



HARVEY HAPPENINGS



NOVEMBER 2025

MEET YOUR FRIENDLY TEAM

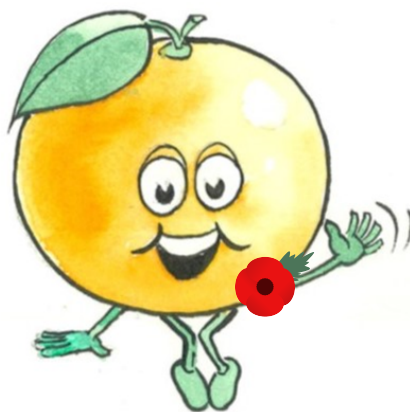


ADVERTISE IN THIS NEWSLETTER

Black & White or **Colour**
Business Card Sizing - \$12.00
6cm x 6cm - \$15.00
12cm x 6cm - \$17.00
1/4 Page - \$20.00
1/2 Page - \$40.00
Full Page - \$60.00
Advert Design / Hr - \$32.00

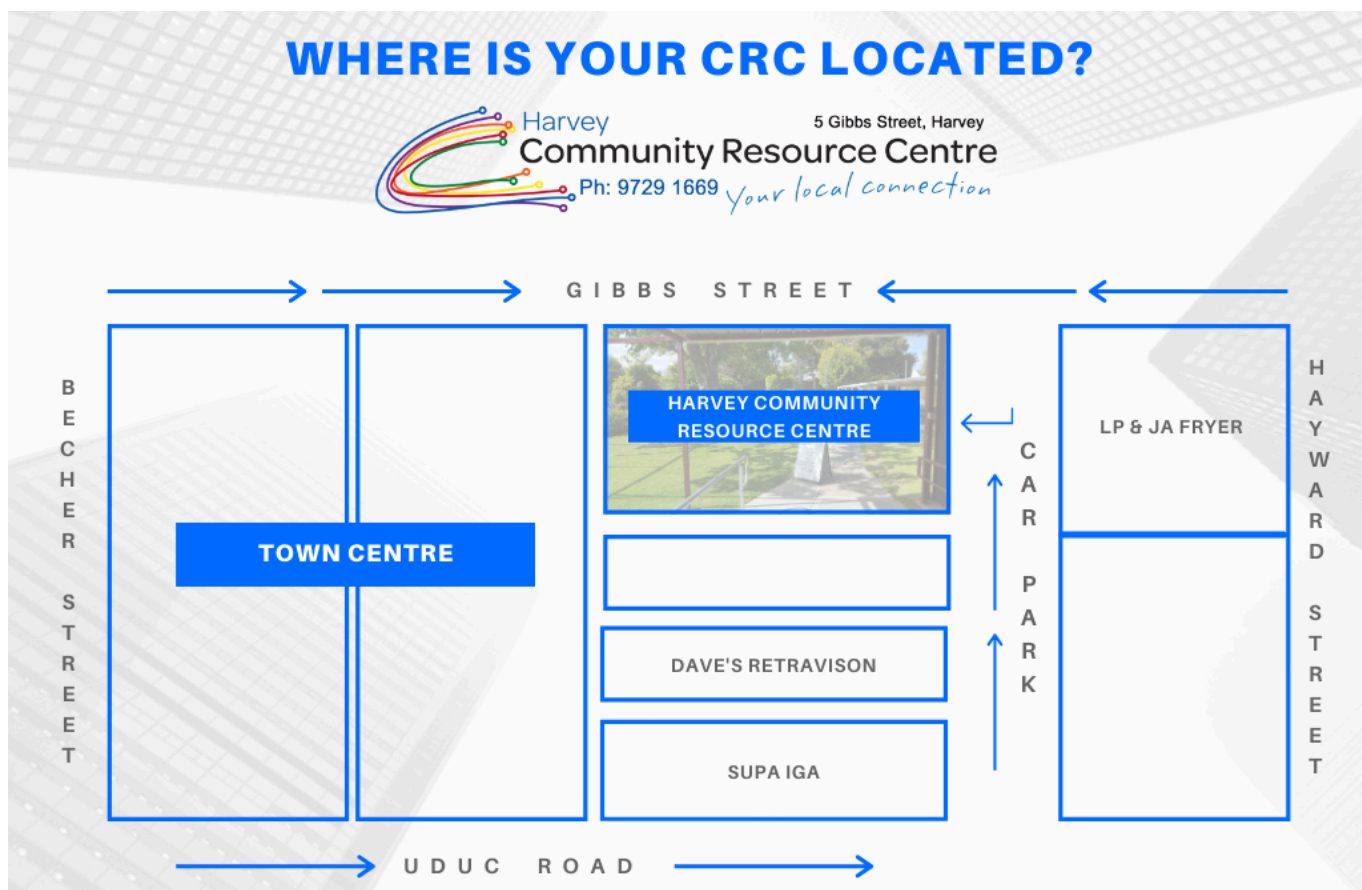
Ring 9729 1669

or email marketing@harveycrc.com.au
for more information.



Harvey the Orange

WHERE IS YOUR CRC LOCATED?



Centre Trading Hours

Monday to Friday
8:30am to 2:30pm
(With the exception of
Public Holidays)

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, drop us an email at
marketing@harveycrc.com.au

OR

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

OUR VISITING OUTREACH SERVICES

Oseca - (Formerly GP Down South)

Oseca (Formerly 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
Appointments Essential
Call 9754 3662 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

Busy Group

The BUSY Group is a not-for-profit organisation that began in 1977 with a vision to have more people in jobs, more people learning new skills, and more communities exposed to positive change, in partnership with employers and industry.

Available Mondays & Thursdays
Call (08) 6165 3362 for more information or to make an appointment

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

Youth Focus

Youth Focus has launched a new service to support young people and their families in Capel and Harvey. The Care Navigation Service helps young people aged 12 to 25 connect with the right services and support in their community, based on their current needs. The Youth Focus Care Navigator can provide you with information, resources, and guide you to the services you need

