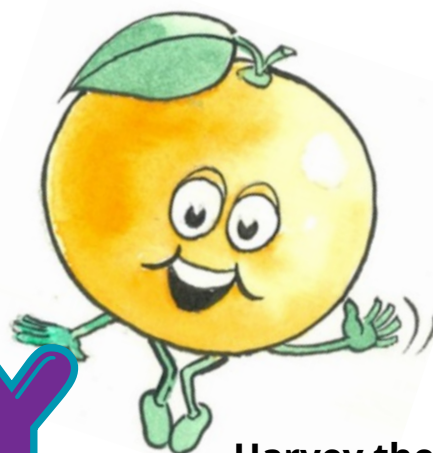




Harvey the Orange

HARVEY HAPPENINGS JULY 2026



23 JULY
to
02 AUGUST



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.

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.

WHERE IS YOUR CRC LOCATED?



Centre Opening Hours

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



Celebrating International Pilates Day



Stronger Core



Better Posture







**JUSTICE OF
THE PEACE
SERVICES AVAILABLE**

CONTACT US TO MAKE A BOOKING

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




Mind and Body




TUESDAYS from 9:30 - 10:30 AM
CRC Undercover Area, 5 Gibbs St, Harvey

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



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

**Please Note:
Amended Dates
for July Only**

FOODBANK

MOBILE FOOD VAN

NOW VISITS WEEKLY

TUES 07 JULY 9:00 - 9:45 am
THURS 09 JULY 12:00 - 12:45 pm
TUES 21 JULY 9:00 - 9:45 am
THURS 23 JULY 12:00 - 12:45 pm









Sheep and Goat Electronic Identification (eID) Workshop

Are you ready for electronic identification of sheep and goats?

If you have questions about transitioning to eID, join us for a workshop at Harvey CRC.

Our team will be available to help you understand what the transition to eID means for you and how to use the National Livestock Identification System (NLIS) when uploading eID tags.

eID for sheep and goats becomes a legal requirement from 1st July 2026.

At this workshop you will:

- Understand eID tagging requirements and timelines.
- Learn your responsibilities for recording livestock movements.
- See a demonstration of a scanning wand.
- Receive guidance on uploading movements to the National Livestock Identification System (NLIS).
- Q&A Session / Support after the presentation.

Date: 05 – 08 - 2026

Time: 10:00am to 12:00pm followed by Q&A Session

Location: 5 Gibbs St, Harvey WA 6220

RSVP: Contact your CRC or go to this link –

<https://events.humanitix.com/sheep-and-goat-electronic-identification-eid-workshop-harvey>

Morning tea provided





Star Hearing Consultants

Audiology and Tinnitus Clinic

Check our
Google reviews
to see what our
patients say!

Clinic Location: **HARVEY CONNECT**

Experts in discreet hearing solutions

These days... hearing loss is more visible than hearing aids.

Are you a Pensioner / Veteran?

You are eligible for a **FREE** Wax Removal **FREE** Assessment and **FREE** Hearing Aids
Fully funded by Government-Hearing Service Program (HSP)



Do you HEAR Ringing? Buzzing? Chirping? Whistling?

It's probably
TINNITUS.
WE CAN HELP!

Tinnitus is the perception of sound when no external source is present.



To book an appointment **CALL 1800 11 4327**

WEBSITE: www.starhearing.com.au | EMAIL: starhearing@outlook.com

Clinic Location: Harvey Connect, 105 Uduc Road, Harvey

Morrissey
Actively Supporting You

40 Years
ANNIVERSARY

Services Offered

Aged Care Respite
NDIS-Short term accommodation
Dementia services
Social assistance
Social groups
Domestic services
Transport service

Specialising in Respite

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



Contact the Team today!

08 9725 4699



Fully compliant organisation – trust and reliability

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



Your rates questions answered

The Shire of Harvey is seeking your feedback on the proposed 2026-2027 Revenue and Rating Plan.

Let's talk about it.

Have rates increased?

Rates have not yet been adopted by Council.

The Revenue and Rating Plan proposes a 7 per cent increase for residential, rural and commercial properties.

This increase will cover costs associated with construction materials, road and infrastructure works, fuel, electricity, insurance, contractor services, plant and equipment, and the ongoing maintenance of community assets.

How are rates calculated?

The Valuer General (WA Government) estimates how much rent your property could earn in a year. This number is different from the property's market value.

