

"Harvey" the
Orange

HARVEY HAPPENINGS

AUGUST 2026



 **Cancer Council**
Daffodil Day

20 August



**For all that cancer
takes, give it your all**

REGISTER FOR 2026

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,**

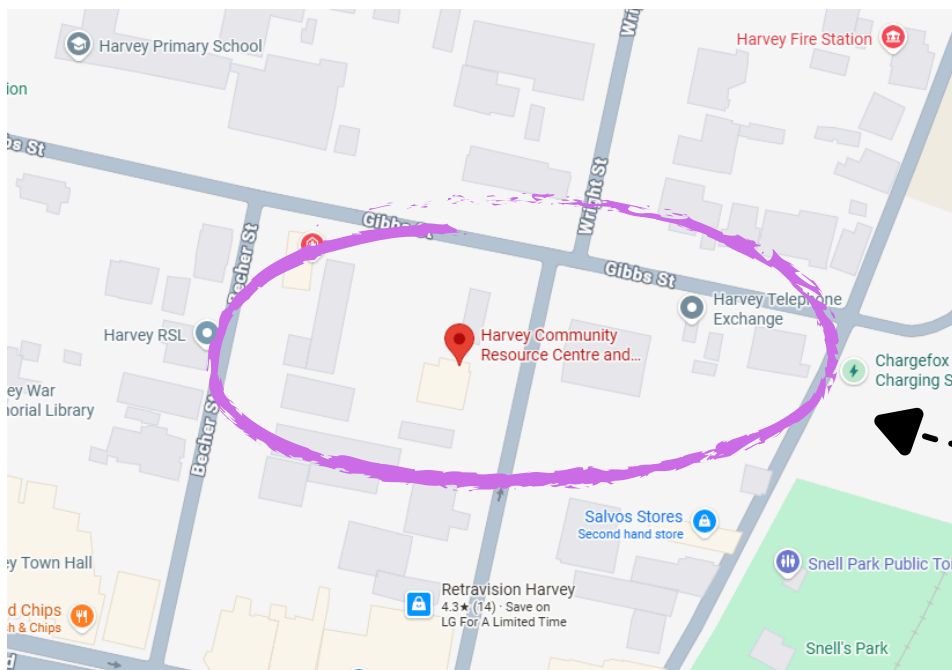
**www.harveycrc.com.au and
completing the
details on the home page, drop
us an email at**

marketing@harveycrc.com.au

OR

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

Where are we located?



Centre Opening Hours

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

BOOK LAUNCH EVENT

—*—

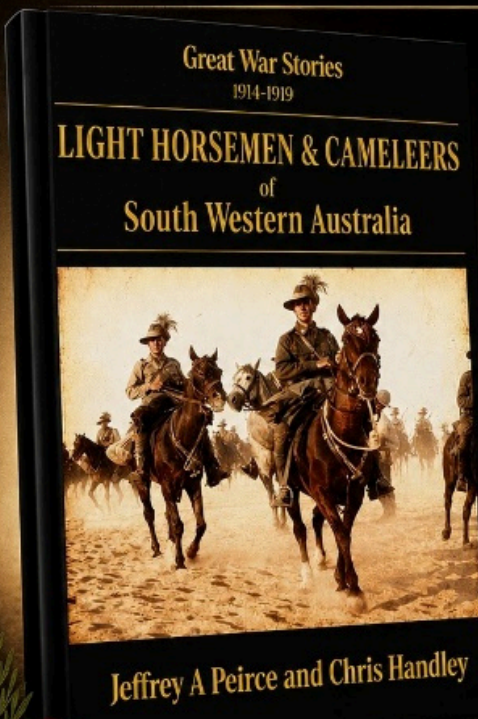
GREAT WAR STORIES 1914-1919

LIGHT HORSEMEN & CAMELEERS

of

SOUTH WESTERN AUSTRALIA

DISCOVER THE UNTOLD STORIES OF
COURAGE, SACRIFICE AND MATESHIP.



Jeffrey A Peirce and Chris Handley

Lest We Forget

- Over **900** young men from South Western Australia served in the Light Horse and Camel Corps in the First World War.
- More than **60** remarkable local men. Gallipoli. Egypt. Palestine.
- Local heroes. Family connections. Community history.
- Amazing short story biographies. Previously untold stories brought to life.

★ **COULD ONE OF THESE SOLDIERS BE PART OF YOUR FAMILY HISTORY?** ★

BOOK LAUNCH

AugustSat8th2pm....

