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Grants from Tzu Chi Australia
If your primary residence was lost in the Pinery fire, or is uninhabitable, you are invited to apply for a cash grant from Tzu Chi Australia. Cash cards will be distributed at the following events:

- Mallala Institute: Sunday 13 March, 12pm to 4pm
- Wasleys Institute: Sunday 10 April, 12pm to 4pm

Collect a registration form at the Pinery Fire Recovery Centre at Gawler TAFE - 43 High Street, Gawler, or phone Tzu Chi Australia (David - 0412 398 771 or Jane - 0401 685 526). Alternatively, download a form at www.sa.gov.au/recovery. Email your completed form to adl@tzuchi.org.au, or post to Tzu Chi Australia - 142 Wright Street, Adelaide SA 5000.

You may attend either event, however please note that Mallala applications close on Thursday 3 March and Wasleys applications close on Friday 1 April.

Wire roller machines for cleaning up fences
The Laura Agricultural Bureau has three wire roller machines available to roll up lengths of wire fencing. The machines are designed to be mounted and operated hydraulically on front-end loaders.

Phone Andrew Kitto on 0409 866 223 to use the machines. For details about the machines, visit the Agricultural Bureau of SA Facebook page at www.facebook.com/agbureausa.

In this issue

BlazeAid registrations closing
Farmers seeking assistance from BlazeAid have until Monday 29 February to register with the Hamley Bridge or Roseworthy camps. This will allow the team to measure the workload ahead and plan for the coming months.

If you would like assistance from BlazeAid volunteers please give them a call. Without something useful to do, volunteers move on and we don’t want that to happen.

Both BlazeAid and Habitat for Humanity are here to help for the rest of the year. Contact details are on the back page.

A word on tax
Main residence and personal use assets
If your home has always been used solely as your main residence, any insurance proceeds you receive for it are not deemed to be assessable income. Similarly, any insurance proceeds you receive for items used solely for personal use, such as household goods, are also not taxable. For more information, visit www.ato.gov.au/individuals/dealing-with-disasters.
Tips from Dr Rob Gordon

Last month, psychologist Dr Rob Gordon, who specialises in working with communities after disasters, presented three information sessions in Freeling, Hamley Bridge and Wasleys.

The feedback following Rob’s sessions has been extremely positive and helped many people make sense of their emotions and experiences.

If you didn’t get a chance to attend any of Rob’s sessions, he has provided the following advice.

“It is normal to still feel sad or stressed in the first few months after a disaster such as the Pinery fire. Some people may still feel this way for the next couple of months and even years. It takes time, and people will go through different emotions at different times, but these feelings will fade if you have the right information and look after your wellbeing”.

- Assume that any unusual change in yourself or those you love is related to your experience and try to work out the connection.
- Problems are often presented as everyday hassles when in fact they are about bigger things.
- Rest and listen to what your body, mind and emotions tell you they need. You will eventually get energy back - you just have a big overdraft.
- Give yourself time to enjoy recreation activities. These can give you energy and make things feel worthwhile.
- Put energy into rebuilding relationships, family and important friendships. Make time to be together by changing routines and patterns.
- Have health checks and review your diet and exercise levels.

Sometimes personal recovery needs to be supported by specialist knowledge to ensure that the stress does not linger unnecessarily or lead to other health problems. Stress-related problems can be resolved with advice from professionals, such as counsellors or psychologists.

Consider seeking further support if:

- physical or other symptoms are causing concern
- there is no one to talk to, or relationships are being affected by the stress
- you feel emotionally numb, depressed or over anxious
- you continue to have disturbed sleep and nightmares
- you are unable to handle intense feelings or physical sensations
- you are becoming accident prone and are increasing the use of drugs and alcohol
- Recovery has stalled or does not seem to be proceeding.

For more information about health support services phone the Northern Health Network on (08) 8209 0700 or visit www.sa.gov.au/recovery (Pinery Fire), and select the Recovery assistance tab.

Business Support

Regional Development Australia (RDA) Barossa’s Pinery Fire Taskforce for Business was established in response to the Pinery fire. Its B2B Barossa program is a free business support program that connects skilled service providers with local small and medium enterprises looking for help within their business.

Services available through the Pinery Fire Business Recovery Taskforce include, but are not limited to:

- coordinating with accountants to seek extensions for tax lodgements and payments
- liaising with insurance companies, banks and creditors
- endeavouring to reconstruct lost paper records and electronic records
- providing human resources advice should it be determined that staff have to be retrenched either temporarily or permanently
- business counselling, marketing, lean manufacturing, food consultancy, trade and export services.
Additionally, RDA is trialling a co-working office space in Mallala, where business owners who need an office space can access a computer, internet, a printer and an RDA or B2B person in attendance to help with information or access to services. The Hub will be operational during February at the following times:

- Mondays - 9.30am to 12.30pm
- Tuesdays - 1.30pm to 4.30pm
- Wednesdays - 9.30am to 12.30pm

If there is demand, the service will be continued. If you are interested in using the Pinery Fire Business Recovery Service, please contact Sue Merry on (08) 8563 3603 or email sue@barossa.org.au.

