



Harvey the Orange



HARVEY HAPPENINGS

OCTOBER 2024

Harvey CRC's
Community Newsletter



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**

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

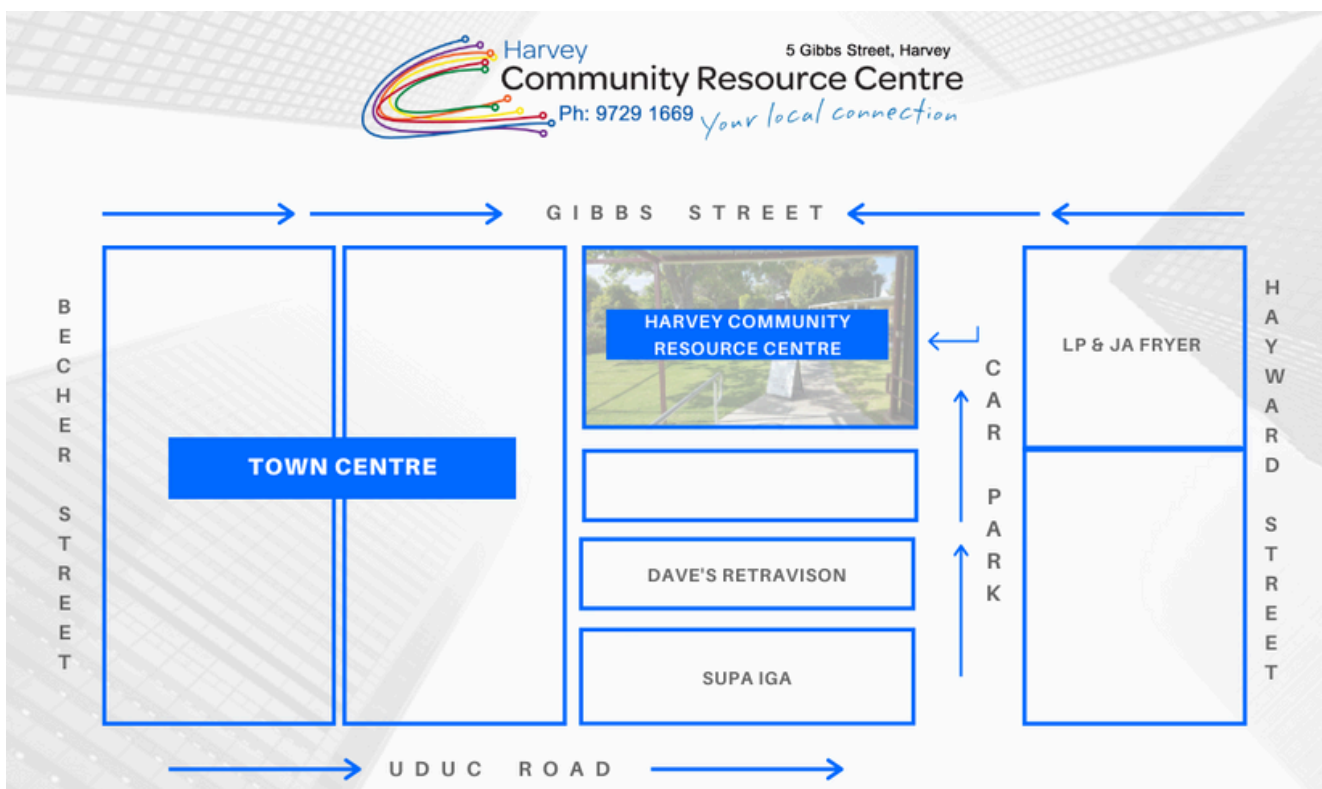
- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

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



VISITING OUTREACH SERVICES

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.

Consultations: Monday fortnightly and Wednesday weekly
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.

By Appointment Only
Call 9479 7566 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.

By Appointment Only
Call 1800 115 799 for appointments

The Wright Way Ahead

Back to Basics: Let's Talk Work!

Job search, Resume writing, Cover letter and selection criteria, what to wear to your job interview and practicing interview techniques.

Available by appointment

contact *Sandra Della* on her mobile at **0438 163 755**
email: **sandra@thewrightwayahead.com.au** or visit website at **www.thewrightwayahead.com.au**

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

Appointment is Essential
Call 9720 9200 for appointments



You're Invited!

