

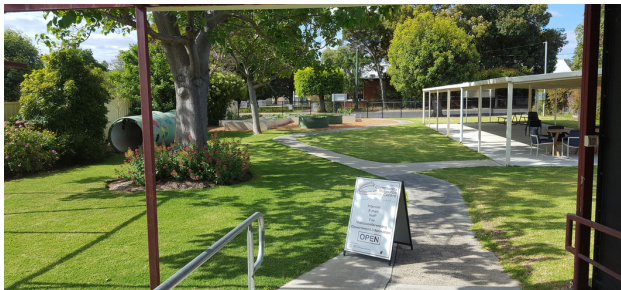
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

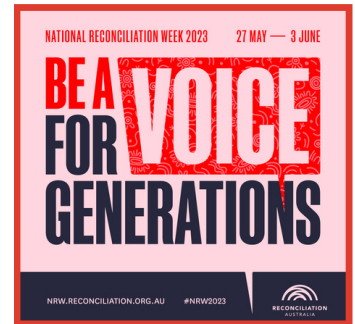
JUNE 2023



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Foodbank Mobile Food Van
- Back to Basics
- Harvey Aboriginal Open Day
- Scams Information Session
- Healthy Creamy Cauliflower Recipe
- Breaking the bonds that tie tenants to landlords
- Yoga in the Garden
- Beware of new breed of bank scams
- Caring for your loved ones
- Avoid being billed for paper bills
- Care pack donations
- Backyard Buddies Article
- Warrior Wellbeing Article
- National Reconciliation Week 2023
- Colouring pages
- Eventbrite
- Outreach Services
- Community Service Announcement
- Meet the Team
- Where are we located?

... and much more!



NBN Australia facilitated another fantastic information session this last month, discussing the 'Cloud'. Be sure to register for our next session to learn more about scams. More information on page 6.



Would you like to advertise in this newsletter?

Black & White or Colour

6cm x 6cm - \$15.00

12cm x 6cm - \$17.00

1/4 Page - \$20.00

1/2 Page - \$40.00

Full Page - \$60.00

"For Sale" ads (2 lines) - FREE

Ring 9729 1669 or email

marketing@harveycrc.com.au

for more information.

July advertising notices and articles due by Monday, 19th June 2023

Centre Trading Hours

Monday to Friday

8.30am to 2.30pm

(With exception to Public Holidays)

Ring us on 9729 1669 or email events@harveycrc.com.au between: 8.30am and 2.30pm Monday to Friday

For after hours emergencies such as financial/personal assistance, please ring 0419 194 853 OR 9729 1917



REGULAR EVENTS

SERVICES AUSTRALIA AGENT
for Centrelink, Medicare, Child Support and My Aged Care Services

FITNESS IN THE GARDEN
TAI CHI - Tuesdays 9.30am
YOGA - Fridays 9.00am

BACK TO BASICS PROGRAM
9.00am to 12.30pm
Quarterly Rotations

NOONGAR WAANGKINY (LANGUAGE) & CULTURE PROGRAM

Mondays 5.30 to 7.30pm

YARNING CIRCLE

Alternate Thursdays 5.30 to 7.30pm

MULTICULTURAL SERVICES

How can we support your community? We'd love to hear your suggestions!

TECHNOLOGY ASSISTANCE

Available by appointment.



FOODBANK Mobile Food Van

Tuesday 6th JUNE 2023

9.30am to 10.15am

(Referral is needed to access this service)

Eftpos or pre-paid vouchers accepted only. No cash.

Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233



MOBILE FOODBANK

HARVEY COMM RESOURCE CENTRE

Gibbs Street, Harvey

1ST & 3RD TUESDAYS EACH MONTH

9.30-10.15am

(or until all food is distributed)

\$15 frozen hampers

\$10 dry hampers

\$5 fruit & veggie hampers

To access Mobile Foodbank you will need a referral from our partner charities. Free-call 1800 979 777 to apply for a referral. We accept EFTPOS or pre-paid vouchers. No cash accepted.



foodbank.org.au



BACK TO BASICS

Let's talk work...

STARTING MAY 2023

- ✓ Job Searches
- ✓ Resume Writing
- ✓ Cover Letters & Selection Criteria
- ✓ Grooming & Presentation
- ✓ Mock Interviews

In collaboration with
The Wright Way Ahead



16th May - 9am to 12pm
23rd May - 9am to 12pm
30th May - 9am to 12 pm
6th June - 9am to 12pm
13th June - 9am to 12pm

One on one sessions available

REGISTER NOW

CONTACT US:

events@harveycrc.com.au
9729 1669



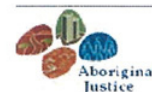
Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233



FREE



Government of Western Australia
Department of Justice



Harvey Aboriginal Justice Open Day

When: Friday 9 June 2023

Time: 10.00 am – 3.00 pm

Where: Harvey Recreation and Cultural Centre

Aboriginal Justice Open Days are a 'one-stop shop' where you can access services that can help you with identification, fines, and driver's licence business.