Available fortnightly on Tuesday
Call 0439 108 380 for more information or to make an appointment



Harvey

Community Resource Centre

your local connection

HAPPENINGS AT THE CRC



Live Lighter Cooking

Presented by the
Regional Cancer Prevention Coordinator
Southwest - Cancer Council WA



Lighten your
plate, brighten
your day!



Interactive preparation & cooking
- Enjoy what you make!

Healthy lifestyle insights and practical tips for nutrition &
cancer prevention through livelighter cooking.

**Come along for a fun & interactive learning session
REGISTRATIONS ESSENTIAL!**

Call us to register on: - 9729 1669

Thursday 27th November
10:30am to 12:30pm

Harvey CRC
5 Gibbs St

JP Services now available on Tuesday's

By appointment only

Contact us on
9729 1669
to make a booking



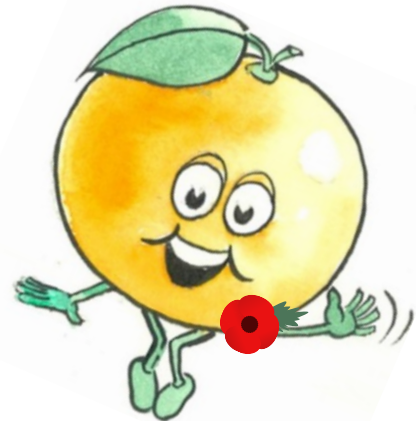
events@harveycrc.com.au



Tai Chi
Every Tuesday
from 9:30am...
Enjoy morning
tea after



events@harveycrc.com.au
5 Gibbs Street, Harvey WA 6220



Harvey the Orange



SUPPORT AT HOME UPDATE



HomeMade

WED, 19 NOV 2025
10.30am - 12pm

Join Misty Morton and
Dex de Bruin from
HomeMade Support
for an informative
presentation on
important changes in
the Aged Care Sector.



VENUE:

Harvey

Community Resource Centre

5 Gibbs Street

Harvey WA 6220

MORE INFORMATION:

(08) 9729 1669



sip@harveycrc.com.au



Michele Thomas



STAYING IN PLACE

To support you living independently with your
Home Care Package



WE CAN OFFER HELP WITH:

CLEANING
LAWN MOWING
SOCIAL OUTINGS
GARDENING
TRANSPORT



**Come in to the CRC and
speak with Michele**

Lady... bug, bird, beetle?



