

# FIRE RECOVERY UPDATE



NUMBER 26: DECEMBER



## **BlazeAid Farewell**

Join us to thank BlazeAid and the organisations that have supported them throughout their nine months in Corangamite Shire on Sunday 16 December from 11am onwards at the Cobden South West Go Kart Club, Grayland St, Cobden.

The event will include a free lunch, music by lan 'Bidge' Boyd, kid's activities, coffee van and much more. If you are in desperate need for assistance with boundary fencing please contact

**0447 321 599** as soon as possible.

Council's fire recovery team will remain in place in to the New Year, as will the on farm community support team to provide ongoing support. In addition, activities and events will continue to be advertised through newsletter. If you require support or would like further information on the BlazeAid event please contact the Fire Recovery team 5593 7100.

## **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
www.blackdoginstitute.org.au	

#### **Rural Finance**

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 Call **1300 735 578** or **www.wswrcs.com. au** to make your appointment.

## Prepare in all areas

Preparing for the summer season includes many tasks such as trimming trees, cleaning gutters and packing an emergency kit but we also need to prepare emotionally. How do we do this? We can anticipate stress, such as a northerly winds blowing, recognise our feelings, such as anxiety and manage our reactions, such as talking about how we are feeling.

Consider how you might react emotionally on a high fire danger day. This will help you recognise your feelings as they emerge and plan how to manage your reactions. Does hearing the winds blowing stir up an emotional reaction? Does that affect the rate at which you speak? Your tone of voice? Your body language?

Sometimes we might feel angry but we're actually being controlled by other emotions for example fear. We might get into an argument with our family about a trivial matter and not know why. We might actually be nervous or afraid because the current situation reminds us of a previous drama. It's a bit like an iceberg. You see the top clearly, but the real issue is hidden beneath the surface. Research states men in particular often do not recognise the origin of anger within themselves which often stems from other core emotions like sadness and fear.

Identifying these triggers and recognising our emotions as they arise reduces our anger levels and allows us to think more clearly. Just saying we are angry or writing it down can reduce our anger significantly. This improves communication with those around us and helps us feel some control in a stressful environment.



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## **Property advice visits**

CFA provides Property Advice Visits (PAVs) in townships around the Shire.

PAVs is a free service for residents and focuses on fire risk and preparation for people who live in identified very high and extreme risk areas.

CFA have scheduled visits in high risk areas to target particular towns and areas to align with other fire planning activities The PAVs program can also offer visits in rural areas to provide fire preparedness advice upon request.

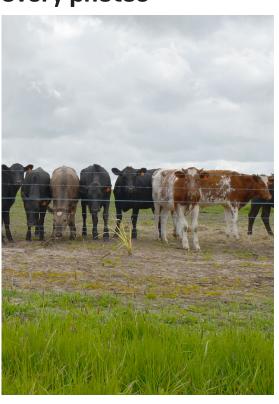
To access this service contact CFA at **0428 343 241**.

## 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 your 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.



## Land clean-up

Green waste 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. For information about fire prevention and preparedness, go to cfa.vic. gov.au/plan-prepare or call 5593 7100 in business hours.

## **Rail Trail Bridge**

The rebuild of the rail trail bridges is complete and the rail trail has reopened. Bridge 10, south of Elliotts rd to Glenfyne was destroyed and has now been replaced and bridge 9 which is located in Elingamite was also damaged during the South West Complex Fires and has now been repaired.

#### **Christmas hours**

Council offices will be closed from Friday 21 December at 1pm and will reopen on Wednesday 2 January. If you have any queries in this time please contact Council on **5593 7100** and you will be diverted to the on-call officer.

## **December events**

**Cobrico Hall Christmas Event** Friday 7, 6:30 pm, 5595 4441

**Christmas in Derrinallum** Wednesday 12

**Uniting Church Christmas meal**, Friday 14, Camperdown

**Christmas Street party** Friday 14, Lismore

**Christmas on Curdie** Friday 14, Cobden

Camperdown Christmas Festival,

Saturday 15 & Sunday 16 Farewell BlazeAid Sunday 16,

Cobden

**Carols by Candlelight** Sunday 16, Cobden

**Carols at the Clocktower** Friday 20, Camperdown

**Terang Christmas Gala** Friday 21, 5592 2276

**Port Campbell Christmas Tree** Friday 21

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