Who can help you on the day



Department of Transport

Apply for a driver's licence, WA Photo (ID) card, driving assessments, licence status queries and other information about licencing services

Theory Test: **\$20.40**

Learner's Permit: **\$126.10**

Log Book: **\$10.00**

WA Photo (ID) Card: **\$46.80**



Registry of Births, Deaths and Marriages

Register your children's births: **Free**

Apply for Birth, Death and Marriage Certificates: **\$53.00**

Change of Name: **\$185.00**



Sheriff/CDO

For queries on fines and make arrangements for time-to-pay

Services Australia – Centrelink

Identification requirements for licensing only



Community Services

Criminal Injuries Compensation, Australian Electoral Commission, atWork, Workforce Australia, Jobs & Skills WA

So that you may be assisted in the best possible way, please bring as much of the following on the day:

- Birth Certificate
- Medicare card
- Bank statement or official letter/bill from a Government agency or employer that has your address and is no older than 6 months
- Either cash or credit card/debit card for payment
- Centrelink card
- Bank card



Call us for more information on **1800 671 866** [Freecall]

Note: WA has returned to baseline settings for public health and safety measures. details are available on:

<https://www.smallbusiness.wa.gov.au/coronavirus/current-guidelines>



Come along to a free
Scams info session
and learn more about scams and how to stay
safe online

Don't miss a great opportunity to have your questions answered.

- Learn about the different types of scams and how to spot them
- Learn about how to create and remember strong passwords
- Learn how to download documents and attachments including PDF files
- Learn how to run anti-virus protection on your computer

Place

Harvey Community Resource Centre

5 Gibbs Street, Harvey WA 6220

Wednesday 28th June 2023

10.30am - 12.30pm

To RSVP, please contact the CRC in person or call (08) 9729 1669
Light refreshments will be supplied



HEALTHY CREAMY CAULIFLOWER SOUP RECIPE



☰ Prep: 10 mins
 🕒 Cook: 25 mins
 🍴 Serves: 6
 ★ ★ ★ ★ ★

Ingredients

- ▲ 1 head cauliflower
- ▲ 3 medium potatoes , peeled and diced
- ▲ 1 large onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 L salt-reduced chicken or vegetable stock
- ▲ 500 mL water
- ▲ 500 mL reduced-fat milk
- ▲ pepper, to taste
- ▲ chives, chopped, to serve
- ▲ 6 wholegrain dinner rolls, to serve

Method

1. Roughly chop cauliflower, including stalk to no larger than 1cm cubes.
2. Add to a large pot with potato, onion, garlic, stock and water. Place over high heat, bring to the boil then simmer over medium heat, covered, for 20 minutes until cauliflower stalk is tender.
3. Remove from heat, add 400mL milk and puree with a stick blender or in batches in a food processor. If desired, stir through more milk for a thinner consistency.
4. Ladle soup into bowls, season with pepper, sprinkle with chives and serve with a dinner roll.

Hint

Not suitable to freeze.

cumin and cook off for a minute until fragrant before adding remaining soup ingredients.

Nutrition Information

	per serving	per 100g
Energy	1594 kJ	207 kJ
Protein	21.1 g	2.7 g
Fat, total	5 g	0.7 g
— saturated	1.4 g	0.2 g
Carbohydrate	55.7 g	7.2 g
— sugars	14.8 g	1.9 g
Sodium	1343.2 mg	174.5 mg
Fibre	13.3 g	1.7 g

Variation: For a spicy version, replace onion with a diced leek and cook with garlic in olive oil spray until softened. Add a teaspoon of curry powder or 2 teaspoons of ground



Government of **Western Australia**
Department of **Mines, Industry Regulation and Safety**



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

26 April 2023

With Acting Senior Regional Officer for South West, Cheryle Dennis

Breaking the bonds that tie tenants to landlords

When you walk away from a tenancy, an important next step is working out how the security bond paid at the start of the lease will be distributed between tenant and landlord.

Tenants may be relying on getting back the money to help with finding a new place to live, while landlords may need some – or all – of the funds to cover damage or cleaning costs.

In 2022, only 36 per cent of tenants received all of their security bond back, according to new figures from the Bonds Administration Branch at Consumer Protection. A portion of the funds was paid out to around 51 per cent of tenants, while 12 per cent relinquished all of the money.

In other cases, neither the landlord nor tenant have laid claim to what was rightfully theirs at all – as the \$4.15 million in unclaimed funds sitting with the Bonds Administrator and Department of Treasury currently shows.

With this huge unclaimed sum relating to tenancies that ended since 1990, we have been urging tenants and landlords (both past and present) to conduct a simple check on the Service WA app or the [Treasury website](#) to check whether they are owed any of this money.

When it comes to getting your own bond back, the property condition report (PCR) signed by all parties at the beginning of the tenancy is a key document that can be used to determine what damage, if any, occurred throughout the tenancy in case there is any disagreement. For this reason, we also recommend tenants take photos of the property when they move in and include those photos with the PCR when it is returned to the landlord or agent.

