



Harvey the Orange



HARVEY HAPPENINGS

MARCH 2025
Harvey CRC's
Community Newsletter



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

WHERE IS YOUR CRC LOCATED?



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



THE LAST GOODBYE EXPO - 2025



Palliative Care
Western Australia
Living, dying & grieving well

END-OF-LIFE PLANNING

Featuring:

Guest Speakers & Conversations with
Groven Legal,
Barretts Funerals, Harvey
SW Compassionate
Communities Network



FRIDAY, 28 MARCH

9.30 AM TO 2.00PM

Core Themes of the Event:

- ✓ Having the Conversation!
- ✓ The importance of a Will
- ✓ Funeral Planning
- ✓ Enduring Power of Attorney
- ✓ Enduring Power of Guardianship
- ✓ Advanced Health Directive

**The Boundary
Room - Harvey
Recreation &
Cultural Centre**
Tom Latch Drive,
Harvey

Contact Us
9729 1669

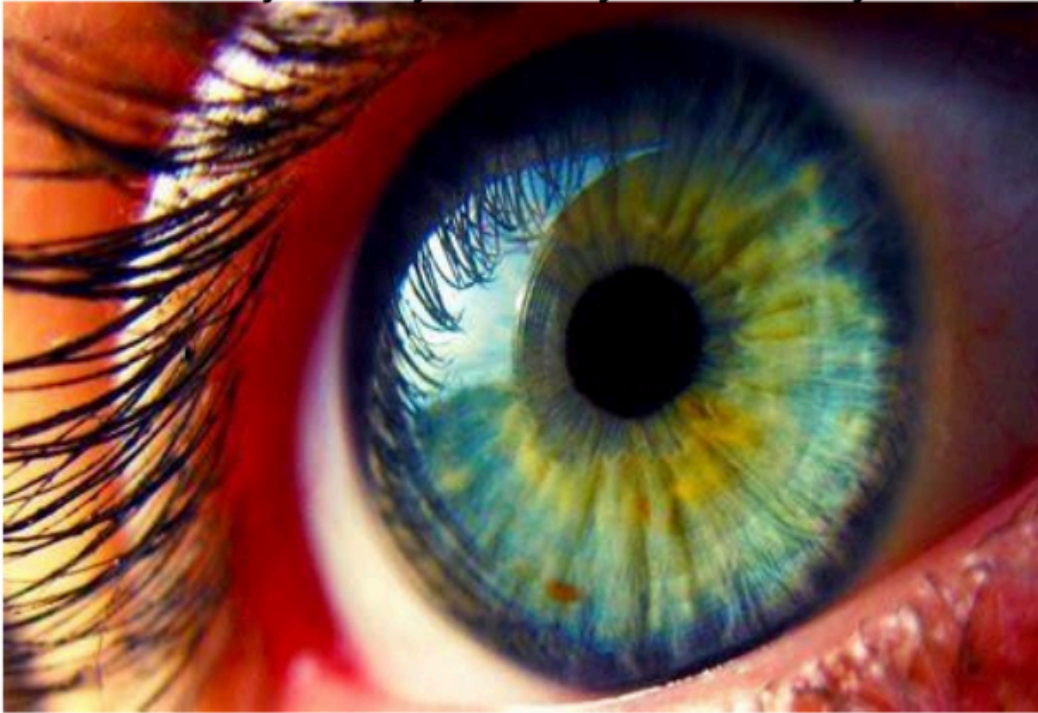
events@harveycrc.com.au





IRIDODOLOGY

Find out what your eyes tell you about your health!



At Harvey CRC

Thursday 10th April 9am-1.30pm

20-minute bookings - \$55 – book online at

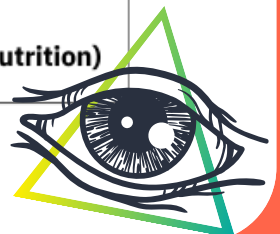
www.thehealthyalternative.com.au

**Natural Health Consults also
available**

Contact Jacqueline for information & to book

0428 921656

Bachelor of Health Science (Naturopathy) / Bachelor of Health Science (Clinical Nutrition)





ADVERTISEMENT

Tackling cost of living is our number one priority



Robyn Clarke
Member for Murray-Wellington

Authorised by R Clarke Shop | Pinjarra Junction Shopping Centre, 21 George Street, Pinjarra WA 6208.



