



WICKING BED *Workshop*



More info and photos from the wicking bed workshop on pages 8 - 10.

The Kapers is produced by the Kalannie Community Resource Centre

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Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 3.30pm

Wed - 9.30am - 3.30pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 3.30pm

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Kalannie
Community Resource Centre

Your local connection

Wheatbelt Community Calendar

April

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Easter Monday	2	3	4	5	6
7	8	9	10	11 Busy Bee at the CRC 12pm - 3pm	12	13 Winter Sports Season Opener @ Muckinbudin Kalannie v Bencubbin
14	15 Back to School	16	17 CWA Meeting 	18	19	20 Kalannie v Koorda Circus in Dally
21 Kalannie Golf Club Opening Day	22	23	24	25 ANZAC Day 	26	27 Beacon v Kalannie
28	29 Wicking Bed Workshop @ CRC 	30				

Disclaimer: The views expressed in articles published in this newsletter are not necessarily the views of the Kalannie CRC or any volunteer who may work to produce this publication. The Editor has the right to withhold, edit or abbreviate any items as considered necessary. No responsibility is accepted for the accuracy of the information presented. No liability is accepted. Thank you

Wheatbelt Community Calendar

May

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4 Kalannie Bye
5	6	7 Scams Awareness Workshop @ the CRC 1.00pm	8	9	10	11 Kalannie v Muckinbudin
12	13	14	15 CWA Meeting 	16	17	18 Bencubbin v Kalannie
19	20	21	22	23	24	25 Koorda v Kalannie
26	27	28	29	30	31	

Shire Notices

Place of wheat and wattle....

2023/2024 Rubbish & Recycling Calendar

July 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Recycle Days

Dalwallinu & Pithara

Wubin, Buntine &

Kalannie

Christmas Day



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There will be no changes to the service over the Christmas Period.

Shire Notices



FOR SALE BY TENDER

The Shire of Dalwallinu is seeking tenders for the purchase of one **2015 Mack Prime Mover**. This vehicle has travelled 197,390km.



This piece of equipment will be sold on an **'as is'** basis as there are repairs required to be undertaken. A copy of the report is available upon request.

Inspections can be undertaken at the Shire Depot. Please arrange a date/time with the Works Supervisor.

Further information is available from Rod Broad, Works Supervisor on 08 9661 0500 or email ws@dalwallinu.wa.gov.au.

No offer necessarily accepted.

Tenders in writing should be sent to:

Tender – Sale of 2015 Mack Prime Mover
Shire of Dalwallinu
PO Box 141
DALWALLINU WA 6609

Or by email to: tenders@dalwallinu.wa.gov.au

By 2pm, Thursday 9 May 2024

Keeping Up

WITH THE KALANNIE CRC

WICKING BED

Workshop with Fiona



On Monday 29th April we held a wicking bed workshop in partnership with Yarra Yarra Catchment Group. It was an immensely popular workshop, and we had a lot of interest from many people not just in Kalannie but from neighbouring towns including Beacon, Wongan Hills, Dalwallinu, Latham and as far away as Morowa. Thank you so much to everyone who travelled to Kalannie to take part in this wonderful workshop on a nice sunny day and who brought cuttings and seeds to share. It was great to meet you all and we hope that you took enjoyed the day with us.

Everyone gathered to learn all about permaculture in a workshop run by the knowledgeable Fiona from Gaia Permaculture. Fiona covered many topics throughout the workshop, such as what permaculture was, how to design your garden and the best placement of a wicking bed. Which focused on where north is, where the sun rises and sets in summer and winter, where the wind direction comes from, as well as what structures, trees and plants are in the area. All influence how well the plants in your wicking bed will grow. We then learnt how a wicking bed is built, what the different components needed are and what each different layer does.



Fiona explained that a wicking bed is a water reservoir with soil on top and the water will wick up through the soil keeping it moist. Finally, we learnt about soil structure and how to test the soil for pH levels and what nutrients are present in the soil. Following the highly informative presentation, we moved outside and out what we had just learnt into action by constructing two wicking beds.