Morning Tea Cosy Event



Get online week

a campaign by  Good Things

WHEN: FRIDAY 18TH OCTOBER
10:00AM to 12:30PM

WHERE: Harvey CRC Outdoor Area



- Bring your own device!
- Let us help you to register for the Digital Skills Checker
- Learn how to use Pinterest to search & download a creative tea cosy knitting pattern
- Enjoy Morning Tea & Start Knitting!

RSVP: Call us on 9729 1669 or drop in to register your interest by Monday 14th October



We're proud to be supporting our Senior community to feel more confident and safe online & we're excited to be part of Australia's largest community-led digital inclusion campaign!



2024 Upcoming Shows

Thursday, 3 October 2024 (10.30am)

The Lifetime of Deaf and Deafblind

The troubles and triumphs of living in a silent world Peter Blockey and Eddie Szczepanik from Deafinite Connection invite you into their world with this interactive, signed storytelling and song performance. Complimentary light lunch provided.



OCT

Friday, 18 October 2024 (7.30pm)

An Evening with Beccy Cole

Australian country music royalty is coming to Harvey. For over 30 years, Beccy Cole has delighted Australian music fans with her glowing warmth, husky tones, bawdy sense of humour and hundred-watt smile. Join us for this special evening with Australian country music royalty.



NOV

Friday, 8 November 2024 (7.30pm)

40+ Fabulous

The ultimate girl's night out, full of fun and laughter. Get ready for a hilarious night of laughter, empowerment and sheer fun at the comedy show that recently won the Best Comedy Award at Fringe World 2024, hosted by Perth comedian Emma Krause.



DEC

Saturday, 7 December 2024 (9am to 1pm)

Indoor Christmas Markets

Snap up a unique gift for your special someone. Explore the exciting variety of stallholders and cross a few items off your Christmas list at the popular Indoor Christmas Markets.





END-OF-LIFE PLANNING

FUNDED SUPPORT SERVICE - 2024/2025



HOW CAN WE HELP?

ENDURING POWER OF ATTORNEY

Provision of Enduring Power of Attorney Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

ENDURING POWER OF GUARDIANSHIP

Access to Enduring Power of Guardianship Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

HEALTH DIRECTIVE

Access Health Directive documents or make an appointment with one of our team to support you to complete the documents.

MYHEALTH RECORD

One of our friendly team will assist you to link your MyHealth Record to your MyGov account.

Anything else?
Just ask!

WE MAY ALSO BE ABLE TO HELP WITH

WILLS

Support to complete an online Will - basic Wills only (fees and charges will apply), or referral to a lawyer to draw up a Will for a reduced fee - collaborative partner.

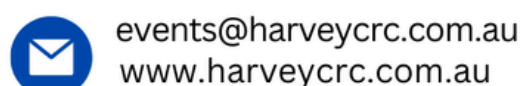
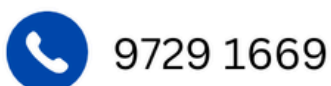
MY AGED CARE WA

One of our friendly team will help you to apply online for access to My Aged Care WA.



Palliative Care
Western Australia
Living, dying & grieving well

This project has been made possible through a Linkwest grant funded by WA Primary Health Alliance as part of the Australian Government's PHN Program



Bring along your Foodbank card and take advantage of this mobile service. HCRC can refer you to Foodbank for a new card or as a new customer



FOODBANK
Mobile Food Van
 IN HARVEY TWO TUESDAYS A MONTH
 1 October 2024, 9:00 - 9:45am
 15 October 2024, 9:00 - 9:45am
 (Concession cards are no longer required to avail this service, just come in to CRC front desk, we can process your referral)
Eftpos or pre-paid vouchers only. No cash.
 Harvey Community Resource Centre
 5 Gibbs St, Harvey WA 6233




Harvey Community Resource Centre
JUSTICE OF THE PEACE
SERVICES AVAILABLE
 Tuesdays by appointment only
 CONTACT US TO MAKE A BOOKING
 (08) 9729 1669
 events@harveycrc.com.au



St Vincent de Paul Society (NSW) INC
Vinnies Emergency Assistance
 CALL 1300 794 054 Weekdays 9.00am to 12.30pm
 We can help with food, clothing and furniture; financial counselling; vouchers; for essentials; utility bills; rent assistance; pharmacy bills for prescriptions assistance; transport & friendly advice.
vinnies.org.au/en
 For free confidential advice from professional financial counsellors please call the National Debt Helpline.
NATIONAL DEBT HELPLINE
 Monday - Friday
 9.30am to 4.30pm
 1800 007 007



