

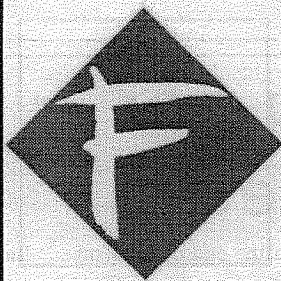
Thinking of Christmas?

Shop at
Federation Pharmacies
for all your
Christmas
gift ideas.

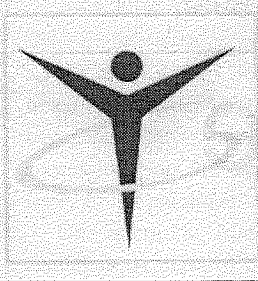


FEDERATION PHARMACIES ARE LOCATED AT

- HAZELWOOD VILLAGE CHURCHILL Phone: 5122 1390
- TRARALGON CENTRE PLAZA Phone: 5174 3266
- 27 BOOLARA AVE NEWBOROUGH Phone: 51271497
- 30 GEORGE STREET MOE Phone: 5127 2016



**Federation
Pharmacies**



Make a Bushfire Plan says CFA

MAKE your Bushfire Plan – and stick to it, says the CFA

People react in risky ways when faced by a bushfire, CFA research shows.

CFA's Community Safety manager for Gippsland, Murray Ravenhall, said rash decisions might be made such as leaving when the fire is at the back door.

"Research following Ash Wednesday shows that people can survive bushfires if they prepare and defend their home.

"The research also shows that leaving in the face of fire is the very worst option – most of those who died on Ash Wednesday were fleeing their homes.

"We encourage people to make a plan that they will stick to on a day of high fire danger.

The aim is to keep calm and not get confused or panic when fire approaches.

When a fire threatens CFA may not be able to put a crew at every house under threat because firefighters must battle the front of the fire.

However there is a lot that individual can do to protect their lives and property.

"The key is to be self-reliant and well prepared by drawing up a practical plan that suits you and all members of your household.

"You should make the main decision before the fire season – on a day of high fire danger will you be ready, will and able to stay and defend the home... or will you leave in the morning for a safe area and remain there for the rest of the day?

"If you live in a high fire risk areas and you are not confident of being able to defend your home, then your decision should be to leave, and to go early in the day.

"If you decide to stay, think about loud noise and radiant heat that comes with fire. "And there will be flying embers, bits of burning bark – before,

during and after the main fire – which could start small blazer on and around the house.

Whatever you main plan, there is a lot you can do to protect your home.

This includes-
Getting rid of fallen leaves, twigs and branches from around the house, gutters and yard.

Moving the wood heap, outdoor furniture and other things that could catch fire away from the side of the house.

Assessing your water supply.

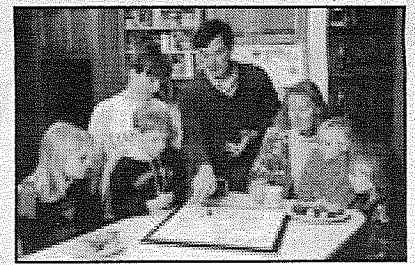
Checking that pumps are working
Discussing with all household members what each will do on a high fire risk day.

On the day fill tubs, baths and buckets inside the house with water bring hose attachments inside and connect them to taps in the laundry or bathroom.

Place wet towels under doors, bring small pets inside, close all blinds and window coverings and make sure you have batteries for a portable radio.

"With preparation and an effective plan, bushfires are survivable," Murray Ravenhall, said. CFA Bushfire Blitz community meetings are being held in high bushfire risk areas across Gippsland during October and November. The meetings aim to provide residents with information to assist them to make practical bushfire plans. Plan to attend one in your area.

For more information check the CFA website at www.cfa.vic.gov.