The Kalannie CRC would like to give a huge thank you to Lizzie from Yarra Yarra Catchment Group for approaching Kalannie about this amazing workshop. Fiona from Gaia Permaculture for all her fantastic knowledge and we also extend a thank you to Nutrien Ag Solutions and the Foundation for Rural and Regional Renewal (FRRR) who provided the funding for the event to be run.

We hope that these wicking beds will become a community garden that everyone can contribute to and enjoy in the future.







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Community Notices

Hello Ladies of Dalwallinu and Kalannie

Dr Ellie Brusasco

I am writing this note to let you know that I will no longer be coming to Dalwallinu to do Rural Women's Health Visits after June 2024. My last visit will be June 20 and 21. I am also coming in April and May.

I have been coming to Dalwallinu since 2008(!) and have very much enjoyed my visits here, but it is now time for a new chapter, and I will no longer be working as a doctor anywhere.

However the very good news is that my colleague Dr Irene Dolan will be replacing me as of July 2024. Some of you may have already met her as she filled in for me in 2017. She is an experienced GP and a lovely person and very much looking forward to working in Dalwallinu.

So please do continue to use the Rural Women's Health GP Visiting service, which is free to patients, and funded by Rural Health West and Department of Health (and therefore subject to an annual funding review). The Dalwallinu Medical Centre will continue to kindly host the service and take bookings for appointments.

Thanks for the lovely country welcome you have always given me :-)

Take care,

Dr Ellie Brusasco

Community Notices

WOMENS HEALTH GP VISITS

DALWALLINU MEDICAL CENTRE

2024

Dr Ellie Brusasco

February	15th & 16th
March	20th & 21st
April	23rd & 24th
May	30th & 31st
June	20th & 21st

Please book your appointment with Dalwallinu Medical Centre receptionist on (08) 9661 1203

Appointments are for Womens' Health and Mental Health issues.

NB This service is free to patients. Funding is provided by Rural Health West and the Department of Health.

Business Safety

Are you aware there is another very affordable and practical WA-based business safety option on the market? We are visiting a few businesses in your region and wanted to let you know about the services we offer, in case you haven't heard about us. We are the fastest-growing safety business for many great reasons. Affordability, practicality and a 'friend in the know' to call if an incident occurs are just a few.

We were awarded State Finalists in the 2023 Telstra Best of Business Awards, beating over 20,000 businesses Australia-wide, so we know we are on the right track. We honestly believe that if safety is not affordable, practical, and quick to implement, it just won't happen. The feedback we are receiving is that our approach is very practical and supportive. We won't ask you to throw away any old equipment, just consider it comes with a separate set of instructions for those that use it.

After a 28-year policing career (but starting as a farm hand when I first left school) I am committed to keeping people safe in my business called Regional Safety Services. As you can appreciate, I have seen all aspects of farming tragedies, and the new Industrial Manslaughter Legislation is not something to be taken for granted. Even if you do not hire staff, you can still find yourself subject to this legislation if something happens and you do not have the required safety systems or records in place.

We do everything from farm safety to building safety and we come to you! Our systems are popular because we understand most businesses can't afford to have a full-time safety person taking care of safety. Fact is, you don't need to go that far. We'll help you take 'reasonably practicable steps' (as stated in the WHS Act) to make things safe in your business and then help you to record your effort, knowing it will often be on the run and you don't have time to sit around filling in forms! Then there is the price: Ours is \$880 and we prepare most of the documentation for you. Or you can pay \$6000-10,000 with others, who will ensure you also need a full-time safety person to implement their systems! Whilst that may suit large organisations, it simply isn't needed in small-medium sized businesses.

To make life even easier we have introduced our online safety forms to help capture your current effort in this area. These forms are only \$99.00 to access them for 12 months. These forms have been recommended by business owners like you and most can be done in 1-2 minutes. In April this year, we will launch our new website, inclusive of online training. This entry-level training is designed to help you demonstrate that you are providing both your management team and your staff training that has been offered by a competent provider.





