

# Cowwarr Chronicle

Cowwarr Fire Brigade

May 2019

5/19

## *Healthy in Wellington*

We now live in a technical age where our physical activity at work or home is much less than previous eras where being physically active was a natural part of life. Exercise is important for positive health throughout life together with balanced diet, adequate rest, social cohesiveness and mental activity. These combinations help deter heart disease, obesity, arthritis, and diabetes especially with the passage of years.

Research shows that metabolism slows from middle age.

We are also living in a “time poor” era.

These circumstances emphasise the need to remain physically active throughout normal life.

Suitable physical activities include walking, jogging, cycling and swimming that beneficially raise the heart and breathing rates. Having the company of others is also beneficial. However personal circumstances may prevent undertaking such activities on a regular basis. Being physically active at home or work should also be considered to be a normal part of everyday life.

Some tips include: first consulting with your doctor; making commitment to approved exercises; starting exercise at a comfortable level and increasing intensity over time; linking activities with a specific part of the day; keeping a record; and by being human.....rewarding achievements each week.

Bill Redmond

Member of Healthy In Wellington

Professor Gordon Lynch

Department of Physiology, The University of Melbourne

## *Important Dates*

May 25<sup>th</sup> Cowwarr Football Netball Club away vs Heyfield

June 1<sup>st</sup> Cowwarr Football Club away vs Rosedale

June 15<sup>th</sup> Cowwarr Football Netball Club home vs Gormandale

June 18<sup>th</sup> Cowwarr Primary School Photo day

June 20<sup>th</sup> Cowwarr School Council meeting

June 22<sup>nd</sup> Cowwarr Football Netball club home vs Glengarry

June 28<sup>th</sup> Last Day for term 2 Cowwarr Primary School

July 15<sup>th</sup> First day term 3 Cowwarr Primary School

## *Don't forget your flu shot*

Wellington residents are being urged to protect themselves against the flu this winter and get the flu shot. The flu isn't like the common cold, it can hit quickly and last for a few weeks, meaning time off work or school and staying away from family and friends.

For vulnerable Victorians such as children, the elderly and people with chronic diseases or a weakened immune system, the flu can have serious and devastating outcomes.

The flu shot is now available at Council's immunisation sessions, GPs and pharmacies.

Wellington Shire Council Mayor Alan Hall said the flu vaccine was available at Council's immunisation sessions, doctors and pharmacies.

"The flu doesn't discriminate, anyone can be affected," Cr Hall said.

"That's why it is so important that everyone protects themselves this flu season.

"When more people are vaccinated, fewer people become ill or suffer life-threatening complications from the flu."

Free flu shots are available for everyone over the age of 65, children aged six months to under five years, pregnant women, Aboriginal and Torres Strait Islander people and anyone with a chronic condition or weakened immune system.

If you've got the flu, speak to your doctor or pharmacist.

For a list of Council's immunisation sessions, visit [www.wellington.vic.gov.au/immunisation](http://www.wellington.vic.gov.au/immunisation) or call 1300 366 244.

## *St Brigid's Bulletin*

The news from the presbytery is that Mons. Harry Entwistle is retiring from his role as leader of the Ordinariate in Australia. Mons Harry has been the leader since 2012. His replacement is Mons. Carl Reid from Canada. Mons Harry has been living in Perth, while Mons. Carl will live in Sydney.

At St Brigid's the time after Easter recalls the way Jesus spent time with the disciples after his resurrection, before returning to his Father. Clearly the presence of Jesus among his disciples had tremendous impact on the foundation of the Church. One of the first developments was the move away from the Jewish community. Certainly, Jewish influence was still strong but no longer all pervasive; the Church is for everyone. An immediate difficulty is that each of us is a unique person, although with a pressing need for relationships. So the vast volume of material available within the Church, while meeting a wide range of needs, can be daunting. In this regard the celebration of the feast of Fatima on 13 May is of interest. For the clear message from the Mother of God is to 'pray the rosary'. In short, at the personal level it is still possible to keep it simple.