**Have you applied to the SERF fund?**

Distribution of donations to the SA Pinery Fire Appeal is managed by the independent State Emergency Relief Fund (SERF) Committee. If you have suffered injury, loss or damage as a result of the Pinery fire, you may be eligible to receive a monetary gift from the fund. More than 290 applications have already been received by the committee and SERF has distributed $65,000 from the $2.08 million donated. Further funds will soon be distributed to some of the families and individuals who lost their homes.

If you think you may be eligible, you are encouraged to submit an application. The application form is available from the Pinery Fire Recovery Centre based at the Gawler TAFE, or can be downloaded from www.sa.gov.au/recovery (Pinery Fire Appeal page). Alternatively request an application form by emailing StateEmergencyReliefFund.Applications@sa.gov.au. For any enquiries, phone (08) 8463 6405, Monday to Friday, 9am to 5pm.

To donate to the appeal, please visit this webpage or visit any branch of the Commonwealth Bank to donate in person. All donations to the appeal will go directly to people impacted by the Pinery fire.

**Events**

**Regional Youth Bus**
A free community event in conjunction with Rotary Barossa Valley with music, gaming, Wi-Fi and a free BBQ from 6pm. Bring your deck chair and enjoy the music.

**Wasleys**
Friday 12 February, 3pm to 8pm
Wasleys Town Hall

**Hamley Bridge**
Friday 19 February, 3pm to 8pm
Corner of Light and Gilbert Streets, Hamley Bridge

**ARTLAB: Conserving and salvaging your collectables and family treasures**
Bring your precious items for inspection by a conservator from Artlab. Registrations are essential. To register, phone (08) 8207 7520 or email artlab@sa.gov.au.
Saturday 20 February, 10am to 4pm
Lutheran Church Hall - Clarke Street, Freeling

**Sheep Producers Seminar**
Thursday 25 February, 1.30pm to 5.30pm
Tarlee Institute, Horrocks Highway
Afternoon tea provided
For more information, please phone Taryn Mangelsdorf from the Department of Environment, Water and Natural Resources on 0427 188 125 or Mary-Anne Young fromor Primary Industries and Regions South Australia on 0476 834 530.

**Managing horses on small properties**
Horse SA (free to Fire Impact Card holders)
Sunday 6 March, 9.30am to 4pm
Roseworthy Campus
Register at www.trybooking.com/JZNO

**Adelaide West Men’s Choir**
Sunday 20 March, 2pm to 3.30pm
Owen Town Hall – Owen Road
All tickets $10 (entry fee includes afternoon tea). All funds raised will go to the fire relief of the Plains Community Church for those who lost their homes.
Contact information

Recovery details
Recovery Hotline
1800 302 787

Pinery Fire Recovery Centre
0477 744 258
TAFE Gawler campus - 43 High Street, Gawler

Pinery Fire Recovery website
www.sa.gov.au/recovery

SA Bushfire Recovery Facebook page
www.facebook.com/SABushfireRecovery

Local Councils
Wakefield Regional Council
www.wakefieldrc.sa.gov.au or (08) 8862 0800

District Council of Mallala
www.mallala.sa.gov.au or (08) 8527 0200

Clare and Gilbert Valleys Council
www.claregilbertvalleys.sa.gov.au or (08) 8842 6400

Light Regional Council
www.light.sa.gov.au or (08) 8525 3200

Insurance
Insurance Council of Australia Hotline
1800 734 621

Agriculture and livestock
PIRSA (08) 8207 7847

Livestock SA and Primary Producers SA
(08) 8297 2299

Disaster recovery assistance
Commonwealth Government Information
Hotline: 180 22 66

Waste management
Environment Protection Authority
(08) 8204 2004 or 1800 623 445

Health
Northern Health Network: (08) 8209 0700

Counselling services
Beyond Blue: 1300 224 636
Youth Beyond Blue: 1300 224 636
Lifeline: 13 11 14
Mens Line Australia: 1300 789 978
Kids Helpline: 1800 551 800
National counselling helpline: 1800RESPECT
or www.1800respect.org.au

Volunteering
Volunteering SA&NT
www.volunteeringsa.org.au or 1300 135 545

Business support
Rural Business Support: 1800 836 211
www.ruralbusinesssupport.org.au

Natural Resources
Natural Resources Adelaide and Mt Lofty Ranges, Gawler Office: (08) 8523 7700
Natural Resources Northern and Yorke, Clare Office: (08) 8841 3400

Community support
BlazeAid: 0467 999 909 or 0477 330 488
www.blazeaid.com

Habitat for Humanity: (08) 8344 6009 or email: enquiries.sa@habitat.org.au