

# Cowwarr Chronicle

Cowwarr Fire Brigade

November 2018

11/18



## Cowwarr Primary School

How do we minimise the chance of bullying at Cowwarr Primary?

- We all a part of the Cowwarr Team and we learn to respect other team members.
- We have candid discussions about how damaging bullying is to individuals and lives.
- We have open lines of communication with students and families.
- We know each child well as we are literally a small community school.
- We all value what it means to be a part of this fantastic team.
- Children and parents can freely share feelings knowing that they are listened to, and that their problems will be addressed.
- We have a 'no touching ' policy with consequences that are consistently followed through and understood by our team members.

Bullying is not tolerated at Cowwarr Primary. Our children know that being a part of our team is a privilege. Our staff also feel this way as we too are a part of the team, and want our children to grow to be the best versions of themselves possible.

'Not Too Big, Not Too Small, Just right.....'

Enrol now for 2019 ...there is still time! Albie Fitt (Principal) 5148 9271

## Important Dates

24<sup>th</sup> November  
State Election Day,  
Cowwarr Primary  
School

Cake Stall 8am

Sunday 9<sup>th</sup>  
December

Cowwarr Football  
Netball Club family  
day 12-4pm

Sunday 16<sup>th</sup>  
December Cowwarr  
Carols at St  
Joesphs Hall

Monday 17<sup>th</sup>  
December  
Heyfield Christmas  
Carols

Thursday 21<sup>st</sup>  
December  
Cowwarr Primary  
School Concert

Friday 22<sup>nd</sup>  
December  
Last day of school



Cowwarr Football Netball Club  
Invite you to attend

# Family Fun Day!

**SUNDAY 9TH DECEMBER**

**12PM - 4PM.**

**at Cowwarr Recreation Reserve.**

- Open day and tour of our new facilities
  - Acknowledging our 'Brick Sponsors'
  - Meet our 2019 Football & Netball Coaches
  - Free community BBQ
  - Free Kids activities on the oval all afternoon & a visit from the 'JOLLY' man himself!
  - Drinks at bar prices
- EVERYONE WELCOME!**



## *\$267,000 FOR GIPPSLAND PLAINS RAIL TRAIL*

Monday, November 19, 2018

The Nationals Member for Gippsland Darren Chester today announced \$267,000 towards a \$1 million upgrade of Gippsland Plains Rail Trail to create jobs and encourage people to be more active.

“This funding is an investment in our region and in local jobs,” Mr Chester said. “It will increase visitor numbers to our towns, which in turn will support local businesses.”

The Gippsland Plains Rail Trail stretches 67 kilometres between Traralgon and Stratford. It is the only rail trail in Victoria where users can catch a train to and from either end of the trail.

The rail trail committee needs \$1 million for four improvement projects. These include a new bridge over the Thomson River; upgrading the Eaglehawk Creek crossing; and sealing the trail from the Princes Highway to Glengarry.

Mr Chester said traders along the trail route, including those in Glengarry, Toongabbie, Cowwarr, Heyfield, Tinamba and Maffra, received a welcome boost from rail trail tourism. “As new sections of the trail have opened, these towns and businesses have reported steady growth in trade as the numbers of cyclists and walkers have risen,” Mr Chester said. “Now, around 3000 people use the trail each month.

“This funding from the Federal Government is also an investment in the health of local people by encouraging them to get outside and explore our region and towns, whether by foot or bike.”

Chair of the Gippsland Plains Rail Trail Committee of Management Helen Hoppner said the funding would help the committee realise its vision for the trail.

“These works will make the trail safer and more user-friendly. We need to upgrade the busy Traralgon to Glengarry section of the trail to encourage access for people of all abilities,” Mrs Hoppner said.

“We’ve lobbied all sectors of government over the last 20 years to make this project happen.

“For a volunteer committee, securing this Federal Government funding is a significant achievement and a big vote of confidence in our work so far.”