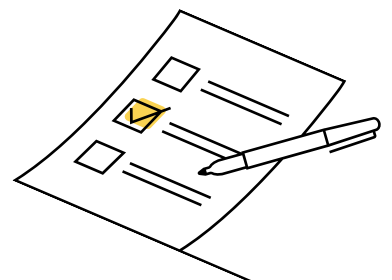
WA State Election Saturday 8 March

Vote early from 24 Feb
Vote by post apply from 3 Jan
Vote on election day Saturday 8 March

**YOUR VOTE
GOES A >>>
LONG WAY**



elections.wa.gov.au



THEATRE 180 PRESENTS
THE LIGHTHOUSE GIRL
SAGA

WHEN THE WORLD IS DARK WITH WAR, COURAGE
AND HEART LIGHT THE WAY HOME

Friday 21 March 2025 | 7:30pm

— Harvey Town Hall —

“Superbly directed & performed with such heart
& conviction. A spectacular fusion of theatre
& cinema...prepare to be deeply moved”

- Billy-Jo Whitbread



Adult - \$25

Concession - \$20

Under 15 Years - \$15

Light supper provided

Scan to get tickets
or visit Harvey
Recreation and
Cultural Centre



Department of
Local Government, Sport
and Cultural Industries





FOODBANK

Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

4 March 2025, 9:00 - 9:45am
18 March 2025, 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



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



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.



Your Natural Health Questions Answered



with **Jacqueline Stenhouse, Naturopath, Nutritionist & Iridologist**

Natural health is all about empowering you to take charge of your wellbeing through a holistic approach. It's about supporting your body's ability to heal and thrive using nutrition, lifestyle changes, and natural remedies. Whether you're curious about how natural health can help with stress, fatigue, or specific health challenges, this column is here to provide clarity and practical advice.

To make this as helpful as possible, we want to hear from you! What's on your mind about natural health? Have you ever wondered if herbal remedies could complement your current treatments? Or maybe you're curious about the best foods to boost energy and vitality? No question is too big or small, and we'd love to feature your questions (anonymously) in future columns. Simply send them to the Harvey Community Resource Centre email marketing@harveycrc.com.au and stay tuned for answers in upcoming issues.

The Gut Microbiome: The Key to Better Digestion, Less Bloating, and a Healthier You

When it comes to digestion, weight management, and overall health, your gut plays a bigger role than you might think. At the heart of it all is the gut microbiome—an ecosystem of trillions of bacteria, fungi, and other microorganisms that live in your digestive tract. These tiny inhabitants don't just help break down food; they also support immune function, regulate metabolism, and even influence mood.

Why Balance Matters

Not all bacteria are created equal. Your gut is home to both "good" and "bad" bacteria, and while the idea of "bad" bacteria may sound concerning, they all serve a purpose—provided they're in the right balance.

- **Good bacteria** (such as *Lactobacillus* and *Bifidobacterium*) support digestion, produce essential vitamins, and keep harmful bacteria in check.
- **Bad bacteria** (such as certain strains of *Clostridium* and *Escherichia coli*) can cause problems if they multiply too much, leading to bloating, inflammation, and sluggish digestion.

The key to a thriving gut is balance—when beneficial bacteria outnumber harmful ones, digestion functions smoothly, inflammation stays low, and metabolism runs efficiently. However, stress, poor diet, antibiotics, and lifestyle factors can throw this balance off, leading to discomfort and unwanted symptoms.

Signs Your Gut Microbiome is Out of Balance

If your gut bacteria are out of sync, you may notice:

- **Bloating and gas** - Excess gas production from imbalanced bacteria can cause discomfort.
- **Digestive issues** - Constipation, diarrhoea, or irregular bowel movements.
- **Unexplained weight changes** - Gut bacteria influence metabolism and fat storage.
- **Food intolerances** - Sensitivities to certain foods can stem from gut imbalances.
- **Low energy and fatigue** - Poor gut health can impact nutrient absorption and energy levels.
- **Skin problems** - Acne, eczema, and inflammation may be linked to the gut.
- **Frequent illness** - A weak immune system can be a sign of poor gut health.

..... Continued on page 10





Your Natural Health Questions Answered

with **Jacqueline Stenhouse, Naturopath, Nutritionist & Iridologist**

..... Continued

How to Support Your Gut & Reduce Bloating

Fortunately, there are simple steps you can take to restore balance to your gut microbiome:

- **Eat more fibre** - Whole foods, vegetables, and legumes feed good bacteria.
- **Include fermented foods** - Yogurt, kefir, sauerkraut, and kimchi provide probiotics.
- **Stay hydrated** - Water supports digestion and prevents bloating.
- **Reduce processed foods & sugar** - These can feed harmful bacteria.
- **Manage stress** - High stress affects digestion and gut bacteria balance.