Rates are calculated by multiplying this number by the "rate in the dollar" set by Council.

The rate in the dollar is the amount charged for every dollar of your property's assessed annual rental value.

If the rate in the dollar is 0.077971, and your property is assessed by the Valuer General to earn \$25,000 in rent over a year, your rates payment will be \$1,949.28.

For rural property owners, this calculation is different.

The Valuer General determines what the value of your land would be if it were vacant and that number is multiplied by the rate in the dollar.

What if I can't pay my rates?

We understand that financial circumstances can change and we encourage anyone experiencing difficulty to contact the Shire as soon as possible.

Our Financial Hardship Policy provides support options, and our team is available to have a confidential conversation about your circumstances and discuss what assistance may be available.



What do my rates pay for?

The Shire has \$800 million worth of assets spread across 18 localities, as well as dozens of programs and services. Your rates support:

- Roads and footpaths
- Parks, playgrounds and ovals
- Libraries
- Swimming pools
- Leschenault Leisure Centre
- Harvey Recreation and Cultural Centre
- Halls and public buildings
- Drainage
- Waste management
- Urban planning
- Rangers and safety services
- Environmental management
- Community events
- Emergency management and disaster preparedness
- and so much more!



Share your feedback

The Draft Revenue and Rating Plan is on the Shire of Harvey website. Scan the QR code with your mobile phone camera to view the proposal, or visit harvey.wa.gov.au

Rainbow Rice



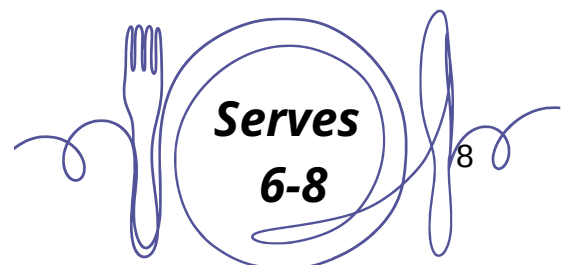
FREE SIMPLE
RECIPE YOU
CAN TRY AT
HOME

Ingredients:

- 1½ Cups Uncooked Rice or 5 Cups Cooked Rice
- 1 Small Red Capsicum
- 1 Small Green Capsicum
- 2 Spring Onions
- Spray Oil
- 2 Cups Frozen Vegetables
- Small Bunch Parsley or Basil
- 2 Tspn Soy Sauce
- ¼ Cup Sweet Chilli Sauce

Instructions:

- Cook rice according to packet directions..
- Chop capsicum and spring onion into small pieces
- Heat fry pan (medium heat) and spray lightly with oil
- Cook capsicum and spring onion until soft
- Add frozen vegetables and stir until cooked
- Add cooked rice and stir until heated through
- Chop herbs and add to pan with soy and sweet chilli sauces. Stir to combine



SKATE NIGHT

Dress up as your favourite movie or book character for a chance to win! For ages pre-primary to Year 7 & \$8.50 per person. Bookings are essential! Tickets can be booked on Eventbrite, at the front office, or over the phone at 9229331. There will be games, activities, music and prizes to be won. You can borrow our skates or BYO. Complimentary sausage roll with every ticket

🕒 5-7pm

📅 Friday 26 June

📍 HRCC



CINEMA AT THE CENTRE: KANGAROO

A heartwarming Australian family comedy about former TV host Chris Masterman, stranded in the Outback, who teams up with a spirited Indigenous girl, Charlie, to rescue and rehabilitate orphaned joeys.

🕒 1:00pm

📅 Tues 14 July

📍 HRCC



CIRCUITWEST, MARK MCDONALD & COLLABORATORS PRESENT

FIFO

Following one full 'swing' of 5 mining employees, 'FIFO' delivers a full spectrum of experience, offering a raw insight into the individuals, couples and families working around a 'FIFO' roster.

🕒 7.30pm

📅 Sat 29 Aug

📍 HRCC



ALIWAH BARDINAR!

A vibrant, music-filled adventure bringing a Noongar creation story to life with puppets, dance, colour and playful bilingual storytelling. Don't miss this enchanting and lively adventure—an unforgettable experience for children and their families!

🕒 1:30pm

📍 HRCC Function Room

📅 Sat 5 September

★ Pre-show Family Fun from 11.30am on Court 3



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



Yarloop Bowling Club

QUIZ NIGHT!

ROUND 1
SCORE ?