## *Don't get caught out - Pet registration checks to begin soon*

Wellington Shire Council is warning pet owners to avoid a fine and make sure their pets are registered. Owners of domestic animals found to be unregistered, or who haven't had their registration renewed for 2019, can be fined \$322 per animal.

"That's an expense no-one wants," Wellington Mayor Alan Hall said.

"If you have forgotten to pay your animal registration renewal, get onto it quickly before you have a ranger at your front door.

"If you have a new pet or have never registered your pet before, get onto it because any cat or dog must be registered from three months of age.

"If your dog or cat is registered with Council, we can easily identify the animal owner and in most instances return them to you."

Prefer to receive your invoices and reminder via email?

Call our Customer Service Centre on 1300 366 244 to organise, or visit [www.wellington.vic.gov.au/petrego](http://www.wellington.vic.gov.au/petrego)

## *East Gippsland and Wellington present advocacy document*

East Gippsland and Wellington shire councils have presented their joint Gippsland Drought Response Proposal – *Looking Ahead* – to the Victorian Government.

Joining East Gippsland Mayor Cr Natalie O’Connell and Wellington Deputy Mayor Cr Malcolm Hole in meeting with representatives of Agriculture Minister Jaclyn Symes and Agriculture Victoria Deputy Secretary Emily Phillips on Thursday, May 17, were East Gippsland Shire Council Chief Executive Officer Anthony Basford and East Gippsland Catchment Management Authority Chief Executive Officer and East Gippsland Drought Reference Group Chairman Graeme Dear.

The joint advocacy document, adopted on May 7, details a plan between the two councils to the Victorian and Commonwealth governments for drought assistance and recovery.

Cr O’Connell said the *Looking Ahead* document proposes a three-tier approach to further engagement with the Victorian and Commonwealth Governments: Transition; Recovery; and, Adaption.

“The discussion on Thursday was positive. I thank Minister Symes’ office and Ms Phillips for their time and their willingness to work with us on supporting our communities now during the drought and into the future when the drought breaks and recovery starts,” Cr O’Connell said.

“The Minister and I have had regular contact over recent months and will continue to do so to ensure our communities have access to a full range of support to assist during the drought and in recovery.

“We are also actively promoting the range of support measures available, from all three tiers of government, through our website, and at events such as the recent East Gippsland Field Days.”

Wellington Deputy Mayor Cr Malcolm Hole said the meeting with the Minister’s office was fruitful.

“Wellington Shire looks forward to continuing to work with the State Government on drought response and recovery, acknowledging that the effects of the drought spread much further than just those farming the land,” Cr Hole said.

“Both councils will meet again soon with their advisory committees to assess the looming impact of winter and post drought recovery, and make recommendations to the Minister for appropriate assistance.”

Minister for Agriculture and Regional Development Jaclyn Symes said she was pleased to be working with shires to help farmers manage and prepare for dry conditions.

“While we can’t make it rain, we can offer support and get out and listen to farmers, and that’s exactly what we are doing,” Minister Symes said.

“As well as delivering our \$45 million drought support package, we are continuing to work closely with stakeholders to see where any potential further support may be required, and how we can work together to keep building resilience in our rural farming communities.”

## *Council urges residents to register burn-offs*

With the declared Fire Danger Period ended Wellington Shire Council is urging locals to register their burn-offs with the Country Fire Authority (CFA) and check if they require a permit to burn.

Burning in residential areas is illegal without a permit, which can be obtained through Council.

Burns in Rural Living or Farming zones do not require a permit, but Wellington Shire Council Mayor Alan Hall urges residents to register their burns with the CFA.

“We know there are plenty of people living out of town that have cleaned up their properties and their bonfires ready to light,” he said.

“However, we are still experiencing a warm and dry autumn, so please exercise caution when planning your burn.

“Ensure you check the weather conditions and make sure you register your burn with the CFA.

“The last thing everyone wants is an escaped fire or a fire truck attending your place when it’s not needed.”

Cr Hall said it was also important residents understood that even if they obtain a permit, register their burn and follow the rules, if their burn escapes, they may still be held legally responsible for any damages or losses that occur.

“The onus is on the person lighting the fire to ensure everything is kept safe and the fire doesn’t escape,” he said.