The Role of Diet in a Healthy Gut Microbiome

Your diet directly influences the balance of gut bacteria, which in turn affects bloating, digestion, and weight management. A gut-friendly diet includes:

- **Fibre-rich foods** - Vegetables, fruits, and whole grains fuel good bacteria.
- **Fermented foods** - Probiotics from yogurt, kimchi, and sauerkraut help restore balance.
- **Limiting processed foods and sugar** - These promote harmful bacteria and inflammation.
- **Staying hydrated** - Water keeps digestion running smoothly.
- **Balanced meals** - Keeping blood sugar levels steady supports gut health.

By making small dietary changes and prioritising gut health, you can improve digestion, reduce bloating, and feel more energised. A well-balanced microbiome is one of the foundations of good health—taking care of it will help you feel your best every day.

Safety of Natural Health

Please remember whilst natural health is generally safe, it may not be safe for everyone, especially if you are on medication. Please consult a qualified health practitioner before starting any natural remedies or supplements to receive guidance to make effective and safe choices that suit your individual needs.



Jacqueline offers iridology consults and natural health advice at Harvey CRC on the second Thursday of every month.





Staying in Place is an initiative being rolled out in many WA towns to help keep the elderly in their homes by providing them with the support they need.
 Harvey CRC is working with *Mable* and *HomeMade* to coordinate essential services in the Harvey area. We are looking for workers to provide cleaning, gardening, home maintenance, social support - outings, shopping etc. Great flexibility. Choose your own hours/days. Generous remuneration.
 Workers will need to register on the *Mable* platform.

For more information call Sarah or Tracey-Ann at the CRC on 9729 1669



Proudly sponsored by:



Ron Kruger
 Manager/Director

RK Cabling

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

TV Points
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 CCTV
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 Mounting TV's
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Reg No: T50600

Financial Counselling.
It's more than budgeting.

We visit Harvey CRC
 Wednesday fortnightly

Call 9720 9200 for an appointment.

AnglicareWA





WA Harmony Week (15 to 21 March) encourages everyone to experience, explore and appreciate Western Australia's rich multiculturalism and diversity, and serves as a great reminder for us to get involved in our communities and engage with others.

When we feel connected to our community, we are more likely to thrive both personally and collectively. Fostering a strong sense of belonging within our communities also has a flow-on effect that helps others in our community to reap these rewards as well!

Belonging is more than being physically present in a particular place with a particular group of people. A strong sense of belonging comes from feeling accepted and understood for who we are, building meaningful connections, and finding our place in the world.

A strong sense of belonging has a positive impact on our mental health and wellbeing, as well as success in the workplace and physical health. Building and strengthening social connections can alleviate the negative effects of loneliness, reduce anxiety and depression, enhance self-esteem and empathy, and improve the quality of our relationships.

Harvey Community Resource Centre therefore encourage our community to search the [Act Belong Commit Activity Finder](#) to find a WA Harmony Week activity in your area.

Visit the [WA Harmony Week website](#) for more details. We also recommend visiting the [Act Belong Commit website](#) for advice on how to keep mentally healthy.



Mentally Healthy WA

For good mental health:
Act – do something!
Belong – do something with someone.
Commit – do something meaningful.





Inclusive Leadership Training for Committees and Boards of Management

Are you struggling to attract new Board members?

Did you know there are people with disabilities wanting to join a Committee in your area?

You are invited to attend a workshop on Disability Awareness & Recruiting a Board member with Disability

- **Monday 17 March, 2025**
- **5.00pm – 7.00pm**
- **The Boundary, Harvey Recreation and Cultural Centre**

Light refreshments provided

To book your **free** ticket:

- Email community@advocacywa.org.au
- <https://www.eventbrite.com.au/e/inclusive-leadership-training-for-boards-and-committees-of-management-tickets-1218670760049?aff=oddtcreator>





Join us for an insightful workshop over lunch, which will focus on Engaging the Next Generation and effectively recruiting young volunteers, delivered by our Youth Engagement Officer, Emily Armstrong. Learn what young people have told us about their motivations and needs when volunteering, to help you create opportunities that align with their values and make your volunteer program more appealing to young people. Whether you're a leader of volunteers, or a community organiser of events, this bite-sized workshop is an introductory session in understanding how to better attract and retain the next wave of passionate, purpose-driven volunteers.

