

CHURCHILL & DISTRICT NEWS

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Cougars Star at North Gippsland Football League Awards Presentation Night

MARK ANSWERTH

THE Cougars enjoyed another successful North Gippsland Football Netball League vote count night, with two league best and fairest winners, a runner-up, coach of the year and numerous players selected in the 2007 Teams of the Year.

In the thirds we had two players named in the "Team of the Year" - Joey Whykes as Rover and Luke Stempel on Half Back Flank. Joey finished 4th in the Best and Fairest count which was a good effort considering he played several senior games during the season which lessened the number of games he could get votes in.

In the Reserves we came home with the major prize with Chris Williams winning the Reserves Best and Fairest in commanding style. Leading for a large part of the count, "Willo" stormed away late in the

count with several best on grounds to win the medal convincingly by 6 votes. It was a great effort by Willo as he has had a fantastically consistent season and he also played a few games in the seniors, which lessened the number of games he could get votes in.

The big result for the night was our Coach, Leigh "Rama" McDonald winning the NGFNL C.L Burley medal for the second time (Leigh previously won this award in 2002). Leigh lead for a large part of the count and his outstanding season was rewarded with him being acknowledged as the best player in the competition. His 4 vote victory means our club has won this award 3 times in the past 11 years and sets us up for a big finals campaign.

The 2007 Senior Team of the Year was also announced with five Cougar players being named in the

side, Dale Paterson (Full Back), Dean Jenkins (Half Forward Flank), Chris Burke (Centre Half Forward), Scott Kelly (Half Forward Flank), with Leigh McDonald named as the Rover and Coach of the Year.

In the netball, Amanda Noblett was named in the "A" Grade Netball Team of the Year and Stacey Sanders was "B" Grade Best and Fairest Runner Up. Well done to both of them.

To finish off a great night, Rob Jellis won the Reserves Goal Kicking which was a great effort as he missed 10 games during the season due to injury. Josh Cahill was runner up to Rob by a whisker.

Well done to all the winners on their awards, hopefully now, with the finals in full swing, we can win some team awards. Go the Cougars!!!!



Medal Winner Leigh McDonald (above)
Chris Williams Reserve's best and fairest award (below)



Brigades in Schools

THE Brigades in Schools team recently visited Lumen Christi school to give all classes lessons on fire safety and the roles and equipment of firefighters.

The lessons took place over a 3-4 week period, with

each group taking a close look the fire truck and its equipment on the final day.

Full story on page 2

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Churchill & District News

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**Articles can be left in our Drop Off Boxes Located at:
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Brigades in Schools



THE Brigades in Schools team visited Lumen Christi School to give all classes lessons on fire safety and the roles and equipment of the firefighters. The lessons took place over a 3-4 week period, with each group taking a close look the fire truck and its equipment on the final day.

The Grade 6's were able to visit the fire station, where they had a tour and were given the opportunity to see the turnout gear, and ask many questions showing their interest and enthusiasm. They were then allowed into the side area of

the station, where both the tanker and the pumper were parked. Hoses were connected to the hydrant and truck tanks filled and then students were able to see how they were connected to the trucks. The hoses were opened and they were able to hold the hoses, and adjust the branches (nozzles) to achieve different water spray patterns. Some students were able to see the different fire extinguishers and learn of their uses according to the types of fires.

Following this they were able to try out the firefighter's turnout gear.

The Brigades in Schools team would like to thank the Grade 6 students for their interest and great manners. They are a credit to their teacher and their school.

They say "thank you" to Mrs. Cathy Blackford, Principal and Staff for allowing them the opportunity to teach these important safety messages. Thanks too, to the students who, participated.

The team would also like to thank those extra brigade members who gave up their time to help run the visit to the station so successfully.





Enjoying lunch at Cafe Le Mac

Senior Citz - End of an Era

SADLY, after 31 years the Churchill Senior Citizens group enjoyed their last lunch and gathering together on Wednesday the 8 August.

The last three years the numbers have fallen to such an extent that on some days only four members turned up. Despite advertising for more people to come and join their happy crew, no response was forthcoming.

Reluctantly, the group decided that it was not worth keeping the Seniors going. It has followed many Latrobe Valley Seniors Clubs. So much else is happening in town, and members are active in other activities such as sports.

Lunch was taken in Café le Mac as usual, then the Seniors adjourned to the Town Hall to play their last rounds of cards and Rummy kin.

There they shared their thoughts.

"We were lots of members- 80-90 and now we are few."

"We have had very happy times."

"We have shared some nice dinners, and had some lovely trips in earlier days."

"I'm very sad it's breaking up. I rushed over from Line dancing to be here!"



Playing Rummykin at the Town Hall

Old Time Family Dance Friday 28 September Jeeralang North Hall

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Admission: \$5.00
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For more details please ring Zelma Mildenhall 5166 1264
NB: The Date of the October Dance is Friday 19th



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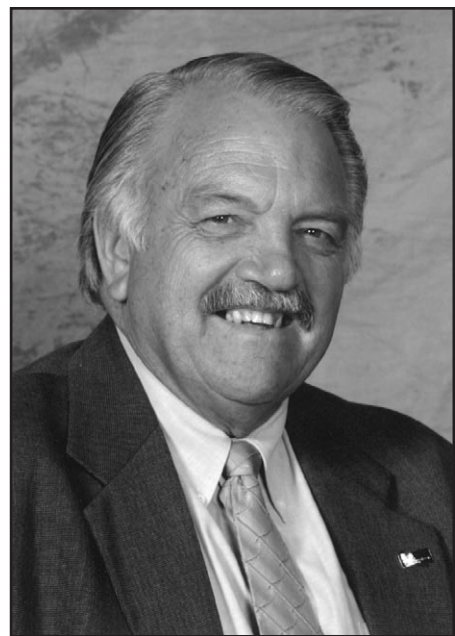
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Property Pest Inspections Termites Rats Spiders Fleas Wasps Ants

Latrobe City 2007 Youth Programs

By Cr Darrell White



know each other and find out about themselves and their place within a team.

Through the course of the this year, participants are having the chance to explore their own capabilities, learn how to liaise with different people in different situations and most importantly, build the foundations to develop strong leadership skills which they will take

with them onto whatever path their future careers will take them.

The Youth Leadership Program aims to develop young people's leadership skills while encouraging them to explore their local community. The Program is offered in a variety of community settings around Latrobe City and the wider Gippsland community.

This year's Youth Leadership Program is providing an opportunity for 18 young people to take on the challenges the Program offers, along with their families and school principals and teachers.

This year's participants are: Lucy Morris (Traralgon College), Sam Horner (GippsTafe), Justin Crane, Taryn Bek, Tara Preston, Meagan Stewart-North, Nathan Strickland (Lowanna College), Stephanie O'Doherty, Lauren Dinsmore, Craig Johnson, Zac Brown (Kurnai College - Morwell Campus), Jarryd Sutton (Trafalgar High School), Nikki Hammett, Emma Wyhoon, Stephanie Treloar, Vanessa Holcombe, Robyn Moore (Kurnai College - Churchill Campus) and Chris Johnston (Lavalla Catholic College).

While both Programs encourage and facilitate leadership skills, the role of Latrobe City's Youth Council is also to provide a forum for young people to meet regularly and express their views on issues affecting themselves and their peers. The Youth Council also provides an avenue for young people to bring forward issues that directly affect them, and inform Council of these issues. Part of the Program includes an election of a Youth Mayor, Deputy Youth Mayor and Secretary.

Many planned activities have been scheduled for throughout the year including regular meetings with the Latrobe City Mayor and Councillors; attendance at the 'Are We There Yet?' National Youth Affairs Conference; a

field trip to 'the keeping place' and the West Sale heritage program (cultural awareness) and participation in a mentoring program.

This year's Program participants, which include a number of Youth Councillors who were in last year's Program, are: Jess Arnold (Gippsland Education Precinct), Sionainn Hayes (Kurnai College Churchill), Sam Holcombe (Gippsland Education Precinct), Nicole Krause (St Paul's Warragul), Wendy Moyle (Lowanna College), Emily Olree (Kurnai College Morwell), Monica Roberts (Traralgon College), Candice Richardson (Lowanna College), Lenny Tonta (Lavalla College), Jess Tucker (Traralgon College) Mario

Cassar (GETT Centre) and Matt Watt (Traralgon College).

Elected Youth Mayor for this year is Jess Tucker, Deputy Youth Mayor is Sam Holcombe and Secretary is Sionainn Hayes.

Latrobe City is pleased to be able to offer these Leadership Programs to our young people. The young people participating in both Programs have an exciting opportunity to develop their own personal skills which will stand them in good stead for their life ahead.

For any further information, contact Latrobe City's Youth Services Programs Officer, Nicole Carder or Community Development Officer, Teresa Pugliese. Tel. 1300 367 700.



Youth Councillors Samantha Holcombe, Jess Tucker and Sionainn Hayes

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THE end of term three is fast approaching, so now is the time to start thinking about what you would like to do in term 4. The term begins on Monday 8 October and runs until Friday 14 December 2007.

Churchill Neighbourhood Centre offers a wide range of learning opportunities from basic computer to the more advanced, adult literacy for people who need help with spelling and grammar, as well as on-line computer literacy classes which involves the use of computers and the internet to make learning even more flexible.

If you have a flair for writing come and join our Creative Writing group who are looking forward to publishing a collection of their works before the end of the year.

At the Centre you can also learn embroidery, patchwork, folk art, lead lighting, and if you like to have a chin wag join our Stitch and Chat group. If you don't like to sew, join our discussion group for positive conversations and informative discussions on a variety of topics.

For those seeking a more relaxing and inner healing atmosphere, come and join our Yoga class - an integrated form of Yoga, suited for everyone - relaxation, breathing and posture techniques or join our Reiki class. Reiki is the non intrusive art of healing, relaxing and supporting the body's natural healing processes, contributing to good health and often just the beginning of a series of life enhancing changes -physical, mental, emotional and spiritual.

As you can see there is a lot happening at the centre where everyone is welcome. It is a place to learn and share your skills, help build supportive communities, and to achieve this we need a strong and positive Committee of Management.

If you are interested in helping the future growth of the Centre, or would like to volunteer your time and services, please do not hesitate to contact the Centre on 5122 2955 - so come and PARTICIPATE - the centre is run by the community, for the community.

CHURCHILL NEIGHBOURHOOD CENTRE
the heart of our community



Ritchies Community Benefits Scheme

By Margaret Guthrie, President

THE guest speaker at our Annual General Meeting held last month was Ms Penny Sayer from Ritchies IGA supermarkets. She provided an explanation to members and other local residents attending as to how the well known Community Benefits Scheme works to raise funds for nominated Clubs, Schools or Charities.

Basically, the Ritchies Community Benefit Card (RCBC) program donates 1% of the money you spend on groceries and liquor to the club, school or charity of your choice.

Every time your card is scanned, 1% of the money you have spent is automatically allocated to your nominated organization, no matter which Ritchies supermarket or liquor store you shop at.

There is one stipulation though, and that is that each organization's group of supporters' total spending has to reach a minimum of \$1,000 each month for the organization to receive a donation. Totals are reset monthly.

Penny said there are numerous small clubs with as few as 10 members that receive regular donations, because members only have to spend \$25 each per week to reach the threshold figure of \$1000 total. Of course many schools receive much larger donations, as do other well-supported organisations, such as local CFAs and sporting clubs.

Individuals can apply for a card at their local Ritchies store and a list of registered organisations is kept in each store to enable new cardholders to nominate their organisation of choice.

Clubs, schools and local charities can 'sign up' to the scheme and are issued with a number of cards for distribution. These organisations are encouraged to distribute cards widely amongst friends and relatives to increase

the amount of funding they receive beyond that generated by their own membership.

Ritchies have stores throughout Victoria and New South Wales, so family and friends can support your nominated organisation by using a card at their local Ritchies supermarket.

The donations are transferred to the bank accounts of organizations each month with no strings attached, so the money can be used for any purpose the organization wishes.

How much Ritchies is donating to your nominated group can be checked on the company's web site. These donations are not subject to taxation.

The RCBC program is simple to work with and participate in. Individuals may hold several cards and use a different card each time they shop if they wish to support several organisations. Cardholders themselves benefit by other special in-store promotions that are exclusive to them.

Ritchies IGA is expected to take over the operations of the current Hazelwood Village Foodworks in November this year and a major expansion of the store is planned.

Our thanks go to Penny for her presentation and question and answer session at our AGM and to Marie Lowe from Foodworks for arranging Penny's attendance.

CDCA can be contacted at P O Box 191, Churchill, or call the Secretary, Rob Whelan, on 5122 3602. Our meetings are held at 7pm on the second Wednesday of each month at the Churchill Football and Netball Club. Tea and coffee supplied. All Churchill and district residents are most welcome.



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Church News

Co-Operating Church Snippets

THE Combridge and Puurunen Worship team brought our all-age worship to us for the first Sunday. In a very ingenious way they demonstrated that the more you share God's love the more you have to share.

The morning coffee, again attracted a good crowd. One lady spoke about her green glass collection, while another spoke about her story writing interest. It all made for a pleasant time together.

The Ladies Fellowship held their annual Winifred Keik service. They did a wonderful job in presenting a moving service prepared by the women of the Western Australian Unit of Australian Church Women. This service helped to remind us how lucky we are, and how much help is needed by many. The retiring offering is to be used to help support this recipient of the Winifred Keik scholarship.

Dr. Ray and Delma Hodges have been involved with the Volunteers for Isolated Students Education (VISE) program since 2004. The program pays for the transport costs only, of volunteers to spend a term working with a school, family, or families, in isolated locations in out-back Queensland, some places in northern New South Wales and some parts of the Northern Territory. The families are busy with running large stations and also responsible for the distance education of their children. The VISE help the family, or school with supervised tutoring of the children, or helping out around the property.

In their time with VISE, Ray and Delma have had four placements, two at single teacher schools, and two on properties, all in Queensland.

Delma is a trained primary school teacher with Reading Recovery skills for children experiencing reading difficulties. Ray enjoys teaching science, physics, geology and chemistry. So they make a great team. Ray is also a handy man and can help fix many things using his initiative and experience.

Their patience and dedication to this cause are evident, and is most appreciated by those whom they help.

They shared with us some of their experiences of living in country areas where there has been drought for many years, and of how precious water becomes for all concerned. One place had mucky brown water in which to wash themselves, their hair and clothes. It makes you appreciate what we have here they said.

