



# FIRE RECOVERY UPDATE

NUMBER 25: NOVEMBER 2018



CORANGAMITE SHIRE

## Tanks on the move



The water tanks installed at Peggs Road Lake Elingamite to help firefighting operations have been moved. One will be relocated to the Cobden aerodrome and the other to the Corangamite Regional Landfill at Naroghid as part of Council's preparation for the upcoming fire season.

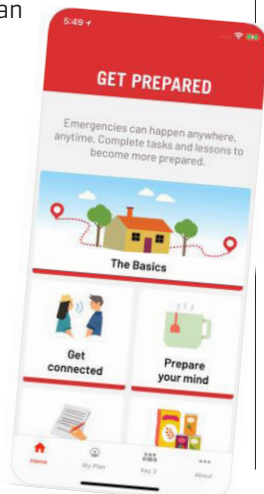
## GET PREPARED APP

The Red Cross Get Prepared app helps you connect with key support people, accomplish simple tasks to make you and your loved ones safer, and protect the things that matter most.

- Establish a quick and easy network of support with your 3 Key contacts
- Make a plan using simple checklists across a range of preparedness actions
- Save your emergency plan to print and share with others

Get Prepared is an easy to use app that helps you access information and tools to complete an emergency plan. It builds on the Red Cross RediPlan.

Download the app for IOS or Android from [www.redcross.org.au/get-help/emergencies/preparing-for-emergencies/get-prepared-app](http://www.redcross.org.au/get-help/emergencies/preparing-for-emergencies/get-prepared-app)



## INSURE IT. IT'S WORTH IT.

Whether you rent or own, you need insurance. If you and your family were affected by an emergency, could you repair, replace or rebuild your most valued possessions?

Now is the time to prepare to make sure you and your family are ready.

Insurance gives you peace of mind and helps you recover financially if an emergency does affect you.

For more information go to [www.insureit.vic.gov.au/](http://www.insureit.vic.gov.au/)

## FINANCIAL ADVICE

Do you need help with challenging financial conditions? Rural Financial Counselling Service is a free service that can help.

A rural financial counsellor can meet you on your property, in the office or another convenient location. The service is free, professional and independent. **Phone: 1300 735 578** or visit [www.wswrcs.com.au](http://www.wswrcs.com.au) to make your appointment.

## TAKE A BREAK AND REAP REWARDS

Ex-Sydney Swans elite performance manager David Misson, introduced a recovery program where the players accumulate 100 "recovery points" each week, to make sure they recover for the next big game.

Each activity is worth a certain number of points – as in the table below. Try to focus on recovering properly, accumulating 100 recovery points each week.

Read more at [executivestyle.com.au/take-a-break-and-reap-the-rewards-2txr7#ixzz5Vebd3oNy](http://executivestyle.com.au/take-a-break-and-reap-the-rewards-2txr7#ixzz5Vebd3oNy)

Indoors	Outdoors
Massage.....50	Swim .....25
Meditation .....50	Surf/paddle .....25
Stretch/yoga/ tai chi.....40	Hike .....25
Visualisation* ..30	BBQ.....25
Deep breaths* .30	Golf .....25
Warm bath.....30	Fishing.....25
Socialise.....25	Gardening .....25
Church .....25	Walk.....20
Movie.....25	Cycle.....20
Music.....15	Park with kids...20
Reading .....15	Sightseeing/ festival.....15
TV.....5	Shopping.....15

\* 5-10 minutes

All other activities for 30 minutes  
No points if you are checking your mobile

## SUPPORT SERVICES

**Mental Health Services:**

..... 1800 808 284

**beyondblue:**..... 1300 22 4636

**Lifeline:** ..... 13 11 14

**Kid's Helpline:**..... 1800 55 1800

**MensLine:** ..... 1300 78 9978

**Nurse on Call:** ..... 1800 02 2222

**Headspace:**..... 1300 276 749

..... [headspace.com/](http://headspace.com/)

**headspace-meditation-app**

**Gamblers Help**..... 1800 858 858

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



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## EVENTS

### NOVEMBER

**Farmers Night** Saturday 3, South West Kart Club, Grayland St, Cobden 6:30 pm

**Melbourne Cup Day** Tuesday 6, Cobden Golf Club 9-hole ambrose 10 am, luncheon noon

**Farmers Night** Saturday 10, South West Kart Club, Grayland St, Cobden 6:30 pm

**Cuppa and a Chat** Monday 12, Cobrico Public Hall, 11 am - 1 pm

**Noorat Show** Saturday 17, Noorat showgrounds

**Farmers Night** Saturday 17, South West Kart Club, Grayland St, Cobden 6:30 pm

**Art and Design Show** Wednesday 21, Mercy Regional College, De Chantal Stadium 9 am - 7 pm

**Youth Achievement Awards 2018** Friday 23, Camperdown, Theatre Royal, 7:30 pm. Tickets: 5593 7100.

**Farmers Night** Saturday 24, South West Kart Club, Grayland St, Cobden 6:30 pm

**Timboon Artisan Festival** Saturday 24, Timboon Railway Shed Distillery lawn, 11 am - 4 pm.

**Loose Cannons** Saturday 24 Five Star Function Centre, 8:30 pm. Bookings: Rob 0419 537 627

### DECEMBER

**4th Annual Prison Break Weekend** Saturday 1 - Sunday 2, Camp Coorimungle. \$5 per person or \$20 per family. Bands Eddie & the Exciters, Jukebox Cowboys and Avalon. Drive In Movie - Pacific Rim Uprising [PG 13] Camping and accommodation: 5598 7254.

**Blood & Bones & Fins & Glory Saturday 15** Southern Ocean Sea Band Small Halls Tour 2018, Terang Civic Hall, 6pm, Tickets \$10 from the Civic Centre, Greavesy's Fruit and Veg, Reicha's Drapery Cobden and Terang.

**Planning an event? Tell us on 5593 7100 or shire@corangamite.vic.gov.au**



## Constructing a solid future

We have seen these two sheds have been raised in recent weeks. They will be used to store farm machinery.



## SEND US YOUR RECOVERY PHOTOS

We would love to share your stories of the great things you've achieved as the district gets back to a new normal. Council is planning a coffee table book to remember the Shire's recovery. Take time through the day to appreciate the positive progress. Take a pic of our new buildings, lambs and calves, new leaves, pasture crops or anything that shows the Shire's recovery and email them to [sarah.troisi@corangamite.vic.gov.au](mailto:sarah.troisi@corangamite.vic.gov.au).



## EVENTS FUNDING

Look Over the Farm Gate is a wellbeing initiative which provides grants for community events and training opportunities.

It encourages rural communities to look out for one another, promote social inclusion, and reduce the impact of mental health issues.

Online applications are open at [lookoverthefarmgate.org.au](http://lookoverthefarmgate.org.au).

## LAND CLEAN-UP

Greenwaste disposal will be free from 24 November until 9 December at Corangamite Regional Landfill and transfer stations in the Shire to help residents clean up ahead of fire season. Make sure any burn-offs on your property are fully extinguished. For information about fire prevention and preparedness, go to [cfa.vic.gov.au/plan-prepare](http://cfa.vic.gov.au/plan-prepare) or call 5593 7100 in business hours.