

## Army Cadets Marching In!

21st – 23rd August 2009

**PLEASE NOTE**—In order to take advantage of this opportunity, you need to download the Task Sheet from the website at [www.callignee.vic.au](http://www.callignee.vic.au), fill it in and return it to the Traralgon South Relief Centre by mid July 2009.

200 Army Cadets will be available to assist landholders in a variety of tasks on the weekend of 21<sup>st</sup> – 23<sup>rd</sup> August.

Tasks can include;

- tree planting
- clearing and replanting of gardens
- digging trenches and drainage
- weed management
- cleaning
- firewood collection and stacking (will not be able to use machinery)
- clearing tracks in local reserves
- other tasks as identified

Each task group will comprise of 8–10 Cadets with Army Supervisors.

Property owners need to consider their specific task requirements, complete the attached sheet and return it to the Traralgon South Relief Centre by mid July. Late returns cannot be accepted.

Safety audits will be conducted on all task areas prior to the weekend by authorised personnel (property owners will need to be available).

**For further details please contact Peter Olorenshaw 0458 895 197**

## New Recovery Centre Hours

Monday, Tuesday, Wednesday, Friday and Saturday: **12pm to 4:30pm**

Thursday and Sunday: **CLOSED**

## Community Website Information

Callignee - [www.callignee.vic.au](http://www.callignee.vic.au)

Boolarra - [www.boolarralink.com.au](http://www.boolarralink.com.au)

**Photo's: Christine Nixon talks with Community Recovery Committee, 24th May 2009**



## Christmas in July

This event will be held on the 25th July at the Traralgon South Community Hall. Christmas dinner and all the revelry associated with a real Christmas in July (yes - presents too). Family event to have some fun and relax. Please register at the Relief Centre by adding your name to the list.



## Fencing

Anyone who hasn't been notified about fencing as yet, please have a read over the information on the website at [www.callignee.vic.au](http://www.callignee.vic.au) or give Ben Fredrikson a call on 0432 403 100.

Currently there has been 100 km of fencing completed by approximately 100 volunteers in 100 days or so. This has been a fantastic achievement. Anyone who is interested in volunteering, your help would be much appreciated.

## Address Your Stress: A Word to the Wise from Lifeline Gippsland

Life is full of change and everyone reacts differently to different circumstances and challenges. Too much stress over an extended period of time can be harmful to physical and mental wellbeing and impact on your ability to function and live productively. There are practical strategies available that can help you learn how to manage and even reduce the level of stress in your life.

Firstly, it is important to be aware of any stress building up, and to find out what may be the cause and whether the stressors are causing negative or positive reactions to occur.

By acknowledging the stress, it is then possible to do something to take control and action before becoming overwhelmed. It is important to recognise the signals that things are not going so well. By learning to recognise what is normal stress and when something is abnormal, action can be taken to manage the changes needed.

Secondly, if possible, remove yourself from the stressful situation or location and find a quiet place. Take a deep slow breath, take another one, and another one. Try to clear your mind of all thoughts, and stay in the moment. This can be helpful in stopping overwhelming feelings in their tracks. Emotions pass, stressful or painful feelings may at times feel like they will take over and will never leave, but they do and will.

A clear mind can help you identify what is causing your stress, which will help you manage the feelings, reactions and the situation.

## Resound, The MCA Musical Instrument Program

In association with the Dandenong Ranges Music Council in Victoria, the Music Council of Australia Resound program is launching an appeal to help get musicians playing again. Resound will supply donated musical instruments to replace those instruments lost in the recent Victorian Bushfires. All affected musicians, from school students through to professionals may apply for an instrument. If you

know of someone who lost a musical instrument in the bushfires or wish to enquire about donating an instrument email Rachel Hocking at [rhocking@mca.com.au](mailto:rhocking@mca.com.au) or call Rachel on 0424 071 914.

## Garden Assistance

The Horticulture Department at Gippstaffe Morwell, and associated staff members, are available to offer bushfire recovery assistance in the following categories.

- Allocation of propagation resources towards restocking of garden plants
- On-going advice regarding gardening issues, i.e. planting, pruning etc.
- Onsite visit from Horticulturalist Malcolm Grant by prior appointment, Friday mornings only.

In all instances, people are requested to contact the department on 51204525 for their initial enquiry. Please leave a message (staff are often teaching outside).

In particular, if they would like Malcolm Grant to visit them, he will require notification *before* each Friday. This is a separate service that Malcolm is offering in his own time.

## Chainsaw Courses

Chainsaw courses are available throughout the year, as part of Gippsstafe's Skill Development Guide.