Jacko's Jumble Words

A	1	M	2
K	3	S	4
T	5	J	6
L	7	N	8
V	9	G	10
W	11	E	12
Y	13	O	14
U	15	F	16
D	17	C	18
Z	19	I	20
Q	21	P	22
H	23	R	24
B	25	X	26

October
Solution

1	2
3	4
5	6
B ₇	8
9	10
11	12
13	14
15	16
17	18
19	20
21	22
23	24
25	26

1	20	1	20	4	8	2	5	9	1	2	6	12		
12		2		3	20	3	3	14		2		2		
1	2	3	4	18	2	3	19	5	3	18	2	9	16	
12		9		9	3	12	B ₇	20	3	19	18	5		
4		11		B ₇	12	12	16		2	18	20	4		
20	18	2	6	12	3	14		20	18	18	12	14		
	20	26	5	21		15	2	19			12			
	25		9		9	18	20	23	5		11	17		
	22	8	20	3	16	2	16	14		15	12	7	5	
B ₇	8	3			20	26	5			12	20	16	11	
15	5	25	5	9	9		B ₇	8	24	24	9		20	
2	15	12	3		11	5	20	18		20		5	10	
4		8	4	4	5	15		20		2	3	4	2	20
19		16			4	15	2	13	13	18	5			2
5	16	11	5	15		9		5	9	10	20	6		2

Solve the puzzle by working out which number equals which letter.
In this puzzle 7 = B

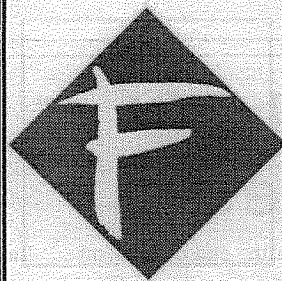
Thinking of Christmas?

Shop at
Federation Pharmacies
 for all your
Christmas
 gift ideas.

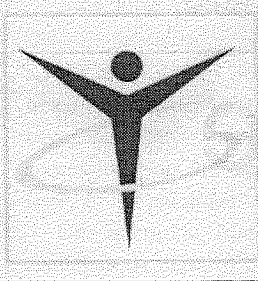


FEDERATION PHARMACIES ARE LOCATED AT

- HAZELWOOD VILLAGE CHURCHILL Phone: 5122 1390
- TRARALGON CENTRE PLAZA Phone: 5174 3266
- 27 BOOLARA AVE NEWBOROUGH Phone: 51271497
- 30 GEORGE STREET MOE Phone: 5127 2016



**Federation
 Pharmacies**



Make a Bushfire Plan says CFA

MAKE your Bushfire Plan – and stick to it, says the CFA

People react in risky ways when faced by a bushfire, CFA research shows.

CFA's Community Safety manager for Gippsland, Murray Ravenhall, said rash decisions might be made such as leaving when the fire is at the back door.

"Research following Ash Wednesday shows that people can survive bushfires if they prepare and defend their home.

"The research also shows that leaving in the face of fire is the very worst option – most of those who died on Ash Wednesday were fleeing their homes.

"We encourage people to make a plan that they will stick to on a day of high fire danger.

The aim is to keep calm and not get confused or panic when fire approaches.

When a fire threatens CFA may not be able to put a crew at every house under threat because firefighters must battle the front of the fire.

However there is a lot that individual can do to protect their lives and property.

"The key is to be self-reliant and well prepared by drawing up a practical plan that suits you and all members of your household.

"You should make the main decision before the fire season – on a day of high fire danger will you be ready, will and able to stay and defend the home... or will you leave in the morning for a safe area and remain there for the rest of the day?

"If you live in a high fire risk areas and you are not confident of being able to defend your home, then your decision should be to leave, and to go early in the day.

"If you decide to stay, think about loud noise and radiant heat that comes with fire. "And there will be flying embers, bits of burning bark – before,

during and after the main fire – which could start small blazer on and around the house.

Whatever you main plan, there is a lot you can do to protect your home.

This includes-
 Getting rid of fallen leaves, twigs and branches from around the house, gutters and yard.

Moving the wood heap, outdoor furniture and other things that could catch fire away from the side of the house.

Assessing your water supply.

Checking that pumps are working
 Discussing with all household members what each will do on a high fire risk day.

On the day fill tubs, baths and buckets inside the house with water bring hose attachments inside and connect them to taps in the laundry or bathroom.

Place wet towels under doors, bring small pets inside, close all blinds and window coverings and make sure you have batteries for a portable radio.

"With preparation and an effective plan, bushfires are survivable," Murray Ravenhall, said. CFA Bushfire Blitz community meetings are being held in high bushfire risk areas across Gippsland during October and November. The meetings aim to provide residents with information to assist them to make practical bushfire plans. Plan to attend one in your area.

For more information check the CFA website at www.cfa.vic.gov.



