

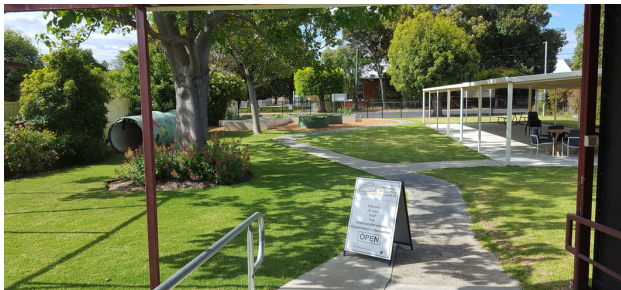
# HARVEY HAPPENINGS



Harvey the Orange

## Harvey CRC's Community Newsletter

NOVEMBER 2023



### What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- Visiting Outreach Services
- Our Beautiful Spaces - Room/Venue Hire
- Tai Chi Classes - Upcoming
- Yoga Classes - Upcoming
- Branches & Brews Family Tree Workshop
- Backyard Buddies article
- Back to Basics - Work Program
- Read Write Now - Adult Literacy Tutoring
- Harvey Accessible Highway Expo - Family Fun Day (Community Disability Access Network)
- Emerging Minds Survey
- What's Happening in the South West
- Transwa Shutdown
- NBN "All About Apps" Information Session
- e-Cigarettes, vaping & School Communities Information Session, Dalyellup
- LGBTQIA+ Social Group
- Meet the Shire of Harvey Council Candidates!
- Volunteer Recruitment Meeting
- Warrior Wellbeing Article
- Eventbrite
- Community Service Announcement

... and so much more!



### Noongar Bush Tucker & Bush Medicine Workshop

Facilitated by  
Harvey Aboriginal Corporation

Partners in our Noongar Waangkiny (Language) & Culture Program since 2021. Made possible through the generous support of Lotterywest.

Project ends December 2023

Saturday, 18th November 2023  
9.30am - 3.00pm

HARVEY CRC UNDERCOVER AREA  
5 GIBBS ST HARVEY 6220 WA

\$10 participation fee  
Register through Eventbrite  
No cash on the day please!

Limited subsidised tickets are available for eligible participants. Contact us for more information.

REGISTER NOW!

9729 1669  
events@harveycrc.com.au



SCAN THE QR CODE

Proudly supported by:





**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 [admin@harveycrc.com.au](mailto:admin@harveycrc.com.au) for more information.

**November advertising notices and articles due by Wednesday, 18th October 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](mailto: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 -**  
Let's Talk Work  
9.00am to 12.30pm  
Quarterly Rotations

**NOONGAR WAANGKINY (LANGUAGE) & CULTURE PROGRAM**  
Final Rotation for Program  
**YARNING CIRCLE**  
Every Thursday 5.30 to 7.30pm