Please contact the Skills Development Hotline on 1300 657 261 for initial enquires. Full course descriptions are available at [www.gippstafe.vic.edu.au](http://www.gippstafe.vic.edu.au)

- The guide for August until December is yet to be released.
- Advertisements for coursers are also run on a regular basis in the 'Express' newspaper.

## Architects Bushfire Homes Service

The Architects Bushfire Homes designs are now located on the 'wewillrebuild' website. The service offers people access to a range of house designs and one free consultation with an architect.

People can click through the gallery of architect designs to see what's on offer. Anyone who is interested in registering to participate in this offer should phone 03 8620 3866 or email [vic@raia.com.au](mailto:vic@raia.com.au)

<http://www.wewillrebuild.vic.gov.au/clean-up-a-rebuilding/architects-bushfire-homes-service.html>

## Your Story

If there is anyone who is interested in talking about their story from Black Saturday, we are looking for members of the Callignee, Traralgon South, Koornalla and LeRoy communities to share these experiences to be included in a book to be put together by Melina Schamroth and sponsored by the Westpac Bank.

**If you would like your story to be included in the book, please contact Peter Olorenshaw 0458 895 197 or Jon Worters 0400 399 024**

## Walking and Fitness Group – All Welcome

**Mondays – Fridays 6.45 am (approx 45 minutes)**

We will meet at the corner of Balook Rd and Red Hill Rd (near bus shelter)

We will start off walking alternate routes, once we have established ourselves we may then incorporate exercises on the way.

To avoid been left behind arrive a few minutes early as due to time restrains we leave right on 6.45.

**For more information ring Lisa 51955055 or just turn up on the day that suits (starts 1st June)**

## Chainsaw Weekend – Volunteers Needed

A chainsaw weekend is going to be held at Loy Yang on the weekend of the 11<sup>th</sup> and 12<sup>th</sup> July.

We are looking for volunteers to help over the weekend to assist with driving trailers and also wood splitting.

**If you would like to volunteer your assistance please contact Jon Worters 0400 399 024 or Trevor McDonald 0429 548 321**

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## Tasmanian Timber Communities

### Tassie fencing volunteers humbled by the Traralgon South friendship.

The moment the Tasmanian community heard of the terrible unrelenting destruction inflicted upon rural Victoria by the worst possible fire storms of 7<sup>th</sup> February, there was a desire to find ways to help Victorian families. Rotary Tasmania along with other service organisations immediately commenced a fund raising program. Tassie Timber Communities Australia members quickly sort advice from Victorian TCA Coordinator Trevor Brown and the Tassie State Government on what and where on the ground help could be best put to use.

The decision was made to offer support to the Traralgon South Fire Relief Committee in helping to replace some of 4,000k of rural fencing destroyed by the Churchill Fire. Over 60 Tassie TCA members had already registered as fencing volunteers. TCA commenced to develop a roster and find ways to transport and accommodate Tassie volunteers. This brought another outpouring of unquestioning support. Cost free transport by TT Line and Toll Shipping, full accommodation by Helen & Terry Hoppner at their Cowwarr Cricket Club Hotel. Tassie North West farm machinery supplier Gaffney Machinery provided a Ford tractor and post driver. Victorian transport firm Manway Logistics transport the tractor to Traralgon South. TCA's Tassie Meander branch raised \$1,000 to purchase a full kitted fencing tool box. Rotary Tasmania's fund raising was exceeding all expectations, as Tassie folk where remembering their own 7<sup>th</sup> February Black Tuesday fire storm of 1967.

The planning was in place, and by early March Trevor Brown provided advice that approval was granted for the volunteer fencing effort to commence. TCA's Bruny Island branch provided the first team. The team was not prepared emotionally for what they first saw driving up along Red Hill Road, it was hard to find words to describe what they saw, great sadness and sorrow are possible words, but there was a much deeper feeling that brought silence. Then from this blackness a shining light appeared with the number of Australian flags placed on gate posts of destroyed homes, this clearly showed that this community was not ready to give up, this sprit lifted our team, they meet with Benn Thexton and got about replacing the fist of many fences to follow, which was on Faye Davey's property.

The rotation of TCA / Rotary volunteer teams continues with Benn Frederickson now looking after our volunteers, as of 23 June; 14 teams (76 volunteers) have rotated for 80 days work. Along the way TCA Tas and Rotary Tas have formed a formal partnership with Rotary taking responsibility for the financial costs and coordinating a non fencing volunteer program, TCA maintains the coordinating responsibility for the fencing volunteer program.

The task is enormous, but the warm friendship being offered by the Traralgon South and Callignee community is what has compelled all Tassie volunteers to endeavor to maintain their commitment for as long as the need remains. We are with you.

### Barry Chipman

Tasmanian State Manager  
Timber Communities Australia.