All bonds must be lodged by the landlord or property manager with the Bond Administrator within 14 days of receiving the money, meaning landlords have no right to keep any amount paid as a security bond, unless agreed by the tenant or stipulated in a court order.

We offer a free conciliation service to tenants who are in dispute with their landlord over the return of their bond, or if a dispute can't be resolved, either party may make an application for orders to the Magistrates Court of WA.

More information about rental bonds is on our [website](#) at www.consumerprotection.wa.gov.au, or for help searching for unclaimed money and other queries, contact our Bonds Administration Branch on 1300 853 829.



YOGA

IN THE COMMUNITY GARDEN

Join Chloe and Gabriella at the Harvey CRC Community Garden for Yoga each Friday morning from **9am to 10am** during Term Two, beginning 28th April 2023.

You will be guided by experienced teachers who offer classes suitable to all levels.

Yoga helps with supporting good mental health outcomes and improves flexibility as well as many other benefits.

KIDS - FREE
SENIORS - \$10
GENERAL - \$15

Call Chloe on 0407 966 175 for more details

Join Now!

Contact us:
9729 1669
events@harveycrc.com.au



Bring along warm clothes and a rug for the cooler months.



Government of **Western Australia**
Department of Mines, Industry Regulation and Safety



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

12 April 2023

With Acting Senior Regional Officer for South West, Cheryle Dennis

Beware the new breed of bank scams

Scammers have been pretending to call or text from financial institutions for years, but it's the latest twist on these banking impersonation scams that should have all consumers on high alert.

The Australian Competition and Consumer Commission (ACCC) raised the alarm after reports to Scamwatch indicated new technology was being used to make scam calls look like they were coming from the bank's legitimate phone number and to allow scam texts to appear in the same conversation thread as genuine bank messages.

These tricks mean it may not be possible for consumers to distinguish a real message or call from those that aren't based on a phone number or message thread alone, and sadly many are falling victim.

Since January 2022, our WA ScamNet team has heard from 20 victims who reportedly lost \$1.9 million to bank impersonation scams. When you consider that's an average loss of almost \$96,000 per person, it's clear just how financially and emotionally devastating these scams can be.

One WA victim's bank account was drained of almost \$41,000, after she answered a call from the same number as one listed on the back of her credit card. Posing as a bank employee, the scammer claimed her accounts had been hacked as a ruse to gain control of her finances.

A big red-flag is communications that come with a sense of urgency, such as claims of fraudulent activity or a frozen account. No matter how legitimate the call or message seems, a bank will never ask you to urgently transfer funds.

We urge all WA consumers to 'practice the pause' to stop scammers in their tracks. If you receive an SMS with a phone number to call, do not use it. Instead, call your bank direct on a number you have sourced yourself. Likewise, hang up if you receive a call from someone claiming to be from your bank requesting you to transfer money to 'keep it safe'. Ask for a reference number and call your bank back using contact details you have found independently.

Never provide online banking passwords, one-time security codes, pins or tokens to anyone over the phone.

Contact your bank or financial institution immediately if you think you have been scammed, and report scam activity to WA ScamNet at www.scamnet.wa.gov.au

Having support can help if you're caring for your loved ones

Do you take care of someone close to you?

As part of your family, you might care for someone who **lives with disability, has an ongoing illness, is elderly.**

But, we don't always see ourselves as carers. We're just looking after someone close to us, like a child or parent, our partner, relative or friend. It's what we do. We do it out of love for our family and friends.

What makes someone a carer?

There are more than **2.65 million unpaid carers** in Australia. That's 1 in 9 people.

Every caring situation is different and a carer:

- can be young or old
- might look after someone living with disability, a medical condition, mental illness, or someone who is frail due to age
- can care for anyone – a parent, spouse, partner, child, sibling, friend or neighbour, or any other loved one
- may help their loved one with shopping, housework, cooking, transport, or provide emotional support.

It's OK to ask for help

Looking after someone else can be challenging. It's OK to ask for support.

Having support helps when you are caring for someone.

Unpaid carers often don't ask for help because they:

- don't think it's acceptable to ask for support
- don't think of themselves as a carer
- don't think they need support or services
- don't know about the in-language or culturally appropriate services that are available.

It's never too early or too late to get support. You can always make changes that will improve your health and wellbeing.

Carer Gateway

Carer Gateway can help you understand what support is available and right for you. You can access Carer Gateway in person, online or over the phone.

Carer Gateway is a free Australia-wide service that provides a range of support and local services. This includes culturally sensitive and some in-language services to improve carer wellbeing, skills and knowledge.

Services and support through Carer Gateway

Some of the services that you can access are:

Tailored support packages

Support and services are tailored to your unique situation and needs. This might include support to continue your education or training, planned respite and transport.

Planned and emergency respite

Respite care looks after the person you care for so you can have a break. You could use respite to take time for other activities, or when you get sick or hurt.

Counselling

Our trained counsellors can talk you through your situation, listen and help you, in person or over the phone.