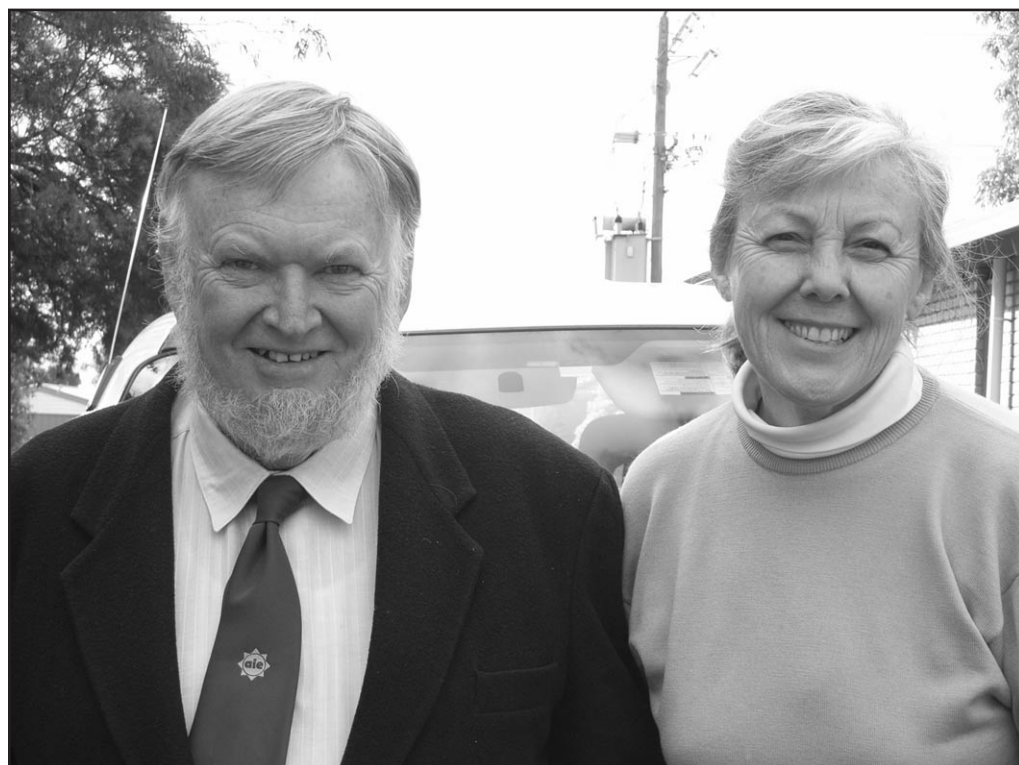
During the weekends they were free to explore the surrounding areas being surprised by the variety of places to see, and interesting things to do.

The Rev. Dr Mark Lawrence came from the Uniting Church in Melbourne to present an interactive 2 hour session on Sharing Our Faith. We explored through listening and sharing, what we define as faith; what is the faith we want to share; people who have shared their faith with us and been a positive influence; and what fears we have in sharing our faith.

One important lesson we all learned was that for every time we reach out we need twice as much input. Gaining confidence in knowing Christianity and our own faith will help. We need to have time to practice sharing our faith in a supportive, comfortable situation to gain confidence. This can happen well within the church community.



Rev. Dr Mark Lawrence



Ray and Delma Hodges

Church Times

Lumen Christi Catholic Church

35 Walker Parade,
Churchill
Tel: 5122 2226
Father Hugh Brown
Saturday: Mass: 6.00pm
Sunday: Mass: 9.00am
1st and 3rd Sundays:
Yinnar:
Mass: 10.30 am
2nd and 4th Sundays:
Boolarra: Mass: 10.30am
5th Sunday: Lumen
Christi:
Mass: 11am
Reconciliation
(Confessions)
Churchill
Saturday 5.15am - 5.45am
Sunday 8.15pm - 8.45pm

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



Churchill Christian Fellowship

Maple Crescent,
Churchill.
Sunday: 10.00am
Ladies Meeting:
Tuesday 10.00am

Chaplaincy Contemplations

framework for living life.

There are many people in this land that experience the world as does my friend. They see religion and science as incompatible when this is not the case and reject God. They continue, however, to live deeply ethical lives.

Often our politicians use the media, particularly television, to put forward simplistic messages which carry an underlying use of fear to manipulate our reactions. It is sad that so many journalists are seduced by the simplistic and do not question sufficiently and thus fail to inform. The discussion so far about the use of nuclear power is a case in point.

Using fear of high electricity prices to convince of the need for this country to have nuclear power without a real discussion of the water needs and the issue of toxic waste disposal (which will affect future generations) is quite unethical. Yet few journalists are exploring this issue with real facts and consideration.

It is important to recognise how these TV sound bites affect each of us individually.

Are we reacting by turning off completely

and taking no interest or by watching everything and becoming helpless and fearful? Both options render us ineffectual and therefore unable to contribute to debate in an informed way. Both options end up as abdications of responsibility for considered action. That action may be prayer or writing letters or sending emails or speaking with others or joining a group or marching in a protest. All are legitimate ways of freedom of expression in a democracy.

Jesus felt comfortable to speak out about what he saw as injustice and unfairness and acted freely in the world of his time despite how upsetting the Temple leaders and State leaders found his behaviour. Jesus felt clear about his relationship with God and what was the best way to be and to act. He kept trying to show his disciples that being fearful was not necessary and that being true to themselves and God was the way towards untroubled hearts and a state of Being in Peace.

So let us all watch some television to be informed but not dwell on the negativism, sensationalism and materialism and turn it off before

we experience anxiety and fear!

As Bruce D. Prewer (an Australian writer of prayers) puts it -

"God, tender and strong,
as the plover defends her young
against their enemies,
so defend me
against those anxieties and nameless fears
which are my enemies.
Save me in the hour of trial,
and deliver me from evil.
Under your wings
let me shelter
Until faith and courage return:
for your love's sake."

May you all find some time to be still and reflect on the love which means that God is always journeying with you as Jesus knew so well.

Blessings,
Rev'd Lyn Porritt
Chaplain,
Monash University, Gippsland Campus



RECENTLY, I stayed with a friend who has the TV on most of the time and watches news services constantly. This person shouts at the television set and becomes upset and angry with the way the world is and lives with a level of anxiety and fear which is destructive to health, wellbeing and peace. God has been rejected in favour of scientific rationalisation but there is a hunger for some sense of spirituality.

This person cares deeply about social justice, the environment, equality of opportunity and loving your neighbour and resents the claim by some Christians that they are the only people with a social conscience and an ethical and moral

Northe's Natter

function without the dedication and hard work of volunteers. A recent visit to the Churchill Football Netball Club reminded me just how valuable volunteers are to grass roots sporting clubs. As your team takes stock of 'the season that was' do not forget to acknowledge all the work that occurs off-field and thank those who contribute in less obvious but no less meaningful ways.

There is no doubt in my mind that every year more time and money is required to ensure our clubs can continue to operate. As the Nationals' Spokesman for Sport and Recreation I am most interested in hearing from anyone with ideas on how to reduce the administrative burden imposed on clubs as well as ideas that will strengthen clubs and

increase sport and recreation participation rates in country Victoria. Submissions will help us develop policies and programs that best meet the needs of those at grass roots level.

A number of residents from the Churchill district have contacted my office in the past month, not only to seek assistance but also to express their opinions on matters that affect our local community. I welcome such contact and encourage you to continue calling in for information relating to the State Government and writing to me to convey your views.

To all those competing in or officiating finals as our winter sports comps wind up, best of luck!



SEPTEMBER is upon us and the district is abuzz with finals fever! I have to say that this is one of my favourite times of the year. Nothing gets the heart pumping more than lining up in a final, waiting for that first siren to sound.

Our local sports clubs cannot

Waterwatch

Yinnar Yinnar-South Landcare Group

THE Yinnar Yinnar-South Landcare Group met on Monday August 20 at Yinnar South Hall. The guest speaker was Marni Speed from Waterwatch. Marni spoke to the group about volunteer water monitoring of local rivers and streams. Waterwatch provides a kit for the volunteers and they can monitor many different things.

The most common things measured are salt levels, phosphorus levels, ph (acidity) and turbidity. Dissolved oxygen and macro invertebrates can also be monitored.

Many natural resource managers approach Waterwatch for the results of the volunteers testing. The data is then used to help manage our waterways. If there are large unexplained changes then the EPA may be called

to investigate. With many farmers dependant on streams and rivers for stock water and with this water eventually finding its way into our water supply this monitoring of water quality is very important work.

Three new volunteers were identified from the group and will soon be monitoring our local streams. Any enquiries regarding Waterwatch can be directed to Marni Speed on 5175 7800.

Unfortunately our planned tree planting days had to be cancelled due to the inclement weather in August.

Our next meeting will be Monday 17 of September at 7.30pm in the Yinnar Memorial Hall, Main Street, Yinnar. This will be a plan-

ning meeting so it would be good if all members could come along and help us work out our Action Plan for the next 3 years.

Our following meeting will be at the Yinnar South Public Hall at 7.30 on the 15 of October. Guest speaker will be Frank Donohue from West Gippsland Catchment Management Authority speaking on the Morwell River Catchment and future plans for the area.

Everybody is welcome to come along to any of our meetings and new members are always made welcome.

Any queries regarding the Yinnar Yinnar-South Landcare Group please call Jenni Bond on 51631639.

Eating Disorders Support Group

THE next meeting of Latrobe Community Health Service's (LCHS) support group for carers of people suffering with eating disorders will be held on Thursday 20 September at the LCHS site in Traralgon.

Liz Jones, a Community Health Nurse who facilitates this support group encourages carers to attend as the groups enable carers to draw upon the support resources and skills of all group members for the benefit for all.

It is not a therapy group, more a group to provide information and support to others.

The eating disorders support group specifically pro-

vides carers with the opportunity to learn how to model a healthy lifestyle for family members with eating issues, which can help break cycles of behaviour that the family are drawn to when trying to cope with an eating disorder.

The groups are generally unstructured in format and reactive to group needs, which allow people to talk about whatever they wish.

For more information about this group, contact Liz Jones on 51711407.

The Co-operating Churches in Churchill

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Churchill & District Lions Club Report

By JOHN BARKER, Publicity

LIONS Village Licola is now accessible with temporary repairs to both bridges. Some roads still need work. The camp may not be up and running properly until the January Camps. If more information is required, contact the Village on (03) 5148 8791.

Fundraising for the Camp Quality esCARpade 2007 has started. Sponsorship is being sought and donations are welcome. The motor for the car is being rebuilt in readiness for the trip.

Lion John Barker assisted at a weekend Scout Camp at Birmingham Park via Glengarry.

Lion John Barker and Lioness Margaret Barker, Camp Quality volunteers, assisted at a weekend Family Camp at Kangarooobie where 12 families enjoyed the farm atmosphere of the campsite.

Catering performed during the month included:

- ◆ Bunnings
- ◆ Newry Flood relief

Catering coming up includes:

- ◆ Bunnings
- ◆ Barry Sheene Tribute motor bike convoy to Phillip Island
- ◆ Great Victorian Bike Ride - assisted by Yinnar and Morwell Lions.

The Lions Birthday Club, sponsored and run through the Churchill & District News by our Lions Club, is a great hit. Jayden Wilkins and Jazmyn Wilkins were each the happy Birthday Club recipients of a \$15 voucher in August.

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 MEMBERS.

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.



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Wattle Club Get Active Days

THE Wattle Club members have had an active month with a variety of physical activities and entertainment. There has been lots of fun and laughter.

The Get Active Days include hit and giggle sessions with ball games, Ten Pin Bowling, and cricket, shuffle, disc bowls and darts. One day they prepared for this strenuous activity by visiting the Donut King at Mid Valley for coffee and donuts, to increase their energy levels.

Going further a field one day saw the group motoring down to Pakenham Inn where they enjoyed a nice 2 course meal and a flutter on the pokies for those who so desired.

Another outing was to the Top Pub in Morwell. Some had a flutter and 3-4 were successful. Brisbane Show Day saw the centre decorated up like a show. As the members arrived they were issued with tickets for all the activities, and couldn't do them unless they produced the ticket. No-one lost their tickets which was good!

The members were asked to bring an animal for the parade- ornament or stuffed

toy etc. On arrival they were put in categories and later paraded. Prizes were given to the winners in each category.

Activities included sideshows with spinning wheel, lucky dips, Pin the Tail on the Donkey (the participant was put on an office chair to be spun once before doing the pinning bit) and a fishing game. There were lots of prizes and as you can imagine, lots of laughter especially as the donkey's tail ended up in some weird spots!

One week the Morwell Group visited. With Val on the piano and Jim singing they were entertained very well, especially as Kelly and Kerri acted out the songs to everyone's huge amusement. Lunch was home made Chow Mein.

Towards the end of the month, the members were encouraged to bring a mystery object. This was passed around and examined. Members had to try to decide what it was and how it was used. There were some interesting objects and some surprising uses. The month finished with the viewing of the DVD Wild Hogs, and a trivia session.

Scholarships for Year 12 Science Students

YEAR 12 students applying for University places in Science at Monash University Gippsland are also eligible to apply for a scholarship that will give them financial assistance in their first year.

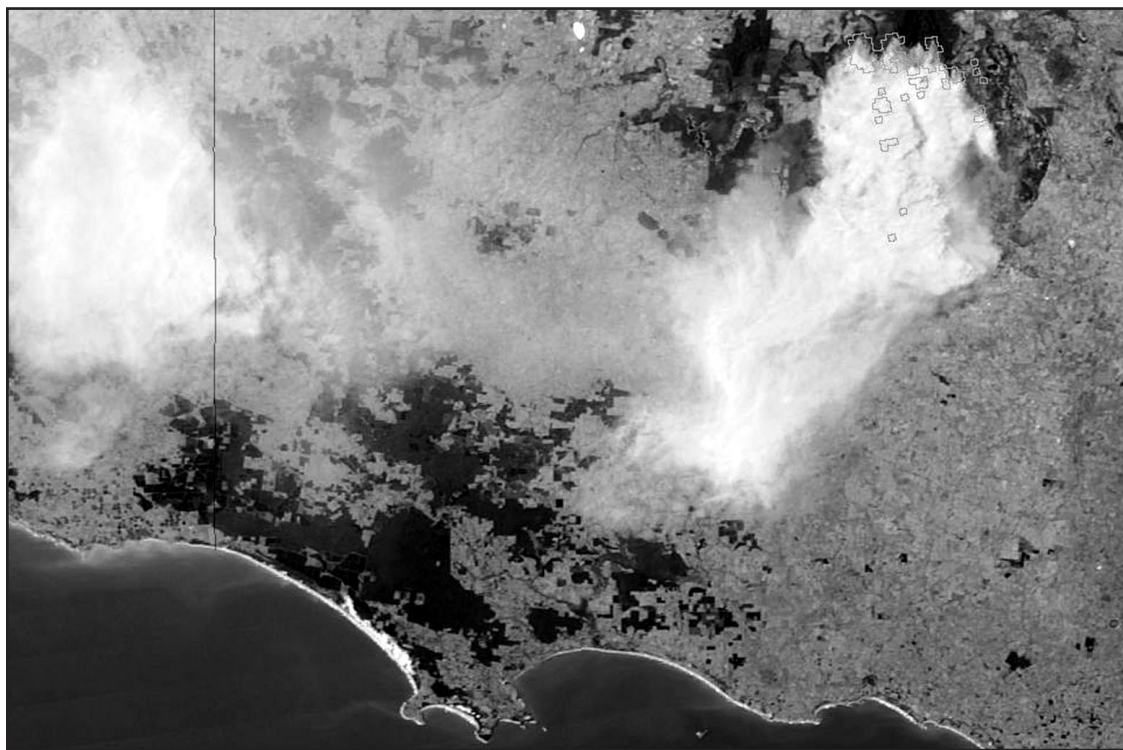
Prof. Sam Adeloju, Head of the School of Applied Sciences and Engineering at the Gippsland campus explained that the scholarships have been put in place to support students with their initial expenses and to assist them to settle more readily into tertiary study.

Prof Adeloju commented that the current focus on global factors such as climate change, water resources, new energy alternatives and waste management have renewed an interest in scientific pursuits and career opportunity. Monash University Gippsland offers major study specialisation in fields including environmental

management, microbiology, biochemistry, biotechnology, psychology, computing and mathematics.

