

Your Health and Well-Being

From Community Health

Handwashing for Health

Handwashing has been high on the agenda recently with the Government and health agencies promoting frequent washing of hands as a key way to reduce the spread of swine flu.

According to the United States Centres of Disease Control and Prevention (CDC), "Handwashing is the single most important means of preventing the spread of infection."

Yet, recent studies and reports indicate that lack of or poor handwashing still contributes significantly to the spread of diseases. Those groups that are especially vulnerable include pregnant women, children, old people, and those with weakened immune systems.

When to wash your hands

You should wash your hands thoroughly:

- Before preparing food
- Before eating
- Between handling raw and cooked or ready-to-eat food
- After going to the toilet or changing nappies
- After smoking
- After coughing /sneezing into you hand or using a tissue or handkerchief
- After handling rubbish or working in the garden
- After handling animals
- After attending to sick children or other family members.

Washing with soap and warm water is the best way to clean your hands.

- Wet your hands with warm water first, then add soap and lather for 15–20 seconds
- Clean all over your hands including the backs, between fingers and under your fingernails
- Rinse off all the soap and dry hands with a paper towel or clean dry towel. Germs love warm, moist hands so take your time to really dry your hands.

What about hand sanitisers and alcohol hand rubs?

Hand sanitisers and alcohol handrubs are a good interim measure when hands need a quick clean but do not replace regular handwashing.

Sanitisers should not be used:

- When hands are visibly dirty
- When there is a high risk of infection
- After going to the toilet or changing dirty nappies

If you are in a public toilet and there is no soap it is still best to wash your hands thoroughly with warm water and dry well and then apply some hand sanitiser.

Source: Better Health Channel - www.betterhealth.vic.gov.au/

Community Health at Yea Hospital – phone 5736 0410 and at Alexandra Hospital – phone 5772 0800

"Your Health and Well-Being" articles are available on the Alexandra District Hospital website under Health News – www.humehealth.com.au/alexandra and on the Yea Hospital website www.yeahospital.org.au

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18th July to 15th August

MARYSVILLE TRIANGLE COMMUNITY RECOVERY COMMITTEE (MTCRC)

Community Recovery Committees have been set up right across the bush fire affected areas to help Towns rebuild and recover.

The MTCRC was formed by VBRR and our local Council to develop a partnership between the affected communities and agencies involved in recovery including local government, state and federal governments, local non-government agencies and other organization in order to support community recovery.

In particular, the CRC will play a key role as the main community advisory body to the local Council (via its Section 86 Committee) and the Victorian Bushfire Reconstruction and Recovery Authority (VBRR) on key issues effecting community recovery, and to support the Council's role in municipal recovery co-ordination.

Our Marysville Triangle Community Recovery Committee MTCRC is made up of 3rd and 4th Generation Residents, Representatives from Committees that existed before the fires, new Committee Representatives, including members from MATDG, large Business Operators and Property Owners. This Committee was formed through expressions of interest that were advertised some months ago through VBRR and Local Council.

The following persons are on this Committee:

Tony Thompson – Chairperson
Jennifer Wood (Narbethong) – Deputy Chairperson
Richard Rogerson - Secretary
Keith Ray
Simon Cuzens
Graeme Brown
Jenny Pullen
Bruce Ackerman
Julia Peddie
Clive Clayton (Buxton)
Geoff Pope
Representative from Taggerty

MTCRC will be a tool the Community can use to help with projects, recovery and the rebuilding of Marysville. MTCRC will have access to resources and will be able to help projects that need funding move through the process to give them the best possible chance of succeeding. The Section 86 Committee and VBRR will be relying on MTCRC to make sure Projects and Rebuilding has had maximum Community consultation, before it approves any project to be submitted to VBRR. This will mean that communications will be stepped up to a new level, with not only using the Web sites and advertising, but also a mail out, with the help from Local Council, to all residents of Marysville including those of you who are spread far and wide.

