



Yarloop CRC Grand Opening

The Yarloop CRC Grand Opening event on Tuesday 13th June was a huge milestone for staff and the Yarloop community to celebrate.

Manager Julie-Anne McMiles and her team were joined on their first day in their new temporary home by more than 50 local residents. All enjoyed a delicious sausage sizzle and special guest Dr Rob Gordon addressed residents with his warm advice on the journey of recovery.

The Yarloop CRC's new location at the Yarloop Sport Pavilion is an interim space for the CRC team whilst a new multi-purpose community building is being planned.

Yarloop CRC Contacts:

☎ (08) 9733 5600 or ✉ yarloop@crc.net.au

Or find us on [Facebook](#)



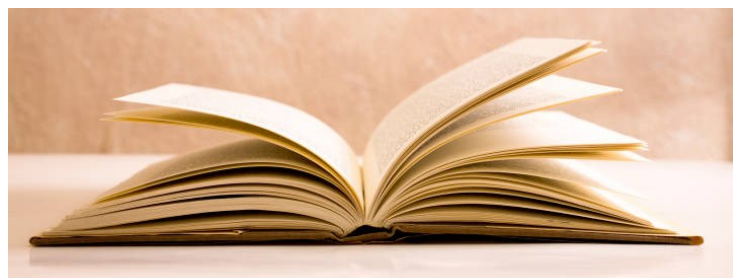
Community Recovery Activities

Farmers Breakfast - The next farmers breakfast will be held on **Friday 8th September, 7.30am**. Venue to be confirmed.

Cookernup Morning Tea - Join the Cookernup crew on Wednesday mornings from **10.00am** at the Cookernup Hall for morning tea and great company.

Yarloop Connect Luncheon - Every Tuesday from **11.30am**, Yarloop CRC will be holding a BBQ lunch at the Yarloop Pavilion, Teasdale Street..

Harvey Morning Tea - First Thursday of every 2nd month at the Bushfire Recovery Centre, with the next one held on **Thursday 3rd August, 10am**.



STORIES FROM THE FIREGROUND BOOK

In September 2016, the Shire of Harvey commissioned the production of a book containing stories from community members who were impacted by the January 2016 Bushfires. Over 100 submissions have been received from people describing their experience and these include stories, poems, photos and drawings.

The official book launch date has been set for Wednesday the 26th July. Copies of the book will be available for the general public to purchase for \$30 each from Thursday 27th July from the following outlets:

- Shire of Harvey Recovery Centre
- Shire of Harvey Administration Office
- Harvey Visitor Centre
- Yarloop Community Resource Centre
- Waroona Historical Society

The Shire of Harvey would like to acknowledge everyone who has contributed to this project, sharing experiences such as this has not always been easy and we thank everyone who has taken the time to do this. The Shire of Harvey would also like to thank the sponsors; Lotterywest, Minderoo and Alcoa for their contributions to the project.

For further information or to order a copy of the book, please contact Maree Ellis on 9729 0323, email mareee@harvey.wa.gov.au or Melissa Howard on 9729 0381 or email recovery@harvey.wa.gov.au

BUSHFIRE RECOVERY AND REGROWTH ART PROJECT

**Bushfire Recovery & Regrowth Creative Arts Project****Textiles Workshops**

The Shire of Harvey Bushfire Recovery and Regrowth Art project is set to begin this month. The first of a series of creative 'Textiles' workshops will commence on;

Friday, 21st July & Saturday 22nd July 2017
10am - 2pm

Award winning artist Yvonne Chapman will guide and teach participants in creating a large mandala over a course of 5 weekly workshops.

Spaces for these **free** creative art workshops are limited so please register your name today to ensure your spot. You may just do one day or both days of the workshop depending on what best suits your schedule.

If you are interested in being part of these fun and creative art workshops please register your details by contacting Melissa Howard on 9729 0381 or via email recovery@harvey.wa.gov.au

COMMUNITY BUSHFIRE RECOVERY EVENT



The Harvey Bushfire Recovery Morning Tea's are now being held every second month until the end of the year. The dates to note on your calendar for up and coming morning tea dates are as follows;

- ⇒ **August 3rd Thursday**
- ⇒ **October 5th Thursday**
- ⇒ **December 7th Thursday**

In August we hope you can join us for morning tea and take the opportunity to **say goodbye to Lori Jones** who has been assisting residents on her CPFS role since the January 2016 Bushfires. As of the 4th August

2017 Lori will no longer be working with the community from the Bushfire Recovery Centre as CPFS transitions from recovery.