Connect with other carers

We can help you get in contact with other carers. You can share stories, knowledge, and experiences and support each other, either in person or online.

Call Carer Gateway on 1800 422 737 or go to [CarerGateway.gov.au](https://www.carergateway.gov.au) to find out what we can do for you.

If you speak a language other than English, you can use the Translating and Interpreting Service (TIS). TIS is available 24 hours a day, 7 days a week, anywhere in Australia for the cost of a local call on 131 450.



Government of Western Australia
Department of Mines, Industry Regulation and Safety



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

20 April 2023

With Acting Senior Regional Officer for South West, Cheryle Dennis

Avoid being billed for paper bills

Next time you spot a bill in the letterbox, it could be worth looking into whether you're being charged extra to receive this correspondence in the mail and how you might avoid paying the fee if so.

A growing number of service providers now charge a fee to cover the costs of printing and posting your bill. That list recently expanded to include Telstra, which reportedly cited 'environmental reasons' as the reason many of its customers would need to pay \$2.20 each time they received a bill in the mail after 20 May 2023.

Not all of Telstra's customers will need to pay the paper billing fee – those who have a valid health care, pension concession or Department of Veteran's Affairs card are exempt. The charge will also not apply to customers who don't have an email address or access to an active internet service, as well as those who require special bill formats, such as braille or large print.

There are numerous reasons why other companies may elect to not charge fees, such as those customers who receive income support or are on a hardship program.

The best way to find out if you are eligible for an exemption is to contact each of your providers to ask if you qualify for an exemption from paper bill fees, and how to apply.

If you're not eligible, then the easiest way to avoid paying a paper billing fee is to switch to online billing and receive your bills by email or via the company's app or website.

Over the course of a year, these charges for paper billing all add up, especially for people on a low income. By opting out of paper billing or claiming the fee exemption, you could save a considerable amount each year.

Also remember to be wary about fake billing scams via phone calls or emails. Scammers sometimes try to trick consumers by sending emails that look like they are from a legitimate company. The email may ask you to send money for an overdue account.

Consumers who are eligible for an exemption but are having trouble getting their exemption request processed should contact Consumer Protection for help by emailing consumer@dmirs.wa.gov.au or by calling 1300 30 40 54. For more information about paper billing visit www.consumerlaw.gov.au/paperbilling

Care Pack DONATIONS

Harvey CRC are seeking donations for Care Packs for those in our community struggling to access basic hygiene items.

- Toothbrush/ Toothpaste
- Shampoo & Conditioner
- Soap/ Body Wash
- Razors & Shaving Cream
- Sanitary Napkins & Tampons
- Nappies
- Face Towels
- Large Ziplock Bags
- Lotion
- Paw Paw Cream
- Reusable Water Bottles
- 1Ltr Bottled Water
- Wipes

Thank you for supporting our community!



**5 Gibbs St, Harvey
WA 6220**





Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

June 2023

Splitting the difference



Left: Native longicorn beetle larvae, extracted from jarrah timber. Right: EHB larvae and a cross section of seasoned (dry) pine log showing larvae feeding tunnel.

Larvae in firewood

During the winter period where firewood is often collected and split, our service receives a common enquiry: *“I’ve chopped some wood and found these grubs! Are these borers? Is this the European house borer? Is my house at risk???”*

The first question we ask to split European house borer (EHB) from many other wood borers is: *“What wood are you cutting? Is it pine?”*

If the answer is no, it’s not going to be EHB.

EHB larvae will only reproduce in seasoned (dry) coniferous timber and wood, including pine, fir and spruce. Of these, pine trees (*Pinus* species) and pine timbers are abundant in WA.

What if the answer was yes? - If you notice larvae or borer emergence holes in dead pine branches, logs, or untreated pine pallets or timbers, please report this. EHB has the potential to cause major structural damage to buildings constructed with untreated pine timber. Infested wood stored in or around the home is worth investigating.

Who’s on the chopping block?

Most firewood burnt in WA is from native hardwood species and pictured in this article are the larvae of native longicorn beetles (*Phoracantha* species) in jarrah. These beetles

attack live or recently dead/felled Eucalypt trees and do not pose a risk to the timbers in your home.

If you have been chopping firewood for years but are only starting to see these borers, it’s likely the trees the firewood has come from, were stressed or recently felled. Trees stressed by drought or disease are particularly susceptible to borer attack.

Reporting

We can’t all be insect identification specialists, but that doesn’t matter. If something isn’t familiar to you, it’s best to report it rather than ignore it.

When reporting, please include as much information as possible about what’s occurring. Collect and hold onto any insect samples, and if taking photos, include things like a ruler or a pen so the dimensions of insects, holes or other symptoms can be gauged.

If borers are coming out of furniture, timber, or wooden products like bowls, chopping boards or ornaments – report it as soon as possible and we will provide guidance from there.

For more information on [EHB](#) and other reportable species like the [polyphagous shot hole borer](#) (PSHB), see our webpage agric.wa.gov.au and search EHB or PSHB, or contact us.