There are ten scholarships available for current Year 12 students applying for a Science degree in 2008. Each scholarship is worth \$3,000 and will be paid to successful students in two amounts of \$1,500. Scholarship application forms are available on the Monash University Gippsland website and further information can be obtained by telephoning 5122 6431. The closing date for applications is on the 21 September, 2007.

Selection will be based on academic merit and successful applicants will be notified by 31 October, 2007. Prof. Adeloju encourages all students who may be considering studying science to apply for a scholarship place.



The recent Gippsland fires as seen from space.

Photo courtesy NASA

Braving Climate change in our own backyard

'BRAVING climate change: drought, fire, floods and cleaner energy' is the topic for the free public lecture to be held at the Gippsland Campus on Tuesday, 18 September from 5.30pm to 7pm in lecture theatre 4N120. Director of Research at Gippsland, Dr Nick Deacon said that the community is welcome to attend this event which addresses issues currently affecting all Gippslanders.

More than any other area in Australia, Gippsland has felt the effects of fire, flood and drought over the last 12 months. As a consequence of these natural disasters, it is important to ask the tough questions and points to future choices in tackling climate change. These questions are not only relevant to the region but are part of the bigger picture affecting us all: 'What are the consequences of climate change and greenhouse-gas?', 'How do we marshal our water resources?' and 'How can we minimise greenhouse-gas effects and still gain from our abundant brown coal resources?'

Speakers on the night will be Mr Ian Nethercote, CEO, Loy Yang Power, and Monash University Professors Nigel Tapper, Environmental Science and Sam Adeloju, Head, School of Applied Sciences and Engineering, Gippsland. MC for the evening will be

local ABC personality, Gerard Callinan.

'Research Matters Month' is currently taking place within Monash University and celebrates the great minds, innovative thinking and leading edge research at Monash.

Also included in research month, Gippsland Campus Higher Degree Research students have been entering research posters which will culminate in an exhibition of posters to be held in the "Knuckle" area of the Gippsland Campus from 17 to 21 September. Professor Max King, Pro Vice-Chancellor Research and Research Training will open the display at 1pm on Monday, September 17. The display will remain open until Friday, 21 September.

The Celebrating Postgraduate Research in Gippsland dinner for postgraduate research students and staff will be held on the evening of Tuesday, 18 September. Guest speakers will be Professor Edwina Cornish, Deputy Vice Chancellor Research & Cr Tony Zimora, Mayor of Latrobe City.

To register and for more information on the public lecture, go to www.monash.edu.research/matters or contact Elizabeth Veno on 51226461.

Latrobe City is a generous supporter of Celebrating Postgraduate Research in Gippsland.



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Recovering In Gippsland The First Regional Mental Health Conference

THE first Gippsland Mental Health Conference will be held at Monash University Gippsland Campus in October. The conference will be hosted by mental health consumers, carers, service providers and academics.

The theme of the conference is 'Recovering in Gippsland' and will focus on how people who have experienced mental illness and associated psychiatric disability are able to recover their place in society and lead personally satisfying lives.

Speakers, workshop and round table presenters will include those who have personally experienced mental illness, their family and carers, clinical practitioners, disability support workers, politicians, researchers and academics in the mental health field.

On the first evening of the conference, Friday the 12th of October, there will be a concert by the highly acclaimed band the 'Bi-Polar Bears'.

The Friday night conference dinner will be a highlight with 'during dinner' speakers Dr Sarah Russell the acclaimed author of "A Lifelong Journey: Staying Well with Manic Depression/Bipolar Disorder" and Dr Ruth Vine, Acting Executive Director, Mental Health and Drugs Division of the Department of Human Services. Dr Vine will speak about the new initiatives in Mental Health in Victoria and how the State and Commonwealth through the Council of Australian Governments process are working together to improve services to

consumers and carers of people with mental health problems.

On Saturday the 13th, the conference opening address will be delivered by Senator Lyn Allison, Leader of the Australian Democrats and Chair of the Senate Select Committee on Mental Health.

Keynote Speaker Dr Lindsay Oades from the Illawarra Institute for Mental Health, Wollongong University, will bring everyone up to date on applications of the Collaborative Recovery Model of service delivery.

There will be 23 other thought provoking and informative speakers, workshops and round table discussions throughout Saturday.

There is a registration fee payable, but there are discounts for people who are unwaged. Consumers and carers are especially encouraged to attend the conference.

The conference organising committee believe that 'the conference should be a major help in raising public awareness about mental illness and mental illness issues for the people of Gippsland. It will also provide an opportunity to understand how governments, both state and federal, contribute towards public and private mental health services in Gippsland'.

Conference registration forms are available from SNAP website (<http://www.snap.org.au>) or email dallas.barton@snap.org.au or clare.vandendolder@med.monash.edu.au.

Volunteers required for new Lifeline Gippsland Project

OVER the past few months Gippsland has had its fair share of traumatic events such as drought, fire and flood. The impact on the community has been considerable and the response from volunteers to those in need has been terrific.

However, the scale of recent events demonstrates the need for a large well trained and supported community based volunteer bank in our region. Lifeline Gippsland has received funding from the Federal Government to assist in developing such a bank and is looking for skilled volunteers to join the new project.

Said Lifeline Gippsland's CEO Patricia Nalder 'This is an exciting project which aims to build upon the existing skills of community members through the provision of additional training in Critical Incident Stress Management. Volunteers will then be able to assist people in their own communities at relief centres, in the field working with other emergency and community agencies or in other circumstances as and when

required.'

Lifeline Gippsland is keen to hear from community members who are interested in this kind of community support work and who have one of the following:

- Some previous counselling experience - in a past or present employment position or in a volunteer capacity. This could include telephone counselling such as QUIT counselling, Samaritans work in the UK or some other relevant work
- Experience with relevant emergency services such as CFA, Ambulance Victoria or the Police
- Experience as a Lifeline counsellor, currently or in the past
- Experience within the mental health sector.

Please contact Lifeline Gippsland for further information: Jo Cockwill, Emergency Repose Coordinator (tel 5134 8278); Kate Buxton, Operations Manager (tel 5134 8278)

Lifeline Churchill Shop 'Springs' into Action

DAFFODILS are blooming, spring has definitely sprung and it only takes a few warm days to know that summer is just around the corner. Now is the time to think about summer clothing. A visit to your local Lifeline shop will fit-you out without breaking the bank. We have a fantastic range of recycled clothes, footwear, craft, books, bric-a-brac, videos and records.

This is also the season for Spring Cleaning and Lifeline welcomes donations of your unwanted pre-loved goods which can be dropped into our shop or call 5133 7512 to arrange collection of larger items.

The Churchill Lifeline shop is open each weekday from 9.30am until 4pm and is located in the West Place Shopping Centre.

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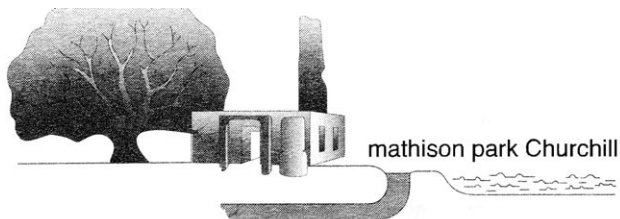
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Birds at Mathison Park

KEN Harris is again sharing his photos and knowledge about the birds of Mathison Park, with his commentary and photos of the Striated Pardalote and the Butcher bird.

Striated Pardalote - Pardalotus striatus

With spring just arriving, the birds are starting their spring songs and the Purple Swamphens already have 3 little chicks in Mathison Park. Among the bird songs, one little bird keeps telling us to pick-it-up, pick-it-up, pick-it-up. This is one of the smaller birds, the Striated Pardalote (pictured above). They are around all year long, but much easier to detect when they are singing. Found

all over Australia, the Striated Pardalote spends most of its time high in the trees feeding on insects that it finds amongst the leaves and twigs of the tree canopy. They nest either in a hole in an earthen bank, or in a small tree hollow. They have been known to nest in holes in houses.

Grey Butcherbird - Cracticus torquatus

The Grey Butcherbird (pictured below) has one of the loveliest songs of the Australian Birds. They are however predatory and can kill another bird in flight with the wicked hooked tip to the beak. The Grey Butcherbird is occasionally seen in the forested sections of the Park.



CHOICE explodes exercise myths

KEY myths concerning fitness and fat-burning have been busted by a new CHOICE report.

'Exercising three times a week is enough,' 'low intensity exercise burns more fat,' and 'you burn more fat if you exercise on an empty stomach' are mantras echoed around the gyms and open spaces of Australia - even by some fitness professionals.

But CHOICE found much of this conventional wisdom is wanting. For example, the national activity guidelines suggest you should do moderate exercise for at least 30 minutes a day, five or more days a week.

As for eating prior to exercise, this can actually improve your workout, as you'll have more energy to put into it.

"There's no doubt the current focus of keeping fit is a great thing, but the habits of exercise haven't always kept pace with the latest sports science," CHOICE spokesperson Christopher Zinn said.

"The good news is that knowing the facts means you can exercise and lose weight in ways which are going to be more beneficial for the time and effort you put in."

Most of the misconceptions about exercise relate to whether it burns fat and calories, and how much. This leads some people to eat more than they should, relative to the amount of total activity they do each day, which in turn causes them to gain weight.

Here we look at some of the common myths



Myth: "Exercising three times a week is enough."

There's a lot of conflicting advice about the amount of exercise you need to do to get results, ranging from 'anything is better than nothing' to 'over an hour a day, every day'.

There's a bit of truth in both extremes, and everything in between, though it also depends on what you mean by 'get results'. For example:

If you go for a 30 to 40-minute brisk walk, you can temporarily reduce blood sugar, triglycerides and blood pressure levels. So in that sense, just one session can have a benefit.

People who've lost a great deal of weight (20kg or more) seem to require one hour to 90 minutes of moderate to vigorous exercise every day to maintain that weight loss.

The current Federal Government National Physical Activity Guidelines for Australians recommend that, for good health, adults exercise for a total of 30 minutes or more on most, preferably all days. The 30 minutes can comprise several sessions of at least 10 minutes each. The activity should be strenuous enough to raise your heart rate and rate of breathing. You should be able to talk, but not sing.

For greater health and fitness benefits, the guidelines recommend three or four sessions of vigorous exercise each week, for at least 30 minutes each time, in addition to the moderate exercise listed above. Exercise should be continuous, and hard enough to make you puff - where it's difficult to talk in full sentences with-

out taking a breath. Your heart rate should be about 70-85% of its maximum (which is 220 beats per minute, minus your age).

Finally, for good all-round physical health, you might consider including two or three resistance or strength training (weightlifting) sessions per week, as well as a flexibility and balance program (such as yoga or Pilates, or even just some gentle stretching), in your exercise routine.

Myth: "I just ate a 300 calorie chocolate bar. Walking burns 300 calories per hour, so if I walk for about an hour, I'll burn off the chocolate."

If you look up most exercise and calorie tables, they'll tell you that a 68kg person walking for one hour at a moderate speed of 5 to 6km/h burns between 250 and 300 calories.

They don't usually remind you that by sitting around doing nothing or pottering about, you'd also burn some calories - maybe up to 140.

In other words, they give 'gross' calorie expenditure per unit of time, not 'net' calories (the amount above and beyond what you'd normally expend).

Now assuming the chocolate is surplus to your daily energy needs, and you want to burn off an extra 300 calories, you'll need to do 300 'net' calories of exercise.

Researchers have worked out that the net calories burned walking in this situation would be about 180 calories per hour.

This means more than 1.5 hours of walking to burn off the chocolate. And eating it took you ... how long?

Myth: "Low-intensity exercise is better for fat burning."

The idea is that if you exercise at low intensity, around 50 to 60% of your maximum heart rate, you burn more fat than if you exercise at a higher heart rate, like the 70 to 85% recommended for improving fitness. That would be great news for walkers: as long as you're walking fast enough that you can talk, but not sing, you're getting more out of it than the red-faced, sweaty joggers who huff and puff past you.

Sadly, not entirely true. Yes, you burn more fat as a percentage of the total energy you burn when exercising at low intensity - it accounts for almost all the fuel your body uses. But you burn more actual fat per minute, and a lot more total calories, at higher intensities.

The advantage of low-intensity exercise, especially for people who aren't terribly fit, is that it's less tiring and puts less strain on the body, so you can exercise for a longer period of time. In the end, it's the total calories burnt that count - so for maximum weight loss you can either get puffing or just keep going for longer.

Myth: "Your metabolism increases after exercise, so you burn more calories even though you've stopped exercising."

Bonus! Not only have you just burned off 400 calories doing aerobics, but you'll keep burning calories for hours afterwards. Better still, the less fit you are, the slower you recover and therefore the more you burn.

Experts call it excess post-exercise oxygen consumption (EPOC), whereby increased metabolism means consuming more oxygen, which in turn burns calories. And while it's not entirely bunkum, one extra biscuit could wipe out that calorie debt - and then some.

Most people who are aware of this post-exercise metabolic increase probably overestimate the degree of extra energy burned. And the small amounts involved could well be negated by moving less throughout the day and/or eating slightly more as a 'reward' for exercising.

For any sort of meaningful EPOC effect, you have to exercise long and hard. Low or moderate-intensity exercise - walking or

slow jogging, say - would have little to no effect. Even at higher intensities you need to exercise for almost an hour for any appreciable increase in metabolism. Experts argue the level required would be intolerable for the average person, and only serious athletes would be capable of sustaining the required intensity for long enough.



Myth: "You burn more fat if you exercise on an empty stomach."

The theory goes that if you don't eat before exercising, your body has to use fat as fuel, because there's hardly any sugar to burn. And if you want to lose weight, it stands to reason that burning off fat is a good thing.

There's nothing wrong with the basic theory - evidence shows that more fat is burnt after longer fasting conditions than in the few hours after eating, when carbohydrate is the preferred fuel. But in fact it's the total amount of energy burned that's the issue, not whether it's fat or carbohydrate. You may find you get tired and don't exercise as hard as you would if you'd eaten beforehand - and therefore you'll burn less total energy.

Depending on how hard and how long you intend to exercise, and whether exhaustion might affect your speed and endurance, it may be better to have some fruit, yoghurt or toast at least half an hour before exercising, as well as a drink to help prevent dehydration, and have the rest of your breakfast after.

Myth: "You should stretch before exercising."

While it's important to warm up before exercise, especially if you've just got out of bed or are about to undertake strenuous exercise, there's no good evidence that 'stretching' does much good.

By stretching, they mean doing static stretches to pull at particular muscle and ligament groups, like hamstrings, calf muscles, Achilles tendons and so on. Warming up, on the other hand, is doing the basic moves of whatever it is you're about to do (running, swimming, cycling, playing soccer) at a low intensity.

Proponents of stretching say it prevents injuries and muscle soreness and improve performance. However, reviews of many studies have found there's no beneficial effect on reducing the chances of injury and soreness, and there are contradictory findings on performance - some find it helps, some find it hinders, some find no effect.

Stretching is still useful, to help maintain or increase flexibility, and can improve performance in the long term, so do it another time - while you're watching TV, say.

Hazelwood Rotary - Service Above Self

WHEN the lights are turned on at the Churchill Football Clubrooms on a Monday evening at about 6.30 p.m. it is a sure sign that the Rotary Club of Hazelwood is about to meet for dinner, a business meeting, planning time, lots of good fellowship and perhaps a guest speaker. Rotarians are men and women each representing their own vocation and/or profession who have accepted the ideal of service through Rotary - service to their club, to the community, to youth and to communities throughout the world.

