

# Marysville Village Newsletter



***Issue 20***

## Holiday Happenings

There are a couple of residents positively beaming at the moment as they prepare to move home.

Congrats to John and Judy & Lou and Marg. We all wish you great happiness in your new digs. Make sure you come back to visit and share in events in the Village too.

Most important of all - when's the house warming??



On CODE RED (CATASTROPHIC) Fire Danger Days the Manager's Office and the Government Services Hub will be closed. The Village Manager will be available by phone: 0458 938 306

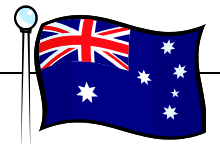
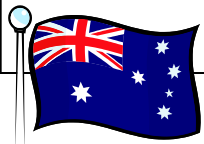
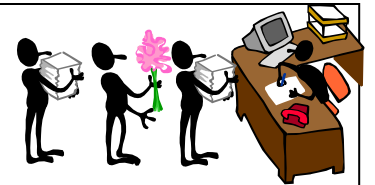
As always if you do not feel safe on days which pose a significant fire risk - make good judgments and enact your fire plan if you feel it necessary.

### MATERIAL AID CENTRE

**Staff Required – Vacant Position**

**Please call Jason – 0400 188 336.**

**Still Open: Monday-Friday: 9am-5pm, Saturday: 9-12pm**



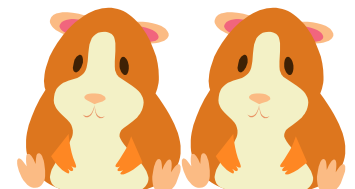
The Village Newsletter is now being electronically published in PDF. Anyone who would like to receive an electronic version and help the environment, please contact Sue at the Village Manager's Office.

### GUINEA PIGS

2 female guinea pigs need good homes.

If interested call:

Sarah - 0419 107 669



## Helpful tips for being psychologically prepared for the anniversary of Black Saturday;

**AIM** to be anniversary ready in three simple steps:

1. **Anticipate** the time leading up to the anniversary may be stressful
2. **Identify** your anxiety levels and your bad thoughts which make you feel worse
3. **Manage** yourself using controlled breathing techniques

As we are getting closer to the anniversary of 7/2/2009, these three simple steps can help if you are feeling anxious or confused.

### **Step 1:**

**Anticipate** what your likely response is going to be psychologically. Think about how you usually react to stress and how this may get in the way of your normal life. If you understand these reactions, you can learn ways to manage them better when they occur.

### **Step 2:**

**Identify** the signs your body shows such as shortness of breath, faster heartbeat and sweating etc. These may cause you to think that "I am scared" or "I can't handle this" etc. Make a note of what is changing with your body and what is making you feel like this. Is your thinking making your life harder? Tell yourself that "This thinking may be normal but it is not helping me be calm, so I need to manage this better".

### **Step 3:**

**Manage** how I feel by taking control of my breathing to calm my response. Place a hand on your stomach, take a small breath [through your nose], hold it and count to three and then breath out slowly [through your mouth] and count to three before repeating this exercise. As your breath out, say to yourself something like, "Its ok, I am in control, calm and feel relaxed". Tell yourself that the calmer you are the better you will be at managing yourself.

In conclusion;

Change the way you feel and think by having positive thoughts. You can do this. Practice the exercises now and see for yourself the changes.

This information was obtained from the Australian Psychological Society Ltd and MCHS. More information can be obtained by going to [www.pshychology.org.au](http://www.pshychology.org.au) or [www.mitchellchs.org.au](http://www.mitchellchs.org.au).

Feel free to cut and paste to your newsletter, and please find attached the coping skills flyer which you may include as well. Please acknowledge receipt of this email.

Kind regards

*David Atkinson*

Community Recovery Coordinator

Mitchell Community Health Service

T: 5784 5555

M: 0437 565 906

F: 5784 3314

E: [davida@mitchellchs.org.au](mailto:davida@mitchellchs.org.au)

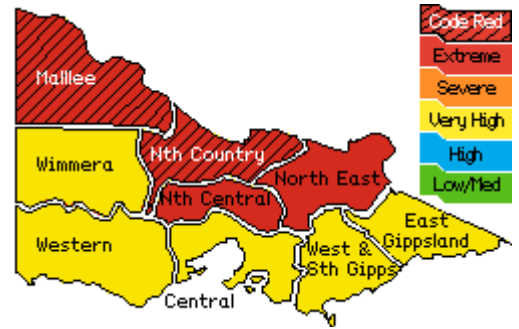
*Supporting health and wellbeing in the communities of Mitchell and Murrindindi*