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

Pest and Disease Information Service (08) 9368 3080 | padis@dpird.wa.gov.au



Understanding Anxiety

BY THE REGIONAL MEN'S HEALTH INITIATIVE
June 2023

Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness or worry such as negative thoughts and seeing potential threats where they don't exist. Everybody gets anxious at times and some anxiety helps us to function well. But anxiety can become a problem when:

- It happens too often;
- It goes on for a long time;
- It stops us from doing things that we want to do.

Symptoms can be *psychological* (frequently feeling worried, tired, irritable and weepy with difficulty concentrating) and/or *physical* (including rapid breathing, rising blood pressure and pounding heart, a sense of restlessness or feeling on edge, muscle tension, sleep disturbance and nausea/sickness).



There is no single cause for anxiety but there are several factors that may contribute to its development:

- **Brain Chemistry** - most strongly implicated here are imbalances of serotonin and dopamine that regulate thought and feeling - makes for feeling depressed and anxious;
- **Heredity** - anxiety disorders run in families. Children are at higher risk if parents have an anxiety disorder;
- **Life Experiences** - any distressing or traumatic experience may be grounds for developing anxiety. Exhaustion and certain medications can also be triggers for anxiety;
- **Drug Use** - stimulant drugs like amphetamines and caffeine can trigger anxiety. Prolonged amphetamine use can cause feelings of panic and anxiety that last for years after the drug is stopped.

Some tips that may help you deal with your anxiety include:

- **Self-awareness** - identify the symptoms early. Ask yourself *what is making me feel this way?* You may be able to change the *anxiety-making circumstances* but if not, you can deal with it better if you acknowledge it;
- **Interpret it positively** - anxious about a situation? Instead of viewing it as threatening put a positive interpretation which will reduce the anxiety to a more manageable level;
- **A little anxiety is a good thing** - too much is damaging but too little can mean you may not perform to your best ability. View anxiety as a resource you can manage;
- **Diet** - the gut flora can get out of balance i.e. use more probiotics and omega-3 foods. Research has shown maintaining a balanced diet can reduce anxiety symptoms;
- **Exercise** - boosts levels of vital brain chemicals like serotonin, dopamine and norepinephrine that may reduce stress and anxiety;
- **Relaxation and meditation programs** – can help reduce stress, anxiety and depression. You can find many resources for these online; i.e. progressive muscle relaxation;
- **Therapy** - there are some good programs that are offered by psychologists and counsellors that help to re-program those unhelpful and negative ways of thinking that underpins anxiety.

Situations, or life events, can come from many places including relationship issues, financial burden, physical health, trauma, or just dealing with difficult times (like seasonal conditions). As these situations develop, we need to take steps to reduce anxiety for ourselves and for those close to us.

Remember... *before it all gets too much...*

Talk to a Mate®!

@RMHI_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au



NATIONAL RECONCILIATION WEEK 2023 27 MAY — 3 JUNE

BE A VOICE FOR VOICE GENERATIONS

NRW.RECONCILIATION.ORG.AU #NRW2023



National Reconciliation Week 2023

Be a Voice for Generations

The theme for National Reconciliation Week 2023 is *Be a Voice for Generations*.

The theme encourages all Australians to be a **voice for reconciliation** in tangible ways in our everyday lives - where we **live, work and socialise**.

For the work of **generations past**, and the benefit of **generations future**, act today for a more **just, equitable and reconciled country for all**.

National Reconciliation Week - 27 May to 3 June - is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Source: <https://nrw.reconciliation.org.au/>

KALYAKOORL

Cultural Intelligence Training

This month, staff, volunteers and committee members from Harvey Community Resource Centre had the privilege to participate in a beautifully led Cultural Intelligence Workshop.

We at Harvey CRC remain committed to finding ways to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The training was facilitated by Bilya Moorditjabin Training Services and it was a pleasure to spend this time with so many familiar faces. Thank you to our Noongar moort (family), Sharon Cooke, Karen Jetta, Max Jetta, Max Jr. Jetta, and Cassie Jetta for another mooditj (good) workshop!

We all have a role to play in creating a more just and inclusive society. Let's continue to strive towards reconciliation, healing, and building strong relationships with one another.

Holly Warner



Nidja dwert, Bobby.
This is Bobby the dog.



Welcome to Country with Sharon Cooke at the Harvey River Walk/

If you are interested in participating in some of our upcoming and ongoing Noongar Waangkiny (Language) and Culture courses, please get in touch with us and secure your place on our waiting list.



9729 1669



events@harveycrc.com.au

National Reconciliation Week

National Reconciliation Week—held every year from 27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

What's the significance of 27 May and 3 June?

27 May marks the anniversary of the 1967 referendum when Australians voted to remove clauses in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander peoples.

3 June marks the historic 1992 Mabo decision in which the High Court of Australia recognised native title—the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation.

The day before National Reconciliation Week, 26 May, is National Sorry Day, which was first held in Sydney in 1998 and is now commemorated nationally to remember and honour the Stolen Generations.