Jacko's Jumble Words

A	1	M	2
K	3	S	4
T	5	J	6
L	7	N	8
V	9	G	10
W	11	E	12
Y	13	O	14
U	15	F	16
D	17	C	18
Z	19	I	20
Q	21	P	22
H	23	R	24
B	25	X	26

October
 Solution

1	2
3	4
5	6
B ₇	8
9	10
11	12
13	14
15	16
17	18
19	20
21	22
23	24
25	26

1	20	1	20	4	8	2	5	9	1	2	6	12		
12		2		3	20	3	3	14		2		2		
1	2	3	4	18	2	3	19	5	3	18	2	9	16	
12		9		9	3	12	B ₇	20	3	19	18	5		
4		11		B ₇	12	12	16		2	18	20	4		
20	18	2	6	12	3	14		20	18	18	12	14		
	20	26	5	21		15	2	19			12			
	25		9		9	18	20	23	5		11	17		
	22	8	20	3	16	2	16	14		15	12	7	5	
B ₇	8	3			20	26	5			12	20	16	11	
15	5	25	5	9	9		B ₇	8	24	24	9		20	
2	15	12	3		11	5	20	18		20		5	10	
4		8	4	4	5	15		20		2	3	4	2	20
19		16			4	15	2	13	13	18	5			2
5	16	11	5	15		9		5	9	10	20	6	2	

Solve the puzzle by working out which number equals which letter.
 In this puzzle 7 = B

A Great External Galaxy

By JEFF SING

ABOUT 2 million light years beyond our Milky Way galaxy exists a vast star system called the Great Galaxy of Andromeda. A light year is the distance light travels in a year, or nearly 10 billion kilometres. The Andromeda galaxy is the farthest object visible to the naked eye.

Translated into Earth-bound distance units this comprises of 19 trillion kilometres – an unimaginable scale to comprehend.

Light travelling at 300,000 kilometres a second takes only 2 seconds to reach us from the Moon, just over 8 minutes from the Sun, five hours from Pluto, and over 4 years from our nearest bright star (apart from the Sun) Alpha Centauri (which is also a bright double star).

Then, on a cosmic scale, light takes 100,000 years to traverse our Milky Way galaxy. We are therefore seeing the Andromeda Galaxy, as it appeared 2 million years ago, long before humans first evolved on Earth.

That means it took that time for its light to enter our eyes. So when we look deep into cosmic space we are also travelling backwards in time.

M31, as the Andromeda Galaxy is also known, can be seen with the naked eye, binoculars or any size telescope in the evening sky from late October, all of November and early December.

However, because of its low altitude above

the northern horizon – due to our mid-southern latitude – it is only well placed when in a true northerly position at its maximum elevation.

This amounts to about 11degrees (over a hand-width held at arms length) above the horizon when it is due north. M31 is best viewed in the northern hemisphere, where it resides high in the sky well above the thicker parts of the Earth's atmosphere.

Therefore, in places like the United States and England observers there don't have the disadvantage with viewing such objects as low to the horizon as M31 – unlike observers in the southern hemisphere.

Then again we have many more celestial showpieces high in altitude from our latitude than there are with our cousins north of the equator. We'll be discussing these fascinating southern celestial wonders in future articles.

Galaxies can contain up to a trillion or more stars that are sometimes found in the largest systems in the universe.

Even the largest telescopes in the world cannot resolve this (that is, separate into single stars) many of the 300-400 billion stars (the Milky Way galaxy has about 200 billion stars) that make up M31, due to its enormous distance.

To the naked eye M31 appears as a hazy spot that would fill about three full moons edge to edge against the background sky. Binoculars and small telescopes reveal an oval, almost circular,

faint greyish haze.

The appearance of M31 through the telescope does not visually resemble anything like the splendid views obtainable with astrophotography and computer enhanced images.

It is something that can't be duplicated and is a unique experience unsurpassed in actually seeing it in real time, without the need to record the moment, to view a remote star system such as M31; and behold its wonder through a telescope, binoculars, or even the naked eye.

A low power and wide field of view is required to take in all of M31 if you are using a telescope. Alternatively, you should get out your dusty binoculars from the cupboard and sweep low along the northern horizon this month or next month and try to locate a cloudy, fuzzy sort of mist that is the Great Andromeda Galaxy, M31.