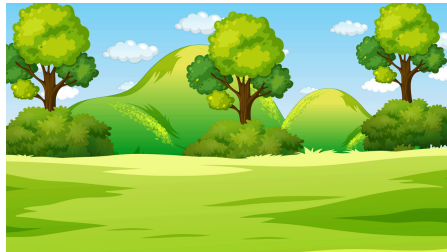
Robyn Clarke MLA

Member for Murray-Wellington

PO BOX 668, Pinjarra WA 6208

- 9531 3155
- robyn.clarke.MLA@mp.wa.gov.au
- Robyn Clarke MLA
- www.robynclarke.com.au





Benefits of Being in Nature

Harvey CRC is a proud Partner of Act Belong Commit, and this month we are supporting Outdoors October and the mental health and wellbeing benefits of spending time outdoors.

Research shows connecting with nature has been associated with improving and maintaining mental health and wellbeing, and lowering levels of depression and anxiety. Those with a strong connection to nature are also more likely [Insert organisation/group/club name] is a proud Partner of Act Belong Commit, and this month we are supporting Outdoors October and the mental health and wellbeing benefits of spending time outdoors.

Research shows connecting with nature has been associated with improving and maintaining mental health and wellbeing, and lowering levels of depression and anxiety. Those with a strong connection to nature are also more likely to feel that their lives are worthwhile, and produce happy emotions such as calmness and joy.

Being connected to nature involves feeling a close relationship or emotional connection to your natural surroundings. Your connection with nature can be developed through any activities that involve the senses, or create feelings of compassion when in nature.

This could involve breathing in the fresh air or listening to the sounds of nature. You could also engage your creative side to develop your connection with nature, such as writing a poem or short story about nature or painting/drawing a nature scene or landscape.

Visit the [Act Belong Commit website](#) for more tips on being mentally healthy.

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Visit the [Act Belong Commit website](#) for more tips on being mentally healthy.





NOONGAR WAANGKINY

LANGUAGE CLASSES

Term 4

7 Oct	11 Nov
14 Oct	18 Nov
21 Oct	25 Nov
28 Oct	2 Dec
4 Nov	9 Dec



Monday Evenings
5.30PM to 7.30PM



Harvey CRC
5 Gibbs Street,
Harvey WA

"Fun, engaging and safe way to
learn our First Nations
language"

Previous participant



REGISTER NOW

info@harveyabcorp.com.au



LUNCH TIME



Fortnightly Community Lunch
Wednesdays at 12:00 Noon from
25th September

Come & Join Us at Harvey CRC
Bring a Friend!

Free Event but donations
always welcomed





MENTAL HEALTH WEEK

5 - 12 October 2024

Mental Health Week not only brings awareness to mental health and wellbeing, providing an opportunity to celebrate and encourage social connection, but it is also a great time to check in on your own mental wellbeing and see how you're going.

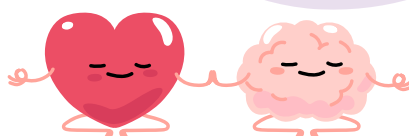
Take the first step in boosting your mental wellbeing by completing the Act Belong Commit online interactive Mental Wellbeing Quiz. This short quiz only takes up to 10 minutes to complete, and will ask you some questions about your involvement in mentally healthy activities.

After completion, you will be given an overall wellbeing score, as well as scores based on your current engagement levels of act, belong, and commit. Based on this information, the quiz will provide some suggestions on the steps you can take to improve your mental wellbeing.

Additionally, the quiz will prompt you to explore the Act Belong Commit Activity Finder, where you can discover activities, events, and services that give you the opportunity to act, belong, commit.

Mental Wellbeing Quiz: actbelongcommit.org.au/my-mental-health/mental-wellbeing-quiz

Activity Finder: actbelongcommit.org.au/activity-finder





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)

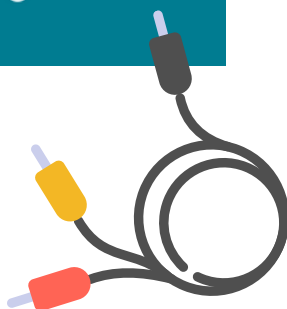
Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.



**Financial
Counselling.**
**It's more than
budgeting.**

We visit Harvey CRC
Wednesday fortnightly

Call 9720 9200 for an
appointment.