Saturday 18th July at 7pm

\$10 per person
Teams of 8 persons

**Only
12 tables!**

Pre Booking Essential!

Contact: Al Kennedy

0474 784 430

Harvey Library July School Holiday Program

WEEK 1

WEEK 2

M



NAIDOC Art ⁶
11am - 3pm



Lego & Sphero ¹³
11am - 3pm
Tales by Torchlight
5pm - 6pm



TU



Construct & Play Building Day ⁷
11am - 3pm



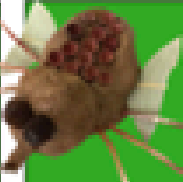
Pesky Pets Bee Hotel ¹⁴
11am - 12pm
Bookings essential.



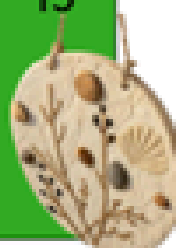
W



Weave a Dream Catcher ⁸
10am - 11am



Nature Clay Creations ¹⁵
10am - 11am
Bookings essential.



TH



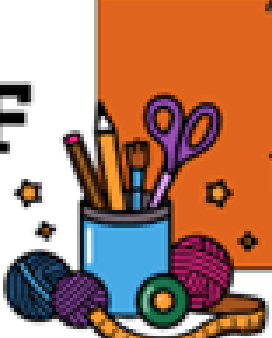
Wild Strokes Painting ⁹
10am - 11am
Bookings essential.



Scott Pearce Drumming Workshop ¹⁶
1pm - 2pm
Bookings essential.



F



DIY Arts & Crafts ¹⁰
11am - 3pm



UNO Challenge ¹⁷
10am - 11am
Bookings essential.



Rhyme time and Story time are replaced by school holiday activities.

Craft activities available until materials run out.

Harvey Public Library P: (08) 9729 0390 E: hstaff@harvey.wa.gov.au



July 2026

European wasps close of season.



European wasps swarm a raw fish lure, carrying pieces straight back to their nests. Staff track this flight path to locate the nest.

The war against European wasps has been raging in the regions of WA.

The 2025-26 European wasp (*Vespula germanica*) surveillance season has wrapped up, with teams locating and destroying 73 nests across WA. More than half were found in regional areas, with surveillance spanning Geraldton, Hyden (Wave Rock), Bunbury, and the Albany region.

The Perth metropolitan area recorded 34 nests across 11 local government areas, with most clustered around industrial and commercial precincts. More than 2,800 surveillance traps were deployed to detect and delimit areas of activity.

Sixty traps were strategically deployed across Geraldton, with no nests detected. Geraldton remains a surveillance priority due to individual wasp detections and historical nest sites. In Bunbury, 100 traps were deployed and one nest located in Picton. A single nest was also found in Hyden (Wave Rock) following a public report. Both areas remain a priority area of concern.

The southern front remains active in the Albany region. Near the port, across Mira Mar, Mt Clarence and Yakamia, 15 nests were found and destroyed. Another 22 nests were eradicated in Napier, about

20 km north of Albany. More than 500 traps covered these areas. The Napier activity began in the 2023-24 season after a confirmed public sighting, and surveillance will continue next season with the same goal: detect, locate and eradicate every incursion.

Incursion pathways

European wasps are skilled hitchhikers. Fertilised queens can slip into the smallest gaps in pallets, freight, machinery, cars and caravans. Most nests appear in industrial precincts, but detections in port cities and tourist hotspots suggest queens are arriving in cargo or with interstate travellers towing caravans or equipment.

Look, report, adopt a trap!

Dedicated personnel, strong public reporting and detections from community 'Adopt-a-trap' participants are all helping in the fight against European wasps. With ongoing incursions from the eastern states and potentially overseas, we cannot drop our guard. Vigilance remains essential, particularly in port cities, industrial and commercial precincts, and tourist hotspots.

For more information about the eradication program, how to identify European wasps or how you can adopt and monitor your own surveillance trap, [search online for 'DPIRD European wasps'](#) or contact our Pest and Disease Information Service.



Report your observations

MyPestGuide® Reporter via app or online mypestguide@dpird.wa.gov.au
Pest and Disease Information Service (PaDIS) 08 9368 308 | padis@dpird.wa.gov.au



Know the symptoms of bowel cancer to Find Cancer Early

Bowel cancer is one of the most common cancers affecting both women and men in Western Australia. Unfortunately, in 2021, 1342 West Australians were diagnosed with bowel cancer and 437 people died from the disease. Behind every statistic is a person, a family and a community. That's why recognising the symptoms and getting them checked as soon as possible is so important. The earlier bowel cancer is found, the more treatment options are available and the better the chances of survival.