Register here - <https://www.eventbrite.com.au/e/engaging-the-next-generation-recruiting-young-volunteers-tickets-1247861590609>

DATE: Wednesday March 19 **TIME: 12:00 - 1:00pm AWST**
LOCATION: Online





Julie Rose

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

'How To Tell You' it's time to quit smoking

On Sunday 16 February 2025, Cancer Council WA's **Make Smoking History** program launched its newest WA-made campaign, '*How To Tell You*', which taps into the powerful role loved ones play in motivating people to quit smoking.

The new campaign depicts a man who has recently been diagnosed with cancer and must break the news to his partner, children, mother, and friend. Each scene captures the deeply personal and emotional weight of these conversations, highlighting the unique relationship the man shares with each loved one.

The emotive campaign focuses on the impact smoking has not just on the person who smokes, but also on their loved ones. While it's not always easy to find motivation for ourselves, thinking about how our choices affect our loved ones can make all the difference. The research behind '*How To Tell You*' revealed that many people are deeply motivated to quit smoking when they think about how a smoking-related illness, like cancer, could affect their loved ones.

Quitting smoking means taking back control of your life. It's about having more money for the things you love and having the energy to dive into your favourite hobbies. Most importantly, you'll greatly improve your chances of enjoying a longer, healthier life with the people who matter most.

There are so many reasons to quit. Take the first step today:

- Visit www.makesmokinghistory.tips for all the best tips to quit + for the long term.
- Try our free, interactive **quit planner**.
- Download the free **My QuitBuddy** app.
- Chat to your GP, Aboriginal Health Worker or pharmacist.
- Call the **Quitline** on **13 7848** or chat online at www.quitlinewa.org.au.

For more information email, makesmokinghistory@cancerwa.asn.au

Share Your Story to Help Find Cancer Early

Cancer Council WA is calling on people in the South West who have been diagnosed with cancer to share their stories as part of the **Find Cancer Early** program. We know that early diagnosis saves lives, and real stories from people in regional WA who have been affected by cancer can make a huge difference in encouraging others to recognise symptoms and see their doctor.

We are looking for cancer survivors who are:

- over the age of 40 years,
- have been diagnosed with one of the following cancers: **breast, prostate, bowel, lung, or skin** cancer,
- live in regional WA, and
- discovered their cancer after noticing symptoms and visiting their doctor.

If you meet the criteria and are willing to share your story, we invite you to contact our Find Cancer Early Senior Co-ordinator at findcancerearly@cancerwa.asn.au or call (08) 9382 9354.

For more information on the Find Cancer Early program, visit findcancerearly.com.au.



Government of Western Australia
 North Metropolitan Health Service

Call us on 13 11 20
findcancerearly.com.au



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

March 2025

Weeding out a bad sale



From left to right: *Salvinia molesta* (close-up), *Pistia stratiotes* and *Eichhornia crassipes*

“Let the buyer beware”

It may not have crossed your mind that plants being sold online or privately, might be prohibited in Western Australia! Or that you have a responsibility as a consumer, to be aware of the risks associated with a purchase. There is legislation that underpins the regulation of importation and trade of plants that are not permitted in Western Australia. The goal of this regulation and legislation is to protect natural ecosystems and primary production systems in WA from the many pests, weeds and diseases found elsewhere. There can be consequences for people who are aware yet continue to engage in distribution of certain species. The consequences for the environment, however, can be devastating if pest species make it into natural ecosystems.

A work in progress

To be eligible for import into WA or trade within WA, a species must be assessed and given a legal status, under the **Biosecurity and Agriculture Management Act 2007** (BAM Act). Once classified, the species is then listed as a 'permitted species' or 'declared pest' in a database called the Western Australian Organism List (WAOL). If an organism is not listed on WAOL it cannot be imported or traded. A person can request to have an organism assessed for classification by filling in an assessment form which is available on the department's website.

End the circulation cycle!

During the Covid-19 pandemic many people started new hobbies. One growing trend is aquascaping an aquatic garden inside an aquarium or pond. Plants were brought in by people who were unaware of the requirements. Subsequently, prohibited plants have

been circulating in WA and advertisements of prohibited plants may occur on a variety of online advertising platforms. It is important that consumers learn how to weed out a questionable sale and how to determine if a plant is prohibited.