HARVEY BOWLING CLUB Drinks Available

Please let Jeff know if you can make it.

Come along to the book launch and have your book autographed by Jeff & Chris. Great stories about brave men.

For more information, contact Jeff Pierce

04 0744 0497

Organised by Harvey RSL with assistance of the Harvey Bowling Club and the 10th LH Harvey Troop.





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.



FOODBANK

MOBILE FOOD VAN

NOW VISITS WEEKLY

TUES 04 AUGUST 9:00 – 9:45 am
THURS 13 AUGUST 12:00 – 12:45 pm
TUES 18 AUGUST 9:00 – 9:45 am
THURS 27 AUGUST 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

Chicken Adobo



FREE SIMPLE
RECIPE YOU
CAN TRY AT
HOME

Ingredients:

- 1kg chicken pieces (skin on ideally)
- 8 cloves garlic (or more) – smashed
- 3 Bay leaves (dried)
- 1 med onion – sliced
- 1 tsp black peppercorns
- ¼ cup normal Soy Sauce
- 2 tbsp white vinegar
- 1 tbsp oil – for sautéing
- 1 tbsp raw sugar

Instructions:

- In a saucepan on medium heat, put oil and sauté garlic, peppercorns and bay leaves until garlic turns light brown, then add in the onion until it turns translucent.
- Add the chicken pieces, stir to combine with sautéed spices, and cover for 5min on high heat.
- Stir in the soy sauce and vinegar, and cover for 10 min on high heat.
- Reduce to medium heat, add in the sugar, mix thoroughly and taste for final seasoning. Add more soy sauce if it needs more salt.
- Cover and let it slow-simmer for 15min, stirring occasionally.
- Serve with steamed rice, enjoy! 🤗

Serves
4

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.

🕒 6.00pm Beer & Pizza | 7:30pm Show

📅 Sat 29 August



Breaksea present

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

📅 Sat 5 September

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



Dance Makers Collective present

ALL IN

All In is an uplifting, immersive experience that celebrates the richness and power of dance as a community unifier. It reminds us that dance can connect us in ways few other things can, facilitating social connection, joy and reflection.

🕒 7.30pm

📅 Wed 16 September

📍 HRCC Basketball Courts



DRAGGED THROUGH THE DESERT A PRISCILLA CELEBRATION

Buckle up for a fabulous, full-throttle tribute to Priscilla, Queen of the Desert! This glitter-drenched spectacular celebrates the iconic Aussie story with electrifying drag performances, dazzling costumes, and the anthems you know and love.

🕒 6:00pm Pre-show Cocktail Event
7:30pm Show

📅 Fri 23 October

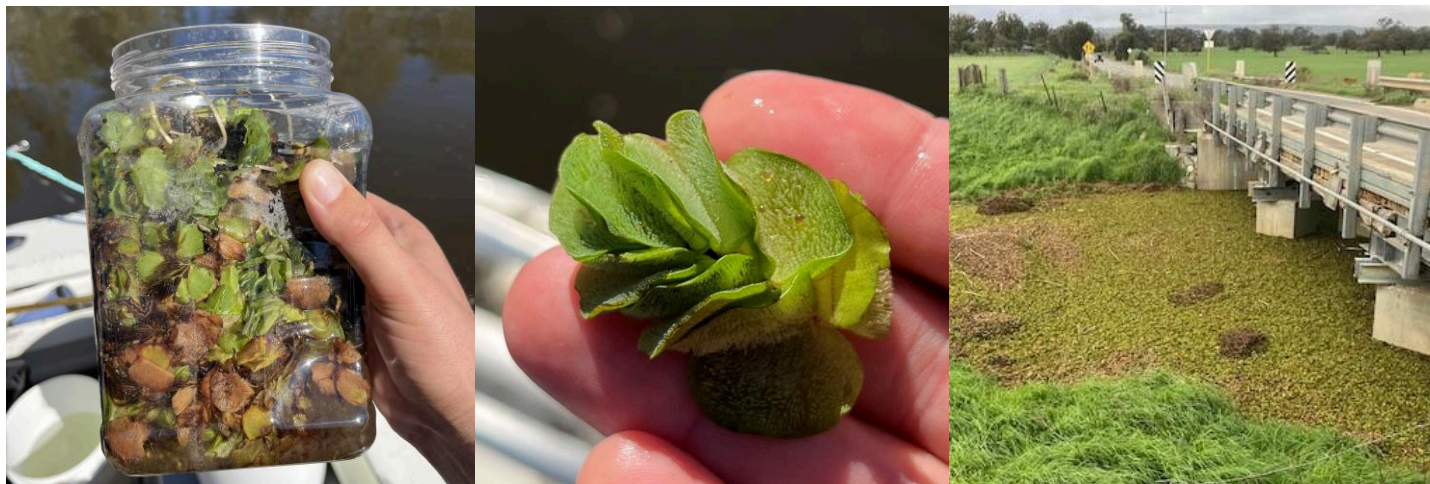


Scan to book tickets or to find out more
information about upcoming events!