Ron Kruger
Manager/Director



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





Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

October 2024

Not mushroom for error



Photos of various fungi collected by Department staff and MyPestGuide® users. Left to right, Rhubarb bolete (*Boletellus obscurecoccineus*), a native bracket fungi (Polypore fungi), and Fly agaric (*Amanita muscaria*).

Spring has arrived here in the south-west. The weather is mild, the bush is exploding with flowers, and many Western Australian's are venturing out to experience the natural wonders of our region. Although past their peak, those with keen eyes will still spot what the intrepid winter bushwalkers have been enjoying for months, weird and wonderful specimens from the captivating kingdom of fungi!

Fantastic fungi

When you think of south-west WA's biodiversity, fungi might not be the first thing that comes to mind. However, it's estimated that fungal species may outnumber plant species 10:1, which means there could be as many as 140,000 different species in this region, the majority yet to be discovered. These often-overlooked lifeforms play crucial roles in our ecosystems, from the forest floor to the treetops, they are hard at work, decomposing organic matter, forming symbiotic relationships with plants, nourishing wildlife and even glowing in the dark. One of the most enchanting fungi you might encounter is the ghost fungus (*Omphalotus nidiformis*). These bioluminescent beauties can be found growing on dead or dying wood, emitting an eerie green glow in the darkness. Look but don't touch - ghost fungi are toxic.

The dangers of foraging

While the world of fungi is fascinating, and some species are safe and tasty to eat, it's crucial to remember that foraging for wild mushrooms can be

extremely dangerous. Many poisonous species closely resemble edible ones, and misidentification can lead to severe illness, organ damage or even death. Never eat wild mushrooms unless you're an expert or have had them identified by an expert. Sadly, fungi experts are hard to find, and even experienced foragers can make mistakes. It's best to admire fungi in their natural habitat without taking them home for dinner. For cases of suspected poisoning call 000. For general information, the poisons information centre: 13 11 26.

Livestock and pet concerns

Occasionally we receive enquiries from the public concerned about the risk of poisonous mushrooms to their animals. Though not common, ingestion of mushrooms has caused accidental poisoning of livestock and companion animals. If you are concerned your animal/s have consumed wild mushrooms, please contact your local veterinarian in the first instance.

Fungi resources

Unfortunately, the Department has limited expertise in the identification of mushrooms and fungi species outside of our plant pathology expertise. However, some helpful resources include the Fungimap website (fungimap.org.au), the WA Naturalists' 'Fungi books and resources' webpage, social media fungi interest groups, and various fungi book resources including publications from the Department of Biodiversity, Conservation, Attractions (DBCA) and CSIRO.



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au
Pest and Disease Information Service (08) 9368 3080 | padis@dpiird.wa.gov.au



WARRIOR WELLBEING ARTICLE

The Three Things a Man Needs

By THE REGIONAL MEN'S HEALTH INITIATIVE October 2024

A wise man said to me recently the three things a man needs is to love someone; to do something meaningful and to have something to look forward to. These three things are a constant through the different stages of a man's life whether it be adolescence, mid-life, transition and/or retirement.

We need to remember these three needs and actively stay engaged as they are a strong conduit to maintaining a healthy disposition and aid in building something else into our lives, other than just our work to identify ourselves by.

We often talk about our random capacity to deal with stuff in our lives (this varies from person to person). Most of us operate within the bounds of a rubber band (non-stretched and stretched). This innate capacity often boils down to how we are individually hardwired, and it may also reflect our upbringing and/or events experienced through our life journey. What we do know is that we all need to unplug the dam to let some stuff out every now and then so that the dam doesn't burst its banks and cause us to crash.

When we link the three things a man needs (that is to love someone; do something meaningful and to have something to look forward to) to our capacity to deal with stuff in our lives (i.e. stopping the dam wall from bursting), it helps life run more smoothly, and helps to:

- maintain balance;
- make sense of some of the fundamentals in our DNA (our warrior attitude), and
- improve our individual capacity to both survive and thrive.

We need to be mindful of living in the present and connecting with others. For a bloke, this connectedness is important and can be maintained simply by attending a local men's shed, playing sport (i.e. football, bowls, golf, tennis or participating/watching our preferred sport with a friend), having a cuppa with a neighbour or spontaneously dropping in on a mate.

neighbour or spontaneously dropping in on a mate. So, remember to take time to laugh with others and enjoy what we do, Talk to a Mate® about our health and wellbeing and/or ask him how he is going, and make sure we block out some time at the end of our busy periods to have a break.