# North Central Fire Danger District Forecast

## Forecast for Friday 22.1.10

### **FIRE DANGER RATING – EXTREME**

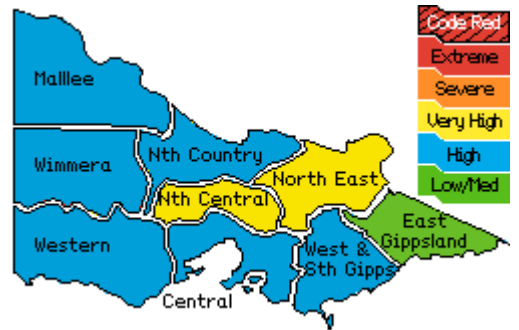
Partly cloudy. Isolated showers and the chance of thunderstorms in the evening. Winds northwesterly averaging 20 to 30 km/h, reaching 40 km/h at times ahead of a southwesterly change 20 to 30 km/h by early evening. Overnight temperatures falling to around 18 with daytime temperatures reaching the mid 30s. Seymour Morning cloud. Min 20 Max 39



## Forecast for Saturday 23.1.10

### **FIRE DANGER RATING - VERY HIGH**

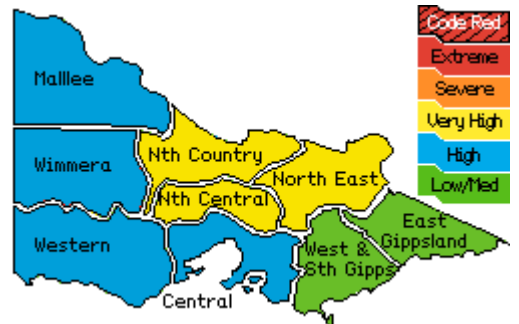
Sunny. Winds south to southwesterly averaging 15 to 30 km/h. Overnight temperatures falling to around 15 with daytime temperatures reaching 23 to 29. Min 16 Max 29



## Forecast for Sunday 24.1.10

### **FIRE DANGER RATING – VERY HIGH**

Sunny. Winds southerly averaging 10 to 20 km/h. Overnight temperatures falling to around 11 with daytime temperatures reaching 24 to 30. Min 13 Max 30



## LAWN MOWING AND GROUNDS



Please look after your own area around your unit - watering any plants nearby and maintaining the lawns. The tool library has a mower and a whipper snipper available to allow us to keep our grass under control.

If each of us do our little bit of turf (OK some of us didn't get turf - but our little patch of valiantly growing grass) we can all continue to make the Village a joy to live in.

(I personally recommend 'Big Red' as a rippa mower that gets the job done quick and well!!!

You can also see the Village Manager to collect the Village lawnmower or whipper snipper.

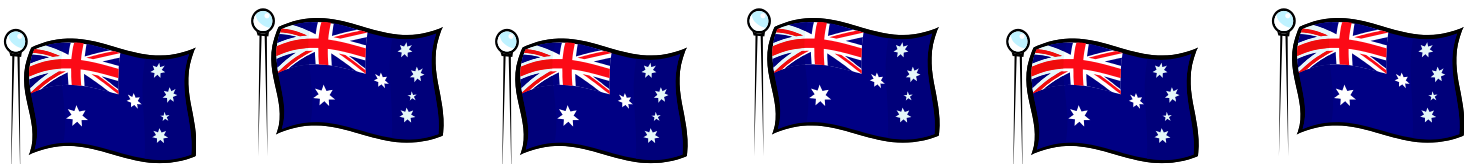


## DHS- Housing Notice – Unit and Chalet Maintenance:

For all maintenance issue: please call the



# 131172



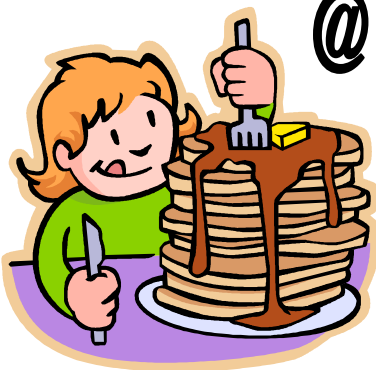
# AUSTRALIA DAY

# Big Aussie Breakfast

@ **Kim's Kitchen**

**from 8:30am**

**All welcome**



**bookings essential: 0458 938 306 (for Catering purposes  
No booking - no brekky)**