LOCAL GROCER

New trading hours

Monday – Friday 6.00am-2.00pm

Wednesday 6.00am - 4.00pm or until truck unloaded

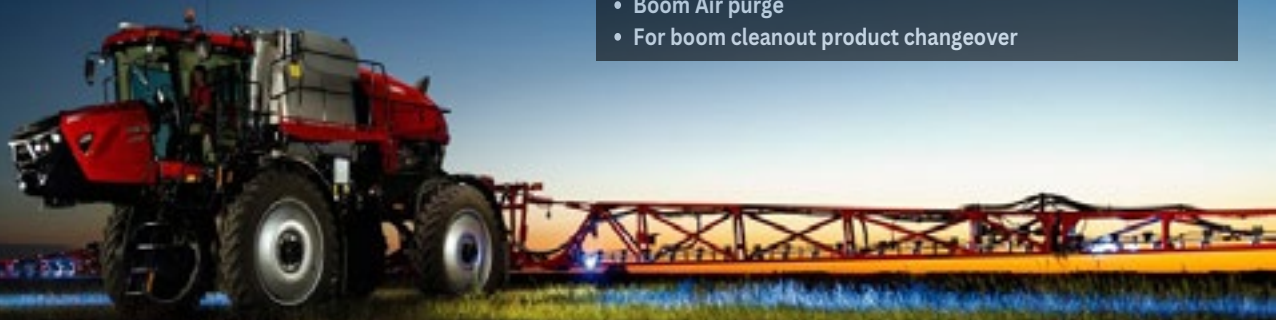
Saturday - 7.00-11.00am

Sunday – Closed

Public holidays 9.00am-12.00 midday



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Kalannie Kapers

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Environment



Carbon Farming Survey

From PhD student Kashif Khagan

You are invited to participate in a PhD research project (reference no 2023-204) on “Carbon farming: role and implications for broadacre agriculture”. As a part of this research, an online survey is being conducted to gauge farmer’s perceptions of carbon farming. The Ararat Rural City Council funds this research, and the PhD candidate is supported by Federation University Australia and Destination Australia Scholarship. Supervisors include Prof. Harpinder Sandhu (principal supervisor), Dr. Benedikt Fest (Associate supervisor), and Dr Tim Harrison (Industry supervisor).

This study aims to understand farmers’ perceptions about carbon farming. It will also help identify various barriers and opportunities for adopting carbon farming.

Survey found here: https://federation.sydney1.qualtrics.com/jfe/form/SV_4Vf95jgsRPdPsQS

The responses will be anonymous and confidential. The survey questions will cover some demographic attributes, farm characteristics, and the opinions and perceptions of the farmers about the adoption of carbon farming and its potential co-benefits. It will also include the perception of prospective challenges and opportunities for adopting carbon farming. The collected data will be analysed using quantitative methods. There will be no individually identifiable information, remarks, comments, or other identification of you as an individual participant in the disseminated results of the study. All results will be presented as aggregate summary data.

Agreeing to participate in and completing the survey implies that you consent to include your response in the data analysis. Participation in this research study is strictly voluntary, and you may choose not to participate without fear of penalty or any negative consequences. You can withdraw from the survey anytime, and all the survey responses, including the informed consent, will be deleted. You may choose not to answer survey questions you wish to avoid answering. If consent is withdrawn after data has been aggregated and processed, it is impossible to remove non-identifiable data, although consent can still be removed.

Any data we obtain from you will be managed to ensure, as far as possible, your privacy and anonymity. All data will be stored securely (de-identified and password protected) by the researchers on this project and will adhere to human research ethics protocols. The collected data will be used for thesis reports and journal articles and may also be disseminated at conferences. Please be aware that your de-identified data may be used to inform future research. Data will be destroyed after five years.

There is no direct compensation for participating in this study. However, your participation will be a valuable addition to the survey. The researchers on this project have extensive experience in social research in agriculture, farm assessments, environment, and community. They look forward to your responses if you participate in this research project.