Mr Chester said Gippsland needed further investment in good infrastructure, like walking and bike trails, to complement its natural features and grow its visitor economy.

Earlier this year, Mr Chester secured almost \$980,000 for the Haunted Hills bike park project at Hernes Oak, and \$1.5 million to build 81 kilometres of mountain bike trails near Omeo.



## *Cowwarr Carols*

Carols will be held on Sunday the 16th of December

7:00pm

St Joseph's Hall

Any singers wishing to help out please call / SMS Ed on 0428 329 308.



## *St Brigid's Bulletin*

The presbytery garden is showing the benefit of sustained effort and the Spring rain. There is a range of flowers to whet the appetites the keenest gardeners. Carmel's story is not so happy. She is still in the hands of the surgeon and of our prayers.

At St Brigid's, November was celebrated as the end of the church year so December is celebrated as the start of the church year. The liturgy for the end of the year focused on death; so the liturgy for the start of the year focuses on birth, specifically the birth of Jesus. Masses celebrated at the beginning of the month commemorate John the Baptist, the last prophet. Adam and Eve were driven from the garden after falling victims to the Satan's temptations. Yet God promised that Satan's success would be reversed. The prophets of the Old Testament frequently reminded people of this promise that Satan would be defeated, particular when the people were battling tough times. Christians believe John the Baptist was the last prophet because Jesus fulfils God's promise of salvation, and achieves the defeat of Satan. Towards the end of December, Mass focuses on Mary during the final days of her pregnancy as she moves towards giving birth of Jesus. Jesus had a most humble birth but the ongoing appeal of Christmas marks it as a most significant birth.

Celebrations at St Brigid's will be publicised and clearly everyone is welcome to join in. There will be mid-night Mass at St Brigid's on Christmas Eve, preceded by carols from 11.30 pm. Carols will also be 'rung out' from St Joseph's hall at 7.00pm on Sunday 16th December, starting at 7.00 pm.

## *Tips for beating the heat this summer*

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

If you don't already know your neighbours this is a good time to introduce yourself and find out whether they might need a little help in case of heatwave, fire or flood.

Wellington Shire Council is advising residents to become familiar with ways to stay healthy this summer as the weather heats up.

For further information about how to prepare and stay well during hot weather, visit [www.wellington.vic.gov.au/heatwave](http://www.wellington.vic.gov.au/heatwave)



## Cowwarr fire Brigade

The Brigade Christmas Party will be held at the Station Tuesday 4<sup>th</sup> December from 6pm. Brigade members are asked to BYO chair, drinks and Desert and or Salad, Brigade will supply meat bread etc.

Strike team roster has been published, can all brigade members check it at the station. It is also paged out weekly. Once the weather heats up we will be arranging lists of who is available

The District 10 preplan is at the station, it has all the information about what the district is planning for summer, and contact details for all the resource people

The summer fire season this year is going to be a marathon, not a sprint. All weather forecasts are for a long, hot dry fire season. We need to maintain our physical and mental health. Stay hydrated and maintain availability whilst ensuring you rest!

### *Coping with the heat*

Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather)

Keep yourself cool by:

- Using wet towels, putting your feet in cool water and taking cool (not cold) showers
  - Avoid alcohol or caffeine
- Block out the sun at home during the day by closing curtains and blinds
  - Open windows when there is a cool breeze
  - Stay out of the sun during the hottest part of the day
    - Cancel or postpone outings.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen
  - Eat smaller meals more often and cold meals such as salads
  - Make sure food that needs refrigeration is properly stored
  - Avoid heavy activity like running, sport, renovating and gardening
- Watch or listen to news reports to find out more information during extreme heat.
  - Think about what to do if a heatwave caused loss of electricity
- Spend as much time as possible in cool or air-conditioned buildings (neighbours, shopping centres, libraries, cinemas or community centres)

For further information about how to prepare and stay well during hot weather, visit

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

## Cowwarr Classified

Cowwarr Post Office

Monday – Friday 9am -5pm

51489226

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*

