

COWWARR CHRONICLE

Proudly supported by Cowwarr Fire Brigade

Vol 16/11

November 2016

Cowwarr 'A Great Little School' will be Here Forever!

Lois Vear

We have had a laugh at school as we hear that somebody has been spreading inaccurate rumours, saying that Cowwarr is going to merge with Toongabbie. When I was told, I said, 'Well, somebody forgot to tell the Acting Principal because that's news to me!'

Let me set the record straight, there have been no decisions to merge with Toongabbie. We have enjoyed special activities with Toongabbie and are thankful to Garry Vear and teachers for allowing our junior school children to attend Toongabbie for one day while the senior students were on camp. This saved us the cost of a casual replacement teacher for the day. We hope to have many more activities such as special days, regular days and excursions with Toongabbie and even sharing teacher resources but Cowwarr will retain its own identity.

Landcare News – October

African Love Grass.

Our last meeting received news of local roadside sightings of African love grass.

As this is a regionally controlled weed, we all should be concerned. The last thing any farmer needs is another weed species to manage. The important thing is to confirm the infestation locations, mark the boundary and avoid seed spread.

Do people need help to correctly identify this weed? While roadside fuel reduction may be necessary to prepare for summer, it is important that seeds of this weed are not spread further.

Dawson Wildflower Reserve – the orchids are out.

If you're interested in native vegetation, this is the place to visit. While the yellow bulbine lilies have mostly finished, there are plenty of fringed lilies and a few orchids to be spotted. One can only imagine the state of Gippsland grassy woodland before European settlement, domesticated livestock and "improved" pastures.

Monthly Meeting

Next on Wednesday November 3rd at 7 PM at WGCMA Depot.
Then our end-of-year-dinner on Friday 2nd December – booking required.
Contact Brian Burleigh – Secretary (03) 5148 9364



Community Information Ann Gibbs and Brian Burleigh

Open day

Sunday November 13th 10am – 12noon we are opening our doors for CFA open day

Drop in, say hi, grab your very own summer fire planning kit.

We will be doing some summer survival drills, things for the kids and talking to residents about being prepared for another long hot summer

If you can't make it on the day drop me an email ann.gibbs96@gmail.com or call 51489366 and we can come out and drop off your kit at a time that suits.

Electric Fencing

With the unending rain, pasture just keeps growing. This means it will require extra effort to clear that growth from electric fence-lines before summer. It only takes a spark to ignite a fire, and in hot dry conditions, that will be a problem. Great chance to plan time to get out and spray under the fence now, so that the problem grass has broken down and rotted before summer.

Rubbish Burns.

Register you burn with CFA, notify the neighbours, supervise the event, and make sure its really out before you leave.

Cowwarr General Store

Open 6am -7pm Monday - Wednesday

6am – 8.30pm Thursday – Friday

6am – 8.30 Saturday

7am – 8.30 Sunday

Drop in and check out the range of hand knitted clothes and craft. They also have an expanding range of groceries to choose from. They also have all your everyday needs, eggs, bread, milk

Have you had a Johnny Cash burger, the hangover burger or one of their other great take away foods

Check out the facebook page for weekly punting tips from Pedro the punter.



Cowwarr Primary School



DISCO

Friday 2nd December

6.30pm—8.30pm

\$5 per child

Hosting
DJ Shazz
With loads of fun

Cowwarr Public Hall
Drinks & light supper provided
Primary age children only
Fully supervised event
Enquiries phone 51489271

Cowwarr Community Carols 2016

The Cowwarr Community Carols will be held on the 18th of December commencing at 7pm. This year will be a full hour devoted to the singing.

If you feel the urge to stand up and lead a carol or two, support with backing music or both, please contact Ed O'Brien on 51483375 after hours or email norathlon@gmail.com

We'll do a practice run the week before for an hour or two.



News from the Station

Thanks to all members that attended the brigade meeting on the 26th October

We will be applying for a second appliance, an ultralight tanker and a trailer to carry the quickfill around on.

We sent a crew to the district exercise, on what can only be described as the worst weather day ever for a pre summer training day. It was lots of fun driving around the HPV plantation, getting wet and muddy whilst learning new skills. Credit to our driver (Veggy) and Crew Leader (Ed) we didn't get bogged, although other brigades may have! The food was AMAZING, and the open fire at lunch a highlight. Everyone needs to try and attend next years exercise

November is the start of pre summer training and assessments. Every firefighter needs to come to training to be signed off as ready for the summer. Training is Tuesday nights 7pm and other times can be arranged, please contact Ricky.