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

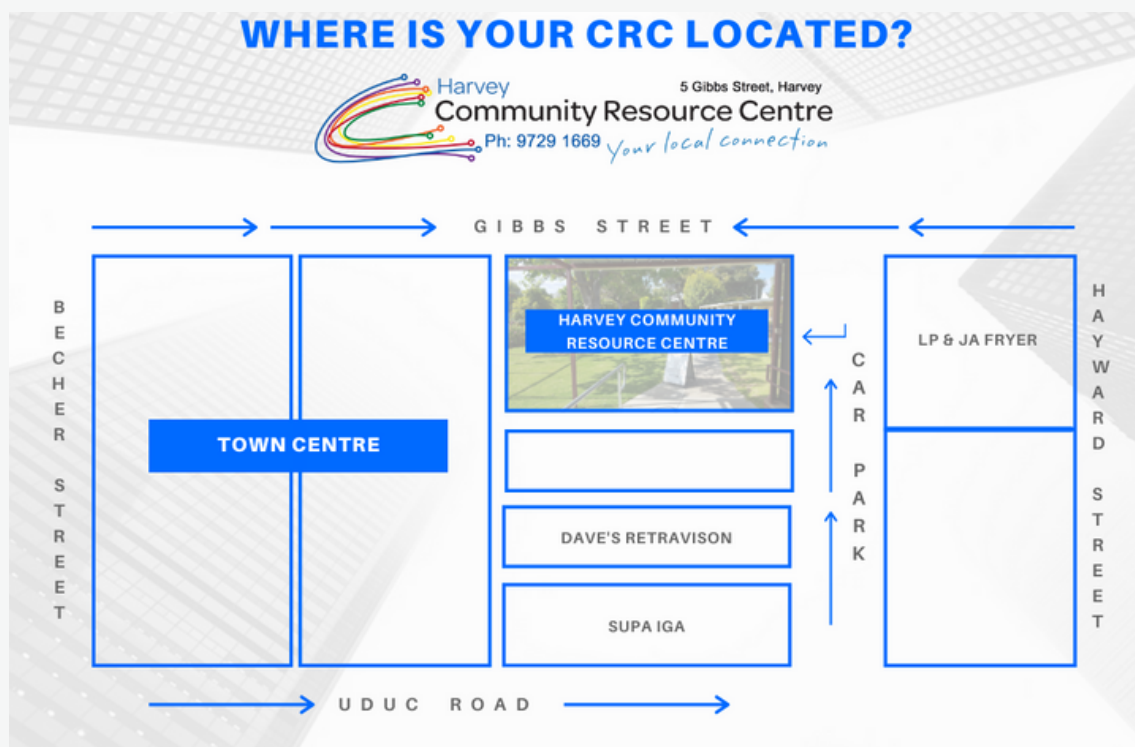
**TECHNOLOGY ASSISTANCE**  
Available by appointment.



Formerly known as *Harvey Telecentre*, the Harvey Community Resource Centre (HCRC) is a non-government, not-for-profit organisation that has been serving the community since 2001.

Community Resource Centres (CRCs) are friendly, locally owned and operated service and information centres. There are 147 centres across the state that create the Western Australian Community Resource Centre Network (WACRN), which is supported by the Department of Primary Industries and Regional Development (DPIRD) Royalties for Regions initiative.

Additional to many other services, HCRC is also the community's hub for **SUPPORT SERVICES** that provide assistance in areas such as legal aid, finance management, mental health and grief counselling, employment, disability, and multicultural services.



**Would you like to subscribe to this newsletter?**

You can do that by going to the website, [www.harveycrc.com.au](http://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.

# VISITING 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**

## Advocare

Advocare is an independent, community-based, not-for-profit organisation supporting and protecting the rights of older people in Western Australia through information, advocacy and education.

**Available monthly  
Appointments Essential  
Call 9479 7566 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**

## Accordwest

*"Here for you in your time of need"*

Emergency Relief is available to individuals and families throughout the South West Region. The following will be required: 2 forms of ID, recent income statement or payslip and further documents may be requested.

**Available fortnightly Friday  
Appointments Essential**

**Call 1800 115 799 for appointments**







## Our Beautiful Spaces

With warmer weather approaching, you may be looking for a family-friendly space to:

### **HCRC Community Garden**

Enjoy picnics, family celebrations, or children's birthday parties - with a play area suitable for the littlies, (8 yrs and under).

Host small weddings (up to 80), family and/or cultural celebrations, fund raisers, and outdoor meetings and/or workshops.

### **In-Centre Room Hire**

Or you might be looking for a room inside that can be hired for meetings, hot office, studying, webinars, and videoconferencing sessions.

**Ask our friendly team about hiring one of our beautiful spaces for your next community event, or personal and/or professional booking.**





**On Stage at 1pm**

**The Platinum Project**

**FREE 10am to 3pm!**

**Harvey Accessible Highway Expo**

**On Stage at 12pm**

**Limoncello & The Harvey Wallbangers**

**On Stage at 10am**

**Sophia Tomas & The Cast**

Saturday 4 November 2023  
Harvey Recreation and Cultural Centre

Kids' Entertainment | Guest Speakers | Market Stalls | Food Vans

advocacy | HRCC | harvey | K | HARVEY

# Fun events happening with, and at, HCRC over the next three weeks!

**LGBTQIA+**

**Social Group**

Join us at Harvey CRC  
for drinks, snacks, and a casual get together -  
Sorry...no alcohol!  
(We have another event outside, so please head indoors)