Survey found here: https://federation.sydney1.qualtrics.com/jfe/form/SV_4Vf95jgsRPdPsQS



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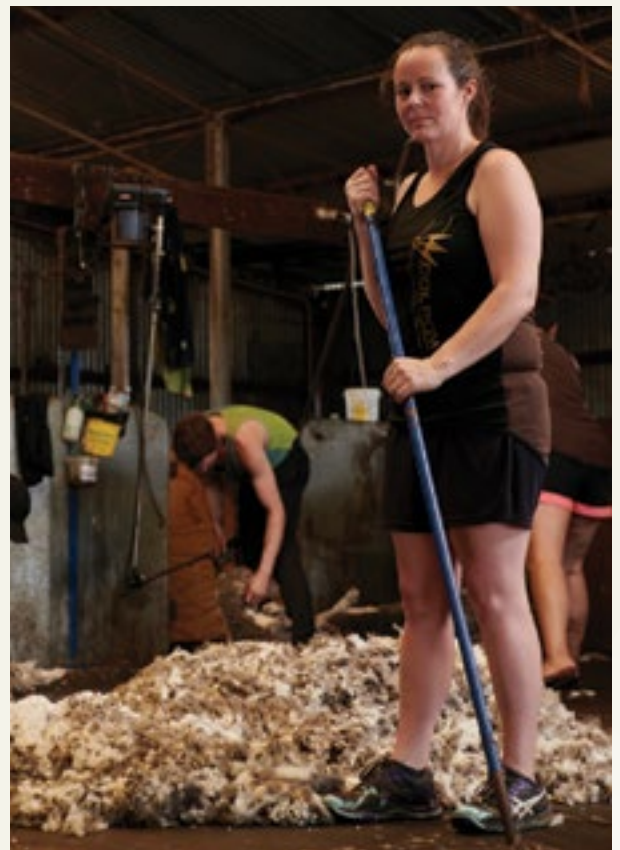


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Look for the shuttle. Free bags located inside the store. Please place our ID number inside the bag.

PLEASE NOTE:

All bags placed in the shuttles will be considered a donation to Kalannie P&C.

Collection points for personal drop offs are located in Dalwallinu and Wongan Hills.