As our priorities change in life, we need to reflect on our own values. Three of these are; healthy living, having purpose and being connected to community. These are important values to us at every age and stage of our lives and when we line these up with the three things a man needs, that is:


- to love someone – i.e. healthy living;
- to do something meaningful – i.e. purpose, sense of achievement
- to have something to look forward to - i.e. connectedness to community.


Then life starts to make some sense.

Us blokes need to recognise and talk about these significant aspects of our lives, so we can fulfil our potential and ultimately enjoy the journey. Don't take anything for granted, we don't know what will happen tomorrow.

As always, remember ... before it all gets too much... Talk to a Mate®!!

 @RMHL4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au





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

Give yourself the best chance by finding cancer early

Our Find Cancer Early campaign encourages those over 40 years of age in regional Western Australia to give yourself the best chance of finding cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if you notice any unusual symptoms.

Recently, Cancer Council WA relaunched the 'Give yourself the best chance' campaign which features two regional West Australians, Cherie Slater and Damien Healy, who generously and bravely shared their stories to raise awareness of the importance of early diagnosis. They highlight the three most urgent possible symptoms of cancer:

- Blood in pee
- Blood in poo
- Coughing up blood

The key message is to know your body and what's normal for you, and if you're over 40 and notice anything unusual, tell your doctor straight away. The campaign will run from August 2024 until March 2025 on regional TV stations (GWN and WIN), Aboriginal TV stations (ICTV and NITV) and will be complemented by advertising on radio stations (Radio Mama, PAKAM, NG Media, Goolarri, Ngaarda, 6WR Waringarri and 6PAC Tjuma Pulka), catch up TV, Facebook, YouTube and out of home media.

For more information about cancer symptoms, visit: www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.

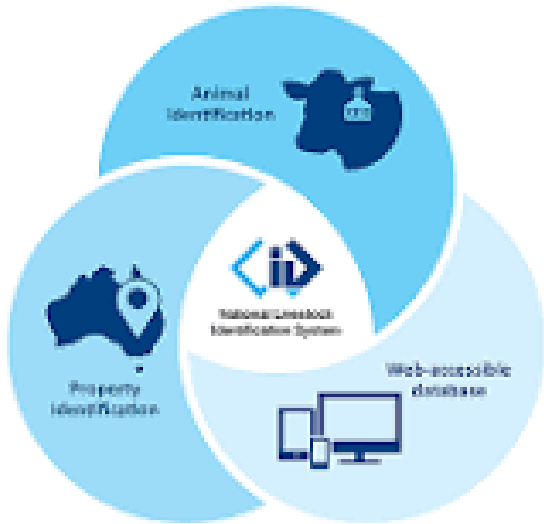


The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA.



Government of **Western Australia**
Department of **Health**

Call us on 13 11 20
findcancerearly.com.au



What is NLIS used for?

The National Livestock Identification System (NLIS) is Australia's system for the identification and traceability of cattle, sheep and goats.

We have a new Stick Reader!



How To Use:

1. Ensure you have an account with NLIS Database
2. Download the 'Shearwell NLIS Connect' app to your phone
3. Scan animals
4. Link your phone to the reader via Bluetooth and upload numbers



Contact our friendly team if you require more information



What's happening in the Southwest?



MENTAL HEALTH WEEK 2024

Clubhouse Open Day

BE PART OF THE FUN!

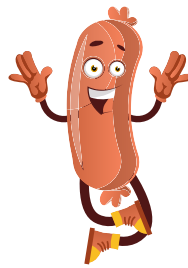
- SAUSAGE SIZZLE
- COFFEE VAN
- ARTS & CRAFTS
- GAMES
- LIVE MUSIC

EVERYONE WELCOME - NO NEED TO RSVP

TUESDAY, OCTOBER 8TH, 10AM - 2PM
 PATHWAYS SOUTHWEST CLUBHOUSE
 LESCHENAULT DRIVE, VITTORIA

pathways southwest
 Search for mental health

KINDLY OBSERVE THE PARKING DIRECTIONS
 PLEASE NOTE NO DOGS ALLOWED



BLUE LEAF IS HOSTING

BUNBURY'S BIGGEST COMMUNITY PICNIC!