What is reconciliation in relation to Aboriginal and Torres Strait Islander peoples?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

For Aboriginal and Torres Strait Islander peoples, Australia's colonial history is characterised by devastating land dispossession, violence, and racism. Over the last half-century, however, many significant steps towards reconciliation have been taken.

Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.

Why is National Reconciliation Week important?

National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia

National Reconciliation Week is an ideal time for organisations, schools, universities, community groups and workplaces to advance understanding of reconciliation within their own places and their own lives. National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia

It began as a Week of Prayer for Reconciliation in 1993, supported by Australia's major religious groups. Three years later it evolved into National Reconciliation Week under the guidance of the Council for Aboriginal Reconciliation (now Reconciliation Australia).

Who organises National Reconciliation Week?

National Reconciliation Week is organised by Reconciliation Australia; an independent, not-for-profit organisation established in 2000. It is the national organisation responsible for building and promoting reconciliation between Aboriginal and Torres Strait Islander peoples and other Australians.

Reconciliation Australia creates a theme for National Reconciliation Week each year.

Reconciliation Australia also works with state reconciliation organisations in New South Wales, Queensland, Victoria, Western Australia, South Australia and the ACT to organise local events and activities for National Reconciliation Week.

Thousands of workplaces, schools, early learning services, universities, councils, and more organise their own private or public activities for National Reconciliation Week.

How can I or my group or organisation get involved?

Visit the Reconciliation Australia website for more information and to discover what activities and events are taking place in your local area during National Reconciliation Week

On a personal level, you can think about what you can do locally and take the time to learn about the rich Aboriginal and Torres Strait Islander cultures that exists in Australia.

And, importantly, find the time to talk with your family and friends about why it's important for all Australians to build respectful relationships with each other, and especially with Aboriginal and Torres Strait Islander peoples.

What can I do for the rest of year?

While National Reconciliation Week is an excellent time to think about these issues, you can still take action through the year to work towards reconciliation.

Visit our websites: www.reconciliation.org.au or nrw.reconciliation.org.au or follow us on social media for more information

NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

BE A VOICE FOR



GENERATIONS

UNITY FAIRNESS WISDOM
LEARNING ANTI-RACISM

ACTION CHANGE ALLYSHIP
TRUTH-TELLING SELF-DETERMINATION

HISTORY JUSTICE RECONCILIATION
REPRESENTATION DECENCY

SELF-DETERMINATION BRAVERY EQUITY
RIGHTS EMPOWERMENT

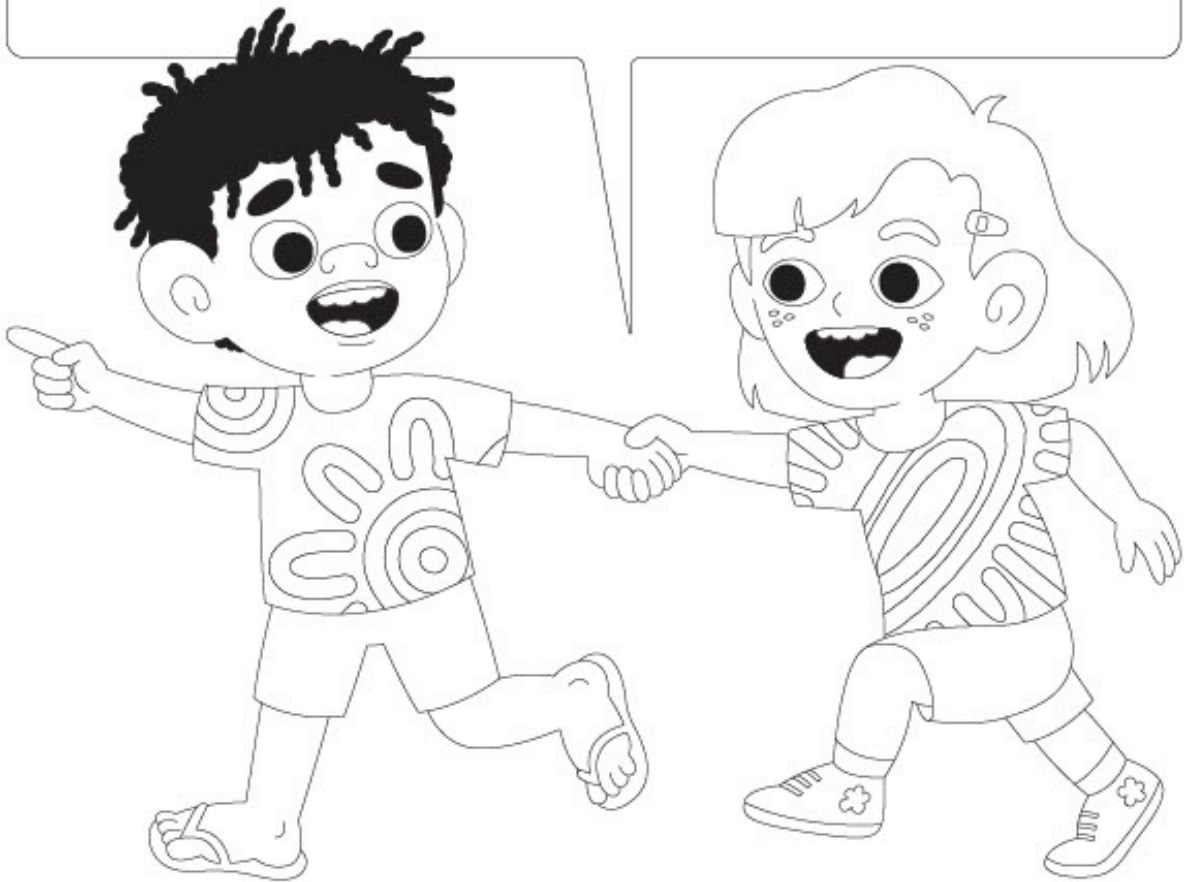
NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

