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Aviation risk set to soar in Junortoun

With new opportunities come new challenges. This is certainly the case in Bendigo with Qantas domestic flights between Bendigo and Sydney commencing 31 March 2019.

In addition to these flights RMIT is setting up a pilot training school in Bendigo. The Qantas service will start operating return flights six days a week and accommodate up to 50 passengers per flight. These developments have resulted in upgrade works at the Bendigo airport including security upgrades and a revamped terminal.

Statistically air travel is very safe, with the greatest risk of an air accident occurring during the final approach and landing phase, or on take-off. Captain Heath Martin (Junortoun Fire Brigade) said: "This increase in air traffic activity is something to consider in our brigade preparedness as flight paths to two of the four runways are over our brigade area."

"With the increased traffic to the airport, we needed to do some familiarisation training as we will be responding to support Bendigo Fire Brigade at an incident at the airport or immediate surrounds."

On Wednesday 13 March 2019 Captain Martin and a District 2 Operations Officer facilitated an awareness session and a tour of the Bendigo airport for the Junortoun Brigade members. "The intent of the evening was to provide our members with an awareness of what can happen, how we should respond and what we can expect," said Captain Martin.

This session was well attended by brigade members and it was standing room only in the brigade meeting room. A presentation in all areas of response to aviation incidents was covered.

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<http://www.facebook.com/pages/Fire-Wise/351678354181>

Members had the opportunity and were encouraged to ask questions and clarify any concerns they had regarding responding to an aviation incident. Training in this space will continue to be a focus for the brigade moving forward.

"Whilst the risk of an air incident is low, the Junortoun Fire Brigade certainly feel more confident in its ability to respond and assist if and when required."

GREAT SUPPORT OF WOTWW EVENT

More than 1000 people including CFA members and staff, fellow emergency services personnel, defence force personnel and the community walked in solidarity for mental health on Saturday 23 March in Ballarat to raise awareness and funds for Walking Off The War Within (WOTWW).

Walking Off The War Within is held across the country each year in memory of Nathan Shanahan, a CFA firefighter and returned soldier from Ballarat who was a fierce advocate of mental health awareness.

In April 2015 Nathan walked more than 400 kilometres from Mildura to Adelaide to raise awareness and funds for PTSD and depression. Sadly, he lost his own battle with PTSD in December 2016.

The event aims to reduce the stigma associated with mental health, encourage conversations and help-seeking behaviour, and highlight well-being support services.

The WOTWW challenge is a replica of Nathan's walk, encouraging people to share the burden and march as one. Each year, participants can complete the ultimate challenge – a 20 kilometre walk carrying 20 kilograms – or walk 1, 2, 3 or more kilometres.

This year's event included family and children's activities, community education displays, face painting and jumping castles. CFA also hosted a wellbeing chill-out zone for participants with members of the wellbeing

team available to talk to anyone who needed it. Members from Ballarat City Brigade and rehab units from Dandenong Brigade were also at the event.

Those who couldn't make the journey to Ballarat held their own localised WOTWW events including in Mildura, where 40 walkers tackled a cross-Mildura hike, and Warrnambool.

Many CFA people have also found their own individual ways to support the cause. In January Hallam firefighter **Shayne Egan** competed in the Hobart Marathon to raise awareness and funds for Walking Off The War Within. Shayne will back this up on 14 April, raising money for Walking Off The War Within by running in the Canberra Marathon.

Donations can be made directly via bank deposit: Walking Off The War Within BSB: 083-532 Account number: 313496633

For more information on Walking Off The War Within visit www.walkoffww.com

CFA Wellbeing Support Line – 1800 959 232

If you are not okay, or if you notice a change in someone you know, contact the CFA Wellbeing Support Line to access free, confidential and 24/7 support. These services are available to all CFA staff, volunteers and immediate family members.

The support services include the Member Assistance Program with psychologists and counsellors, Traditional and Career Firefighter Peer Support Program, Chaplaincy Program, Let Me Know platform, Bullying and Harassment Hotline, Centres Against Sexual Assault as well as the CFA Organisational Wellbeing team services.

To view the complete range of services visit www.cfa.vic.gov.au/wellbeing.



The WOTWW event in Ballarat last month drew more than 1000 people who helped raise awareness and vital funds for mental health.

Commendation medals for SO Adam and Josh

Two CFA firefighters have been awarded the CFA's Commendation for Service for their leadership in establishing Walking Off The War Within – a national movement to raise awareness of mental health and PTSD in the emergency services.

Mildura Fire Brigade Station Officer **Adam Young** and Leading Fire Fighter **Josh Martin** from Ballarat City Fire Brigade have been recognised for their work in co-ordinating the Walking Off The War Within event. The presentations were made by Chief Officer **Steve Warrington**.

The Chief also presented Letters of Commendation to Ballarat City Fire Brigade, which was accepted by Operations Officer **Anthony Pearce**, and Mildura Fire Brigade, accepted by Operations Officer **Ron Shiner**, recognising their brigade's overwhelming support of the event. All presentations were made during a ceremony at the conclusion of the 2019 Walking Off the War Within event in Ballarat last month.

Adam and Josh, with the support of Ballarat City and Mildura brigades and others, helped co-ordinate the walk in Ballarat on 2017 to carry on the work of former Mildura Brigade firefighter and returned soldier Nathan Shanahan, who lost his battle with PTSD and depression in 2016.

The event replicates the more than 400 kilometre journey Nathan undertook in 2015 to raise awareness and funds for mental health.

The impact of Nathan's death was profound on his colleagues at Mildura Fire Brigade and prompted Adam and Josh to co-ordinate the first walk in 2017 with Nathan's sister **Felicity Preston**.



LFF JOHN MARTIN



SO ADAM YOUNG

INVITATION TO APPLY: Board Members of Volunteer Fire Brigades Victoria (VFBV)

INVITATION OPEN TO ALL VOLUNTEERS TO APPLY

Closing date for written applications is 31st July 2019

VFBV advances the interests of all Victorian fire brigade volunteers and advocates on their behalf to CFA and other key stakeholders. The VFBV Board drives policy development based on volunteer input and is involved in management of issues of central importance to all CFA volunteers. Vacancies for Four Board Members will arise when the terms of Samantha Rothman, Kate Boschetti, Jan Cleary and Libby Hay expire on 1st October 2019; all members are eligible for re-appointment.

The term of appointment will be to 1st October 2021 (two years) and applications are invited from interested volunteers to be considered for these vacancies.

The role of a VFBV Board Member involves contributing to VFBV direction, policy determination and monitoring the performance and governance of the Association. Also actively contributing to policy discussion at Board Meetings, networking with others about policies and issues management, and not only making decisions but being prepared to actively advocate for the benefit of all CFA volunteers and ultimately the Victorian community.

A Board Member Role Statement including the key selection criteria is available from the VFBV office or from the VFBV website.

This is an honorary position; no honorarium is paid.

If you are motivated by the prospect of making a difference for CFA volunteers, then send your written application addressing the key selection criteria in the role statement, plus an outline of your CFA activity including the names of two referees.

Applications must be lodged with VFBV by **Wednesday 31st July 2019** to:

VFBV, 9/24 Lakeside Drive, Burwood East 3151

Tel: 9886 1141; Fax: 9886 1618

Email: j.laing@vfbv.com.au

Website: www.fire-wise.com.au
Email: gordon@fire-wise.com.au
Telephone: 0402 051 412