The first Rotary meeting was held in Chicago, USA on 23rd February, 1905, when a

small group of business men met together in turn at their places of business, so the name Rotary was adopted quite early. Rotary was established in Australia in the 20s and the Rotary Club of Hazelwood began in 1978. Such has been the commitment of Rotarians for 100 years that their motto "Service Above Self" has always been appropriate, as they strived to foster high ethical standards in their professions, to serve their own communities and to advance world understanding and peace.

Recently the Rotary Club helped Scouts celebrate their Centenary. August 1st, 1907 was the day that Robert Baden Powell organized a group

of English boys to camp together at Brownsea Island off the coast of the English County of Dorset.

He had proved at the famous Siege of Mafeking in South Africa that boy messengers working in patrols, could be trusted to run messages, obey orders, work as lookouts, and remain brave and cheerful. He hoped that all boys could benefit from such activities, so he gave up his military career and became a Scout Leader for the rest of his life.

The next year at the Crystal Palace in London, Baden Powell took the salute when 11,000 boys appeared on parade in early

Scout uniform. Then like wildfire, Scouting spread throughout the world. Scouting is still influencing young people in a positive way, and helping today's youth become good citizens.

Four local Scouts came to the meeting of the Rotary Club of Hazelwood to tell of their experiences, why they love Scouting and how it is helping them. They were accompanied by the District Commissioner of Central Gippsland.

How did the Rotarians help? They invited the Scouts to dinner and wore remnants of their own uniforms and remembered their own contributions to Scouting.



Living with swooping birds this spring

WITH spring upon us, wildlife authorities are urging residents to take care as birds start swooping from trees in our parks and streets.

The Department of Sustainability and Environment asks people to be tolerant in spring each year as magpies, mudlarks, butcherbirds and masked lapwings (plovers) defend their nests and young.

DSE Regional Wildlife Manager, Charlie Franken said most birds were content to watch passers-by warily from their nests.

"The most high-profile swooping birds are magpies, and many people believe that all magpies will swoop them," he said.

"In fact, only a small proportion of magpies will swoop, and this is usually for a short period within the spring breeding season. Native birds have a right to co-exist with us and they add great value to our natural environment."

"Any parent will understand the urge to protect their young, and that's exactly what these birds are doing," Mr Franken said.

"Most people, particularly those in regional Victoria, take seasonal swooping in their stride. And only in the most serious cases does DSE provide referrals for licensed contractors to relocate dangerous birds on behalf of councils, schools, businesses or residents on a user-pays basis," he said.

Native birds are protected under the Wildlife Act 1975 and it is an offence to harass or destroy native birds or their eggs. Penalties apply for killing protected wildlife, including fines up to \$5000 and six months'

imprisonment.

Mr Franken said some birds swooped more actively than others and this could create a safety risk in some areas.

"These places should be avoided if possible - people should try to find another way to the school, train station or swimming pool. We have been alerting people to this fact of nature for many years now and trust they understand. I think people are learning to live with wildlife," he said.

Mr Franken said most birds had ceased their angry squawking and swooping by the end of October. "As soon as their young get more independent, even the most stroppy parent calms down," he said.

As part of its annual swoop! educational campaign, DSE has produced an information brochure detailing why birds swoop and ways to avoid them.

DSE has also produced a sticker that can be attached to the backs of hats and bike helmets. The stickers have eyes on them, and may discourage birds from swooping.

There are also signs available to warn the public of swooping danger, and these have been used effectively by local councils and schools over the past five years.

People seeking information about swooping birds should visit the DSE web site www.dse.vic.gov.au/swoop/ or call the DSE Customer Service Centre on 136 186.

To order a swoop! sticker, sign or poster contact Information Victoria on 1300 366 356. Or visit www.dse.vic.gov.au/swoop/ to download an order form.



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Friday 21st	Hound Dogs
Saturday 22th	I C Rock
Friday 28th	Sweet Lip

NO ENTERTAINMENT SCHEDULED FOR
AFL GRAND FINAL DAY SATURDAY 29TH SEPTEMBER
* Old Time Dance in the Anzac Room 2pm - 4pm

Telephone: 5134 2455



Glendonald Residents Group
September Activities



By Margaret Guthrie, Treasurer
OUR fortnightly after-school indoor craft activities for children are proving popular with youngsters and parents. Our tutor, Vicki, from the Churchill Neighbourhood Centre held a session prior to Father's Day at which children made a photograph frame to give to their Dads. On-site photos were taken to fit the frames and the Glendonald Pre-school in Churinga Drive was a hive of activity as children prepared their gifts.

A fortnight earlier, Vicki conducted a session at which local youngsters were given kits to make 'stained glass windows'. These were proudly displayed at the end of the session and carefully carried home afterwards.

A further indoor craft activity will be held later this month, and GRG Inc will hold a school holiday activity during the term break. For more information about forthcoming children's activities we will be conducting, email us at g_r_g_inc@hotmail.com or telephone Margaret on

5122 2997 or Henry at the Neighbourhood Centre on 5122 2955.

September 8 - 16 is Housing Week 2007. The purpose of Housing Week is to celebrate the significant contribution public housing tenants make to their community. Whilst GRG membership is open to anyone who resides in the Glendonald neighbourhood, many of our volunteers are public housing tenants and work hard to make positive contributions to our community.

GRG Inc has received funding from the Dept of Human Services to conduct a Community Dinner for members, residents and representatives of organisations working within our local area. Last year's dinner was a huge success and we hope that this year will be just as much fun. Our venue this year is the Churchill Cricket Club, with catering by Café Le Mac's. All are welcome (but seats are limited to 60).

The free dinner is tomorrow night, so readers will need to hurry if they wish to attend. Childcare is

available, but MUST be pre-booked, along with seats at the dinner.

Guests are asked to wear their best 'op-shop finery', but if you don't have time for op-shopping, then your out-dated fashions or fancy dress accessories will suffice. Last year wigs, hats, furs, frumpy dresses and old suits were all the rage!

We've been making a new DVD of our activities, which will be launched at the Dinner, along with one of our latest projects, a 'New Resident's Kit', designed to be given to newcomers to Churchill as a 'welcome' pack to help them settle in to our community.

For more information about GRG, our meetings (held on the last Tuesday of each month at the Glendonald Pre-school), or any of our activities, please telephone 5122 2997 or (m) 0407 876 443. GRG can also be contacted at PO Box 245, Churchill 3842 or by emailing g_r_g_inc@hotmail.com



Lumen Christi Dedication And Blessing Service

CELEBRATIONS took place at Lumen Christi Monday 20 August for opening and blessing of the upgrades to their playgrounds, learning areas and technology.

Special guests included Bishop Coffey, Dr D'Orsa, Hon Peter Mc Gauran, Mr Bill Mc Mahon, Fr Hugh, Mrs Lawless, as well as several parishioners and parents who joined with our school community to make the occasion so special.

The students are commended for their

participation. The singing was fantastic! Congratulations go to all the readers who were all extremely well prepared and read with confidence.

A huge thankyou was expressed to all the parents who prepared food for morning tea.



KINDER TO PREP ORIENTATION DATES

The children from Watson Park and Glendonald Kinder have had the opportunity to visit, with their parents, the schools in our area as part of their transition from school to kinder.

They had fun travelling on the bus and enjoyed activities at each school. The children are now invited to attend orientation days at the school in which they are enrolled.

The days and dates differ at each school and the program times are list below.

School	Dates	Times
Hazelwood North Primary School	Monday 15 th October	9:00 - 11:00
	Friday 9 th November	10.00 - 1.30
	Tuesday 4 th December	9:00 - 11:30
Churchill North Primary School	Friday 26 th October	2.15 - 3.25
	Friday 9 th November	2.15 - 3.25
	Friday 23 rd November	8.45 - 11.15
	Tuesday 4 th December	8.45 - 11.15
Churchill Primary School	Friday 9 th November	9:00 - 11:00
	Friday 23 rd November	9:00 - 11:00
	Tuesday 4 th December	9:00 - 11:30
Lumen Christi Primary School	Friday 2 nd November	9:00 - 11:00
	Friday 16 th November	9:00 - 11:00
	Tuesday 4 th December	9:00 - 11:00

Help needed with research into 1977 SECV maintenance workers dispute

KAY STEEL

THIRTY years later, the 1977 dispute involving maintenance workers employed within the Latrobe Valley by the former State Electricity Commission of Victoria is being revisited. This dispute was a significant event which had a lasting effect on the industrial relations climate of the Latrobe Valley. The dispute was given considerable coverage in Victorian newspapers, particularly when electricity restrictions were imposed. The latter affected nearly all Victorians, with restrictions extending to public transport and television viewing. Some 500,000 other workers were laid off during the dispute.

Were you involved and are you willing to be interviewed about this dispute?

I am involved in a research project with Monash University to document this dispute, its history and its outcomes.

I would like to interview participants and union officials who were directly

involved in the dispute and who are interested in participating in this research. The study will look at the events leading up to the dispute, and the reasons for its length. The personal perspectives and experiences of those workers involved are of particular interest.

The study involves audio taping a face-to-face interview during which the events leading up to and occurring during the dispute, as well as your personal involvement, will be discussed. Interviews can be arranged for a time and place which suits you.

Do you know someone who might be interested in participating?

Anyone who would like to be involved, or who would like more information, is able to contact me on telephone 03 5122 6536 (please leave a message with your contact details), or 03 9902 6536 (Melbourne local call) or email kmste3@student.monash.edu.

Type 2 Diabetes Information Session

TYPE 2 diabetes is the most common form of diabetes, affecting between 85 - 90% of people diagnosed with the condition. Although Type 2 diabetes can not be cured, a healthy lifestyle with regular exercise, healthy eating and a loss of excess body weight will ensure that those affected are able to live a full and active life with minimal medication. Latrobe Community Health Service will be holding a four week information program for people newly diagnosed with Type 2

Diabetes or those seeking update information.

The sessions will be hosted by a Diabetes Educator and a Dietitian. The program commences on Wednesday 19th September at 1.30pm at Latrobe Community Health Service, 7-9 Seymour Street, Traralgon, with a cost of \$10.

Bookings are essential, please contact Leonie Mooney at 5127 9100 for enquires or bookings.

Latrobe City Council

invites you to attend a

Community Planting Day

& launch of the new

Community Tree Planting Trailer



WHERE: Eel Hole Creek
Phillip Parade, Churchill (Meet at Skate Park)

WHEN: Saturday 22nd September 2007
10am until 3pm

BRING: Gloves, planting tools, hat, sunscreen and your green thumb!

FREE: Barbeque lunch and activities

Bring your family and friends and help us to plant 3000 local native trees, shrubs and tussocks along the banks of Eel Hole creek.

This Greening Latrobe planting will help stabilise the creek bank, prevent erosion, improve biodiversity and offset carbon emissions.

RSVPs appreciated to Michelle Hutchins at Latrobe City Council on 1300 367 700



TRARALGON VETERINARY CENTRE

VET

Professional Consultants in all Animals




Dr John Plozza	B.V.Sc
Dr Garth Jackson	B.V.Sc
Dr Sandi McCann	B.V.Sc
Dr Terri Allen	B.V.Sc


24 Hour Emergency Service
Fully Equipped New facilities
Large Range of Diagnostic Equipment including

- ◆ X-Ray
- ◆ Ultrasound
- ◆ Endoscopy
- ◆ Laboratory



SPECIALS

 The committed staff at the clinic have noticed that there a number of pets unregistered (this is against council regulations) so we are offering a special on microchipping until the end of October in order to help you get your pet registered. We have reduced the cost to \$35 per animal.

 As spring time is upon us we are offering a special on cat castration (male cat de-sexing) for the week of 18th to the 25th September 2007. The cost has been drastically reduced to \$70 per cat.

For bookings and inquiries please contact the friendly caring staff on

5174 1656

Or call in to 162 Argyle St Traralgon



A Churchill & District History Series

Looking Back...

...through the eyes of local residents



The McFarlane Family of Hazelwood

By Shirley Lockhart nee McFarlane

My memories of Hazelwood precede the settlement of Churchill. I grew up at Switchback Road, but left in 1951 for tertiary studies.

The McFarlane family of John, Sarah and four children arrived in the district in the 1870s. Another McFarlane family settled in Terang, where John's father, Peter arrived from Scotland with five daughters from his second marriage. Many of Peter's descendants, the Clifford, Blain, Somerville, Meredith and Aberline families still farm in the Terang district today

Peter's son John, from his first marriage, arrived in Australia about 1849. In 1858 he married Sarah Morley who had migrated from Coningsby in Lincolnshire. The marriage took place at the Pentland Hills farm of Mr John Thomas, who was guardian of Sarah and her sister Hannah. The sisters were married in a double ceremony, and possibly joined the gold rush to Ballarat. Three children, Mary Jane, John and William Alexander were born at Bacchus Marsh. George Sylvester, third in the family was born at Allansford near Warrnambool. In 1874 John and Sarah moved their family to Hazelwood where they took up selection at Nadenbauch's Road.

In adulthood Mary Jane married William Wesley Matthews in Morwell, and they traveled by wagon to the Lockhart district of New South Wales, where they raised nine children.

John (junior) married Hannah Hooley of Bendigo, and they farmed in Hazelwood until the death at age six months of their second daughter Edith. Seeking a warmer climate they moved with their son Herbert to Nanango in Queensland where they raised four more children. Three other babies died, possibly from meningitis. John and Hanna also encountered severe financial difficulties, and John suffered tuberculosis and a crippling tree-felling accident which precipitated his early death at age 53.

William Alexander, known as Bill, was the youngest of four. In his obituary in the Morwell Advertiser 19.10.1944, we read:

The late Mr McFarlane came to this district from Bacchus Marsh 70 years ago, when he was three years of age, and resided practically all his life on his farm at Hazelwood which was selected by his father. There was no town at Morwell in those days, and no railway line to Gippsland. Rosedale was their nearest town, and the journey had to be made over rough tracks in drays.

Bill became a successful farmer, managing the farm without permanent help. At the time of the disastrous 1944 bush fires, he had retired to Morwell and Les McKenzie share-farmed the property. In 1937 Bill had married Ina Taylor at the celebrated Rosslyn Chapel near Edinburgh, Scotland. Ina's father, Charles, was the curator of the chapel which gained fame as one of the locations in

Dan Brown's novel The Da Vinci Code. There were no children from the marriage of Bill and Ina.

George Sylvester McFarlane married Mary Jane Hayhoe from Allansford. They farmed at 'Hazeleigh', adjoining Switchback Road, and raised two daughters and six sons.

An insight into the life around 1900 is found in the obituary for Mary Jane McFarlane, published in the Morwell Advertiser in August 1950:

Coming to Morwell on a visit in 1856 she (Mary Jane) was privileged to travel by the first passenger train to run on the new eastern railway. While in the Morwell district she met her future husband, George Sylvester McFarlane...The young couple settled on a property in Hazelwood South...The late Mrs McFarlane possessed in full measure the qualities essential for the survival and ultimate success in the incessant struggles of the early Gippsland pioneers for stability and security in fluctuating economic conditions, when a market for home-made butter had to be sought wherever it could be found and at prices as low as fivepence per pound. The McFarlane home was the recognized half-way house for settlers on the upper Jeeralang, where hospitality was always available to those making the long trek to Morwell...Mary Jane, the daughter of a doctor, had nursing skills, which during settlers' illness, were often called upon...often involving night journeys on foot by bridle tracks through the bush.

The children of George and Mary attended the Eelhole Creek State School, where, for a brief period, their teacher was John Flynn, of Royal Flying Doctor fame. He left the Education Department to further the work of the Presbyterian Church in the Australian Inland Mission, supervising the work for almost 33 years. In 1928 he founded the Royal Flying Doctor Service.

