



FIRE RECOVERY UPDATE

NUMBER 26: DECEMBER



CORANGAMITE
SHIRE



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 Ian '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 the newsletter. If you require support or would like further information on the BlazeAid event please contact the Fire Recovery team on **5593 7100**.

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.

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.



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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.gov.au**