TRANSVERSE LADYBIRD BEETLE LARVA (LEFT), ADULT (CENTRE) AND 28-SPOTTED LADYBIRD ADULT (COURTESY OF MYPESTGUIDE® REPORTER)

A NAME ROOTED IN FOLKLORE

Ladybugs or ladybirds, as we often call them, are some of the most easily recognised and beloved insects around. With their tiny size, bright colours, and distinctive spotted patterns, they're hard to miss. But have you ever wondered about their name? They're not birds, nor are they true bugs. In fact, they are small beetles belonging to the Coccinellidae family. Interestingly, the "lady" in their name has a historical origin rather than a gendered one.

The term ladybird dates back to medieval Europe, when farmers prayed to the Virgin Mary - often referred to as "our Lady" - for protection from crop-damaging pests. According to folklore, shortly after these prayers, small red beetles appeared and began feeding on the harmful insects, saving the harvest. As a result, these helpful beetles became known as "our Lady's birds". Their red colouring was said to represent Mary's cloak, and their black spots symbolised her seven sorrows. Whether fact or folklore, the name has endured for centuries.

BEETLE BIOLOGY

Australia is home to at least 350 species of ladybird beetles and all species undergo complete metamorphosis: egg → larva → pupa → adult. The larval stage looks more crocodilian than beetle-like and is far less recognisable than its adult form. This is particularly important, as it's when they consume the most prey, or, in pest species, the most plant material.

In Western Australia, the most encountered species is the native transverse ladybird (*Coccinella transversalis*). They range in colour from pale yellow to orange to deep red with the black markings. These are highly effective predators of aphids, scale insects, and other soft-bodied pests, making them valuable allies in gardens and on farms. Another common species is the 28-spotted ladybird (*Epilachna vigintioctopunctata*), native to southeastern Asia, but naturalised in Australia, this is a plant-eating species considered a pest, especially on crops like potatoes and tomatoes. Both adults and larvae feed on leaves, causing significant damage.

SPOTTING THEM

Ladybirds are most active during the warmer months of spring and summer, so it's a great time to spot these colourful beetles and their cool looking larvae. You might spot a pest or a predator - it's worth checking whether it's there to save your plants or devour them!

REMEMBRANCE DAY

11 NOVEMBER 1919
106 YEARS AGO

Remembrance Day was originally called 'Armistice Day', and 2 minutes of silence was observed for the first time at 11 am on 11 November 1919 to remember those who had died.

Prime Minister Billy Hughes said at the time:

Of their deeds it is not necessary for me to speak. Of their valour, endurance and resource at Gallipoli, Pozieres, Baupaume and other famous fields, men still speak with awe.

Hughes put our soldiers' sacrifice into perspective when he added:

Our heritage, our free institutions of government - all that we hold dear - are handed back into our keeping, stained with the blood of sacrifice. Surely not only we, their fellow citizens, but Australians throughout the ages, will treasure forever the memories of those glorious men to whom the Commonwealth owes so much, and will guard with resolute determination the privileges for which they fought and suffered.

After World War II, the Australian Government agreed to the United Kingdom's proposal to rename Armistice Day to 'Remembrance Day', to commemorate and remember those who were killed in both World Wars. Today, we remember the loss of Australian lives from all wars and conflicts.

In 1918, Australia made a promise never to forget the service and sacrifice of 416,000 Australians who enlisted and over 60,000 who died. For over 100 years, we have kept this promise. We will remember them.



John Wood & Dave Allen 14 November Our Rock n Roll Journey

A vibrant celebration of the greatest hits from the 1950s to the 1980s. This lively stage show blends storytelling and song, as John Wood shares the rich history behind the music that shaped generations, while Dave Allen brings it to life with powerful live performances.

★ Morning tea included



Rick Price 28 November 30th Anniversary Album Tour

Don't miss Aussie music legend Rick Price live in concert! With hits like Heaven Knows, gold & platinum albums, and 30+ years of soulful songwriting, this unforgettable night is more than a show – it's a heartfelt musical homecoming. Supported by Jax Morton.