**Thursday, 16 November**  
**5:30pm - 7.00pm**

**ALL WELCOME. BRING A FRIEND!**  
Registration essential for catering purposes

events@harveycrc.com.au  
9729 1669

Proudly supported by

Harvey Community Resource Centre  
act belong commit  
SHIRE OF HARVEY

**Noongar Bush Tucker & Bush Medicine Workshop**

Facilitated by  
**Harvey Aboriginal Corporation**

Partners in our Noongar Waangkiny (Language) & Culture Program since 2021. Made possible through the generous support of Lotterywest.

**Project ends December 2023**

**Saturday, 18th November 2023**  
**9.30am - 3.00pm**

**\$10 participation fee**  
Register through Eventbrite  
No cash on the day please!  
Limited subsidised tickets are available for eligible participants.  
Contact us for more information.

**HARVEY CRC UNDERCOVER AREA**  
5 GIBBS ST HARVEY 6220 WA

**REGISTER NOW!**

9729 1669  
events@harveycrc.com.au

Harvey Community Resource Centre  
Harvey Aboriginal Corporation

Proudly supported by:  
lotterywest supported

SCAN THE QR CODE





# YOGA

## IN THE COMMUNITY GARDEN

Join Chloe at the Harvey CRC Community Garden for Yoga each Friday morning from 9am to 10am during Term Four, beginning 13th October 2023.

You will be guided by a qualified yoga instructor who offers 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](mailto:events@harveycrc.com.au)



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



# Tai Chi Class

Mind and Body



**TUESDAYS from 9:30 - 10:30 AM**

CRC Undercover Area, 5 Gibbs St, Harvey

**REGISTER NOW**

✉️ [events@harveycrc.com.au](mailto:events@harveycrc.com.au)  
 📞 (08) 9729 1669



\*Please bring your own water bottle and gold coin donation.

## Regular activities during November



# BACK TO BASICS

Let's talk work!

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

**REMAINING SCHEDULE FOR THIS QUARTER**

24th October - 9am to 12 pm  
 31st October - 9am to 12pm  
 7th November - 9am to 12pm

**AND WE DO IT ALL AGAIN NEXT YEAR!**  
 COMMENCING FEBRUARY 2024

In collaboration with Sandra Della The Wright Way Ahead



**REGISTER NOW**

**CONTACT US:**

[events@harveycrc.com.au](mailto:events@harveycrc.com.au)  
 9729 1669

📍 **Harvey Community Resource Centre**  
 5 Gibbs St, Harvey WA 6233

💰 **FREE**



Facilitated by Sharon Cooke & Karen Jetta  
 Bilya Moorditjabinny Training Service

# Noongar Yarning Circle



**FREE EVENT**

**FINAL ROTATION**  
**Commencing Thursday, 19 October 2023**  
**5.30pm to 7.30pm**  
**Every Thursday for 10 weeks**



Harvey CRC  
 5 Gibbs Street  
 Harvey WA 6220



**Register Now**

Contact us:  
 9729 1669  
 or  
[events@harveycrc.com.au](mailto:events@harveycrc.com.au)





Government of Western Australia  
WA Country Health Service

## Immunisation Clinics Harvey



Dr Burkitt Community Centre, Wright St, Harvey

Date	Day	Time
25 October	Wednesday	9.30am - 12.00pm
22 November	Wednesday	9.30am - 12.00pm

Call **9795 2814** to make an appointment.  
This is a free service.  
Please bring your Medicare card and child's Purple Book.