Some examples to be aware of: *Salvinia species* (ALL varieties), floating crystalwort (*Riccia fluitans*), *Rotala rotundifolia*, water lettuce (*Pistia stratiotes*), floating water hyacinth (*Eichhornia crassipes*) and frogbit (*Limnobium laevigatum*). *Rotala rotundifolia* is often sold under 'cultivar' names. A cultivar is a variety of a species that has specific physical features, but all cultivars of a species share the same classification as they are the same species.

The buyer's checklist:

1. Before making a purchase, check whether a plant has a 'permitted species' status (find the scientific name of the species through internet searches).
2. Enter the scientific name into WAOL: <https://www.agric.wa.gov.au/organisms>
3. Don't buy or distribute unlisted species or species that have a 'declared pest' status.
4. Advertising/selling 'declared pests' is prohibited and can be reported as an illegal agricultural matter on crimestopperswa.com.au
5. If you are unsure you can also email padis@dpird.wa.gov.au

If you find that you have ended up with a prohibited plant because you were not aware, please put it in a sealed plastic bag and leave that in the sun for two weeks on a hard surface, before putting it the bin. This will stop it being viable and it won't become invasive in the environment.



Report your observations

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

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



STOP. CHECK. PROTECT.

Three small steps to keep Australia safe from scammers.

Scam alert: Investment bonds scam

Criminals are impersonating real businesses and offering fake investment bonds. They claim these bonds offer high returns and are protected by the government.

Scammers will encourage you to register your name, mobile number and email on a fake website. They steal money by getting people to buy fake investment bonds. They will also use your personal details to commit other scams.

The National Anti-Scam Centre works with the Australian Securities and Investment Commission (ASIC) to remove investment scam websites, which led to thousands of websites being taken down in 2024.

How to spot the scam

This scam can be hard to spot because criminals set up fake emails where they pretend to be legitimate brokers. They also have a fake website which looks like the real business's website. The fake website has the business's branding and uses links that go to the real website.

The fake website comes up in internet searches for investment opportunities.

Recently criminals were impersonating Bunnings in one of these types of scams. Scammers offered environmental bonds that support carbon reduction, sustainability and waste reduction. They offered 3 investment options ranging from \$50,000 to \$250,000 and promised higher than market returns of up to 9%. They said that the investments are supported by Bunnings and protected by government finance regulations.

ASIC has taken down the fake Bunnings websites.

What you should know

There are steps you can take to help avoid investment scams:

- Don't trust surprise offers to invest.
- Don't take investment advice from people you have met on social media.
- Check the Australian Securities and Investment Commission (ASIC) website to confirm if the person offering the investment is licenced.
- Check the Moneysmart investor alert list for companies and websites you should not trust.

Check if the business details match the company's real website.

Stay Protected

To avoid being scammed:

STOP – Don't give money or personal information to anyone if unsure.

CHECK – Consider who you're dealing with and ask yourself: could the message or call be fake?

PROTECT – Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

If you've been affected

Don't be embarrassed about being scammed.

If you have shared financial information or transferred money, contact your bank immediately. If you have given away your personal information, you can call IDCARE for help on **1800 595 160**.

Help others by reporting scams to Scamwatch.

Who is the National Anti-Scam Centre?

The National Anti-Scam Centre is where government and industry work together to protect Australians from scams. We're harnessing shared resources and smarter analytics to identify blind spots, strengthen weak links and use data to react faster, stopping scams before they happen.

Our aim is to make Australia a harder target for scammers.

For more information about how to avoid or report a scam, visit the Scamwatch website.



WARRIOR WELLBEING ARTICLE

Rethinking Suicide Prevention – A Situational Approach

BY THE REGIONAL MEN'S HEALTH INITIATIVE
March 2025

The time has come to re-evaluate the way we approach suicide awareness and prevention! This is the challenge issued in a recent paper delivered by the Australian Institute of Male Health Studies and Western Sydney University. Renowned advocates for Men's Health, Dr. John Ashfield, Professor John MacDonald and Anthony Smith propose that a significant paradigm shift is needed to realise a more effective national suicide prevention strategy. They argue that a situational approach is required, one that acknowledges the more predominant association of situational distress with suicide, as opposed to the current focus on mental illness. This is precisely what we advocate here at RMHI.