★ Dinner + show available



Harvey Indoor Markets 6 December

Harvey Indoor Markets is the place to browse, shop, and soak up good vibes with family and friends. With 50+ stalls, live music, food offerings and a fun-filled atmosphere, this is your chance to support local makers, find that one-of-a-kind gift, and maybe even treat yourself (because why not?).



An Evening with Casey Donovan 6 March

Beloved Australian singer and performer Casey Donovan will hit the road in 2026 for her biggest national tour yet, THIS IS ME.

Join us under the stars when the tour touches down at Gibbs Pool Amphitheatre on Friday 6 March for our very own An Evening With Casey Donovan!



Scan to book tickets or to find out more information about upcoming events!



4 Ingredients

CHICKEN & AVOCADO LETTUCE CUPS

Serves 4 serves

INGREDIENTS

- 2 baby cos lettuce
- ½ avocado
- ½ red onion finely diced
- 1 cup shredded BBQ chicken



INSTRUCTIONS

1. Pull all the leaves from the lettuce. Wash and pat dry.
2. Scoop the flesh from the avocado skin and mash with a fork.
3. Season with sea salt and cracked pepper, add the onion and mix well.
4. Place the lettuce leaves onto serving plates.
5. Top each with a teaspoon of the creamy avocado mix and some shredded bbq chicken.
6. Roll and enjoy!

Enjoy!
Easy
Steps

MORE HEALTHY AND SIMPLE
RECIPES CAN ALSO BE FOUND
ON THE 4 INGREDIENTS WEBSITE



LISTEN TO YOUR LUNGS – KNOW THE SYMPTOMS OF LUNG CANCER

Cancer Council WA is using November's Lung Cancer Awareness Month to remind people in the (insert region) region of the symptoms of lung cancer and what to do if they notice any unusual changes to their bodies.

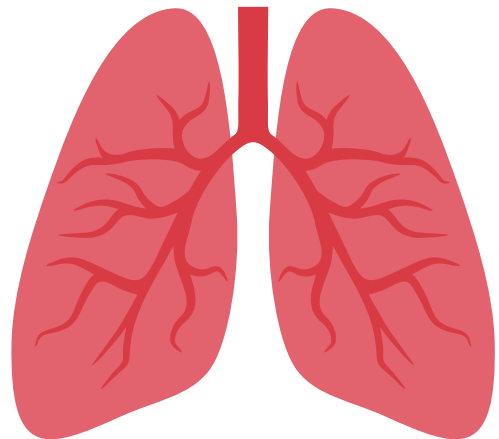
In 2021 in the South West region, 87 people were diagnosed with lung cancer, and 60 died from it.

It is important to visit your doctor, clinic nurse or Aboriginal health worker right away if you experience any symptoms such as:

- Coughing or spitting up blood (once or more)

Or, for more than four weeks:

- A new cough or change to your usual cough
- A lot of chest infections
- Finding it hard to breathe
- Losing weight without trying
- Not feeling hungry
- Pain in your chest and/or shoulder
- Feeling tired or lacking energy
- Changes to your voice, such as hoarseness or croaky voice



If you have any of the symptoms, it doesn't mean you've got cancer – often, it turns out to be something less serious. You can give yourself the best chance to find cancer early, by going to see a doctor, clinic nurse or Aboriginal health worker straight away if you have symptoms, so that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

CANCER INFORMATION AND SUPPORT

To find out more about common cancer symptoms, visit www.findcancerearly.com.au, or if you're feeling overwhelmed and you need someone to talk to, call Cancer Council's information and support line on 13 11 20 and speak to one of our cancer nurses.



Helping you find support for young people in your life

Support is available to help young people improve their mental health and wellbeing. We're here to help you explore pathway options, and connect you with support and services that work for you and those you care about.

Your local Care Navigator can provide you with information and resources for pathways that are available, accessible and specific to your young person's needs.

Email Sarah, your local Care Navigator
carenavigator@youthfocus.com.au

Find out more -
youthfocus.com.au/care-navigator



Proudly supported by



Before your appointment

- Book your video appointment with your healthcare provider.
- Check your email or SMS for a link to your Teams or Zoom call.
- Write down your appointment time.