TONY THOMPSON
CHAIRMAN
MTCRC

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NEW
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Councillor Comment

On Wednesday 8 July 2009, the Kinglake West Hall was the venue for the second meeting of the Murrindindi Bushfire Recovery & Reconstruction Committee (MBRRC). The MBRRC is a delegated committee under the Murrindindi Shire Council Section 86. Members of the committee are from the Victorian Bushfire Reconstruction & Recovery Authority (VBRRA), Department of Human Services (DHS), Department of Planning and Community Development (DPCD) and Murrindindi Shire Council. These meetings are open to the public and allow time at the start of each meeting for open forum. This gives the public the opportunity to present to the committee any issues related to bushfire recovery and reconstruction.

Items for this meeting included; reports from the VBRRA and DPCD; report from the Project Control Group on the Marysville Phoenix Workshop, Kinglake Early Years Precinct development and Kinglake and Marysville Rebuilding Advisory Centres; a draft of the Terms of Reference for the Community Recovery Committees.

Community Recovery Committees (CRCs) were previously known as Community Advisory Groups (CAGs). The name change has been implemented for statewide consistency for all fire affected areas where these committees are in existence.

The purpose of the Terms of Reference is to establish a common understanding and statement of intent to work collaboratively and an

agreed governance structure for all members of the Community Recovery Committees.

The key role of the CRCs is to develop a partnership between the affected communities and agencies involved in recovery including local, state and federal governments, local non-government agencies and other organisations in order to support community recovery. In particular the CRCs will play the role as the main community advisory bodies to the Murrindindi Council and VBRRA (via the section 86 committee) on key issues affecting community recovery, and to support the council's role in municipal recovery coordination.

The CRCs will support and address a range of concerns and requirements across the community through the development and implementation of a community based recovery plan.

The CRCs acknowledges the work and deeds of existing community groups and organisations, and will work closely with these groups to coordinate local recovery initiatives. This can be a complex process.

The CRCs shall operate for a maximum two year term and after this time all remaining activities still underway will be handed on to relevant community groups and committees.

Cr Kevin Bellingham
Cathedral Riding



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CHEQUES TO MADE OUT TO

**Murrindindi Construction
Technical Officer
6 Month Contract Position**



The Council is seeking to fill this position in order to progress various projects, which have been delayed due to the recent bushfire response and recovery works.

Experience in asset management systems, contract preparation and supervision as well as use of spreadsheet applications in relation to municipal works would be an advantage.

For further information including a position description please contact Peter Horsfall on 9018 8970

Applications should be lodged via email to peter@engpeople.com.au

Applications close 31 July 2009



**HOARDING IS A
FIRE HAZARD**

Victoria's fire services are concerned that hoarders are unwittingly putting their lives and property at increased risk during home fires.

Community Safety Manager, John Boal said most of the hoarders were aged over 50 and generally hoarded material such as newspapers and clothing.

Hoarding is a major risk to occupants and fire services. "Piles and boxes of papers and clothing are potential sources of ignition and it also makes it very difficult for occupants to escape the fire" Mr Boal said.

"An average house fire requires about seven firefighters, whilst a fire in a hoarding household requires more than 15 firefighters" he said. The fire damage bill is also considerably higher in a hoarding household.

It is important for families to consider the increased fire risk of hoarding and to make sure there are clear paths to escape quickly in case of fire.

Mr Boal said house fires could be avoided by following this simple checklist:

Never leave cooking unattended

Turning off heating when not at home

Putting electric blankets on timers, or turning them off when you get into bed

Always using a fire guard around fires

Keep clothing and other combustible materials more than one metre away from heaters and fireplaces.

More information on winter fire safety can be found at the campaign's official website,

www.homefiresafety.com.au or by phoning 1800 240 667.

Council Hosts Bushfire Case Manager Information Sessions



Murrindindi Shire Council recently conducted an information session for approximately 100 bushfire recovery case managers.

Held in the Alexandra RSL Hall the objective of the meeting was to inform the case managers on a range of pertinent services and council assistance. Whilst the focus was largely on the bushfire recovery effort, information about a variety of council services and how their clients can best take advantage of these services was explained in detail.

Council's relationship with the Victorian Bushfire Reconstruction and Recovery Authority (VBRRRA) was thoroughly explained together with a variety of presentations on building, planning, engineering works, economic development, community services, community development officers, rates, library and communication.