Don't be a tosser: Aquatic weeds

August 2026



The jar of *Salvinia molesta* intercepted by a proactive member of the public; close-up image of an individual plant where the waxy hairs are visible on the upper leaf surface; and a previously discovered infestation in a Byford waterway.

Recently, on a beautiful winter's day on the Canning River in Perth, the sun was shining and a lucky few were out enjoying the amenity of our stunning river. One such person was kayaking when they saw something suspicious – someone hurling an object from the Nicholson Road Bridge. The quick-thinking member of the public retrieved the mystery projectile, an open container jammed to the brim with one of the world's most devastating aquatic weeds, salvinia! Fortunately, no plants escaped into the environment due to this person's fast intervention and prompt reporting to nearby DBCA officers.

What is Salvinia and why is it of concern?

Salvinia (*Salvinia molesta*) is a [Weed of National Significance \(WONS\)](#). It is an extremely damaging freshwater aquatic weed which would cause havoc to agriculture and the environment if it became established in water systems of Western Australia. Salvinia can reproduce at an explosive rate; it prefers still or slow-moving water with a high nutrient content. It grows in both tropical and temperate regions. Salvinia will readily form a mat completely covering the water surface. It blocks lakes, dams, drains and irrigation channels. The mass of green material may transpire considerably more water than would be lost by normal surface evaporation. The decaying debris pollutes and de-oxygenates the water, endangering fish and other

wildlife. The water becomes unfit for livestock or human use. Infestations of salvinia often make wetland areas useless as retreats for native waterfowl. Salvinia was most likely introduced to Australia as a pond and aquarium plant. Infestations have previously occurred in some wetland areas in Western Australia, with isolated populations discovered as far south as Denmark and north to Kununurra. Salvinia is sometimes found in aquaria or ponds, but this is illegal, as it is prohibited throughout Western Australia. We remind people that weedy aquatic plants are not the only risk to agriculture and the environment. It is of the utmost importance not to empty any aquarium or fishpond contents into natural water bodies or irrigation channels; alien organisms can negatively impact our native aquatic life, and fish can spread disease and affect native fish stocks.

What to look for and how to report

Report any unfamiliar floating plants or illegal dumping of aquatic material in our waterways to our Department or via CrimeStoppers. Please provide the location and photos of the suspicious material so it can be investigated. Salvinia and other declared aquatic plants are also illegally traded on platforms such as Facebook Marketplace and various hobbyist forums. This recent close call highlights just how important the community is in our fight against invasive species.



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

Introducing The Great Carnival Crunch 2026

Crunch&Sip® is running a new event this year in Term 3.

The Great Carnival Crunch event is FREE for all WA primary schools. This event encourages children across WA to come together and crunch on veggies in a way that is fun, full of hype and super entertaining!

Register your school or classroom to receive lots of exciting free resources to kick off the event. This event can be run alongside your sports carnival day, cross country training, or any other sporting event throughout the term that suits your timetable. Learn the all-new Great Carnival Crunch Chant and celebrate veggies with cheer!

For more information email crunchandsip@cancerwa.asn.au or check out the Crunch&Sip® [website](https://crunchandsip.com.au) to register your school or classroom today!



THE GREAT CARNIVAL CRUNCH

The Great Carnival Crunch aims to get WA kids eating more veggies in a way that is fun, full of hype and super entertaining!

Whether alongside carnival day, cross country training, or any other sporting event throughout the term, come together and learn the all-new Great Carnival Crunch CHANT and celebrate veggies with cheer!

Register now!
crunchandsip.com.au/events



WARRIOR WELLBEING ARTICLE

Bowel Health – It's Worth Giving a Shit!

BY THE REGIONAL MEN'S HEALTH INITIATIVE
August 2026

The bowel is an important part of our digestive system, but what is it, and what should we be aware of when weighing up our overall bowel health?

The bowel is made up of 3 parts:

1. The *small intestine* is around 6 meters in length and

is the narrower (small) section of the bowel.

It absorbs the nutrients in the food we digest.