1

Getting set up

- Use a computer, tablet or smartphone with a camera.
- Make sure you're in a quiet spot with good internet or mobile signal.
- Sit somewhere with good lighting, like facing a window.

2

Joining the call

- Open the email or text message from the clinic.
- Click the blue link that says "Join Zoom" or "Join Teams".
- A window will open - follow the prompts after.

3

During the appointment

- You will see and hear the doctor on the screen.
- Speak normally - just like in person.
- Ask questions if you're unsure.

4

After the call

- Make sure you understand your next steps
- Close the app or browser window when finished.
- If there were video/sound issues, call the clinic to follow up.

5



How to have a video call with your doctor



Need help? Visit regionaltechhub.org.au/health or call us on 1300 081 029
 The Regional Tech Hub provides free, independent advice on your phone and internet connectivity options.

WARRIOR WELLBEING ARTICLE

Keeping Safe – Everyone's Responsibility

BY THE REGIONAL MEN'S HEALTH INITIATIVE
November 2025

When we are nearing the end of the year, we are all busy trying to get jobs done and often feeling tired. Our nerves can be a bit raw and sometimes we are just *over it*. Everyone gets a bit tired and rundown, from kids at school to mums and dads at home and/or at work.

We all know there's lots of work to get done to get us through to the end of the year. This may include finishing the harvest, various stock work, that last FIFO swing before holidays, getting that last job finished and having kids end of year school events to attend. This can lead to us working beyond our limit.

We all have a varying capacity to both absorb those extra things thrown at us and our ability to get the job done, this can differ depending on an individual's work ethic and how we are hard wired (our DNA). We should never assume *what I can do is the norm*, then place that expectation on family members, employees or work colleagues.

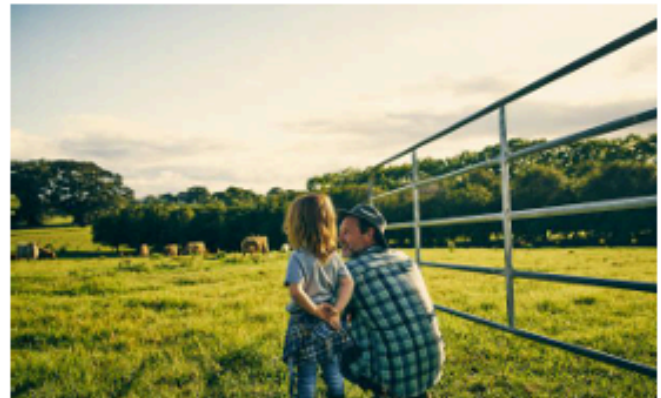
Work Health & Safety (WHS) gives us a legislative framework to guide us, but it doesn't allow for the cultural context in which us blokes sometimes operate. The cultural context for blokes means our approach to risk taking (we are hard wired risk takers); our need to get the job done (task orientated/deadlines); and our approach to winning, can cloud our judgement around keeping safe both in the workplace and in our personal life. We need to be aware and manage our behaviour otherwise we will invariably fail in our responsibility to stay safe.

Keeping safe needs to start somewhere, it is no different to our individual health. I always say that my health is my responsibility, it is not my doctors, my workplace or my wife's. However, my wife is very good at giving me a good kick up the backside (nagging) to get me to the doctor to do my annual service visit, my dentist appointment or my skin check.

Therefore, when it comes to keeping safe, both as an individual and collective it is everyone's responsibility. It is up to all of us whether we are in the workplace, belong to a community group, or within our family setting to be vigilant about working and keeping safe.

Some tips for keeping safe:

- Constantly remind ourselves about work protocols;
- As employers, have realistic expectations of our employees, including family members in the family business;
- Look out for work colleagues, be aware and respond to behaviour changes. Talk to them about it;
- Try and maintain a balanced life, we can only do so much before fatigue becomes an issue;
- Outside busy times take time out;
- Enjoy what we do.



When another year winds down, let's keep safe by staying focused on the job at hand, so we all can get to enjoy the holiday break when it arrives.