Common symptoms of bowel cancer include:

- Blood in your poo (even just one time)
Or if it lasts for at least four weeks:
- A change in your normal bowel habit, such as runny poo, pooing more often or finding it hard to poo.
- A new pain, lump or swelling in your tummy.
- Feeling tired or looking pale.
- Losing weight without trying.

If you have noticed anything unusual, tell your doctor, clinic nurse or Aboriginal health worker without delay. It doesn't mean you've got bowel cancer, often these symptoms turn out to be something less serious, but it's important to tell your health professional and get checked out to be safe.

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

Ditch the booze in July to help those affected by cancer

Sign up to Dry July 2026 and quit alcohol for the month, in a bid to raise much-needed funds for the 13 11 20 Cancer Information and Support Line for all Australians affected by cancer.

Alcohol causes seven types of cancer, including mouth, pharynx, larynx, oesophagus, liver, bowel and breast cancer in women. New research shows that around 7800 cancer cases in Australia each year are caused by alcohol use, and alcohol is responsible for around 4.6 per cent of all cancer cases nationally.

There is no safe level of alcohol consumption when it comes to cancer risk. Any level of drinking increases your risk, and the more you drink, the greater the risk. Reducing your alcohol intake reduces your risk. For cancer prevention, the safest option is not to drink alcohol.

To sign up to Dry July and support Cancer Council visit
<https://www.dryjuly.com/cancercouncil>





What We Need to Know About Nutrition

BY THE REGIONAL MEN'S HEALTH INITIATIVE
July 2026

We all know that there is a mountain of information available about nutrition, diets and food. It would be impossible to cover all the necessary information in one article so instead we'll talk about finding what works for each of us as individuals. The problem these days is deciphering which information is accurate and perhaps more importantly which information applies to us in our lives. It's vital to our health and wellbeing that we get the right information and apply it consistently. To do otherwise is selling ourselves short.



The thing to remember about health and wellbeing is that it is a holistic system, meaning that all aspects of our health have flow on effects to other important areas of wellbeing. This is especially true for diet which controls so many aspects of our health. Eating the correct amount of the right food directly improves our energy levels, concentration, physical appearance, mood, immune system and sleep. It also makes it easier to stay at a healthy weight and live longer without the adverse effects of high blood pressure, high cholesterol, a higher risk for numerous diseases and a weakened immune system. Most of us have been hearing about things like this since we were kids, remember the food pyramid and other public health campaigns?

While farmers and other physical workers who are

often on the move may have higher energy requirements from their food than office workers (that do very little physical activity) it is still clear that some foods cause us harm, regardless of how tasty they are or how much energy they give us. Unfortunately, these foods often happen to be among the cheapest, the tastiest and to some people, the most addictive. While food science is constantly changing there are some things that have always been a good idea; that is to eat a lot of healthy fish, meats and vegetables (especially leafy greens which blokes have trouble with sometimes, preferring meat with a side of meat) and avoiding highly processed food that comes with all sorts of additives and often excess salt and sugar.

The trouble however is that except for these staples, every time we look at a magazine, internet article or read a book on nutrition a large part of the public and scientific opinion seems to have changed almost overnight. Whether it's low fat and high carb or suddenly no sugar, low carb and high fat or any other combination we all know there will be someone credible disputing it in no time. It also certainly doesn't make things any simpler that everyone has their own individual requirements based on genetics but also on the daily activity.

The answer is that instead of dealing with nutrition as a group, individuals will have to discover what works for them personally so that they can take responsibility for their own wellbeing. Ways to do that include asking advice from a GP, dietitian or nutritionist, getting blood tests regularly to determine what nutrients are lacking. As well as regularly getting health checks to see if what we're currently doing is working for us and of course trial and error with the fundamental principle of moderation in all things at its heart.

✕ @RMHI_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au

Be aware of Australian Taxation Office (ATO) and 'myGov' impersonation scams

With tax time 2026 fast approaching, Scamwatch and the Australian Taxation Office (ATO) are reminding Australians to be aware of communications claiming to be from the ATO or 'myGov'. Scammers make phone calls, send fake emails, texts, or messages, and even create fake websites that look like the real thing but they're not.