Read Write Now

## Free literacy tutoring for adults

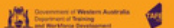
Free help for adults with reading, writing, spelling, maths, study and basic computer skills



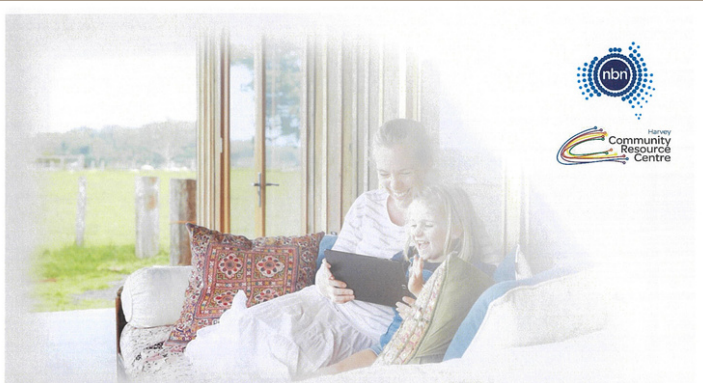
1800 018 802



[read-write-now.org.au](http://read-write-now.org.au)



# What's happening in HARVEY?



## Come along to a free All About Apps workshop and learn more about applications for your smart devices

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

- Learn about apps and what you can do with them
- Discover how to download apps using your Apple or Android devices
- Great tips on how to organise your apps on your smart devices
- Learn how to be safe while using apps on your smart devices
- Paid vs Free apps

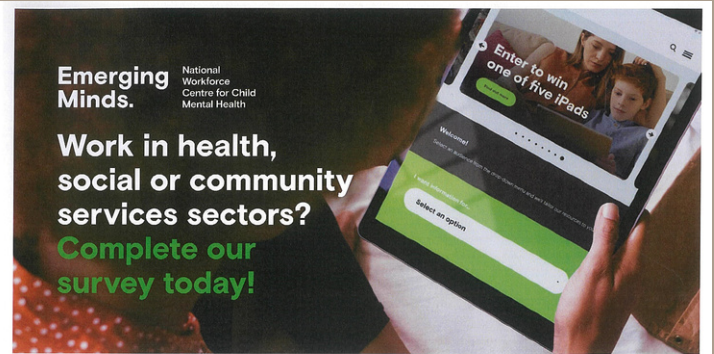
Place

Harvey Community Resource Centre  
Friday 24<sup>th</sup> November 2023  
10.00am - 12.00pm



To attend, you will need to RSVP by contacting Harvey CRC  
on (08) 9729 1669 or email [admin@harveycrc.com.au](mailto:admin@harveycrc.com.au)

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## Emerging Minds.

National  
Workforce  
Centre for Child  
Mental Health

## Work in health, social or community services sectors?

Complete our  
survey today!

### The 2023 Emerging Minds National Workforce Survey for Child, Parent, and Family Mental Health is now open.

The survey gathers important data on the capabilities among the Australian health, social and community services workforce by exploring knowledge, skills, confidence, challenges and practice in managing and responding to children's mental health needs. You don't need to work directly with children or have a focus on mental health to take part.

Your participation is crucial in helping us reach as many professionals as possible – ensuring a wide representation across each group. Your survey responses are anonymous.

The survey results will help guide policy, advocacy and learning that addresses the future needs and demands of the Australian workforce. These results will also guide the development of our resources to support you in your work.

We invite health, social and community services practitioners from across Australia to participate whether you:

- have a focus on child clients, adult clients, or families; or
- don't work directly with clients but do work in health, social or community service sectors.

Complete the survey to enter the  
draw to win one of five iPads!

CLOSES 15 NOV 2023

Scan the QR  
code or go to  
the link below to  
take the survey



<https://survey.zohopublic.com.au/za/MBBTNU>

Explore the key findings of the  
2020/21 survey here:

<https://emergingminds.com.au/researchers/research-evaluation-and-design/key-findings-from-the-2020-21-national-workforce-survey/>

To find out more about the National Workforce Survey, or to disseminate the 2023 survey to your sector, contact our Research and Evaluation team [marshc@emergingminds.com.au](mailto:marshc@emergingminds.com.au)

This research has ethics approval by Monash University Human Ethics Research Committee.

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

Visit our web hub today!  
[emergingminds.com.au](http://emergingminds.com.au)



1 | August 2023





The Bunbury Multicultural Group is a committed organisation focused on providing services and opportunities to our CaLD Community.

