Teaching the importance of resilience

During this week, a number of primary schools across Alpine Shire will receive a visit from the SES (State Emergency Service) or the CFA (Country Fire Authority) to talk about building resilience and the need to plan for an emergency with their families.

Information and lesson ideas on planning and responding to emergencies will be supplied to the teachers in the schools for follow-up lessons.

It is hoped that educating children on the importance of emergency plans will encourage them to go home and initiate discussion with their family regarding their own emergency plan.

School children are also being encouraged to attend the Myrtleford Show on Saturday. The emergency management providers are all going to be presented in a combined display at the show. Children will be able to speak with them as well as see demonstrations of some of their equipment. The emergency management providers will be running quizzes at their exhibits for the children. Children will be given a ‘Passport’ to present to the exhibitors and on correctly answering the questions, they will receive a stamp. Completed passports will then be handed in at the Alpine Shire Council’s stand in the same area, with each child receiving a small prize and going into the draw for a major prize. Passports will be available either through the school visits, or at the Alpine Shire Council’s stand at the Myrtleford Show.

Porepunkah Primary School prep and grade one students had a visit from SES Educators on Monday as part of the Alpine Shire’s Resilience Week.

Resilience Champions

Alpine Shire Council is committed to building resilience in the community. The Alpine Shire Council’s Community Resilience Committee is encouraging people to become better prepared for a fire emergency.

It is widely understood that most people do not have formal fire plans, and what plans they do have, are rarely shared across a family unit, reviewed or practiced.

The Resilience Champions is a pilot project whose main aim is to get residents to develop fire plans and to share them with their neighbours. All too often neighbours do not know what each other plan to do in an emergency.

People from the 2009 fire affected areas were approached to become Resilience Champions. In all, 16 people have indicated they are prepared to be a Resilience Champion. The work of a Resilience Champion is to conduct an event that brings neighbours together to discuss their fire plans.

It is envisaged the Resilience Champions will hold their events from now until the end of November in time for the fire season.

This project has been funded by the Foundation for Rural and Regional Renewal (FRRR) and is focused on the areas impacted by the 2009 bushfires. If the project proves to be successful, it will be rolled out to broader areas within Alpine Shire in the future.

This program is strongly supported by the CFA. They are providing training for the Resilience Champions to enable them to conduct their event with confidence. The training will also provide the Resilience Champions with sufficient technical information required to lead a meaningful conversation.

- Have you got an emergency plan that your family is familiar with?
- Have you cleared all the rubbish and long grass away from your house and other buildings?
- Do you have a plan for your pets if a fire comes through?
- Can you survive in your house for up to 72 hours without power, water and/or access in or out of your property in the event of an emergency?
- Is your property adequately insured?
- Do you have a copy of your essential documents in a safe place?
- Do your children understand that they may receive emergency messages on their mobile phones during an emergency?
- Do your children have contact phone numbers for each parent and/or close family friends or grandparents in their mobile phones? Similarly, do parents have contact numbers for their children’s schools in their phones?
- Do you have essential emergency phone numbers clearly displayed in your house?
- Do you know that you should register a burn off by phoning VICFIRE on 1800 668 511?

Resilience

Champions

Alpine Shire Resilience Week October 19-26

Are You Prepared?

Building Resilience in our Communities

History shows that the Alpine Shire is not immune from the dangers posed by all sorts of emergencies. The threats of fire, food, storm and landslides are ever present.

Resilience Week is a program developed by the Alpine Shire Council’s Community Resilience Committee. The key focus of the program is getting residents talking with each other to develop, and then share their all-hazard emergency plans.

What does resilience really mean?

- Trust
- Caring
- Independence
- Shared responsibility
- Commitment
- Networks
- Respect
- Information
- Cooperation
- Support
- Leadership
- Willingness
- Volunteers
- Response

In the context of Resilience Week, refers to communities throughout the Alpine Shire understanding and minimising the risks associated with living in this part of Victoria. The strength and prosperity of a local community is greatly enhanced by the resilience of the individuals living within it.

What’s On

School involvement

All primary schools in the Alpine Shire have been offered the opportunity of planned visits from the SES and CFA educators during Resilience Week. Educating young children on the importance of children on the importance of emergency plans.

The Resilience Champions program is starting this October and will run until the end of the year. The key focus of the program is to encourage residents to develop their fire plans and share them with their neighbours. This is really important.

Showtime

A Resilience Week exhibit will be a feature of this year’s Myrtleford Show on Saturday 26 October. All of the emergency services, plus key government agencies, will be involved in providing useful and educational materials on the importance of emergency plans. Children will be given a Resilience Week Passport that they can get stamped after they have correctly answered a number of questions. Prizes will then be awarded at the end of the week.

Stressful Times

Statistical data shows that the incidence of family violence rises sharply during times of emergency. In response to this, Alpine Health, in conjunction with Women’s Health Goulburn North East (WHGNE), will be conducting a number of professional workshops about family violence.

During Resilience Week the CFA will also be undertaking some dedicated work with brigade families on stress and family violence.

Resilience Champions

The Resilience Champions in training with CFA Trainer, Maureen Flera and local CFA captains Michael Frudenstein and Andrew Cross.

Resilience Champions in training with CFA Trainer, Maureen Flera and local CFA captains Michael Frudenstein and Andrew Cross.

If you haven’t already done so, now is the time to ensure that your family has a well thought out all-hazard emergency plan. Do not wait for an emergency to happen before making your plan, by that stage it is too late.

To find out more about making a plan visit www.cfa.vic.gov.au or www.ses.vic.gov.au

This project is an initiative of the Alpine Shire Council’s Community Resilience Committee.