✕ @RMHI_4blokes

📢 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



Ron Kruger
Manager/Director



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ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

Reg No: T50600

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The Regional Tech Hub provides FREE, personalised, independent advice and support on internet, phone and mobile options for anyone living and working in rural, regional, and remote Australia.

OUR SERVICES INCLUDE:

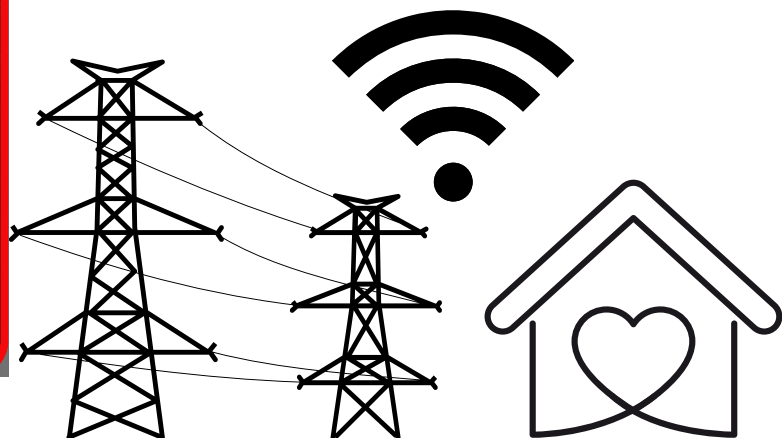
Personalised connectivity reports
Phone assistance hotline

Online information and resource hub
Escalation support

regionaltechhub.org.au

1300 081 029

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Morrissey
Actively Supporting You

40 Years
ANNIVERSARY

Services Offered

Aged Care Respite
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Dementia services
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Social groups
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Transport service

Specialising in Respite

Homely appointed rooms
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Group or individual activities
Pick up and drop home
Short outings to places of interest
Planned or unplanned



Contact the Team today!

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Info@mhi.org.au
www.mhi.org.au





What's happening in the Southwest?



PEMBERTON AVOCADO FESTIVAL



Get ready to celebrate all things avocado at the Pemberton Avocado Festival!

Visitors can indulge in delicious avocado-inspired food stalls, enjoy live cooking demonstrations, and learn about the role avocados play in Pemberton's local economy. The festival offers the chance to meet the dedicated growers behind the region's thriving avocado industry and explore vibrant markets filled with regional produce, handmade crafts, and unique avocado products.

With fun activities for kids, live music, exciting performances, and farm tours, there's something for everyone. Whether attendees are food lovers, families seeking a great day out, or curious about Pemberton's agricultural heritage, this festival promises an unforgettable experience.

From Saturday 1st of November 2025

Children's Counselling.

Free Counselling Sessions.

We provide up to 6 free counselling sessions for children who are diagnosed with cancer, or who are impacted by a loved one's diagnosis.*

This is possible thanks to the support from the Channel 7 Telethon Trust.

Our qualified counsellors offer a range of therapeutic approaches - including play and music therapy, to help children of all ages safely explore and express their emotions.

*eligibility criteria apply



We put you first, then cancer.

To access these sessions call the Cancer Information and Support Line on **13 11 20** or **scan the QR code**



Cancer Council WA acknowledges all the Traditional Custodians and owners of Country throughout Western Australia.



SOUTHERN
ABORIGINAL
CORPORATION

SOUTHERN ABORIGINAL
CORPORATION PRESENTS:

Ladies Morning Tea

Thursday 13th
November, 10am

Bunbury SAC Office
16 Zoe Street, Bunbury

Scan QR code
for tickets:



A BUNBURY MULTICULTURAL GROUP MUSIC EVENT

DANCING IN THE PARK

LIVE PERFORMANCES FROM

LUZ DEL BOSQUE



TCHEGA



SUNDAY NOV 30: 1PM - 4PM

GUPPY PARK, BUNBURY

EVERYONE BELONGS



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Thank you for supporting your local CRC!

Further Information



9729 1669



events@harveycrc.com.au



5 Gibbs Street, Harvey WA 6220



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

Proudly supported by:



Proudly Members of



Agents for