## YOUR VOICE MATTERS

Tell us how we can help you

**Strategic Planning Day**  
November 11 from 2pm to 5pm  
Stirling Street Arts Center

Multicultural groups and individuals welcome

TO REGISTER CONTACT JO  
admin@bunburymulticulturalgroup.com.au  
or follow the link



# SMART 2ASK

Community Expo

FOR PEOPLE NEEDING A LITTLE HELP



**STIRLING STREET ARTS CENTRE**  
**THURSDAY**  
**23<sup>RD</sup> NOVEMBER**  
**9AM - 2PM**

**FREE HELP FROM LOCAL SERVICE PROVIDERS**  
Come down for free advice and even a few pamper services.

- FREE PRIZES
- FREE HAIRCUTS
- FREE CLOTHES

## What's happening in the Southwest?



### BRINGING UP GREAT KIDS

## Babies program

Fridays for 6 weeks starting 3rd November 10am to 12pm

Do you have a new baby?  
Looking to mix with other parents who have babies of the same age?  
Wanting to know how you can be the best parent for you baby?  
FREE tools and resources to help you on your parenting journey.

Come along for 2 hours of fun, learning about how your baby develops in the first 1000 days and how to become a reflective parent.

**FREE**

Yallo  
135 Norton Promenade  
Dalyellup  
WA 6230

Bookings essential  
Phone: 0405 116553  
Email: admin@parentingways.com.au



Supported by



## Breastfeeding Class

### Bunbury

Saturday 18 November 2023 1 - 5pm

# PREPARING FOR BABY?

We can support you.



**Limited Free Places\***

**Australian Breastfeeding Association**

[breastfeeding.asn.au](http://breastfeeding.asn.au)

Contact Donna at  
[southwestWA@breastfeeding.asn.au](mailto:southwestWA@breastfeeding.asn.au)  
to register your place now

\*100% rebate available when you attend - Saving up to \$90





## FOODBANK Mobile Food Van

**Tuesday 7th & 21st November 2023**

**9.00am to 9.45am**

(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



Bring along your Foodbank card and take advantage of their mobile service, or we can refer you to Foodbank for a new card.





# Public Notice

## Mains water supply cannot be guaranteed during a bushfire

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Extreme demand, fire damage and power cuts can all result in a total loss of water.

If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability. You cannot rely on mains water.

Details and resources about how to prepare for bushfire season can be found at [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au). For warnings and advice visit [emergency.wa.gov.au](http://emergency.wa.gov.au).

[watercorporation.com.au](http://watercorporation.com.au)



## Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an INDEPENDENT water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire plan: [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au). You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and Environmental Regulation website.

### Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

### Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website [emergency.wa.gov.au](http://emergency.wa.gov.au) provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the **SE5 132 500** for emergency assistance.

## MAKE YOUR BUSHFIRE PLAN

A bushfire plan can help keep you and your family safe.  
Create one now in under 15 minutes.  
[mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au)



Department of  
Primary Industries and  
Regional Development

## Backyard Buddies

Your monthly guide to pests, weeds and diseases

November 2023

## Ants in your plants, and pavers?



Left to right: example of letter with sampled ants. Sampling ants using clear sticky tape. Coastal brown ants (*Pheidole megacephala*).

### Want to know what your problem ants are and how to control them? You've come to the right place.

There are thousands of ant species in Australia, and most are difficult to identify without a microscope and specialist knowledge. There are very effective baits for some species, while others require control using sprays. Other species rarely need any control and can be left alone. Unless you know the species of ant, control can be guesswork, which can waste your time and money, and involve the unnecessary use of pesticides.

By submitting samples for identification, you can learn about the species of ants at your property and how to control them, plus you'll contribute to ant surveillance in WA. Detections in recent years of exotic and problematic species such as the African black sugar ant, red imported fire ant and browsing ant, is a testament to the ability of ants to arrive in WA via freight and cargo. Their rapid detection provides the best chance of eradication and prevents the economic, social and environmental impacts caused by these ants.

For ant identification services, we request that only **dead** specimens are submitted. This will prevent any unintended spread of the ants, whilst keeping the postie happy!

### Sampling instructions


- Brush ants into a sealed container, Ziplock bag or collect ants using the sticky side of transparent tape and fix this gently to a piece of paper.
- Place sample in the freezer for 1-2 hours to kill any live ants.
- Label samples with the collection location e.g. backyard, kitchen, bathroom, driveway etc., and include a note with your name, address, contact number and email address.
- Deliver or post to: Pest and Disease Information Service (PaDIS), Department of Primary Industries and Regional Development, 3 Baron-Hay Court, South Perth WA 6151.