You will need a clear, moonless night to spot M31. To know when the Moon is 'down' (below the horizon out of view check to see whether the night chosen is between the phases of Last Quarter Moon and New Moon.

See the website listed below for information on the moon phases.

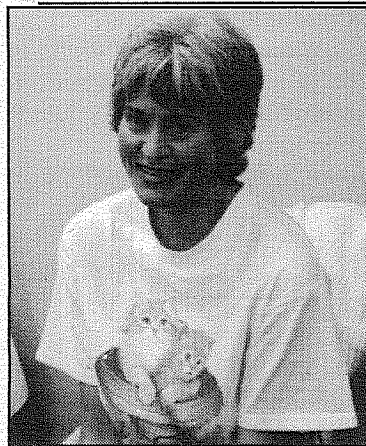
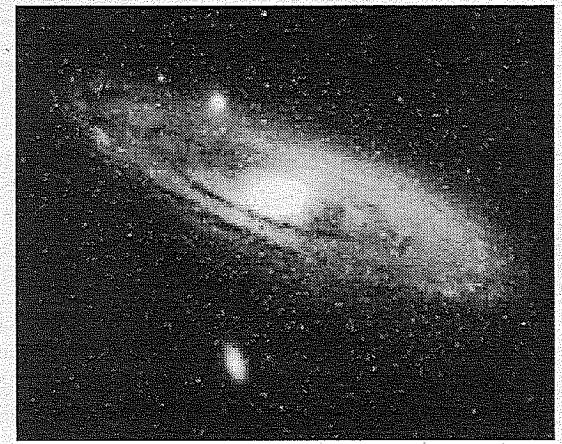
When you look at M31 it is hard to imagine that it is a vast star city about fifty percent larger than our own galaxy with a similar spiral structure – a sort of identical,

but bigger sister galaxy.

It will in millions of years to come merge with the Milky Way because analyses of its light indicate that M31 is rapidly approaching us, whereas the majority of external galaxies are receding from us.

The Latrobe Valley Astronomical Society will hold its annual Star BQ (barbecue and 'star party' observing session) probably on Saturday 6 December from 6.00pm at the Wirilda Environment Park, Tyers. There will be ample opportunities to look at M31 through a telescope at the Star BQ.

For details phone Gavan Dinsdale on 5174 6453 or visit the LVAS website at home.vicnet.net.au/~lvas.



The Boss!

Ruth Place talks about the Churchill and District News in interview with Tracey Burr and Val Prokopiv

The paper has been going for about 30 years in Churchill. It was started by the Cooperating Church's Reverend Peter Arch, as a leaflet for people to get to know what was happening in the

town, when the town was started.

By the end of 2001, however, the paper was struggling to keep going. One person was trying to do everything that we as a team are now doing together.

It went into recession from the January to the November last year.

From around March of last year things started to happen. I was ringing this person and that person, people that I had rang the year before, to see if they could help us at in various ways. Eventually the CDCA asked me along to a meeting to talk about the paper, about what I had found out and what some of the possibilities were. It was at that meeting I met Dave and Margaret Guthrie.

We realised that we needed to go back to the Church and talk to the Parish Council, to suggest that the paper could become a community paper, run by the community.

Margaret went to the next Glendonald Residents Group meeting, and mentioned about the paper. There Val put up her hand to be editor. She also put up Peter's hand, to the business manager!

I was put in touch with David Abbott at Community Services at Monash University. He had the resources and maybe the ways and means by which we could get started.

George Telford was the chairperson of the Parish Council at that time, so George and I meet with David and he introduced us to Liz Hart who is in charge of Journalism, and Loretta Hambly.

Out of that, we were able to establish that it was possible for the paper to be re-launched. I had to go back to the Parish Council and ask for their permission, as the paper belongs to the Church. They didn't give me permission but they said the paper could go ahead if the outstanding debts were paid and a fund of \$2000 was established.

With David's help I wrote to Hazelwood Power asking for their help. David himself offered a \$1000 from Community Services, Monash.

A public meeting was called by Avril McKernan and Jackie McClure from the Churchill Neighbourhood Centre. From that they gauged that there was community support for the paper.

Various local groups, including Churchill & District Lions, Rotary, CFA, Lioness and the Church fellowship ladies all gave donations. We had over \$2000.