In adulthood Ethel Sarah married Walter Hipwell from Gunbower. They first farmed at Berry's Creek before coming to Hazelwood, and raised four sons and one daughter. The other seven children of George and Mary Jane farmed on or near their parent's selection. Agnes Jane married Arthur Adam and lived on Switchback Road, raising two sons. Both George Sylvester (junior) and Douglas joined the 1st AIF and saw active service in France. On his return George married Catherine Slack from Bacchus Marsh, and were parents of two daughters and one son, who died at age 3. George and Catherine farmed at Frasers Road in Hazelwood and then moved to Yinnar to operate a transport business. After Catherine's death, George married Edith Stirling, and the transport business was continued by his stepsons, the Stirling family, after George's death.

Douglas married Edith Graham from Scotland, and they farmed near Billy's Creek, before retiring to Southport in Queensland in their later years.

Also settling along Switchback Road were William John (Jack) and Eva Hill, from Warragul. They raised five girls and one boy, later retiring to Seaspray in 1952.

Archie and Ethel (Effie) Eades farmed at Switchback Road, raised two sons and two daughters and spent their retirement years in Yinnar. Effie was particularly gifted and a prolific letter-writer, and her beautiful letters were received by distant cousins in



70th birthday party for Mary Jane McFarlane 1933
Standing: George, Doug, Jack, Archie, Allan, Stewart
Seated: Agnes, George, Mary Jane, Ethel

many parts of Australia.

Allan and Milly Sawyer also farmed at Switchback Road, raising two sons and three daughters. In the 1950s their property was compulsorily acquired by the SEC so the family was forced to resettle, this time in Hazelwood Estate Road at 'Lubeck's'. This was originally Old Soldiers Road.

The youngest son of George and Mary Jane was Stewart, who married Thelma Beaglehole. At first they share-farmed with his father and later at Hazeleigh. They were the parents of four daughters. In his retirement years, and after Thelma's death, Stewart traveled long distances to indulge his passion for fishing. At home he spent many hours making woodwork items to donate to Churchill Wattle Club.

Clearing and cultivating the properties required strenuous, consistent effort, but the close knit McFarlane families helped each other. There was always time for entertainment. In particular, Allan showed distinct musical ability, and as a young man, rode his bike to play at violin concerts in Morwell, Traralgon and Rosedale.

With young children to raise the McFarlane families faced financial difficulties during the Great Depression in the 1930s. District residents were given extensive credit at the Vinning Store in Yinnar, earning lasting gratitude for such generosity.

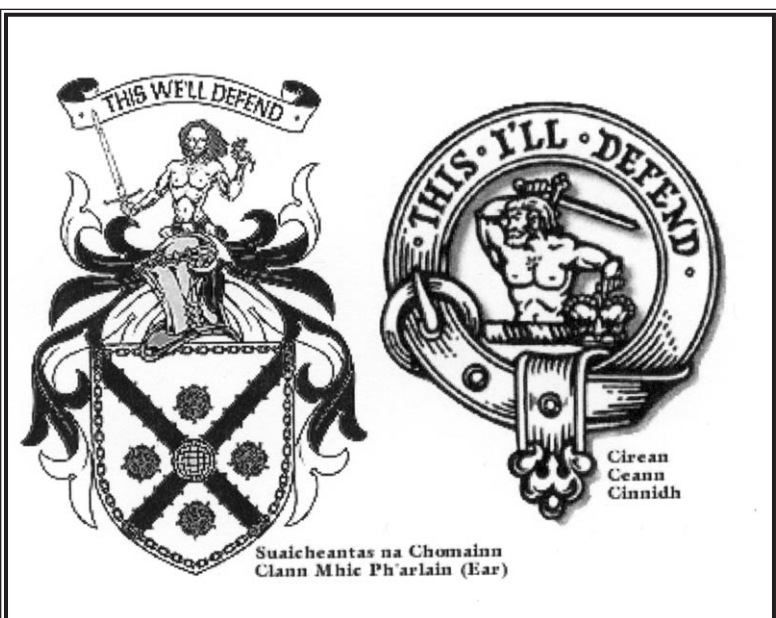
Bushfires caused devastation in the community in 1939, and again in 1944. Jack McFarlane had a huge maize crop on his farm, and when the fire became a real threat, many neighbours took shelter in the tall crop. Sadly thirteen district residents lost their lives, and their names are inscribed on memorial gates at Hazelwood Cemetery.

During these periods of turmoil, the Hazelwood families battled with wartime restrictions and also a polio epidemic.

John McFarlane and Sarah are buried in Hazelwood Cemetery, as are their children, William Alexander and George Sylvester, with Mary Jane. Allan and Milly McFarlane are also buried there.

George and Mary Jane were proud grandparents of 29, 24 of whom were born in the Latrobe area. Today two of these grandchildren live at Hazelwood, Julie Berryman, Allan's daughter and Eileen Notting, Stewart's daughter. Peter still works the farm once owned by his great-grandparents, John and Sarah.

All 29 grandchildren enjoy a legacy of which to be proud.



Boolarra Primary School: Literacy Numeracy Award



THE work undertaken at our school to foster and develop students' numeracy skills was recognised with a National Numeracy Week Excellence award. Only 8 other schools from across Victoria were rewarded in this manner.

The award was presented by the Minister for Education; the Honourable Bronwyn Pike at a special ceremony at the Melbourne Zoo during National Literacy / Numeracy Week. In addition to a special framed certificate the school receives a grant of \$2,000 to support our ongoing work in fostering strong numeracy skills.

Boolarra Primary School principal, Ms Leanne Emond, Integration Aide Ms Glenda Tatterson and three students attended the presentation ceremony. In 2005 Boolarra Primary School was also

presented with a National Literacy Excellence Award so we are very proud to now receive a numeracy award as well.

Literacy Numeracy Week Action

THE students were given the opportunity to celebrate their academic achievements with family and friends with an exhibition at the school titled "Celebrating Children's Achievements". The exhibition was set up throughout the whole school to showcase the brilliant work being undertaken by our students. Many families took this opportunity to celebrate our students' academic achievements.

We also staged a whole school board games session focusing on both literacy and numeracy in the multi purpose room one day with parents and other family

members welcomed to attend and join in the fun and learning.

Investing In Our Schools Program

STATE Minister Russell Northe recently attended our school to officially unveil the plaque that acknowledges the many great new resources that we obtained through this funding initiative.

To date we have replaced our wooden playground equipment with a whole host of fabulous new equipment including a pirate ship, installed shade sails over our swimming pool, replaced the doors on our sports shed and garden shed, had the exterior and interior of the school repainted, developed the mural on the Budgeree Building and purchased an interactive whiteboard and data projector.

Bike Education



THE grade 3 -6 students have been actively involved in our bicycle education program.

The program culminated with a celebratory ride along the Boolarra Rail Trail. Our

Bike Ed team will now compete in the LV Bike Ed Championship. They are under a fair amount of pressure as our school have won the LV Championship for 9 of the 10 years that it has been staged.

Gippspell



RECENTLY, we entered our first ever competitor in this spelling competition. Paige Goldsmith of grade 5 bravely went where none of our students had gone before and did a brilliant job!

Paige was placed 2nd overall in the Latrobe Valley section. We are very proud of Paige's effort and delighted that she enjoyed the experience so much she is keen to try again next year!

Yinnar South Primary School Student Leadership

Student Teachers

DURING August, we have had a first year student, Terri Ewen, on a five day placement and two second year student teachers on a three week round, Adam Bailey in the P/1/2 classroom and Stephen Dockley in the 3/4 classroom.

Steve Burns, our Fourth Year Intern, did a great job in the 5/6 classroom and children are achieved some fantastic work in technology.

All have enjoyed their time with us and we have been impressed with their enthusiasm, commitment and professionalism. They will be excellent teachers in our workforce soon. The university must think we do a pretty good job to give our small school so many students. It was great to have them all here.

Cluster Professional Development Activity

AS part of the Kurnai Cluster of Schools we are part of a program called Success For Boys. The programs have a variety of models including Boys and Literacy; Boys and ICT; Indigenous Boys and Mentoring For Success. Our staff participated in a training day and we have made our special focus "Boys and Literacy." The boys and staff involved in the program are beginning to see results already.

"Blue Ribbon Belle"

ON Thursday November 22 we will be holding our very

first Whole School Production. This musical is a wonderful way for us to showcase our performing arts program. It includes all the elements of the arts: drama, dance, music. Children will be acting, singing, dancing, playing and speaking.

Action Squad

THIS term our grade 5/6 students have once again been involved in Action Squad, a team of girls and boys from Churchill Kurnai who come and work with our senior students as part of an overall transition program. Students are involved in a range of activities designed to work with older students and to have the opportunity to ask questions and learn about secondary school culture.

Student Leadership

DEVELOPING the qualities of leadership and responsibility is an important element of the curriculum at Yinnar South Primary School. Over the 7 years that students are here at our school, we aim to provide them with a range of opportunities to grow in self-confidence and take on increasing responsibilities.

We have many examples of strong student leaders in our school. Our Safety Club is just one example. Their organisation of IF (Injury Free) Day, along with other events they have organised is a credit to them all. Congratulations and well done Safety Club.

Better Buddy Bookday

STAFF and students were involved in a "Better Buddy Book Day as part of Literacy Numeracy Week and the Better Buddies Program. We started the day with a presentation from our National Bank Better Buddy Representative, Christine Cording, who presented us with a Big Book.

The day culminated in a Whole School Parade where we saw many colourful Book Characters come to life including Harry Potter, Bob The Builder, Princesses and Witches, Old Mother Hubbard and Literacy man.



Louis, Codie and Nikita with Safety Club members, Jack, Gen and Dylan

Injury Free Day

IF Day provides an opportunity for schools across Australia to raise awareness about safety and contribute to reducing the incidence of childhood injury.

The Safety Club at Yinnar South Primary School organized some fantastic activities for our IF Day recently.

They grouped all students in four groups and then each group participated in a range of activities. This was followed by a parade of students wearing Safety Gear. The following students were the winners of the IF competition for each section in the school.



Ryan, Caitlin, Jack, Dylan and Gen, with Seymore, and the Safety Club Mascot

Kurnai College Junior Campus Trip to Tasmania

Year 7 Detailed Colour Pencil Drawings



Kurnai Music Presentation

ON the 29 August Kurnai Music Presentation was held in the Drama Room at Churchill Campus. It was a marvellous night of musical entertainment given by musicians from across the three

campuses. There were solos and group items. For some of these students it was their first public performance. Congratulations to all those who participated, and gave it their best shot.

Year 8 Camp to Tasmania

ON the 20 of August a group of the year eights students from Kurnai College left for a six day camp to Tasmania. Starting with a two hour trip to Melbourne we checked onto the Spirit of Tasmania. With the ship departing at eight o'clock it wasn't long before everyone started browsing around the ship, enjoying the experience. The six o'clock start the next day had us ready for the day ahead. Checking off the boat at seven, we got back on the bus, where we then visited the infamous Beaconsfield Mine. After we had a look around the museum, we then moved on to our next destination, the Swiss Village of Grindelwald. We had lunch there before continuing our journey to Launceston. Visiting Cataract Gorge, our time there was extended due to our bus having some minor problems. That night we stayed at the Rutherglen Tourist Village in Hadsden.

The next morning we visited the blowhole and the Devils Kitchen. Both of these places were a great sight to see. Next place we visited was Port Arthur, where we took a boat tour around the Isle of Dead. Following that, we had a tour around the jail, where we heard a lot of stories of what it was like back in the convict days. It is the resting place for over 2,000 people, when it was open in 1831-1870. We went to our accommodation, where we then got ready for the ghost tour. At the ghost tour, we got separated in groups, and one after another we went for the lantern-lit tour. We got told a lot of stories that had happened there, both in the convict days and on previous tours.

Waking up to a -5 degree morning, we departed early from the caravan park and made our way to Hobart. We then roamed around the town then hopped on the bus and travelled to the Tahune Forest Reserve, where we experienced the air walk through the forest tree tops. Half of the group took a wrong turn and ended up having to walk back to the start. After our hike in the forest we travelled back to Hobart with a stop at Mt Neilson on the way. Getting to our accommodation early, we had some free time to mingle with our friends before tea. After tea, everyone went to bed early, exhausted from the day.

After a good nights sleep, we continued to the famous Cadbury's Chocolate Factory where we were taken on a grand tour of the factory. The guide took us to see some

of our favourite chocolates being made. After the tour we had to buy chocolates before we made our way back to the bus. The next stop on our itinerary was the Zoo Doo Wildlife Park where we enjoyed hands on experience with some of the animals, both feeding and patting them. We had a bite to eat and then jumped back onto the bus to travel back to Devonport where we had tea and checked back onto the Spirit of Tasmania II, to begin our voyage back to Melbourne.

Overall we had a great experience of Tassie, with a lot of excitements and laughs throughout the trip. Many thanks to the teachers who came with us and made the trip a once in a life time experience!!!

By Jaclyn Quinn and Sarah Skinner



German LOTE Competition

The Language Other than English Competition was held at the German Club Astoria. Kurnai students did an excellent job. Lauren Sho from the Churchill Campus won the Year 8 Competition. Well done Lauren.

Congratulations go to all involved. Thanks go to teachers Sandra Backhauser and Elmuth Otter for their encouragement and support of the entering students.

Gippsland Education Precinct Legal Studies and Work Placement



Year 12 Legal Studies Canberra Excursion

STUDENTS from Kurnai GEP and Traralgon Secondary College have recently undertaken an educational tour of the national capital.

Whilst on this tour, they participated in a variety of educational programs focused on Australia's history, culture, heritage and democracy.

Students participated in programs involving Parliament and Question Time, the High Court, the National Capital Planning Display, the foreign embassies, Film and Sound Archives, Australian War Memorial, the Australian Institute of Sport, the Electoral Educational Centre, and the National Gallery.

The Australian Government assisted in

meeting the cost of the excursion by contributing to the funding under the Parliament and Civics Education rebate (PACER) towards the travel expenses incurred.

We would like to thank the Government for its assistance.

We hope that the excursion was a rewarding and memorable experience for all the students involved and that it helps give an insight into the way our law system works.

Adam Sharp
Legal Studies Teacher

WORK placement is an important component of the Victorian Certificate of Applied Learning stream. Students are required to organise a 100 hour placement to meet their work skills outcomes. The majority of our VCAL students are midway through their placements and their work skills teachers are currently making visits to each of the work places.

It is great to see so many of our students enjoying their placements and taking pride in showing their teachers around their workplace.

The feedback from these employers in regard to our students has been very positive and we would like to take this opportunity to thank the businesses throughout the Latrobe Valley who have supported us, our students and the Work Placement program.

Jenny Wood, VCAL Coordinator

DNA Workshop

ANTIBIOTICS kill bacteria, right? Well not now that our Year 12 Biology students attended Monash University to participate in a DNA workshop. In this annual event, the students gained experience in genetic engineering where they gave bacteria a new gene that made them resistant to ampicillin. Don't worry, though, we didn't let the transformed nasties loose on the public. They also tried their hand at a bit of CSI work, where they fingerprinted some DNA using a technique called electrophoresis. They didn't look as glamorous as the actors on TV, but they did a good job nonetheless



Muscles And Bones In VCE Physical Education

YEAR 11 students at the Precinct Campus have recently been studying Anatomy in class. Monash University have kindly lent synthetic models for students to learn the function and movements of the human body parts.