Any suspected exotic ant species should be reported for biosecurity screening to the Department of Primary Industries and Regional Development.

Further information can be found at [agric.wa.gov.au](http://agric.wa.gov.au) by searching for 'ant control', or by contacting the Pest and Disease Information Service.


**Report your observations**  
MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)  
Pest and Disease Information Service (08) 9368 3080 | [paadis@dpird.wa.gov.au](mailto:paadis@dpird.wa.gov.au)







**AUSTRALIND SERVICE CHANGES**  
**SHUTDOWN**  
FROM 20 NOV '23



The Armadale/Thornlie Line will close from 20 November until mid-2025. During this time, Transwa road coaches will operate between Bunbury and East Perth.


The shutdown is part of METRONET's Victoria Park-Canning Level Crossing Removal, Byford Rail Extension and Thornlie-Cockburn Link projects, as well as rail revitalisation works.

**Service changes**


Each Australind train service will be replaced by two road coaches. Because coaches operate on roads instead of dedicated tracks, they take longer and are affected by traffic. There will be some changes to the timetable to maintain connecting services.

**AUSTRALIND ROAD COACH SERVICES**  
From 20 November 2023

All Stops



Limited Stops




The limited stop service will allow passengers to transfer to the Mandurah Line at Kwinana and connect to the Perth CBD in approximately the same amount of time as the current journey.


**Discounted fares**



We're offering a 50% discount on Standard, Concession and SmartCommuter fares when travelling on Australind replacement road coaches during the shutdown. This discount applies to Australind replacement services only.

Want to know more about the shutdown?  
Visit the Transwa website [transwa.wa.gov.au](https://transwa.wa.gov.au) or call 1300 662 205



BUILDING FOR TOMORROW



**What's happening**

The Armadale/Thornlie Line will close from 20 November until mid-2025. During this time, Transwa road coaches will operate between Bunbury and East Perth.

The shutdown is part of METRONET's Victoria Park-Canning Level Crossing Removal, Byford Rail Extension and Thornlie-Cockburn Link projects, as well as rail revitalisation works.

**Service changes**

Each Australind train service will be replaced by two road coaches - one being an all stops service and the other a limited stop service. Services will operate between Bunbury and East Perth terminals.

Because coaches operate on roads instead of dedicated tracks, they take longer and are affected by traffic. There will be some changes to the timetable to maintain connecting services.


The limited stop service will allow passengers to transfer to the Mandurah Line at Kwinana and connect to the Perth CBD in approximately the same amount of time as the current journey.

The timetable will be available in September.


**Discounted fares**


We're offering a 50% discount on Standard, Concession and SmartCommuter fares when travelling on Australind replacement road coaches during the shutdown. This discount applies to Australind replacement services only.

Want to know more about the shutdown?  
Visit the Transwa website [transwa.wa.gov.au](https://transwa.wa.gov.au) or call 1300 662 205



BUILDING FOR TOMORROW






5 Gibbs Street, Harvey

**Harvey Community Resource Centre**

Ph: 9729 1669 *Your local connection*


**Transwa tickets for the Australind Train and RoadCoach Services are available from:**

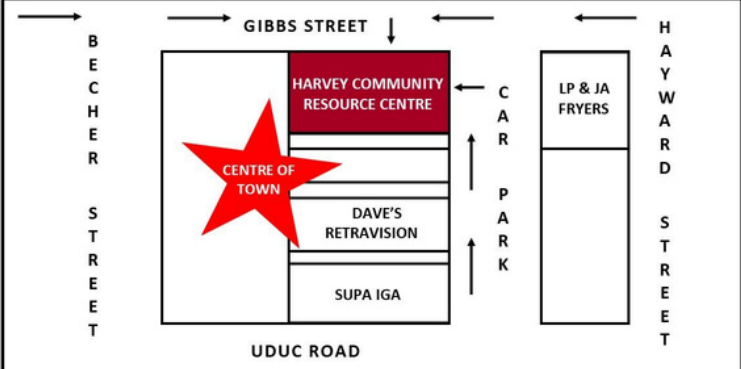
**Harvey Community Resource Centre**  
5 Gibbs Street, Harvey WA 6220  
T: 9729 1669  
E: [admin@harveycrc.com.au](mailto:admin@harveycrc.com.au)



**Tickets available from:**

8.30am - 2.00pm Monday—Friday





TRANSWA  
UPDATE



# ▶ How did we do?

Your feedback helps us improve our service to you.