BE A VOICE FOR GENERATIONS...

WHAT WILL YOU SAY?

Use the speech bubble to share your Voice for Generations. You can write or draw a picture about what you think a reconciled future would look like. Finish the activity by colouring in the characters below.





Julie Rose
Regional Education Officer – South West
Cancer Council Western Australia
Julie.Rose@cancerwa.asn.au



Australia's Biggest Morning Tea turns 30!

Did you know that that Australia's Biggest Morning Tea is the largest and most successful event of its kind in the country and attracts over 4,200 hosts each year. Every dollar raised makes an incredible difference by raising vital funds for those impacted by cancer. Money raised allows Cancer Council to continue its life-saving cancer research, prevention, advocacy and support programs throughout WA. Anyone can host a morning tea throughout **May or June** so why not join us for our 30th birthday celebration!

To register, donate or simply for more information visit
<https://www.biggestmorningtea.com.au/>



World No Tobacco Day falls annually on 31 May.

This year's theme is "We need food, not tobacco".

With the cost of living prices – what better time than now to **Quit?** High nicotine dependence can be associated with the likelihood of spending \$\$\$ on tobacco rather than on household essentials.

Smoking is expensive

- A typical pack of cigarettes costs \$42 & the price tag for 25g of roll your own/loose tobacco is \$55
- For those smoking a pack a day, quitting smoking would mean an extra \$294/week, \$1,176/month & \$15,288/year

Currently, a typical pack of cigarettes costs the same as it does to feed a family of four a healthy breakfast, lunch, dinner and snacks for a whole day.

Smoking harms nearly every organ in the body and can cause many serious conditions including at least 16 types of cancer, cardiovascular disease and lung disease.

There has never been a better time to quit smoking, not just for your health and loved ones, but also your wallet.

For more information

- Visit makesmokinghistory.org.au/tips for all the best tips to quit & stay quit
- Call the Quitline on **13 78 48** or chat online at quitlinewa.org.au



Find Cancer Early - Be Bowel Cancer Aware!



Bowel cancer is the third most common cancer in men & women in WA. Being aware of the early symptoms and taking action early can save lives and prevent cancer from spreading to other parts of the body.

The most common symptoms include: blood in your poo (even just one time) or, for more than four weeks: a new pain, lump or swelling in your tummy; feeling tired; looking pale; losing weight without trying; and a change in normal bowel habits such as runny poo, pooing more often or finding it hard to poo.

If you're unsure about a possible symptom, you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible

For more information visit <https://www.findcancerearly.com.au/cancer-symptoms/bowel-cancer/>

For Cancer information and support call 13 11 20

eventbrite



Harvey Community Resource Centre Inc.

Hosted 8 events total

33 followers

Follow

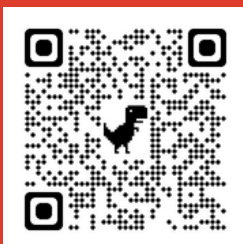
Harvey Community Resource Centre is an independent not-for-profit organisation whose aim is to provide access to government services and economic, business, and social development opportunities to the community of Harvey and surrounding areas. We are supported by the Shire of Harvey and funded by a state government contract, user-pays...

Show more



Welcome to our Eventbrite!

Copy the link below into your web browser or scan the QR code to see our upcoming events and stay up to date with what's happening at the Harvey Community Resource Centre.



OR <https://www.eventbrite.com.au/o/harvey-community-resource-centre-inc-41612924613>



NOLA **MARINO** MP

Federal Member for **Forrest**

Focused on Forrest

 Grand Cinema Complex, Units 7 & 8, Cnr Victoria and Clifton Streets, Bunbury WA 6230

 9721 3788  Nola.Marino.MP@aph.gov.au  nolamarino.com.au  [nola.marino.mp](https://www.facebook.com/nola.marino.mp)

Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.



JUSTICE OF THE PEACE SERVICES AVAILABLE

By appointment only.

CONTACT US TO MAKE A BOOKING



(08) 9729 1669



events@harveycrc.com.au



Financial Counsellors provide non-judgmental, free, independent and confidential financial information, advice and advocacy.