@ THE BUNBURY - MARKETS -

SAT 5 OCT | 8AM - 1PM | QUEENS GARDEN
 FAMILY FUN | YOUTH FRIENDLY | FREE ENTRY

Join us this Mental Health Week for a whole community event! There will be live music, food trucks, picnic blankets, free activities & market stalls. There will be some food, but feel free to bring your own or purchase extra at The Bunbury Markets.

www.blueleaf.org.au/youth-empower

Partners: letterywest, healthway, Albemarle, BLUE LEAF, Investing in Youth Inc.

FREE

Dads Drumming!

Welcomes Dads of all ages to drum & discuss Dad Stuff
 Lead by a local Dad who has a professional background in family and relationship case work.
 Every Monday, 1:30-2:30pm starts 14th Oct - Dec 9th

Learn some beats & Drum along with other Dads!

@ Hudson Road Family Centre
 95 Hudson Road, Bunbury

Scan Qr code to register, or call (08) 9795 9308
www.hudsonfamilcentre.org.au





AUTHOR IN CONVERSATION WITH
Josh Kemp
 SATURDAY 12 OCTOBER | 10.30AM - 11.30AM

Join multi-award winning Australian gothic crime fiction writer, Josh Kemp, in a conversation about his latest novel Jasper Cliff.



Learn more

2 PARKFIELD STREET, BUNBURY
 LIBRARY.BUNBURY.WA.GOV.AU

Bunbury Public Libraries




WHO WE ARE AND WHAT WE DO



website

FREE, WALK-IN SPACE

5-9pm on a Friday night you'll find our volunteers who all have a lived/living experience of suicide and/or mental health ready to support you however you choose. We have games, mindfulness activities, sensory tools, books plus endless cups of tea and coffee to help you feel comfortable.

BCSS is a community service that is available to you on Friday nights as much as you need. There's no wait times, no cost, and no need too great or small.

You can connect with our volunteers who will listen, hold space and support you non-judgmentally, with compassion.

There's no forms to complete so you can stay anonymous if you choose. We value confidentiality just as much as you do, so trust in the fact that everything you choose to share will stay private.

If you, or a loved-one would like support for your emotional well-being, please come and say hi. We really are here for all of life's ups and downs, to walk beside you, however you choose.

WANT TO GET IN TOUCH?

If you would like to know more about our service, how you can access it or perhaps to volunteer, you can email us at info@bussetoncss.com.au

Find us on Facebook
[@safespacebusseton](https://www.facebook.com/safespacebusseton)
 Instagram
[@safespacebusseton](https://www.instagram.com/safespacebusseton)

And of course come and see us at 226 Busseton Hwy, at the back of LAMP, Fridays 5-9pm.

Parkinson's WA South West Seminar



Topics & Presenters:

- Parkinson's and treatment options
Dr P. Ramesh - Consultant Geriatrician
 Dr Ramesh Specialist Medical Clinic Bunbury & Busseton.
- Questions and Answers Panel
Fiona Roscoe and Donna Mallaby - Parkinson's Nurse Specialists
 Parkinson's WA - South West.

Thursday 10th October 2024
 1:00pm - 4:00pm (approx)

Bunbury Regional Entertainment Centre
 2 Blair St
 Bunbury, WA

RSVP Contact the Parkinson's WA office by Friday 4th October
 email: info@parkinsonswa.org.au or phone (08) 6457 7373



Cost Gold coin donation to cover afternoon tea

Scan Here: 

This seminar is recommended for Patients, Families and Carers


parkinson's IN THIS TOGETHER
 WESTERN AUSTRALIA

The Niche, 11 Aberdare Road, Nedlands
 WA 6009 P: (08) 6457 7373 F: (08) 6457 7374 E: info@parkinsonswa.org.au
www.parkinsonswa.org.au

MEET THE AUTHOR
Carol Astbury
 WEDNESDAY 16 OCTOBER | 10AM TO 11AM

Join WA Author and experienced public speaker, Carol Astbury, in a meet-the-author event about her latest novel, Remembrance of Love and War. A story of love, sacrifice and triumph.



Learn more

2 PARKFIELD STREET, BUNBURY
 LIBRARY.BUNBURY.WA.GOV.AU



Workshop to learn the art of Slam Poetry

Think you know poetry? Think again.

Poets, writers and performers are invited to learn the art (and rules) of competition slam poetry at a half-day workshop in Bunbury on Saturday 9 November.