“So please make sure the weather conditions are safe and you have everything at hand to keep the fire contained.”

Council received many complaints last season about burn-offs in residential areas, which are illegal without a permit.

Lighting of outdoor fires in residential areas is generally prohibited unless the fire is contained and is used for the purposes of warmth or cooking.

This means that contained fire pits, pot-belly stoves and the like are ok.

But permits are required to light incinerators or burn rubbish in town.

Permits will only be granted if there is no alternative to burning, the burn can be done safely, and that smoke is unlikely to impact on neighbours.

The burning of offensive materials, such as rubber, plastic, dangerous goods or substances, paint, and food scraps is not permitted at any time.

Cr Hall said people living in residential areas should look at alternatives to burning.

“If you live in town, green waste can be mulched and used on your garden, or made in to compost,” he said.

“You can dispose of your green waste at our local waste facilities for a small fee, or there are several private companies who offer green waste pick-up.

“It’s well worth finding alternatives, because if you are caught burning off in a residential area the fine is \$200 and in some cases you may be prosecuted.”

To apply for a permit to burn, or to clarify whether you need a permit, contact Wellington Shire Council on 1300 366 244.

Further information about fire restrictions and regulations can be found at the CFA website at

[www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

## *St Brigid's Bulletin*

The news from the presbytery is that Mons. Harry Entwistle is retiring from his role as leader of the Ordinariate in Australia. Mons Harry has been the leader since 2012. His replacement is Mons. Carl Reid from Canada. Mons Harry has been living in Perth, while Mons. Carl will live in Sydney.

At St Brigid's the time after Easter recalls the way Jesus spent time with the disciples after his resurrection, before returning to his Father. Clearly the presence of Jesus among his disciples had tremendous impact on the foundation of the Church. One of the first developments was the move away from the Jewish community. Certainly, Jewish influence was still strong but no longer all pervasive; the Church is for everyone. An immediate difficulty is that each of us is a unique person, although with a pressing need for relationships. So the vast volume of material available within the Church, while meeting a wide range of needs, can be daunting. In this regard the celebration of the feast of Fatima on 13 May is of interest. For the clear message from the Mother of God is to 'pray the rosary'. In short, at the personal level it is still possible to keep it simple.

## *Wellington Youth Awards now open*

Nominations are now open for the inaugural Wellington Youth Awards.

These awards have been established to celebrate and acknowledge the achievements of young people in Wellington across a range of areas.

There are eight award categories, recognising the importance of being a carer, overcoming difficulties, employability, volunteering, arts, trade and advocacy.

"Young people are making tremendous contributions to our communities in Wellington, and we often don't recognise the great variety of ways in which young people contribute," Mayor Alan Hall said.

"We hope that these awards will build a communal sense of awareness and pride in the contributions young people are making in our communities and encourage everyone to put in a nomination."

Category descriptions and the conditions of entry can be found on the Youth Council page on the Wellington Shire website [www.wellington.vic.gov.au/youth](http://www.wellington.vic.gov.au/youth)

Nominations can be lodged easily online, or if you'd like a hard copy or more information call the Youth Coordinator on 1300 366 244.

Nominations close on 18 June 2019.

## Cowwarr Classified

Cowwarr Post Office  
Monday – Friday 9am -5pm  
51489226

Cowwarr Primary School  
51489271  
Principal Mr Albie Fitt

Heyfield Transfer Station Rifle Range road Heyfield  
Tuesday & Sunday 11am – 5pm  
Thursday & Saturday 1pm – 5pm

Wellington Shire council  
1300366244  
[enquires@wellington.vic.gov.au](mailto:enquires@wellington.vic.gov.au)

If you would like your details on this page, or you have any ideas on what you would like listed, please contact the Cowwarr Chronicle. There is no charge for advertising here

## Cowwarr Chronicle

*For Any Article submissions or ideas please contact [Cowwarr.chronicle@gmail.com](mailto:Cowwarr.chronicle@gmail.com). Articles needs to be in by 10<sup>th</sup> of the month to ensure publication. I can also be contacted 51489366 Ann Gibbs*

*The Chronicle is proudly supported by Wellington shire council*