The skeletal and muscular systems have been the two key topics of exploration. Latin terms for muscles and bones and the particular names of the movements that we perform in everyday life were discussed prior to a practical class in the Leisure Centre at Churchill.

2007 Debutante Ball

ON Friday 10th August our annual Debutante Ball was held at Kernot Hall, Morwell. We had 29 couples who were presented on the night. After many weeks of practice and numerous trodden toes the couples did an outstanding job on the dance floor. The theme this year was "Winter Wonderland".

A big thank you goes out to the organising committee and all who helped to make this a memorable event for the debutantes and their families.

Churchill Primary School Enrolments for 2008

SPACES are filling up fast with 20 Preps for 2008 already enrolled. This is terrific. Over the past month there have been successful visits of parents and children from Watson Park and Glendonald Pre- Schools.

Enrolment enquiries are welcome any time. Please contact the school office on 51221343

School Support Officers (SSO) Week

THE week commencing August 20 was an opportunity to recognize the outstanding contributions that the SSO's make to the school community and the education system. These highly dedicated people add immeasurably to the quality of the education system. At Churchill Primary School they are Jo

Whitelaw, Welfare Officer, Edna Stolk and Jacqui Comber in the office and Wendy Bishoff, Lorriane Butler, Vicki Duffus, Sue Hunter and Joy Hurenkamp teacher aides.

These staff have daily contact with parents, students and staff, and are most appreciated.

Injury Free Day

ON Friday 17 August the school's Worksafe Kids Team organized a safety awareness day for the whole school. The student team provided lead up and promotional events, a competition and safety awareness messages for the day.

The kids proudly raised \$90 for the Kids Foundation.



Girls win through to State Championships

ON the 17 August fourteen girls from Churchill Primary School participated in the Victorian Primary School Sports Forsythe Region Soccer Finals. The Forsythe Region Round Robin Day was the third in a four level qualification stage, which saw the Churchill Primary School girls win through to the Victorian Primary School Soccer State Championships held on Friday 7 September in Darebin.

Each year every Victorian State Primary School participates in a variety of winter sports. In most areas, schools have a series of Round Robins to decide which

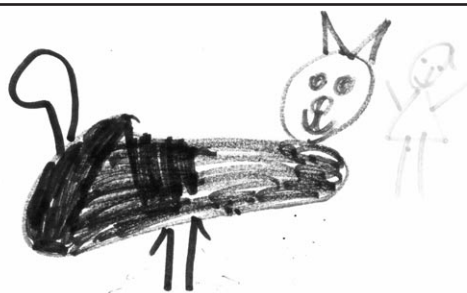
school has the best team and which teams will eventually qualify for a position in the Victorian Primary School Sports Association Finals, held in Melbourne each year.

It was through determination, skill and a whole team effort that saw the Churchill Primary School Girl's Soccer team defeat both Maffra (5-0) and St.Mary's Bairnsdale (9-0) in two hard fought matches at the Davidson Street Soccer Ground in Traralgon. The School community is ecstatic with the result and believe that it is great to see the huge effort and commitment

Churchill Primary School puts into its sport and PE program, starting to be rewarded within the local sporting competitions.

The community would like to congratulate Shanasai Iorangi, Amy Fancke, Abby Collinson, Ashlee Mayer, Shannon Lovell, Talicia Sokaluk, Megan Kearns, Amy Smart, Lani Murdoch, Tayarrah Morris, Tamarra Kemp, Aylah Piripi, Kalisha Henshaw and Tahlia Flake for their tremendous efforts in reaching the state finals, and wish them all the best in Darebin State Finals on the 7 September.

Responsible Pet Ownership



We went to see a dog and she had to smell our hand and we got to pat it and I done it well and it was really, really cool. It was good. Melissa

A lady came to the school and brought her dog Shar. She taught the children and teachers how to approach a dog and its owner so that the dog doesn't get frightened.

She also taught the children how to recognize an angry or frightened dog and warned them not to approach it.

She allowed some of the children, especially those who do not have a dog, to approach her dog and pat it. By the end of the day poor Shar was quite exhausted!

Shar's visit was used by the teachers as a motivation for writing.

Hazelwood North Primary School - Around the Rooms

Grade 0 G - The Preps are really working well. They have been learning how to write on dotted third lines to help them with the size of their letters. They are doing a terrific job at trying to write independently. In Maths, they have been working with 2-digit numbers; making them with bundles and loose sticks, looking at numbers which come before and after. We have been practising our Latrobe Valley Eisteddfod song "The Lion Sleeps Tonight" and are looking forward to performing on Thursday.

Grade 1 V - Have been studying "Our Amazing Human Body". On Monday, the students worked with Grade 6 students to learn how to use the software program "Kidspiration" to develop an information web about our bodies. All students have entered writing pieces, of their own choice, in the Churchill News writing competition. In Maths, we are "Testing our Brainpower" to improve our automatic response skills with simple + and - problems to 100.

Grade 2 W - We are looking at healthy and unhealthy food. Finishing off our Life Education Books. Working on telling the time on digital and analogue clocks.

Grade 3 O - We are working on the Light, Colour and Sound theme. We are looking forward to the Sports Dress-up day on Friday. We are currently planning activities for Science Week next week

Grade 45 A - The students of 4/5A are all fired up for our Movie-making theme. This week we have planned our stop-motion (claymation) movies, which all have a spider theme. Our animations are all based on a haiku poem. We are busy creating the background scenes and props. Some groups are now ready to start taking pictures. We will need to take over 200

photos just to create a 10 second animation sequence! Not sure what stop-motion animation is - just think Wallace and Grommit and Gumby (for us oldies!).

Our visit to the GEP gave us a chance to expand our knowledge and skills in the use of the Kahootz animation program. We are planning to create short animated stories to show other classes in the school.

It is hoped that we will have a Gala Film night to showcase the stop-motion animation and Kahootz work of both 4/5 classes. This will probably take place early in Term 4. Watch this space!

In Language we have explored the beautiful haiku poem, and the students produced some excellent examples of this mode of writing. We have learned about how the eye works, and will do further experiments to do with vision. In Maths Mrs. A's group are working on fractions, and the whole class is exploring the concept of chance through various activities.

Grade 45 D - The children have settled into term 3 fabulously. There is a terrific working hum amongst the grade. We have all enjoyed learning about how the eye works. We have made "Behind the Door" style information posters that we will share with grade 1 V. We have learnt how simple electrical circuits work and have designed, as well as made, torches. Everyone enjoyed learning about the history and composition of Haiku poetry and we wrote some outstanding poems about nature. We are currently story-boarding some poems for the purpose of making short animation films. We will be holding a film presentation night/afternoon at the end of the term if all goes to plan.

Grade 56 F - We have attended a 4 week Nutrition and Computer Unit at GEP where the students cook and com-

plete computer activities with the guidance of senior students from GEP. We've assisted Grade 1's to use the Kidspiration computer program. We orally presented our research projects to the grade. We will be videotaping a presentation to the grade about ourselves.

Visual Arts - Grades Prep, 1 and 2 are making Lion masks for upcoming Eisteddfod performance. Grades 1, 2 and 3 are developing an awareness of and creating 2D and 3D art works. Grades 4/5A and 4/5D have entries for 2008 Environmental Calendar, designing, packaging for 'Advertising' unit of work. Grades 5/6F are completing the finishing touches to Papier Mache models.

Drama - Grades Prep, 1 and 2 are acting out well known stories using hand puppets, aerobics/movement - 'Wally's Workout', 'Twister Dance', Social Games. Grade 3 - Aerobics 'Wally's Workout', 'Twister Dance', Theatre Sports, and Improvisation. Grades 4/5A and 4/5D - 'Advertising' working in groups to design a new food/drink and also design and implement an advertising campaign including TV advertisement. Grade 5/6F - Theatre Sports, improvisation, teamwork activities, planning 'HNPS Idol'.

Library - Prep, 1 and 2 - looking at short listed books for this year's awards; getting excited about 'Book Week' next week. Grade 3/O - having lots of laughs reading Roald Dahl's 'Matilda' and doing some excellent follow-up activities. Grades 4, 5 and 6 - AFL Research Projects are nearly all finished and on display. Collingwood and Richmond a very popular project choice. Premier's Reading Challenge closes 31st August - don't forget to enter books read online



Book Week by 2W

ON the 20th August the whole school dressed up as a book character, but some people didn't. I dressed up as Anikan Skywalker on the good side. My book was in the library. I liked Mitch. He dressed up as Jack Sparrow.

By Blake.

Yesterday it was Book Week.

I dressed up as Dracula. I got the cape from K-Mart. It is a pretty big cape for me. Then we got some facepaint to put on my face. Then at school we had a parade to show our costumes. Damon and Mitchell were dressed up as well. Mitchell was a pirate and Damon was Harry Potter.

By Josh.



Nutrition Program

GRADE 5/6 F have been doing a nutrition program at

Gippsland Education Precinct (GEP). The program allows students to learn about healthy lifestyles.

Churchill North Primary School Busy but rewarding month

Craft, Cuppa and Chat

A group of enthusiastic parents at Churchill North Primary School were actively involved in learning the art of mosaics, testing their creativity on developing inspirational pot plant holders and bird feeders.

This program is aimed at strengthening the school community, giving parents the opportunity to take time out for themselves, the chance to learn new skills and meet new people. Further activities will be offered in scrap booking, candle making and jewellery making.

German Poetry Competition

Congratulations to students participating within the German Poetry Competition; students were placed extremely well with Jackson Chin coming in first, Hayden May second and Nikita Hall third for the Grade 6 section. Jye May placed first and Crystal Hall second in the Grade 5 competition. Students will travel to Melbourne to compete in the finals.

Kinder Visits

ENROLEMENT week proved to be a very busy week with students from Glendonald and Watson Park attending kinder prep visits; all students had a great time making frogs, participating in parachute activities and exploring the playground. Enrolments are still being taken if you are yet to decide on your child's schooling.

Sport

CONGRATULATIONS go to Jackson Chin who is the recipient of the "BK Medallion" from The Australian Olympic Committee. This is for demonstrating the values of sportsmanship, pride, attitude, respect, individual responsibility and expressing themselves in everyday behaviour. Well done!!

Animal Farm

A whole school incursion was held at Churchill North PS, with all students having the opportunity to interact with animals

from the petting zoo.

On Friday grade 3/4M went to the animal farm at school. We got to feed the animals. Two of the animals were sheep; they were called Molly and Lamby. We had much in common. Colin, Tennille and I got to hold some guinea pigs. We had fun.

By Corey KD

ON the third of August we had an animal farm come to our school for all of our school and for the day. There were lots of animals like rabbits, chooks, a calf, two sheep, a lamb, three goats and three guinea pigs and some chickens. We all got a cup of food each. Bryan tried to feed a chicken and dropped the cup. So did Josh. I was in the last group.

By Tenielle.

New School Sign

CHURCHILL North Primary School is the proud owner of a new school sign, this takes pride of place in the corner of Coolabah and Blackwood Roads.

Look out for up and coming events which will be advertised on this sign.

Flag Pole

The school has a new flag and flag pole, this takes pride of place at the top of the school near the amphitheatre. The flag pole and flag was obtained under a grant from the Australian Government.

Youth Worker

SENIOR Constable Jeni Bennet will be working along side staff in supporting the class program and developing links between the police and the school community.

Book Week Activity Day

A fabulous whole school event was hosted during book week. All students and staff participated within a whole school parade to commence the day, the outfits were inspirational. Activities were based on the following Australian Short listed Books- Home, Queenie, Eight and Ella Kazoo.

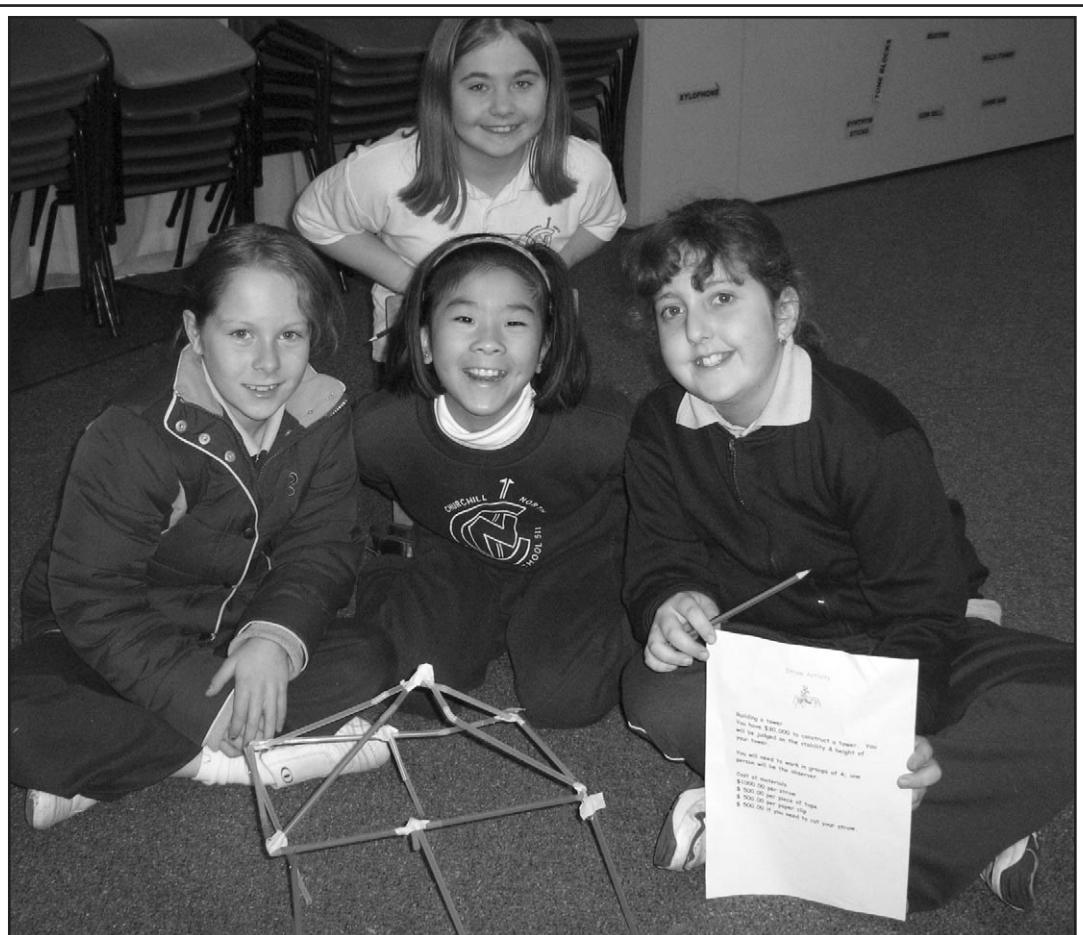


Lunch Time Links

FOR the past 3 weeks lunch times at Churchill North Primary School have meant greater participation and enjoyment within the playground. The school acted on student data, which identified that students become bored and disengaged during recess and lunch times.

As a result of this survey 'Lunch Time Links'

evolved. Each day students have the opportunity to participate in activities such as obstacle courses, T-ball, sand castle making, soccer, football and netball. These are coordinated by students in grades 4/5 with the aim of developing and supporting the development of leadership skills, cooperation and greater engagement of students at break times.



Young Leaders Program

AT Churchill North Primary School students are encouraged to develop their leadership potential at an early age. Students in Grade 4 and 5 participated within a Young Leaders program where they were actively involved within team building and leadership activities and games; such activities included - connect 4, late for school, have you ever and tower building.