New Play Equipment for YARLOOP PRIMARY SCHOOL

Yarloop Primary School reopened their doors earlier this year after being closed since the January 2016 Bushfires. The blackened trees surrounding the school play areas are a constant reminder of the towns devastating bushfire experience. In support of the Yarloop community Forpark manager Shaun Reynolds generously donated a brand new playground to provide Yarloop kids with a fun and colorful space they can call their own. Mr Reynolds said "Kids are the heart of a community and what could be better than seeing a child's smiles?"



NEW COMMUNITY EMERGENCY SERVICES MANAGER (CESM)

Shaun Champ took over the position of Harvey Shire Community Emergency Services Manager from Mike Carter at the start of last month and brings a lot of knowledge and experience to the role.

He has previously worked as Security and Emergency Management Supervisor for BHP and as Community Emergency Services Manager with the Shire of Collie. Mr Champ said he had joined the volunteer fire brigade at a young age and later made a career from his voluntary position. His position is shared between the Department of Fire and Emergency Services and the Shire of Harvey.

Mr Champ said his responsibilities Included fire mitigation, supporting volunteer fire brigades within the Shire and providing advice on community-based emergency management.





Dr Rob Gordon Revisits Harvey

Residents of Harvey had the privilege of attending workshops with Dr Rob Gordon in June at the Harvey

Recreation and Cultural Centre and Yarloop CRC. Dr Gordon has extensive experience working with people affected by emergencies and disasters and is considered one of Australia's recovery experts.

Dr Gordon explained how life during recovery can be highly stressful. There are two kinds of stress. Firstly, acute stress that Dr Gordon called "Emergency Mode" that involves adrenaline causing people to feel no fatigue, pain or emotion allowing them to keep going long after they should be exhausted. Adrenaline stress lasts from a few weeks to a few months depending on how quickly immediate problems can be solved.

Once the immediate threat subsides, Dr Gordon explained that the long hard road of rebuilding begins and so does the second kind of stress called "Endurance Mode". Continuing stress is about enduring and keeping going when there is no quick solution. This type of stress is powered by cortisol in the body and can cause people to become unproductive, jumping from one thing to another, unable to focus. Endurance mode may cause people to neglect parts of their life that cannot be replaced such as relationships, health, career, recreational interests and community involvement.

It is important to find time to rest, relax, or get away to put things into perspective. For example, a flood affected man recently went away with his family for a holiday; on his return, he achieved more in 8 days than in the previous 8 weeks. Cortisol stress lasts until the work is done (between 1-3 years depending on circumstances). When normal routines are re-established, stress subsides and leads to deep physical and emotional exhaustion.

Dr Gordon emphasised that people need to care for themselves and undertake "recovery from recovery". He advised people to try not to put pressure on themselves to do it all but to look after the important things in life. Build your routines around things you care about. An alternative life takes time to get used to. Take the time to think and explore ideas for the future. People who take their time and plan recovery while taking care of the other priorities in their lives recover well.

Preparedness

readiness; organized;
arrange by systematic planning
and united effort.

National Funding for Shire of Harvey Preparedness DVD

The Shire of Harvey has been successful in securing funding from the competitive National Disaster Resilience Program for a preparedness project that aims to strengthen community resilience.

The aim of the 'Importance of Preparedness' project is to lead change by communicating lessons learnt from local fire fighters and residents who experienced the January 2016 bushfires. By sharing examples of preparedness in the format of a 30 minute media presentation, it is intended that people will learn from other people's experiences and not only feel encouraged but empowered to take preparedness actions of their own.

This project will heighten community awareness on risks and demonstrate the importance of physical and psychological preparedness before and after an emergency event, such as a bushfire. Once completed each of the 12 Local Governments within the South West area will receive a copy of the DVD for their own training and awareness programs.

By looking back on the lessons learnt, community preparedness can be better understood, which in turn can be shared and provide benefits to the greater community.

If you are interested in learning more about this community project please contact Melissa Howard at the Harvey Recovery Centre on 9729 0381 or recovery@harvey.wa.gov.au



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