**Scan the QR code and give us your feedback.**



Services Australia

[servicesaustralia.gov.au](https://servicesaustralia.gov.au)



**Australian Government**

Services Australia

***centrelink***



**Australian Government**

Services Australia

***medicare***



Australian Government



Services Australia





Harvey  
Community  
Resource  
Centre



**VOLUNTEER  
RECRUITMENT MEETING**

Are you a volunteer organisation looking for  
volunteers, or a volunteer looking  
for a place to work?  
**Let's talk about the Volunteer Hub  
starting in Harvey!**

**CUPPA AND CONVERSATION AT**

**Wednesday, 1 November 2023  
9am to 10.30am**

**GUEST - SHAMARA WILLIAMS  
VOLUNTEER SOUTH WEST**

(08) 9729 1669    events@harveycrc.com.au



## UPCOMING EVENTS

Other events happening in  
November.

Register for HCRC events  
through Eventbrite  
or call us on  
9729 1669



Harvey CDAN  
Community Disability Advocacy Network



**HARVEY  
ACCESSIBLE  
HIGHWAY EXPO**

Free family fun day including live entertainment and local  
food. Also featuring services and opportunities for people  
with disability and their families

**Sat 4 Nov 10am - 3pm**

Harvey Recreation and Cultural Centre (HRCC)  
Tom Latch Drive, Harvey

To exhibit at this event, please contact  
sara@advocacywa.org.au / 0499 014 110  
or scan the QR code:



SCAN ME



Harvey Masonic Lodge No. 96 WAC  
Will be conducting their Remembrance Day Memorial Service  
"The Ceremony of the Vacant Chair"  
Thursday, 9th November 2023, commence 7.30 pm  
Venue: Harvey Masonic Lodge, 9 Kidson Street, Harvey  
Public Welcome, (light supper after meeting)  
RSVP Laurie by 7th November, (for catering)  
Mob: 0400 446 954 or Email: clanfraser09@bigpond.com

RSL Harvey Sub Branch  
105th Remembrance Day Memorial Service  
Saturday, 11th November 2023



Harvey War Memorial  
Corner Uduc Road & Spring Street  
Commencing at 10.30 am  
PUBLIC MOST WELCOME





# 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](mailto:Nola.Marino.MP@aph.gov.au)  [nolamarino.com.au](http://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](mailto:events@harveycrc.com.au)





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

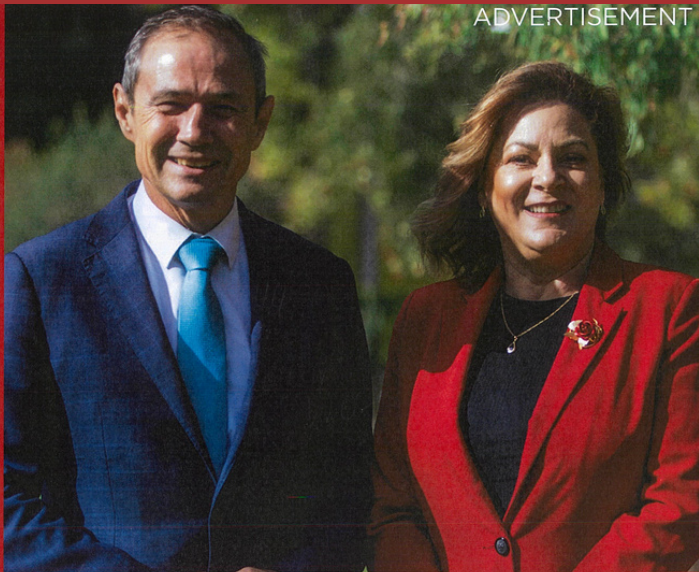
We help to understand which debts are priorities, develop budgets understand the pros and cons of different options to manage financial issues, negotiate with creditors and provide referrals to other services.