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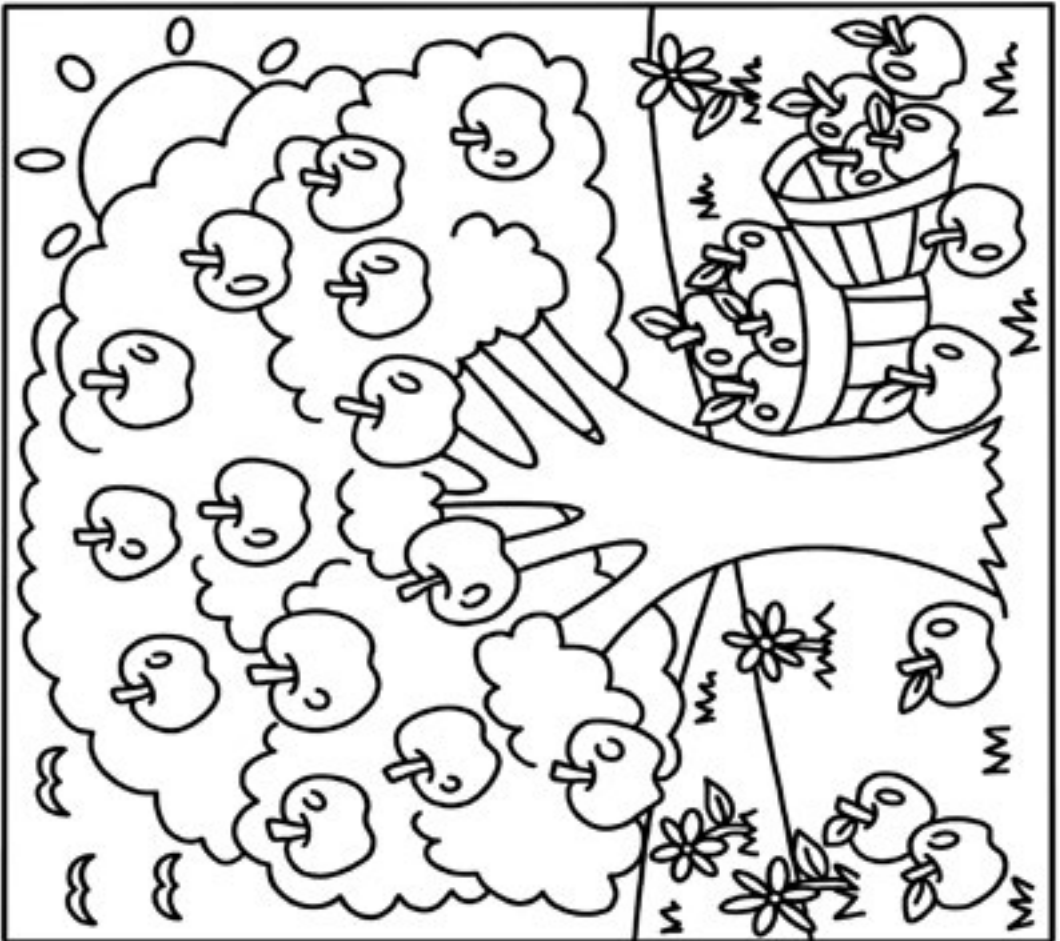
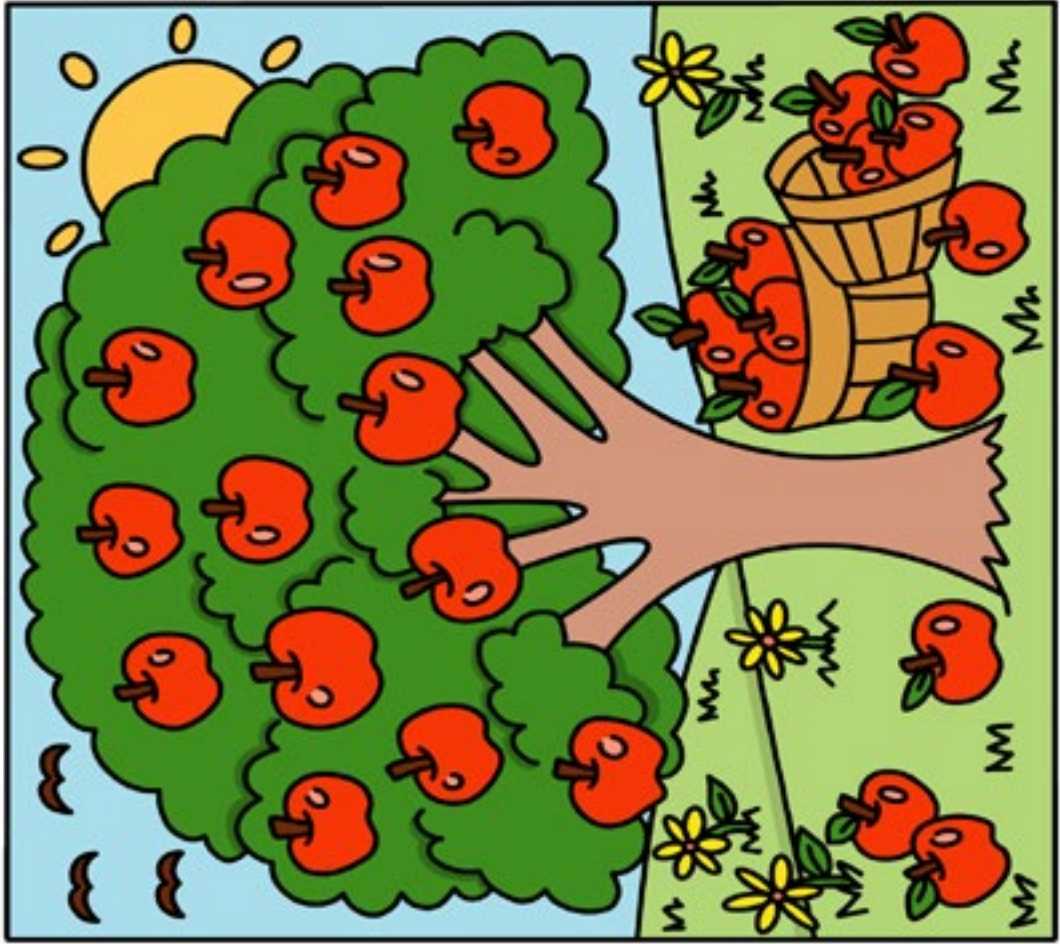




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Kalannie, WA, 6468

OR text order to Ricki on 0428 880 806, EFT payments
accepted. Account details are as follows:

Kalannie Hockey Club
BSB: 066 519
Account Number:
1013 4138



KIDS SIZES

Size	4	6	8	10	12	14	16		
Half chest (cm)	38	40	42	44	46	48	51		
Centre back (cm)	45	49	52	55	58	61	65		TOTAL x \$45
Order Qty									

All measurements above subject to +/- 1-2cm tolerance

LADIES SIZES

Size	8	10	12	14	16	18	20	22	24
Half chest (cm)	46.5	49	51.5	54	56.5	59	61.5	64.5	67.5
Centre back (cm)	63	65	67	69	71	73	75	77	79
Order Qty									

TOTAL x \$50

All measurements above subject to +/- 1-2cm tolerance

MENS SIZES

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Half chest (cm)	50	53	56	59	62	65	68	72	76
Centre back (cm)	70.5	72	73.5	75	78	81	84	86	88
Order Qty									

TOTAL x \$50

All measurements above subject to +/- 1-2cm tolerance

Total Paid: \$ Money Enclosed / Direct Deposit (Please circle)

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2024

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11:00 AM Shotgun Start

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Community Sport Notices

FOOTY REPORT



Kalannie vs Beacon

Last Saturday saw a replay of last years Grand Final, when Kalannie hosted Beacon. With plenty of new recruits and coming into the game after a win against Koorda.

The Beacon boys were up and about and the locals were not taking the challenge lightly.

The bulldogs had a couple of last minutes personal changes, due to injury, but fielded a strong side none the less. Billy Bywaters stepped out for his first appearance, we even borrowed one of Trav's Kiwi crew, Issac Steenjes to join us for the day. But Luckily Ben Johnson was passed fit late Friday arvo to play.

Beacon began solidly and kicked a behind in the first minute, that was followed by another before the doggies steadied and took control of the mid field. With some quality of supply the doggies were soon in the groove although Beacon weren't going anywhere. It was tough footy but the doggies went to the first break 6-0-36 to beacon's 2-2-14.

Another tough quarter followed and at the major break the doggies led 9-1-55 to Beacon's 2-5-17

Reuben Cail, Zac Sanderson Tommy Edwards and Nic Bowe were creating havoc for Beacon to this point in a dominant mid field display. Down back Matt Murray, Jake Kemsley and Kaden Reynolds had the better of their opponents, whilst Ben Cowdray, Mitch Cameron and Ryan Ekert were delivering up front with goals.

Beacon addressed some personal issues at the break and they made the doggies work a lot harder in a more even contest across the park. Still a tough old game continued and the doggies lead 11-4-70 to Beacons 5-7-37 at the last break.

Another quarter of tough footy played out with the bulldogs getting home 13-9-87 to Beacons 8-9-57.

Not the best overall team hit out for the bulldogs by their own high standards, but with some terrific individual performances and enough team cohesion to control the game for the most part the doggies head into next weekends bye round 3-0, a great start to season 2024.

Kaden Reynolds had a monster game and is having a ripper start to 2024, Reuben Cail kicked 2 goals, something going on there !, Sam Nixon made the tackle of the day when he flattened a runaway train in front of the dugout, with a penalty following in the bulldogs favour, Zac Sanderson was everywhere again, Liam McCreery , Regan Jefferies an Luke Coleman all had very solid games. Another team pass mark, with room for improvements.

Best on ground sponsored by Kalannie AgQuip Matt Murray
2nd best on ground sponsored by Kalannie Contractors Reuben Cail
3rd best on ground sponsored by WA Fuels Jake Kemsley
Coaches award sponsored by Bywaters transport Kaden Reynolds
Presidents award sponsored by RnR Auto Electrics Ryan Ekert
Bulldog of the day sponsored by JL Agtec Nic Bowe.



Well done to the Netball and hockey ladies, great day for our community.

No sport next week, enjoy the break, see you at Mukka the week after May 11th.

Community Sport Notices



**KALANNIE KOMETS
NETBALL CLUB**

Kalannie Komets's Report

This week we were lucky enough to have another game at home against Beacon. We had a whopping 12 players on court this week who got us a well earned 65-2 point win. The girls all played exceptionally well together starting to create great cohesion amongst our returning and new players this year.