None of us are immune to the feelings associated with being overwhelmed and challenged by specific events in our lives. These normal life situations such as bereavement or relationship breakdown can impact greatly on our mental and emotional wellbeing. It is at these times, that we draw on our innate capacity/resilience as human beings, and to see the best in others when we connect with them for support. The concern is that too often the distress we feel in certain situations gets aligned with symptoms that are often used to identify a mental illness such as depression. There is no doubt that depression can be a debilitating illness with associations for increased risk of suicide, but it has gone from being a condition of relative obscurity to an apparent major social dilemma. The authors take this a step further and argue that 'the current mental health narrative has been allowed to encircle, medicalise and redefine as pathological many of our common human experiences' (Ashfield, MacDonald and Smith).


The paper's central argument is that when it comes to suicide prevention most initiatives are preoccupied with the identification of mental illness. Instead, we need to be


considering all forms of life stressors and the associated experience of distress which doesn't necessarily embody a diagnosable mental illness but can result in suicidal behaviour. They argue that many suicides are connected to situational distress often involving issues such as unemployment, financial problems and conflict, the signs of which may be missed if we adhere to a purely mental illness agenda. We need to be looking at situational distress and how it influences individual perspective.



As long as the suicide focus remains mostly on mental illness, people will continue to view this problem as that of a professional's domain. Whilst tertiary services are very important their focus is on people with high intensity mental health difficulties and the associated risks. At RMHI we strongly support the shift to a more situational approach to suicide awareness because it promotes development of initiatives that advocate capacity-building in individuals and their communities, early intervention and a primary care focus, that is; ordinary people looking out for each other.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au





What's happening in the Southwest?



RICHMOND WELLBEING PRESENTS

HeART & SOUL SOUTHWEST exhibition



OPENING NIGHT
An evening celebrating talent and community spirit with refreshments provided.
13th March 2025
5PM - 7 PM

OPEN DAY
A calm and relaxed atmosphere to explore the artwork at your leisure.
14th March 2025
10AM - 12PM

RICHMOND WELLBEING
Bunbury Step Up Step Down Service
46 Vittoria Road, Glen Iris WA 6230

Scan the QR code to RSVP by **7th March 2025**





25-29 MARCH 2025



hawaiian
RIDE FOR YOUTH
youthfocus

TURN YOUR PASSION INTO PURPOSE

The Hawaiian Ride for Youth is Australia's premier charity event supporting youth mental health.

Join us for the journey of a lifetime, cycling 700km from Albany to Perth to raise funds and awareness for Youth Focus.



REGISTER TO RIDE BEFORE JULY 24
RIDEFORYOUTH.COM.AU





Irish Stew

Ingredients



- 1kg boneless, beef chuck roast cut into cubes
- 30g unbleached, all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil
- 1 onion finely chopped
- 120 g beef broth
- 1 bay leaf
- 250g baby carrots
- 4 potatoes peeled, and cut into chunks

Method

1. Place the beef cubes, flour, and salt and pepper in a large ziptop bag or bowl. Seal and shake to coat all cubes with flour or stir gently.
2. In a large skillet, heat oil until shimmering. Add the beef cubes and brown on all sides. Do not crowd meat in pan. Do this in batches if your pan is not large enough to accommodate all the meat at one time. As the meat browns, remove it to crockpot.
3. Add the onions to the drippings in skillet and sauté until tender. Add the onions to the crockpot.
4. Stir in the beef broth and bay leaf. Cover and cook on LOW for four hours.
5. Add the carrots and potatoes and stir gently to combine. Cook on LOW for another two to four hours or until meat and vegetables are tender.
6. Adjust the seasonings with salt and pepper to taste.

Notes

To freeze: cool the stew completely. Wrap, label, and freeze in an airtight container. Reheat on the stovetop or in the microwave before serving.

Note: the stew can also be cooked on the stovetop. Simmer on low for 2 to 3 hours until the meat is tender, adding the vegetables in the last 30 minutes of cooking.

Promptly store leftovers in an airtight container in the refrigerator, for up to 3 days.





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

**Submissions due by
THIRD FRIDAY
of every month**

Ring **9729 1669** or email
marketing@harveycrc.com.au
for more information.

"For Sale" ads (2 lines) - FREE

Centre Trading Hours

**Monday to Friday
8.30am to 2.30pm
(With the exception of
Public Holidays)**



Ring **9729 1669**
or email



events@harveycrc.com.au



**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.

Policy & Disclaimer

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