2. The *colon* and rectum make up the larger intestine, it is much shorter but thicker. Its role is to reabsorb fluid and process the waste material.

3. Finally, the *rectum* is where the waste material is stored until we go and *drop a log* so to speak.

What comes out and the frequency of our bowel movement is something else we should take note of. Our poo or stool should be soft, sausage shaped and should not require too much effort to pass. The frequency can depend on individual habits, changes to our diet, but the main thing to remember here is a sudden change in your poo routine could indicate other issues.



What's *not* normal?

Signs of Blood: Bright or fresh signs of blood on the toilet paper could be the result of haemorrhoids (usually a result of constipation or straining too hard) or wiping too hard and frequently can cause small cuts/tears on the anus. Blood in the poo (especially darker blood) could mean bleeding further up the bowel and should be discussed with a doctor immediately.

Constipation: Dry or hard poo sometimes associated with cramping or bloating in our lower abdomen (something we have all probably experienced) can often be resolved with some lifestyle changes i.e. drinking plenty of water, eating a diet high in soluble fibre (fruit/vegies/oat bran/lentils/beans) and increase in physical activity.

Diarrhoea: We have all probably had a mean curry that has caused us to frequent the loo, but diarrhoea is usually caused by our intestine becoming inflamed and irritated affecting the reabsorption of water from the waste material. This can be caused by numerous factors such as: illness/infection, food poisoning, drinking contaminated water, ulcers, stress and certain food intolerances.

Leakage: Accidental leakage or incontinence can be associated with severe diarrhoea but can also be caused by weakness or damage to the muscles around our bowel and anus. The Continence Foundation of Australia is a great resource to get assistance, advice and support if you are affected by incontinence.

If any of these issues are having an effect for more than 2-3 days, a visit to the doctor is recommended. A prominent cancer is bowel cancer and can remain undetected until well advanced. Participate in the free bowel cancer screening test from the age 45 onwards – it saves lives!

Remember good bowel health and our digestive system is often compared to being just as important as brain function, just at the other end of the body. Remember it is worth giving a shit about!

✕ @RMHI_4blokes

📢 Working with Warriors Podcast

🌐 regionalmenshealth.com.au

12

Scam alert ⚠️

Fake purchase callback scams

What's happening

Scammers are sending fake messages that say you bought something you didn't buy and tells you to call a phone number to stop or reverse the payment.

You might get the message by text, email, app notification, calendar invitation or another way. It might even include your details such as your name, email, phone number or address.

The fake purchase is often between \$300 and \$2,000 and might be for items such as a phone, security software, plane or event tickets, or cryptocurrency.

The message may mention a payment service you know, such as PayPal. It may also mention an account you closed or an account you have never used.

Scammers try to make you feel rushed by claiming you only have a short time to call the number before the money is taken from your account.

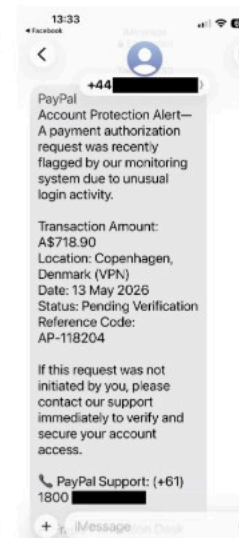
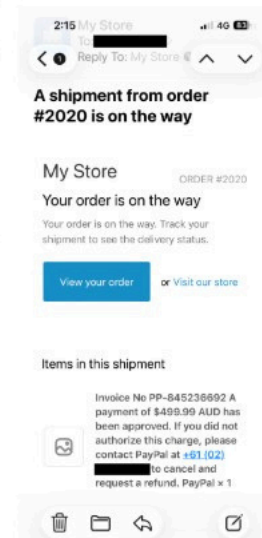
Who's at risk

Anyone can be targeted by this scam. You may feel pressured to act urgently if your details are included in the message, or if you use the apps or payment service named in the message. It's important to check, even if it looks real at first glance.

What this may look like

These scams can look like messages from well-known companies and services, including:

- Shop App order receipts
- Google Meet invitations
- Apple iMessage texts
- PayPal email invoices or text messages
- Norton / McAfee software renewal emails
- Microsoft annual subscription emails.



Warning signs to look out for

⚠️ A message about a payment or purchase you don't recognise.

⚠️ A phone number shown clearly with instructions to call if you didn't make the purchase.

⚠️ A high-cost purchase, often \$300 or more, to make you worry and call the number.

⚠️ Pressure to act quickly before the money is taken from your account.

