31 C/B. Longest Drive: 8th 0 - 32 J Blizzard, 33 - 45 V Rowley. Silver Spoon: S

Saturday Men's Comp: Par 11.6.05 CCR70

A Grade: (0-20) K Hills (8) + 5. B Grade: (21-32)E Winter (32) + 2. DTL: R Welsh - , G Hower - , P Ludlow -1, K Garlic -1. NTP: 3rd M Beyer, 5th G Fraser, 12th D McCafferty, 14th G Fraser.

Sunday Men's Comp: Stableford 12.6.05 CCR 68 L Maher (19) 34pts. DTL: M Brereton 33pts. NTP: 14th M Brereton, 12th J Ambrosini.

Sunday Ladies Comp: Stableford 12.60.05 CCR70 H Croft (39) 37pts. DTL: M McConville (21) 33pts. Tuesday Ladies Comp: Round One Foursome Championship. 14.6.05

Scratch: S Jeffery/Di Scurlock 99. H'cap: B Beebe/C Ellis (34) 74. DTL: S Jeffery/D Scurlock 22 1/2, L Ollquist/M McConville 78. NTP: 12th C Gardam. Longest Drive: 0 – 32 L Jessop, 33 – 45 J Beck.



Wayne & Annette Draper

60 George Street Morwell, Victoria, 3840 Phone: (03) 5134 1493 Fax: (03) 5134 1334

Email: vtrophy@bigpond.net.au

Telephone: 5134 1493 "NEW"

A gift with a difference

Personalise your Coffee Mug for your special occassion.

\$18.50

- We also specialise in:
- **○** Glass & Acrylic Engraving
- General Engraving Service
- Jewellery Engraving
- Name Badges

as well as Trophies, Medallions & Plaques

STRUT RE-GAS Tel: (03) 5166 1665 Mob: 0407 542 122

"The Strut Specialist"



- New Struts available including Stainless Steel
 - Automotive applications: cars, 4wd, trucks, buses & tractors.
 - Office/Medical Equipment: chairs, photocopiers etc.
 - O Boats, Trailers & Industrial uses.

Struts are not throw away items.

They can be RE-GASED!



Timber Fencing Colourbond Fencing Decking Pergolas Retaining Walls

No Job Too Big No Job Too Small

Renovations

Obligation Free Quotes Contact Adam

0418 366 534 (03) 5122 3347 AH



The Grand Finals of the summer season of the Churchill Junior Basketball were held recently.

The winners were: Under 10 Boys - Sharks, Under 10 Girls - Tigers, Under 12 Boys – Jesters, Under 12 Girls - Bewitched, Under 14 Boys -No Fear, Under 14 Girls – Plastics.

For more information about joining a team please call Jenny Webb on 54122 2884.

Basketball Grand Finals

Jesters (right) Plastics (below right)





Bewitched



TRADING HOURS Monday - Friday 7.30am -5.00pm Saturday 7.30am - 12.00pm

R

U M

N

U

M

W

D



GUY & DEBBIE D'ALIA (OWNER OPERATORS)

543 Princes Drive, Morwell

Same Service Road as the Italian Australian Club (Next to Boltco)
PH: 5133 7000 FAX: 5133 8458

AMAZING FACT!

Since the United Nations was founded in 1945, there have been 140 wars!

JOB OF THE MONTH



We at Guy's Glass & Commercial Shopfitters made and fitted a new glass sliding door to this home. We also fitted an invisi-gard sliding security door which finished it off nicely. It replaced an old existing window, which we removed and re-vamped with this stunning new look. This area of the home now looks a million dollars!!!



CUSTOMER COMMENTS!

We love our Invisi-gard security door as it sets off our new look without being obtrusive

We love it!!!

M

I

R

R

O

R

S

Enzo and Sharyn Pistron Morwell

JUST GIVE US 1% OF YOUR BUSINESS AND WE WILL EARN THE REST!

HANDYMAN HINTS



If you keep a few tools handy while you mow, you can deal with stray weeds as you notice them - no need to hunt them later.

Short sections of PVC pipe taped to the mower's handle will hold tools and other necessities.

OUR HIGHLY TRAINED STAFF WITH 65 YEARS COMBINED SHOPFITTING/GLAZING EXPERIENC



QUOTE OF THE MONTH

A few words of encouragement can sometimes tip the scales between anothers failure or success.

* Speciality Windows *



W

E

R

E

N

S

G

G

- ~Speciality windows not only add natural light to the interior space within a home, but they also introduce interesting new shape and dimension to both the interior and exterior of the building.
- ~Arch windows, for example, are a unique design feature that can be incorporated above a door or window to provide subtle curves into otherwise strictly geometric architectural style.
- ~They can also be used on their own in a stair well or any other space where a natural light feature is desired.
- ~Round windows and triangular windows can also be designed to suit the appropriate building style.
- ~Standard windows can be fitted with an exclusive exterior federation-styled outer frame, which creates an authentic look around the window opening.

CALL: 51 33 7000 FOR MORE INFORMATION

DEB'S NATURAL CLEANING TIPS

Clean the air in your living room naturally!

House plants can improve the air quality when they draw in carbon dioxide during photosynthesis. Plants also pull airborne pollutants out of the air and replace them with a dose of fresh oxygen.

Aloe vera, chrysanthemums, philodendrons and spider plants are believed to be effective filters.

Place 3 or 4 plants in a room 4×3 metres in size to improve air quality.



NEXT MONTH

Casement

Windows

* SECURITY DOORS * FLYWIRE SCREENS * BROKEN WINDOWS * SHOP FRONTS *