Following the presentations, a question and answer session enabled case managers to delve more deeply into specific areas of interest with a panel of council officers.

Feedback from those attending the session was extremely positive with many case officers commenting on how valuable the whole exercise had been.

"The objective of the information session was to ensure the case managers are far better informed on the range of services council offers" said Murrindindi Council Chief Executive Officer, Mark Henderson. "It is clearly in everyone's best interests to see the case managers fully briefed about the council, its services and the assistance which is available. Achieving this aim ensures they can provide their clients with even better help and assistance."

TAXATION ASSISTANCE

A customer service officer from the Australian Taxation Office will be available by appointment to answer your queries regarding any tax matters - individual or business - at the Buxton and Narbethong Community Service Hubs on Wednesday 29th July.

Please contact the Community Service Hubs for an appointment.

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Murrindindi Shire Council

Bushfire Recovery 6 Month Contract Positions



The Council is seeking to fill the following positions to assist with the reinstatement of road assets following the recent bushfires;

Technical Officers (2 positions)

Experience in contract preparation and supervision as well as use of spreadsheet applications would be an advantage.

Administrative Support Officer

Experience in word and spreadsheet applications as well as strong organisational skills are required.

It is possible that employment may be extended.

For further information including a position description please contact Debra Wickens on 9756 7900

Applications should be lodged via email to debra@workforcexs.com.au

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DSE and Parks Victoria working hard to protect Leadbeater's Possum

Since the February bushfires, DSE ecologists and Parks Victoria rangers have been working hard to protect a small community of Victoria's faunal emblem – the Leadbeater's Possum.

This year's bushfires burnt more than 40 percent of the possum's habitat in Victoria. The habitat includes the Mountain Ash forests around Healesville, Marysville and north of Mt Baw Baw.

Fires can have a devastating impact on the Leadbeater's Possum. It was thought that the 1939 fires had made extinct the known populations in the Central Highlands region of Victoria until it was rediscovered in 1961 near Marysville, resulting in its subsequent listing as a threatened species.

Prior to the 2009 fires, the estimated total population was less than 3000, with the species limited in distribution to a 60 x 80 km area in Victoria's Central Highlands.

The Leadbeater's Possum bushfire recovery project is taking place at Lake Mountain in Snow Gum woodland habitat where a monitoring program was established six years ago.

The intensity and severity of the 2009 fires meant that natural hollows used as den sites and 28 of the 30 previously installed nest boxes at Lake Mountain were damaged or destroyed, with little to no understorey vegetation remaining unburnt.

Prior to the fire about half of these nest boxes were occupied by colonies of Leadbeater's Possum.

The first step was to install new nest boxes to provide shelter. Infra-red monitoring cameras were set up to monitor the nocturnal possums.

The recovery team is trialling feeding stations at three locations to help the possums get through the cold winter months.

Leadbeater's Possums have never been fed in the wild before, so surveillance cameras have been installed to monitor activities.

The feeding stations are providing the possums with a carefully rationed supply of their preferred diet of mealworms, fly pupae and fruit as recommended by Healesville Sanctuary.

DSE and PV have been assisted by a number of community groups – the Friends of Leadbeater's Possum and Mount Bullfight Ski Club, and have been financially supported by the Foundation for Australia's Most Endangered Species (FAME) and the Judith Eardley Save Wildlife Association.

The Lake Mountain Alpine Resort Board, Healesville Sanctuary and the National Leadbeater's Possum Recovery Team have also been involved in the efforts to save this small marsupial from extinction.

Fragility and balance: Australian landscapes

By Louise Foletta

Louise Foletta developed a deep connection with the rhythms and cycles of the land early in life. Her journeys into the Australian interior have reinforced her concerns about the fragility of our landscape and the delicate environmental balance which is constantly being realigned. Included in this show are recent works which reflect her powerful experiences of the 2009 Victorian bushfires

The exhibition is at the Walker Street Gallery in Dandenong and finishes on Tuesday 28th July.

On Saturday July 25th, Louise will be giving a floor talk at 12 noon. Light refreshments will be served



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