Nathan Austin from Marketing and Economics at Monash,

through Tina D'Urbano and GRIS a telephone survey of the people and businesses in Churchill. That established the fact that the Churchill News was viable, missed and needed still.

We had had \$2000, we had an editor, we had a business manager, we had the backing of Monash and Liz Hart had said they could supply a computer.

She also suggested that we could work in with the third year journalism students. With Liz Hart's help, and with Cathy Cochrane, who volunteered to be our project person, (very bravely to, I might add!) we had the resources to start.

We got the go ahead with the Church. At the September meeting, David Abbott said, "What about setting a deadline."

Our mouths dropped open and as we picked up our jaws up of the floor we thought yes, we've been playing around with this long enough I guess it is time to do it!

Peter went out and contacted all the local businesses, and after they had seen the first edition, people were quite happy to advertise in the paper, and it wasn't long after, that people were saying they wanted to take out whole page or half page on a regular basis.

After the first few editions we decided that to have two computers would be really fantastic. So were would we get one? So we thought we would ask all the heads of dept at Monash. Val did the letter, and I went and delivered them personally, and Dr Guojun Lu in the Information Technology department gave us a beautiful computer with a lovely big screen.

We think it is a great paper, and I'm allowed to say that! The community continually give wonderful feedback. We have various groups in the town that now look to the paper as a means of saying what they are doing, and saying that this town is a really good vibrant town with lots of things going on.

The Paper is not just a Paper. We have three competitions. The writing competition, which was started last year and rerun this year, was very successful. Our primary schools are right behind us, and have said it is very valuable. At the beginning of this year we held a Photograph competition, which was also very successful. With the photos we are in the process of making a calendar. Hazelwood power got behind us again. They are a very community minded power station!

And for the first time we are holding have an art competition. We have art groups willing to help with the judging and others to help set up a display of entries.

We are working very well as a community. Our event for next year is the Churchill Festival, which would be an amalgamation of the old Churchill Community Fair and our Gala Day

The paper to me is, a challenge, a triumph, and a great opportunity for me to work with some fantastic people. It has been a great learning curve, I am doing things now that I never thought I would ever do, my retirement was going to be a reasonably quiet

one, but it hasn't worked out that way!

Probably not a day goes by that I don't do something for the paper. And now whenever I go anywhere, or think of anything that is happening I need to take a photo, and I need to write down some details so it can go in the paper!! And yes it has just become a way of life.

It has allowed me to get to know lots other people and lots of other groups in the town, and to encourage them to be part of the paper. The paper is fulfilling many needs. We have a policy of focusing on the positives in our society, on solutions not problems and highlighting the talents of our young people.

We developed a steering committee, we did all sorts of paperwork and we updated the editorial policy. We were genuine, going about things in a very professional way. The Parish Council gave us their enthusiastic backing.

Margaret has, through Kurnai, started a group for students through lunchtime to produce the 'Youth Yard' page. Through a grant from the RE Ross Trust we now have a laptop computer so they can format their work as well as write articles.

The people at Monash have been very supportive of our competitions, with donations of prizes, with the room, electricity, cc computers, software licences and the software. And we really owe them heaps. And after all many people that work at Mon. are local people who benefit from the paper as well.

Some of the things I really like about the paper and working on, the paper is the Looking Back series, meeting people, making connections and sharing in the development of Churchill. Its nice to meet community groups and be involved with them and find out how great Churchill is.

There are many people that we need to thank, including Roger Vivian at the Latrobe Valley Express, he has been very patient and helpful. He spent a lot of time with Cathy, teaching her the program, and coming out to the university to show Val and Cathy the various bits and pieces they needed to know.

Peter McShane and Colin Brick have been very supportive in many ways. their experience and networks have been invaluable.

I would like to thank Ron Lock at 3GG and Peter Ustace at the ABC in Sale, who have rung up and interviewed me on the radio, in response to media releases. The local TV stations and the Express have also responded too.

We've had terrific support from our little committee, and each person has come aboard with some talent and willingness. I would like to thank Wendy, Margaret, Gordon Oakley and Rod who has come on board to help Peter with the advertising. He also shows his own initiative and goes out and finds new people to advertise with us. Janice and Tracey who also have come on board are just great people and who will just jump in and do anything that needs to be done. Its just a great team!