During the course of the program students identi-

fied the essential skills and attributes of a good leader; these qualities were collated and formed the basis of a 'Code of Good Leadership'. Examples include Trust, Courage, Patience, Team Work, Cooperation, Respect, being Responsible and Listening. It is now planned that students are awarded at weekly assemblies for demonstrating these skills either within the playground or classrooms.



Lumen Christi Primary School Gippspell

FOUR students represented Lumen Christi at the Zone Final of Gippspell which was held on 20th August at St. Vincent's School in Morwell. They were Taylah Bruce and Tiarnah Nicola, from Grade 5, and Alexandra Bennett and Zoe Veldman from Grade 6. Altogether there were 22 competitors in Grade 5, and 23 competitors in Grade 6 from around the district. It was a very daunting to get up in front of a hall full of peo-

ple, both students and adults, and try to spell some challenging words but all our students gave it their best. Zoe was successful on the day and will now be involved in the Provincial Final to be held on 12th September.

Kinder Children Visit Lumen Christi

Kinder children from around Churchill have recently enjoyed a school experience at Lumen Christi. The children enjoyed a range of activities including computers, PMP, story time and playing on the equipment. Grade 5 students assisted with the activities and got to know the kinder children ready for next year. The school experience was enjoyed by all.

Bailey's Sewing

Bailey Caldwell from Lumen Christi has been working hard with her LAP friend Pat DalPozzo making a wall hanger. The project took 4 weeks to complete. Bailey is very proud of her work.



New School Captains

I was elected Vice-Captain for this semester, and my job is to put the Thursday school newsletter into our Church so that parishioners can read about what is happening in our school. I also have to collect raffle tickets from all the teachers and put them in the special raffle box on Mondays. I do staffroom on Fridays sometimes, and next term I will be involved in morning assembly.

By Elisha Price

To help with the selection process of School leaders, I had to write and present a speech about why I would make a good School Captain or Vice-Captain. I was one of six people chosen to be a school leader. Some of the jobs include: cleaning the staffroom, morning prayer. Another one of my duties is giving speeches. My most recent speech was at the official celebration for our upgraded computers, installation of air conditioners and the shade sails for our playground equipment.

By Kaitlyn Turner

This semester I was elected as Lumen Christi's School Captain. I now have a big role to take on which includes morning school assembly, collecting the Students of the Week. I am really enjoying my new role in the school.

By Glenn Lawless

I am School Captain for second semester at Lumen Christi Catholic Primary School. We

have several little jobs but our main responsibilities are carried out weekly: captains are involved in morning assembly.

We collect Students of the Week on Wednesdays. As School Captain, do readings at Liturgies. It is a big responsibility that I have taken on but it is fun and I am enjoying it.

By Mary Beltrame

My name is Hayley Hrvojevic. At the start of this semester I became Vice-Captain. Some of my jobs include opening and closing up the Eco-Centre curtains. Some of the other jobs that the other captains and vice-captains get to do are getting the notices and having the microphone ready for morning assembly, making the speeches at special events. Being a Vice-Captain is really good as you get to eat yummy food at ceremonies, get your picture taken, and maybe appear on television. You also receive a cute little badge that either says CAPTAIN or VICE-CAPTAIN (and you get to keep it at the end of the year!) Being Vice-Captain is pretty cool!

In the second semester, I was elected to be School Vice-Captain. To get this wonderful opportunity, I had to prepare a speech and present it to the Grades 4, 5 and 6.

I have really enjoyed this experience so far, and I am looking forward to the rest of the year.

By Monica Bradford



Hazelwood House Happenings



Staff and residents have been waiting patiently for our new bus and at last it has arrived. The photo above shows residents on board ready to go on their first outing.

Many thanks must go to local community organisations, residents and their families, staff and volunteers who have contributed with money, their time and lots of hard work in raising the necessary funds to purchase the bus.



Shane Dubber (pictured above) sings to resident Bep Zomer during an afternoon of Karaoke.

Lisa Eshuys (pictured left) celebrated her 85th birthday with family, residents and staff. Lisa received some lovely flowers and cards on her birthday.



CHILDREN'S CORNER

BIRTHDAYITES!!

Jayden WILKINS
12 years
9th August 2007



Jazmyn WILKINS,
9 years
12th August 2007

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

IN THE EVENT OF NOT BEING ABLE TO CONTACT YOUR CHILD, ANOTHER WILL BE SELECTED IN THEIR PLACE.

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 3842



with your NAME, ADDRESS, PHONE NUMBER, BIRTHDATE, and whether BOY or GIRL (all information strictly confidential).

The lucky "Birthdayites" last month were
JAYDEN WILKINS and JAZMYN WILKINS.

BIRTHDAYITES FOR SEPTEMBER

Breanna AMEERBEG	4 years	Bevan KEMP	10 years
Ryan BAXTER-BOEHM	8 years	Gema LAIDLAW	9 years
Jedd BRITTON	10 years	Bailey LEWIS	6 years
Tylah BRUCE	11 years	Emily LUGTON	7 years
Nicholas COOK	11 years	Taiesha POST	9 years
Ellis HAYES-HILLS	9 years	Kerry ROSEWELL	9 years
Bonnie KEARNS	8 years	Tayla SMITH	12 years

The randomly chosen "BIRTHDAYITES" this month are
BONNIE KEARNS and BEVAN KEMP.

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

John Barker

Publicity



Preventing Vehicle Theft and Theft from Vehicles

Vehicle related thefts comprise two volume crime categories of concern to both

police and the community.

The impact of these crimes far exceeds issues of a financial nature and extends to significant disruption in the day to day activities of the community.

In Victoria, there was a 48 per cent reduction in the incidence of theft of motor vehicle offences and a 27.1 per cent reduction in theft from motor car offences over the past five years. These reductions are the result of an increased police focus on vehicle related theft.

Opportunistic vehicle theft remains an issue that requires new and innovative strategies to effectively drive down the incidence of vehicle related theft across the state.

Theft of motor vehicles

During 2005/06, there were 19,578 theft of motor car offences recorded. Approximately 63 per cent of reported vehicles were stolen from outside private addresses, in the street/road/freeway, in private driveways or in shopping centre car parks.

The two most common makes of stolen vehicles were Ford and Holden, comprising approximately 58 per cent of vehicles stolen. Vehicles built between 1984 and 1990 were the most commonly stolen vehicles. Vehicles built after this period are less likely to be stolen, a factor attributed to increased security measures adopted by vehicle manufacturers in recent years.

Theft from motor vehicles

During 2005/06 there were 47,074 recorded thefts from motor cars. Approximately 34 per cent of vehicles were entered by smashing windows. The most common items stolen from vehi-

cles were cash, mobile phones, wallets, computers, GPS systems and CDs.

There was an increase in stolen number plates in 88 per cent of districts.

Preventing Vehicle Theft and Theft from Vehicles

Australian standard certified alarms

When you buy an alarm, ask the installer to demonstrate its passive alarm immobiliser after installation. Also, ask for a certificate of compliance to the Australian Standard.

An Australian Standards certified alarm should have

- * Sensors that offer perimeter protection Interior protection
- * Anti-movement or vehicle-jacking detection
- * Glass breakage detection.
- * A siren linked separately to all doors, the bonnet and boot.
- * Sound no louder than 115 decibels.

Bonnet locks

Bonnet locks prevent unauthorised entry to the engine bay and work best with an engine immobiliser. They can be fitted to the existing release mechanism, or used as an extra bonnet lock. They can be key or remote control operated. The engine immobiliser is fitted in the engine compartment and with the bonnet locked it is very difficult to bypass and start the engine.

Door Locks

Door locks give you some protection by making it harder for thieves to enter the car. The Acorn model deadlocks are an alternative to some original equipment door locks and provide a deadlock capability.

Immobilisers

An engine immobiliser prevents the engine from being started.

Starter ignition fuel system.

It should be passive arming, which means it sets itself automatically after the engine is switched off. It should also have the immobilisation relays hidden away in the control box to make it harder for a thief to locate and bypass.

The NRMA Insurance Company in information contained in its web site recommends the use of black wires, instead of coloured, to make it more difficult for thieves to identify the wires that can bypass the immobiliser.

Some more popular methods by which immobilisers can be controlled are:

* Transponder - an electronic device that converts electronically coded signals into radio signals and requires no action by owner to set Remote key - usually a hand-held device which, when activated, transmits a radio or infra-red frequency to control the immobiliser.

* Electronic key - a coded key-style device which enables the engine to start Coded key pad - requires a code or PIN to be entered to disable the immobiliser

* Key switch - a switching method to disable the immobiliser.

All immobilisers listed have the control relays built into the control box, and are grouped by number of immobilisation points.

Ignition Shields

Ignition shields are a reliable and affordable theft deterrent, but their use is limited to only a few cars on the market.

A shield won't prevent thieves breaking into your car, but it may prevent them from driving it away. It's best used with warning stickers on the car windows.

Steering wheel locks

Steering wheel locks can only offer you limited protection, and are mainly a visual deterrent.

The best way to fit your lock is to have the

extension arm between the driver's door and the windscreen. This obstructs the thief from turning the wheel. Note: Not all cars will accommodate this fitting method.

Transmission locks

Transmission locks offer reasonable protection, and restrict the movement of floor-mounted gear levers.

Vehicle monitoring and tracking devices

Monitoring and tracking devices enable your vehicle to be monitored on a 24-hour basis.

They offer varying degrees of accuracy and a variety of features. They can be used to track cars or boats in "real time" and recover vehicles after a theft. Sometimes they lead to thieves getting caught.

Some systems use a radio-based communication network for their signalling.

These are alarm notification and tracking systems that have a passive arming engine immobiliser incorporated, and offer:

- * roadside service power fail notification
- * personal duress notification emergency
- * door unlocking recovery if your vehicle is stolen.

All systems listed are designed to activate the automatic vehicle location and tracking system if an unauthorised person opens the door and attempts to steal or vandalise your car.

Wheel clamps

Wheel clamps prevent a car from being driven away when fitted and locked to a tyre. Wheel locks only save wheels from being stolen. If you have expensive wheels and tyres, they would be a good supplement to an electronic security device.

The locking wheel nuts or studs may be operated by a key, or specially shaped nuts that require a compatible socket to remove them.

Sports



Indoor Netball Season Ends

KATIE DUNCAN

SATURDAY August 11 saw the 2007 Churchill Junior Indoor Netball season end. The under 15's/17's grand final was a fantastic game to watch. The Churchill Cheaters, who were undefeated all season, beat the Green Geckos by 7 points with the final score 20 to 27. In the under 13's grand final between the Swifts and the Whipper Snipers showed some up and coming stars at their best. Swifts, 26, defeated the Whipper snipers, 17, in a very fascinating game.

Although the first two games were very interesting, it was nothing compared to the nail biting finish to the under 11 section. Yinnar Checkers, 13, won the day by beating Girl Power, 12, by only one goal scored in the last minute. This

final also showed some very good young talent.

The committee would like to thank all participating players throughout the season in all age groups as well as their parents. All umpires, coaches, volunteer committee members and team managers also deserve a huge thank-you.

Farewell to Brittany Webb and Nicole Osborne who, because of their age, are not eligible to play next season.

Congratulations to all teams and players, especially to those who made it into the finals, hopefully you will continue to play gain next season.

Any-one wishing to join in the fun of netball next season can contact Fiona Rickwood on 5122 2493.



Parents without Partners

Latrobe Valley Branch

New Members Nights : 1st Wednesday of each month at 8pm

Committee and General Meetings: 2nd Thursday of each month at 8pm

All are welcome to attend - you don't need an invitation!

For more information please ring Fran on 5127 5951 or Angela on 5127 3185

Social Calendar: September

Thursday 13th General Meeting
 Wednesday 19th Afternoon Tea
 Friday 28th Counter Tea at the Tavern, Moore Moe, meet at 6.30

October

Wednesday 3rd New Members Night Churchill 8pm
 Saturday 6th S.E.S. Dance at Pakenham Hall, John Street
 Thursday 11th October General Meeting
 Friday 12th Latrobe Valley Cabaret, Newborough Hall 8pm
 Saturday 13th Frankston Branch Cabaret, Cranbourne Hall
 Tuesday 16th Morning Tea 11am
 Sunday 21st Family Day Ten Pin Bowling Morwell, Meet 1pm at Bowling Alley

For more information and venue details please ring Fran on 5127 5951 or Angela on 5127 3185



Taylor Poole in Action

Gippsland Speedway Motor Cycle Club- A Proud record

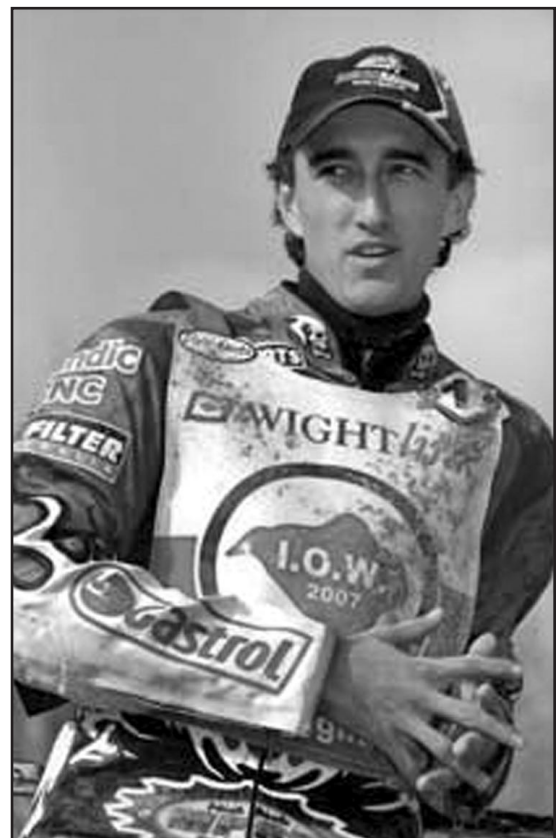
TAYLOR Poole and Chris Holder are two young international champions who have competed in the Gippsland Speedway Motor Cycle Club's Neil Street Cup.

Taylor, a regular visitor to the Club's track at Newborough, has often said it is the best track around for speedway bikes. World ranked Taylor performed exceptionally well on the international stage recently, finishing fifth overall at the 2007 Individual Speedway Youth Gold Trophy in Czestochowa, Poland.

Chris Holder, who has now moved into the senior ranks has impressed many people in the speedway world. Nineteen year old Chris is the most talked about teenager in world speedway. Quietly spoken and modest he shows no outward signs of the gift that has seen him rise from nowhere to high in the Australian pecking order in just over two years. Chris has won the Australian Under-21 Championship for the last three years (2005-07) and played a key role in Australia's recent Speedway World Cup campaign, being Australia's fourth highest scoring ride

"I am very proud," said club spokesperson John Ferguson. "This is what our Club has been aiming at," he said.

The Club is dedicated to encouraging and helping young riders learn and compete in the sport in a safe and disciplined environment.



Chris Holder

World Suicide Day

SEPTEMBER 10th was World Suicide Day. Unlike many 'world days' this one is not a cause for celebration. It is a day of remembrance and reflection. For many it is a time to remember loved ones who have taken their own lives, and left a never answered question 'why?' For others it is a time to remember their own pain which may have lead them to feel that the only option was suicide, and to recognise the people and strengths which enabled them to stay alive. For still more people it is a time to reach out and ask for help or provide it to those who are in need.