Our centre court was packed with players, Dennika, Ash, Beth, Karen, Chelsea and Alieske. The introduction of rolling subs has definitely come as a positive for us being able to move our centre court around a lot. The girls all worked very well together to move the ball down the court. Shout out to Karen a new player to the team, she is showing great improvement every week and we can't wait to keep watching you build as a Komet.

Our defence was outstanding turning over many of the oppositions passes. Ella, Sally, Rudo and Mirrante all went in and fought hard.

Our shooters Emily and Gabby both played with finesse working together to gain us the 65 goals! We also had a few other girls give the goals ago to try some different combinations.

Our players choice award went to Emily Coleman, Em was on fire in goals, she had an exceptional game working the ball down the court and into the ring with ease.

Our coaches award went to Beth, Beth has been a great mentor to our new players. We can always rely on Beth to put 110% into her defensive role in our team.

We hope to see you all at our next game at home against Mukinbudin in 2 weeks.

Big thankyou to all our sponsors we couldn't play without you 😊



Community Sport Notices

Hockey Wrap Up!

Kalannie vs. Beacon

0 - 0



The girls came out in force this weekend to end with a draw against Beacon this weekend which was an incredible effort from all. The heat didn't slow the girls down with their incredible running up and down the field and great plays. There were a few attacking short corners with lots of attacking play. We were able to use lots of short passes to get around Beacon's solid defence.

Players' choice award is sponsored by Mark and Helen Sutton and went to Ashlee Gartrell this week. She had such an incredible game and worked exceptionally hard to get the ball running up and down and staying in great position. Coaches award sponsored by Bunnings Northam went to Tash Mills who filled in for us this week. Tash was a great addition to the team this week, fiercely tackling each ball and taking on every player.

We were lucky enough to have Lucy and Rochelle Osborne fill in for us this week too and it was great to have them both back in the red with us, even with Lucy getting our first green card of the year! This week we also had Libby Osborne put back on the uniform after welcoming her beautiful baby to the world!

Thank you to all our 2024 sponsors for this year we are very excited to have everyone on board. We have a bye this coming weekend but are looking forward to playing Mukka at home on the 11th of May.

THE KALANNIE HOCKEY CLUB WOULD LIKE TO SAY
A BIG **THANK YOU** TO OUR 2024 SPONSORS



Community Sport Notices



CENTRAL WHEATBELT WINTER SPORTS RESULTS **ROUND THREE - Saturday, 27th April 2024**



Koorda: 4.1, 4.4, 8.8, 10.9 (69) def Mukinbudin: 1.3, 4.5, 5.5, 7.6 (48)

GOALS:

Koorda: J. South 6, B. Derbyshire 2, J. Trainor 1, J. Applegate 1

Mukinbudin: C. Shadbolt 2, L. Britz 1, J. Awezi 1, N. Neumann 1, K. Denney 1, N. Mancuveni 1

BEST:

Koorda: J. South, J. Trainor, R. Boyne, T. Stanicich, J. Applegate, A. Sheed

Mukinbudin: K. Denney, B. Alvaro, N. Mancuveni, L. Britz, L. Coumbe, C. Brandis

Kalannie: 6.0, 9.1, 11.4, 13.9 (87) def Beacon: 2.2, 2.5, 5.7, 8.9 (57)

GOALS:

Kalannie: B. Cowdray 3, M. Cameron 2, R. Cail 2, J. Kemsley 2, B. Johnson 1, R. Ekert 1, T. Edwards-baldwin 1, N. Bowe 1

Beacon: S. Morton 3, W. Munns 1, B. Dunne 1, R. Farmer 1, N. Dunne 1, J. Ugle 1

BEST:

Kalannie: M. Murray, R. Cail, J. Kemsley, Z. Sanderson, T. Edwards-baldwin, K. Reynolds

Beacon: T. Weibel, J. Hart, B. Poole, A. Solomon, J. Poole, C. Warrell

TEAM	P	PTS	%	W	L	D	BYE
Kalannie Football Club	3	12	181.53	3	0	0	0
Beacon Football Club	2	4	94.12	1	1	0	1
Koorda Football Club	3	4	84.32	1	2	0	0
Bencubbin Football Club	2	4	77.14	1	1	0	1
Mukinbudin Football Club	2	0	75.00	0	2	0	1