⚠️ If you call the number, the scammer may:

- ask for your bank or card details to give you a refund
- say they paid you too much and ask you to send money back
- get you to install software so they can control your device and access your accounts
- ask you to help catch the scammers by buying gift cards sending photos of them.

Protect yourself from fake purchase callback scams

STOP. Don't rush. Don't call the number in the message or share financial information, passwords, one-time codes or gift card numbers.

CHECK. Log in to your account by using the official app or website to check whether the payment is real. Use the official website to find the real phone number.

PROTECT. If you sent money or shared personal information, act quickly. Visit Scamwatch to find out [what to do if you have been scammed](#).

To report scams and find more info go to [Scamwatch.gov.au](https://www.scamwatch.gov.au)

Road trip >



WE'RE AN ACCREDITED AGENT FOR



Transwa

Rail trip >



Book your tickets with us



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

We are located at:
5 Gibbs Street Harvey
WA 6220



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!



2026



COMMUNITY OF CRAFTERS

- When:** Every Monday Afternoon (except Public Holidays)
- Where:** **Dot's Place Bunbury - 62 Forrest Avenue, Bunbury**
- Time:** 1 pm to 3 pm
- Bookings:** Bookings not required. Come along and join us on the day.
- Who:** This group is open to people in the community who have been affected by cancer.
- What:** The group offers the opportunity to enjoy a favourite Craft and spend time mindfully engaged while surrounded by like-minded people in a safe and supportive environment.
- Bring your own craft project or choose from our range.
- Tea and coffee provided.



2026



QUIET BOOKCLUB

- When:** Every Friday
- Where:** **Dot's Place Bunbury - 62 Forrest Avenue, Bunbury**
- Time:** 9:30am to 11:30am
- Bookings:** Bookings not required. Come along and join us on the day.
- What:** This group is open to people in the community who have been affected by cancer. The group offers the opportunity to enjoy a favourite pastime and spend time mindfully engaged in a fun activity while surrounded by like-minded people in a safe and supportive environment.
- Bring your own book or choose from our range.
- Tea and coffee provided.



2026



Mindfulness Mornings

- When:** Every Wednesday starting 5 August 2026
- Where:** **Dot's Place Bunbury - 62 Forrest Avenue, Bunbury**
- Time:** 9:30am to 11:30am
- Bookings:** Bookings not required. Come along and join us on the day.
- What:** This group is open to people in the community who have been affected by cancer. The group offers the opportunity to engage in fun and mindful activities (such as board games, card games and/or puzzles) alongside others in a friendly and supportive environment.
- Feel free bring along your own activity or enjoy those that we have were.
- Tea and coffee provided.

OUR VISITING OUTREACH SERVICES

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

Oseca Health

Oseca Health is a community based primary health care organisation, with a rich history spanning over 30 years. At their core, they believe empowering individuals to enhance their wellbeing is essential for building thriving communities. As a dedicated not-for-profit, community-based organisation, their success is intertwined with the health and wellbeing of communities, enabling them to contribute positively and meaningfully to the lives of those they serve. They run an Integrated Primary Mental Health Care Program in the South West region, offering free support for individuals facing mental health challenges, tailored to fit individual needs at the time. They support the community with a wide range of therapies and services, within a person centred approach.

Consultations: Appointments Essential
Call 9754 3662 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.

By Appointment Only
Call (08) 6165 3362 for more information
or to make an appointment

Training Alliance Group

Parent Pathways

The Parent Pathways program offers mentoring support, financial assistance for approved costs (including training, transportation, driver's licence expenses, and communications and technology needs), and connections to support services to help you succeed.

Parent Pathways is voluntary, flexible, and does not affect parenting payments

By Appointment Only
Call 1300 436 756 for more information
or to make an appointment

Employment

Training Alliance Group helps jobseekers reach their potential through partnerships with employers and support for communities across WA and NSW. Through our quality education and meaningful employment pathways help individuals enter or advance in the workforce.

Whether you're re-entering, changing careers, or starting out, our tailored Employment Services provide the skills and opportunities you need to succeed. We're dedicated to your growth and community development through meaningful employment.

By Appointment Only
Call 1300 436 756 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.

Appointment is Essential
Call 9720 9200 for appointments

Hendercare

HenderCare offers a wide range of allied health and therapy services including, occupational therapy and speech therapy, designed to support children with disabilities. The services can be delivered at home, in schools, or in the community across Australia. Their services are tailored to individual goals and can be provided on a short-term or ongoing basis

By Appointment Only
Call 1300 764 433 for appointments

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DISCLAIMER

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