We help to understand which debts are priorities, develop budgets understand the pros and cons of different options to manage financial issues, negotiate with creditors and provide referrals to other services.

When: Every second Wednesday of the month
Where: Harvey Community Resource Centre
5 Gibbs Street, Harvey

To book a spot contact us:
T: 9720 9200



AnglicareWA



Robyn Clarke
MURRAY-WELLINGTON

We're in this together

9531 3155
 robyn.clarke.mla@mp.wa.gov.au
 Robyn Clarke MLA

Authorised by R. Clarke, Shop 1,
Pinjarra Junction Shopping Centre, Pinjarra WA 6208

Kubota

LIFESTYLE RANGE



COMPETITIVE
FINANCE RATES AVAILABLE
ACROSS THE LIFESTYLE RANGE

Live in your Element

Kubota's lifestyle range of compact tractors, mowers and RTV's are designed to make light work of all your residential tasks. Delivering high performance and reliability on demand, you'll be living in your element with Kubota.

SHAPING AUSTRALIA



59 South Western Hwy
Donnybrook | (08) 9731 1000
WWW.AGTRAC.COM.AU

Ron Kruger
Manager/Director

RK **Cabling**

0402 810 071
ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

TV Points
Aerials
Reticulation
Network points
CCTV
NBN
Phone points
Mounting TV's
Fiber Optic

Reg No: T50600



OUTREACH SERVICES

Harvey Aboriginal Corporation

Harvey Aboriginal Corporation now outreach at the Centre.

Their services will be available by appointment only. If you have an issue that you would like assistance with, please contact Lesley Ugle on **0497 672 513** or email her at **harveyabcorp21@gmail.com**.

If you're unable to reach Lesley, please call us on **9729 1669** and a message will be relayed for you.

GP Downsouth

GP Downsouth is a not-for-profit community organisation providing health and well-being services in the South West and Peel regions of WA.

In the Peel region, they operate Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre, the Peel Youth Medical Service (including the 3 Tier Youth Mental Health Program) and the Peel Mobile Health Service. In the South West, they provide Mental Health Services, Community Child Health Service and Aboriginal Health Services.

Call 9754 3662 for appointments

South West Community Legal Centre

The South West Community Legal Centre is a not-for-profit, independent community organisation committed to delivering legal advice and information to low-income and disadvantaged people in the South West region of Western Australia.

Call 9791 3206 for appointments

atWork Australia

Building Better Working Lives

atWork Australia is a leading employment services provider working with Australians across the nation. We empower job seekers, supporting them to build better working lives.

Available every Wednesday and

every second Thursday

9.00am to 4.00pm

Appointments Essential

Call 1300 192 632 for appointments

Anglicare Financial Counselling

Anglicare WA's Financial Counsellors are qualified to:

- Make assessments
- Provide information and options to address financial problems
- Assist with resolutions if necessary
- Advocate and negotiate with creditors
- Make referrals to other useful services in the community
- Provide information about government assistance
- Support a client in developing their own budget
- Relay relevant information about consumer credit and bankruptcy

Services include solving immediate problems and also teaching clients how to maintain their own financial stability.

Available every second Wednesday

9.30am to 2.30pm

Appointments Essential

Call 9720 9200 for appointments



Community Service Announcement



Do you know what services your CRC provides to the community?

Access to government services

- Access to local and state government information and services
- Centrelink/Medicare and Child Support Services Access Point
- Department of Veterans Affairs enquiries
- Multicultural Affairs enquiries
- General information and support

Economic and business development support

- Referral services to business development and employment support
- Facilitation of business development activities, seminars and initiatives
- Business incubation support services; i.e. hot office and internet
- Video conference services
- Information and support

Social development support

- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

Services and products

- Social enterprise approach to provide access to services and products which have strong local demand but are not economically viable to deliver in a for-profit business model
- Essential secretarial services such as; faxing, printing, photocopying, scan/emailing, photo printing, binding, laminating and typing
- Room hire for private or business use

Building community connections

- Communication strategies including our community newsletter, website and social media
- Community social events
- Engagement with community via feedback, surveys and community group meetings



Ring 9729 1669 or email events@harveycrc.com.au for more information about our services.

for all emergencies outside of regular opening hours, contact the Centre Manager
on 9729 1917 or email manager@harveycrc.com.au

The Team's Expanded!



Jo, Tracey-Ann, Holly, Jehan, Sarah and Leesa

WHERE IS YOUR CRC LOCATED?



Would you like to subscribe to this newsletter?

You can do that by going to the website, www.harveycrc.com.au and completing the details on the home page

OR

Just ring us on 9729 1669 and one of our friendly staff would be happy to subscribe for you.



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Thank you for supporting your local CRC!

We are proud to have received the support of the following organisations over the last twelve months



Mentally Healthy WA



Australian Government
Department of Veterans' Affairs



Australian Government
National Emergency Management Agency



Australian Government
Services Australia