Raw, powerful and transformative, slam is the competitive art of performance poetry. Whether you are a beginner or accomplished performer or writer, this workshop will be an inclusive and safe space to nourish your talent and develop your skills.

"Slam poetry gives a voice to the unheard. It's poetry like you've never seen before," Balingup poet Karen Louise said. "This workshop is a chance to learn the craft and have fun with like-minded people."

Karen has reached the 2024 national finals at the Sydney Opera House in October, after finishing second in the WA finals in August.

Presented by Perth Slam, the WA Chapter of the Australian Poetry Slam, this workshop will be facilitated by Australian Poetry Slam finalist Allan Boyd.

The Poetry Slam workshop is brought to you by Bunbury Writers Group, with the support of Bunbury Poets Collective, Bunbury Repertory Club and has been made possible with support from the WA Regional Arts Fund.

The workshop comes ahead of Bunbury hosting a WA Heat of the Australian Poetry Slam at Bunbury Fringe in 2025, which workshop attendees will be well-prepared to enter or attend.

Workshop details: Poetry Slam Workshop

Saturday 9 November 2024, 10am-2pm

Little Theatre, Pratt Road Eaton

Tickets: \$25

<https://events.humanitix.com/slam-poetry-workshop/tickets>



Test your Harvey Knowledge



1. What is Harvey well known for?
2. How old is Harvey?
3. Who is the famous children's author who had a home in Harvey?
4. What is the Noongar name for the area around Harvey Town?
5. What does the name mean?
6. Where was the original site of the 'Big Orange'?
7. How many train tracks did there used to be?
8. What was the estimated resident population of Harvey for 2023?
9. What is the nearest Airport to Harvey?
10. Where in Harvey is your nearest Centrelink Agent?



RECIPE
OF THE
MONTH

Creamy Chicken & Cauliflower Bake

Prep 15 Mins | Cook 45Mins | Serves 6



INGREDIENTS:

- 500g Cauliflower
- 400g Tin of Condensed Cream of Chicken Soup
- ½ Cup of Thickened Cream
- ½ BBQ Chicken, skin & flesh shredded (bones discarded)
- 1 Cup Frozen Peas
- 4 Spring Onions, sliced
- ½ loaf garlic & olive oil sourdough bread or pane di casa bread
- 50g Butter, melted
- ¼ Cup finely chopped Parsley
- 1¼ Cups grated vintage cheddar cheese
- Green Salad to serve

METHOD:

1. Preheat oven to 200°C
2. Grease an ovenproof dish (approx 12Cup capacity)
3. Cut cauliflower into small florets & thinly slice stems. Place in a microwave dish & add ½ cup water, cover & microwave on high for 6-8 minutes or until tender. Drain
4. Whisk soup, cream & 1 Cup of water together in a large bowl until smooth
5. Add Chicken peas, spring onions & cauliflower. Season with salt & pepper & mix well
6. Spoon mixture into ovenproof dish
7. Tear bread into 2cm pieces, toss with melted butter, parsley & cheese. Scatter over the cauliflower mix
8. Bake for 30-35 minutes or until golden & bubbling
9. Serve with a green salad

** Why not add some bacon for a twist!

enjoy



COMMUNITY ANNOUNCEMENT

Please Note - New Service Fee is now in place

In response to increasing operational expenses, it has become necessary for us to introduce a nominal fee for our services.

Starting from September 1st, support provided by HCRC staff will be subject to a service charge.

**Don't Forget -
We are here to help!
First 30 Minutes - FREE!**
**Fees will be charged at \$10 for each
15 minutes after the first 30.**





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Advertising notices and articles due by 20th of every month



Harvey Knowledge Quiz Answers



1. Harvey farms some of the best beef and has some of the best citrus growing, dairy farming and viticulture areas in Australia.
2. The Harvey district is first recorded in Dr. Battye's "History of WA." (That in 1829, Captain Stirling, later to become the first Governor of the State, selected 12,800 acres known as Wellington Location 50A and called it the Harvey River Settlement.) * The first European to explore the area was a British army officer, Major Harvey, who surveyed the district in 1834.
3. May Gibbs
4. Korijekup
5. Place of the red-tailed black cockatoo.
6. Southwest Highway opposite Stirling Cottage
7. Five
8. The Shire of Harvey Estimated Resident Population for 2023 is 30,790, with a population density of 17.75 persons per square km
9. Bunbury
10. Harvey CRC: Open 8:30am to 2:30pm Mon – Fri



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