Recent media coverage of a celebrity suicide attempt may have already brought this issue to the front of people's minds. It is important to remember that suicide is a global issue and that no-one is immune to it. People from all walks of life can and do take their own lives, even though an outsider may not understand why as they see that person having the best things that life can offer.

When someone you know talks about suicide you need to know that the best thing to do is to listen. The most helpful thing for the person at risk of suicide to know is that you

are prepared to talk to them and listen to their pain.

This can be extremely difficult to do, especially if it is someone you love, or know well. Make sure you get support yourself. It is also important to never keep suicidal thoughts or plans a secret. The person's safety is the number one concern and this usually means involving other people to help the person. Do not try to support someone on your own. If the person is in immediate danger of harm, make sure that you get them medical help. Lifeline can help by giving you assistance in talking to the person at risk, and by listening to your feelings and thoughts of concern for your friend or loved one.

If you are thinking about suicide, please talk to someone you trust about your thoughts. While suicidal thoughts are scary to have it is helpful to remember that they are just thoughts. Having suicidal thoughts does not automatically mean you have to act on those thoughts. If you are not sure who to talk to about your feelings, call Lifeline. Telephone counsellors are available to talk to people about what is going on in their lives 24 hours a day. Lifeline counsellors have been

trained to talk to you about suicide and can help by listening to your pain, and by helping you make a plan to stay safe from suicide.

Lifeline Gippsland runs Applied Suicide Intervention Skills Training two-day workshops which teach you how to help someone who is suicidal and how to intervene when necessary. If you have a group of 10 people or more, we can run a workshop for you.

Lifeline Gippsland also provides a Suicide Crisis Support Program for people at risk of suicide. The program involves pairing the person at risk up with a specially trained Lifeline counsellor, for up to eight weeks. The program aims to assist people to stay safe, develop coping strategies and reconnect with their community.

People who have completed the program say that what they appreciated most was knowing that someone cares about them, being able to talk openly about their feelings, and having regular contact with a counsellor.

To find out more about Lifeline's programs please call the office on 5134 8278. For telephone counselling and support please call 13 11 14.



"the Cougars"

Churchill Football / Netball Club

Around Football

Tony Martin

THE footy players train every Tuesday and Thursday evening during the season. On Thursday evenings the selection committee make their judgments of the players and select those considered to be the best fit for the team that is envisaged, in their learned opinion, to have the best chance of success in the approaching games. It is also the night when the footy mums get together and prepare an after training meal that, in their learned opinion, will restore players bodies to their original pristine condition after their endeavors on the training track. This time of year, with the finals in progress, Thursday evenings take on a far more important meaning for the players with the culmination of a season's hard work approaching and a yearning to be in the mix at the end.

Tension can be high among the players following training and the after dinner wait as the selectors deliberations come to a close and preparation is made for the team announcements. The reason for this is the players are not fully aware as to how their prowess fits into the game plan devised by the selectors aimed at procuring victory. Will they decide to go tall or short and fast, defensive or attacking? At the end there are always some who are disappointed and some quite pleased but once again all realize it's all part of the game.

Congratulations to Rob Jellis who played his 150th game for the club on Saturday the 1st of September in the reserves match against Heyfield at Sale City in the 2nd semi final. The result wasn't known at the time of going to press. More on this guy next month once we nail him down and extract the required information, which with his imposing stature could be a daunting challenge.

Around Netball, the season so far

Amanda Barling

FIRSTLY, congratulations to Amanda Noblett (Kokotow) who played her 200th "A" grade game for the club in the game against Rosedale on the 11th of August. Amanda started playing A grade netball with club in 1994 when we were in the Latrobe Valley Football Netball League before the club moved to the North Gippsland League. She has played in two premierships teams with the A Grade team and been Club Best and Fairest on two occasions. Amanda played in eight consecutive finals series before taking a well deserved three year break from the game. Amanda is a strong defensive player playing across a number of positions - GK, GD and WD. She has made a strong return this season after her break and achieved her 200 games against Rosedale. Amanda will be the third netball play-

er to become a member of the Churchill Football Netball league 200 Club. Congratulations and well done Amanda!!

As the end of the season draws near we have seen a mixed bag of results for the Cougar Girls this year.

A Grade

A Grade finished the season in 4th place with 12 wins, 5 losses and a draw. The girls played Glengarry in the Elimination Final at Rosedale on Sunday the 26th August and, unfortunately, their season ended there. Final scores were Glengarry 57 defeated Churchill 52. The Best Players were Renee Veil, Sharon Henry and Stacey Spence.

B Grade

B Grade finished the season in 3rd place with 14 wins and 4 losses - at one stage the girls had a 9 game winning streak. The girls played Sale City in the Qualifying Final at Churchill on Saturday the 25th of August. In what was a game of catch up by Churchill (at one stage being down by 10 goals), they were unable to get over the line, going down by 1 goal, final score - Churchill 46 to Sale City 47. The Best players were Stacey Sanders, Roxy Shields and Chandra Mabin. On Sunday the 2nd of September Churchill played Glengarry in the do or die semi final at Heyfield. At the time of going to press the results were not known. Best wishes to the girls for the rest of their finals campaign.

C Grade

C Grade finished the season in 6th place with 7 wins and 11 losses. Unfortunately they were unable to make finals this year however have something to focus and improve on for next year. Last season the girls finished on the bottom of the ladder so to jump to 6th in a season is a great achievement - the only way is up in the future.

D Grade

D Grade finished the season in 9th place with 3 wins and 15 losses. Of those 15 losses 6 games were lost by less than 5 goals - had the results been reversed the girls would have been knocking on the door of the top 5 - a good way to look at the season. Stick with it girls, results will come with continued hard work.

Lastly, I would like to thank everyone who has got on board and supported the netballers during season 2007. Thank you to all those who have helped in running the netball side of things this year. To all the coaches, thank you for your efforts, good luck to those who are coaching in the finals; and to those who are not, thank you for your efforts and better luck next year.

To all the people who have helped out with umpiring this season, I know it is not an easy job, but without you there

would be no game to play, so please know we do appreciate you doing it!

Lastly, thank you to the committee and our major sponsor Credit Collect in getting behind the girls this year, the new uniforms look great and the added support from a committee level has been well received by all the players and coaches. Don't forget about the Netballers AFL Grand Final Day Party! It

starts at midday on the 29th of September and at \$20 a head there's a barbecue for eats and free drinks from 1 pm. For further details contact Rachel Esler on 0421679241.

Around the Club

Rob Jenkins

WITH the finals started all the teams are to be congratulated on their endeavors

over this year. I am sure that all the players tried their best. Congratulations to the seniors, reserves, "A" grade and "B" grade for qualifying for the finals and the committee wishes them all the best. We urge all players not playing finals footy and netball to get behind their teammates and show up at games to encourage the participants. We need all the support we can get. Go the Cougars!!!

It was a great set of results at the League presentation night and congratulations to all involved. Congratulations to the league also on a very well presented night and for the great organizational structure that results in an awards night.

Drug awareness presentation

ON the 14th of August members of the Purana Task Force attended our club and gave an entertaining and informative presentation on drug awareness. The presentation included an overview of what drugs were out in the community and what these drugs contained. It also showed graphic pictures of what drugs abuse could do to your body in a very short period of time. This information session was a part of the committee's commitment to the well being of our



Josh Cahill

playing group and general membership and it was very encouraging to see more than seventy football and netball players attend this session. It was also very pleasing to see how receptive our playing group was to this presentation and this reflects the high quality of people we have within our playing group, both netballers and footballers.

The feedback from this presentation has been very good and the club would like to thank both the Victorian Country Football League and the Purana Task Force (officers Dale and John both gave up their own time to do these presentations) for providing such a high quality, educational presentation.

From the Social Committee

THERE is a lot coming up on the social front so keep the following in mind. The Grand Final Night function is on 15/9/07, starting at 7.30 pm. A band will be on and nibblies provided. The cost is a gold coin donation for members and \$5 for non-members. The contact is Rob Jenkins. On Sunday 16th we've got the Vote Count day starting at 10 am, nibblies provided, no charge and again contact Rob for details.

On Friday the 28th the Presentation night is on starting at 7 pm. It is a two course meal at \$30 a ticket. Contact Julie Larkin on 51221762 for tickets. The final one for the season is the Netballers AFL Grand Final Day do which is on the 29th and starts at midday, at \$20 a head. There is a barbecue for eats and free drinks from 1 pm. Further details from Rachel Esler on 0421679241.



The girls in action during the game against Rosedale



Churchill Football/Netball Club

welcomes you to the

Cougars Café

We invite you to enjoy a Friday night meal at our new restaurant.

Come along and enjoy our menu on Friday nights from 6.00pm at the clubrooms at Gaskin Park, Manning Drive, Churchill.

Sports

Past Players Thursday Night Chook Raffle

IF you're missing that Thursday after work social interaction session since the pub closed, wander down to the footy clubrooms at Gaskin Park in Manning Drive and renew that wanted feeling. Every Thursday from 4.00 till 7.00 pm the members bar is open with happy hour from 5 to 6pm and a chook raffle conducted weekly.

Annual Golf Day A Damp Success

THE club's annual golf day was a great success although numbers were down due to the inclement weather and some golfers reluctant to participate in conditions reminiscent of where the game originated i.e. Scotland. The weather though did not deter one intrepid soul who, slightly the worse for wear, decided

he could not afford to lose that ball that went in the dam on the fourth hole. Maybe it was a deep emotional attachment to it that caused him to strip to his jocks and go looking for it. The overall winners were Jock Welsh, Ernie Winter and Bluey Flannigan. Many thanks to the Churchill/Monash Golf Club who hosted the event and also to our many sponsors.

Bingo every Wednesday!

Bingo is on every Wednesday evening. The program starts at 7.30pm and it's eyes down at 8.00pm. There are three sets of 10 games with a considerable jackpot on the last game. The bar is open during breaks and drinks and eats are available. There are various competitions included. All in all it's a great night, so round up your friends who like a punt and come

along. The boys who run it, Brian, Fred, Robbie, Chips and Jeff, say "the more who play, the more we pay."

Cougars Café

For that end of the week eating out experience for all the family, come along and enjoy a meal every Friday night from 6.00pm at the clubrooms at Gaskin Park, Manning Drive, Churchill. Paula Auger and her crew are providing great meals at a great price. We are running a blackboard menu and it can be viewed in the clubrooms foyer during the week. Table format is round, seating up to 10 people, rectangular seating up to 6 people, and square seating up to 4 people. If you wish to book a table call Julie Larkin on 51221762, otherwise just turn up and enjoy the experience.



Footy mums, Jill Jenkins, Dianne Sheridan, Debbie Brighton and Julie Larkin preparing the players Thursday after training carbohydrate hit!



Linda Casey, Di Scurlock, Chris Ellis, Yvonne Wotton and Eva D'Alterio.
Absent: Linda Welsh

L'Oreal and Women's Golf... with fitness comes beauty

ON Tuesday 21 August at Churchill and Monash Golf Club ladies competed in the seventh annual 'L'Oreal Paris Ladies Cup' for L'Oreal Paris prize packs filled with skincare products to enhance their complexion.

Chris Ellis won Division 1 (0-31) with a score of 75. Runner up was Di Scurlock. Linda Walsh won Division 2 (32-45) with a

score of 85. runner up was Linda Casey. Other prize winners were Eva D'Alterio and Yvonne Wotton.

The L'Oreal Paris Ladies Cup is now a renowned event on the women's golf calendar with record participation anticipated in 2007

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Churchill Monash Golf Club Results

Saturday Men's Comp: Monthly Medal 15.08.07 CCR70

Scratch: Rick Scurlock (8) 76. A Grade: Rick Scurlock (8) 68 Medal Winner. B Grade: Frank Sejdkak (22) 71. C Grade: John Jefferys (25) 74. DTL: 1. Garry Miller 71, 2. Graham Fraser 73, 3. Greg Beyer 73, 4. Peter Ludlow 73, 5. Craig Flanigan 74. NTP 3rd Gary Miller. 12th Craig Flanigan. 14th Peter Ludlow. Birdies: R Welsh 17th, C Flanigan 12th, P Ludlow 14th. Putts: P Ludlow 28, G Beyer 28, Sedge 28.

Sunday Men's Comp: Stableford 26.08.07 CCR 68

Bill Barnes (28) 40pts.

Sunday Ladies Comp: Stableford 26.08.07 CCR68

K Moroney (21) 29pts. DTL: E D'Alterio (21) 21pts C/B.

Tuesday Ladies Comp: Stableford 28.08.07 CCR68

Winner: Chris Ellis (29) 27pts. DTL: Kim Moroney 25pts, Lorraine Peake 23pts, Liz Ollquist 22pts C/B. NTP: 3/12 Kim Moroney, 5/14 33-45 Linda Welsh.

Saturday Men's Comp: 2 Ball Multiplication 18.08.07

Winners: A Casey (19) K Hills (9) 61. DTL: D Shields and P Shields 48, F Debono and B Forrest 46. NTP: 3rd G Fraser, 12th F Debono, 5th K Hills, 14th A Auld. Birdies: D Shields 12th.

Sunday Ladies Comp: Stableford 19.08.07

Winner: K Moroney (21) 34

Tuesday Ladies Comp: Stroke L'Oreal Day 21.08.07

A Grade: Chris Ellis (29) 79, Runner Up Di Scurlock (15) 81. B Grade: Linda Welsh (37) 85, Runner UP Linda Casey (35) 86. DTL: E D'Alterio (21) 85. Y Wotton (26) 85.

Tuesday Ladies Comp: American Foursomes 14.08.07

Winners: Kim Moroney (21) Linda Welsh (37) 75 ¼. DTL: Y Wotton, L Casey 81 1/8. M McConville, D Judkis 81 3/8. Longest Drive: 0-32 K Moroney, 33-45 L Casey.

Saturday Men's Comp: Par 4.08.07 CCR70

Winner: W Judkins (21) +2. Runner Up: Casey C/B (19) -1. DTL: C Lesiw, C Flanigan, P Kearns. NTP: 5th L Stein, 12th C Flanigan.

Tuesday Ladies Comp 8.08.07 CCR68

Scratch: D Scurlock (15) 94. Winner: K Moroney (21) 77 Medal Winner. DTL: D Scurlock 79. E D'Alterio 82 C/B. Putts: E D'Alterio 29. Silver Spoon Winner: D Scurlock.

Saturday Men's Comp: Monthly Medal 28.07.08 CCR70

M Brereton 81. A Grade (0-19) M Brereton (12) 69 (Medal Winner). B Grade (20-24) T Collins (27) 74. DTL: C Johnson 72, G Miller 72, K Hills 74. NTP: 3rd T Sterrick, 5th C Johnson, 12th C Johnson, 14th G Miller. Birdies: G Miller 5th, C Johnson 12th. Putts: K Hills 25.

Tuesday Ladies Comp: Ambrose 31.07.07

Winner: D Scurlock (15) D Judkins (34), C Ellis (29) 13 68pts. DTL: J Blizzard (23) V Verheyen (30) B Beebe (28) 13 ½ 68 1/2pts.



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Whoever gossips to you, will gossip about you. ~ Spanish Proverb

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LOOK!

Deb's Natural Cleaning Tip

To make a wonderful, fresh smelling air freshener, dissolve 1/2 cup of baking soda in two cups of hot water. Add the juice of one lemon and wait until cool. Once cool, pour into a spray bottle and spray into the air as an air freshener.



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