**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**



ADVERTISEMENT



**We're in this together**

**Robyn Clarke**

Member for Murray-Wellington

Shop 1, Pinjarra Junction Shopping Centre, Pinjarra

✉ [robyn.clarke.mla@mp.wa.gov.au](mailto:robyn.clarke.mla@mp.wa.gov.au)

☎ 9531 3155  RobynClarkeMLA

Authorised by R. Clarke, 21 George Street, Pinjarra. P

**Ron Kruger**  
Manager/Director

**RK Cabling**

0402 810 071  
[ron@rkcabling.com.au](mailto:ron@rkcabling.com.au)  
Harvey and surrounding suburbs  
[www.rkcabling.com.au](http://www.rkcabling.com.au)

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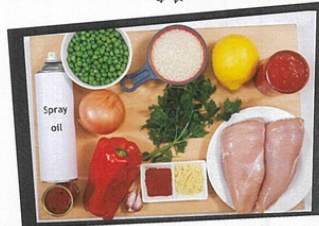




**FOOD BANK**  
FIGHTING HUNGER IN AUSTRALIA

**Ingredients**

- 1 brown onion
- 2 garlic cloves
- 1 red capsicum
- 2 chicken breasts
- Spray oil
- 1 tablespoon paprika
- 1 cup medium or short grain rice
- 2 teaspoons salt reduced chicken stock powder
- 4 ½ cups water
- 2 cups frozen peas
- 2 teaspoons tomato paste
- 400g tin diced tomatoes
- 1 lemon
- ¼ cup fresh parsley



**Equipment**

- 2 chopping boards, knife, frypan with lid, stirring spoon, measuring spoons, measuring cups



**1.**

Peel then dice onion and garlic finely. Chop capsicum into small pieces. On a separate board chop chicken into bite-sized pieces.



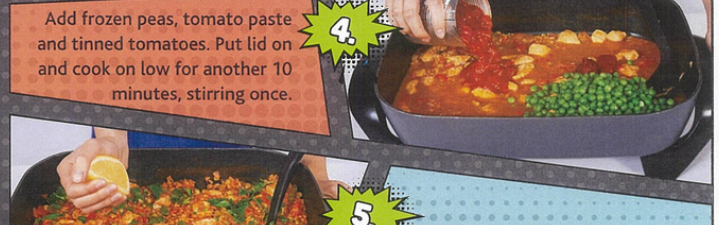
**2.**

Turn frypan on to medium heat and spray with oil. Add chicken, onion, garlic and capsicum to frypan, cook for 3 minutes until brown. Add paprika and stir.



**3.**

Add rice, chicken stock powder and water to frypan, bring to the boil. Put lid on frypan and cook on low for 10 minutes, stirring once.



**4.**

Add frozen peas, tomato paste and tinned tomatoes. Put lid on and cook on low for another 10 minutes, stirring once.



**5.**

Chop parsley. Cut lemon in half and squeeze juice over dish, sprinkle with parsley and serve.

**Family Recipes/ Country Delicacies**

**Filipino Spring Roll**

- 1/2 kg minced pork/beef
- 1 carrot
- 1 onion
- 1 whole ball of garlic
- 1tsp salt
- dash of black pepper
- 1 spring onion (finely cut)
- 1 egg (as a binder)

**WRAPPING**

- Spring roll wrapper (thaw)
- eggwhite (sealer)

**PROCEDURES**

1. Process carrot, onion and garlic
2. Combine all ingredients in a bowl and massaging the mixture until sticky or thick batter consistency.
3. Start wrapping, thumb thickness and tight.
4. Deep fat fry them in medium heat oil in a pan or saucepan.
5. Serve with sweet chilli sauce or any sauce you fancy dipping.
6. Uncooked can be frozen and fried later on. (frozen to oil, do not thaw)





# 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](mailto: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](mailto:manager@harveycrc.com.au)



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Proud member of