Anyone needing new gear this summer, please let Veggy know so we can order it in time for summer

We have collected the wood for the B&S ball, it is currently drying out ready to go. Thanks to all those that helped collecting it

Cowwarr Football Netball Club

Congratulations to the new Committee for 2017

President: Michael McNulty

Snr Vice President: Dragi Eric

Jnr Vice President: Brad Woodall

Secretary: Sarah Cooper

Treasurer: Darren Canty and Josh Ford

General Committee:

Steve Cooper

Bill Macpherson

Garry Blair

Leigh Fletcher

Jack Websdale

Luke Cooper

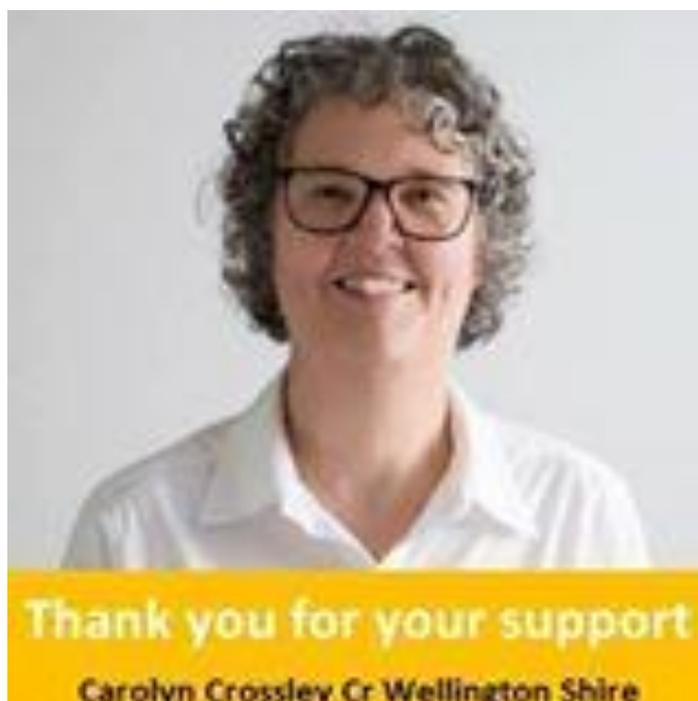
Ebonee Hodgett

Ebony Galea

Carn the WARR

Councilor Carolyn Crossley

Congratulations to Carolyn getting re elected to Wellington Shire Council. We look forward to you being our voice on the council for the next 3 years.



Think before you burn

Wellington Shire Council is reminding residents to check if they need a permit before they decide to burn off.

Outside of the Fire Danger Period, landowners in Rural Living Zones or Farming Zones can burn removed vegetation without a permit but it must be conducted in a safe manner and registered with the CFA on 1800 668 511. Landowners in any other zone, including Residential zones, are reminded that they are not permitted to burn off unless they obtain a permit from Council.

Wellington Shire Council General Manager Municipal Emergency Glenys Butler says that smoke billowing from backyards, particularly in built up areas, can cause health issues for vulnerable residents, discomfort to others and disrupts their amenity.

She continued, "While it was important to keep your yard tidy, there are many alternatives to burning off. Residents living in town are often tempted to burn off garden waste, such as fallen leaves and pruning, without fully understanding the impact their actions may have on neighbours."

"Green waste is full of nutrients for your soil or garden. Composting or mulching your green waste is a much better alternative to burning off. You can also dispose of excess green waste at Council's waste facilities at a low cost throughout the year or free of charge during our annual green waste disposal weekend."

At no time are landowners permitted to burn offensive materials including rubber, plastic, dangerous goods or substances, paint, or food waste.

Benefits of being in a group

Contemporary society has a strong tendency to be sedentary in nature. In this context the essential benefits of physical activity tend not to be readily realised. An analysis of research in brief reveals that regular physical activity reduces the risk of heart disease, Type 2 diabetes, osteoporosis, and anxiety. Regular exercise brings about fewer symptoms of depression and anxiety. Added is the benefit to joint function, bone density, and muscle, tendon and ligament strength. There is an obvious influence on weight loss and longer life combined with benefits for memory and easier sleep.

Physical activity doesn't have to entail strict fitness exercises but does need to be regular and involve at least moderate energy. Being in an active group which could involve informal activities such as walking, cycling, jogging or swimming or a more formal group involving sports is highly likely to generate a feeling of belonging, motivation and commitment to activity as well as the development of personal skills and achievement with a widening of activity horizons. Social skills, mental positivity, and confidence are influences on further personal development. Usually being with others, whether it is just one or a group, to enjoy physical activities is a life enhancing experience.

Associate Professor Rochelle Eime
Federation University
Bill Redmond
Healthy Wellington Physical Activity Working Group

Certified by the Chief Executive Officer in accordance with Section 55D of the Local Government Act 1989. Authorised by D. Morcom, Chief Executive Officer, Wellington Shire Council, 18 Desailly Street, Sale VIC 3850.

Please send in anything you would like to see in the Chronicle. Deadline for the November edition is 25th October. Email me at cowarr.chronicle@gmail.com Ann Gibbs.

Remember without your news the chronicle can't survive.

If you would like the chronicle emailed directly to your inbox, email cowarr.chronicle@gmail.com



Chronicle is Supported by Wellington Shire Council