They create a sense of urgency to manipulate you into clicking links to fake websites or to download harmful attachments. They may also send messages urging you to call a phone number that connects you to the scammer.

Criminals design these communications to look real, using official logos, branding, and language to deceive people. The scammers may then use your stolen personal information, including your myGov sign in details, to commit fraud in your name.

Who's at risk

All Australians (including those who are not required to lodge a tax return).

What this may look like

From: "ATO-SERVICE ONLINE ALERT"
To:
Cc:
Sent: Tue, 16 June 2026 at 5:49 am
Subject: please submit the required document



Dear User,

We're writing to review the information we use to assess your ATO profile is outdated.

You should have recently received a letter summarising information relating to your account. Our records indicate that your profile is currently under review.

Reviewing your details helps ensure your information remains accurate and current.

Please confirm your information by **17 June 2026**, even if nothing has changed.

You can do this by signing in to your account with the link below.

[click here to complete this procedure](#)

You can also review available options there. If you don't submit the requested information your all incoming payment will be suspended.

Kind Regards,

Scam

Above is an example of an ATO / 'myGov' impersonation scam email.

Visit the [Australian Taxation Office website](#) for more information on how to protect your personal information and stay safe from these scammers.



WE'RE AN ACCREDITED AGENT FOR



Transwa



**Pop in to see us &
Book Your Tickets!**

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

Location
5 Gibbs Street Harvey
WA 6220



What's happening in the Southwest?



NAIDOC FAMILY Fun Day

CELEBRATING CULTURE.
STRENGTHENING COMMUNITY.
HEALING COUNTRY.

WEDNESDAY 8TH OF JULY 2026

11AM - 2PM

KOOLAMBIDI YOUTH SERVICE CENTRE BUNBURY

FREE EVENT

- FACE PAINTING
- CRAFTS
- ACTIVITIES
- SAUSAGE SIZZLE
- COFFEE VAN

SOUTHERN ABORIGINAL CORPORATION

NAIDOC WEEK 50 YEARS DEADLY 5-12 JULY 2026

SOUTH WEST NAIDOC BALL & AWARDS CELEBRATION NIGHT

CELEBRATING 50 YEARS DEADLY NAIDOC WEEK 5-12 JULY 2026

SATURDAY 11 JULY 2026

BUNBURY REGIONAL ENTERTAINMENT CENTRE

TICKETS ON SALE NOW! Bunburyentertainment.com | 1300 661 272





What's happening in the Southwest?



SOROPTIMIST INTERNATIONAL OF BUNBURY

WOMEN'S SOCIAL CONNECTION

An event for women to find connection, support and fun

Sunday 16 August 2026



**11 am to 3 pm
at Milligan in
Carey Park**

Ticket sales go towards amazing Soroptimist Projects, including The Floor is Yours, and Grounded Women at South West Women's Health & Wellbeing Centre



Supported by the *Feeling Herself* Collective, meet and learn from local women's wellbeing businesses, with fun activities throughout the day.



Grab a coffee from the Dragonfly Coffee Van or a treat from the cake stall, as well as go into the draw to win amazing prizes. Get your ticket now on Humanitix!



peppyproject

Dungeon Master 101

Free Community Workshop



Topics

- Game rules
- Safety topics
- Accessible play
- Characters + role play
- Mechanics (online vs in-person)
- World building + description
- Overcoming self-doubt
- Available resources



Details

Date: Sunday 26th July
Time: 9:30am-2:30pm
Location: Boomers Pavillion, Eaton
Cost: Free (registration essential)
Audience: 16+ year-olds
Support workers are welcome



Registration

www.peppyproject.com.au/events



@Peppy.Project



For more information, contact Bec

0447 293 169
bec@peppyproject.com.au
www.peppyproject.com.au



D-CONNECT



advocacy



lotterywest



yacwa



Investing in Youth



State of Western Australia Library Services



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 Monday

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

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The editorial team accepts no liability for any of the information, errors or omissions in this newsletter. All views expressed are those of the contributor.

Thank you for supporting your local CRC!



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

Proudly supported by:



Department of
Primary Industries and
Regional Development



PROUD MEMBER OF



Proudly Members of



Agents for



Contact Us

5 Gibbs Street, Harvey WA 6220

(08) 9729 1669

events@harveycrc.com.au

harveycrc.com.au