Community Sport Notices



Central Wheatbelt Netball Association

Kalannie (65) def Beacon (2)

Kalannie: **Players' Choice:** Emily Coleman (Pittard) **Coach's Award:** Beth Sturniolo
Beacon: **Player of the day:** **Coach's Award:**

Koorda (49) def Mukinbudin (39)

Koorda: **Players' Choice:** Maddi West **Coach's Award:** Whole Team
Mukinbudin: **Best Player:** Chloe King **Coach's Award:** Ellen White

TEAM	P	PTS	%	W	L	D	BYE
Koorda Netball Club	3	12	255.56	3	0	0	0
Bencubbin Netball Club	2	8	183.33	2	0	0	1
Kalannie Netball Club	3	4	100.00	1	2	0	0
Mukinbudin Netball Club	2	0	82.11	0	2	0	1
Beacon Netball Club	2	0	7.05	0	2	0	1

Central Wheatbelt Ladies Hockey Association



Kalannie (0) draw Beacon (0)

GOALS:
Kalannie: NIL
Beacon: NIL

AWARDS:

Kalannie: **Players' Choice:** Ashlee Gartrell **Coach's Award:** Natasha Mills
Beacon: **Best Player:** Makayla Poole **Coach's Award:** Caitlin Wheatley

Koorda (4) def Mukinbudin (0)

GOALS:
Koorda: Carissa Lawrence 2, Lauren Bear 1, Pippa Reilly 1
Mukinbudin: NIL

AWARDS:

Koorda: **Players' Choice:** Lauren Bear **Coach's Award:** Gabrielle Quade
Mukinbudin: **Players' Choice:** Sarah-Kate Graham **Coach's Award:** Isabel Vernon

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1.Koorda Hockey Club	3	0	0	0	17	0	17	6
2.Mukinbudin Hockey Club	1	0	1	1	6	4	2	2
3.Bencubbin Hockey Club	1	0	1	0	1	6	-5	2
4.Beacon Hockey Club	0	1	1	1	0	6	-6	1
5.Kalannie Hockey Club	0	1	2	0	0	8	-8	1

Community Sport Notices

CENTRAL WHEATBELT 2024 WINTER SPORTS FIXTURES

ROUND ONE

13th April 2024
ALL SPORTS TO BE PLAYED
IN MUKINBUDIN
Koorda v Beacon
Kalannie v Bencubbin
Mukinbudin BYE

DELTA  **DELTA AG ROUND**

20th April 2024
Kalannie v Koorda
Bencubbin v Mukinbudin
Beacon BYE

27th April 2024
Beacon v Kalannie
Koorda v Mukinbudin
Bencubbin BYE

4th May 2024
Bencubbin v Koorda
Mukinbudin v Beacon
Kalannie BYE

11th May 2024
Kalannie v Mukinbudin
Beacon v Bencubbin
Koorda BYE

ROUND TWO

18th May 2024
Beacon v Koorda
Bencubbin v Kalannie
Mukinbudin BYE

BELT UP ROUND

25th May 2024
Koorda v Kalannie
Mukinbudin v Bencubbin
Beacon BYE

1st June
2024
CWNA
Country
Week BYE

8th June 2024
Kalannie v Beacon
Mukinbudin v Koorda
Bencubbin BYE

THINK MENTAL

15th June
2024
CWLHA
Country
Week BYE

22nd June 2024
Koorda v Bencubbin
Beacon v Mukinbudin
Kalannie BYE

29th June 2024
Mukinbudin v Kalannie
Bencubbin v Beacon
Koorda BYE

ROUND THREE

6th July 2024
Koorda v Beacon
Kalannie v Bencubbin
Mukinbudin BYE

NAIDOC ROUND

13th July
2024
CWFL
Country
Week BYE

20th July 2024
Kalannie v Koorda
Bencubbin v Mukinbudin
Beacon BYE

27th July 2024
Beacon v Kalannie
Koorda v Mukinbudin
Bencubbin BYE

3rd August 2024
Bencubbin v Koorda
Mukinbudin v Beacon
Kalannie BYE

Community Bank
Partnership
Bendigo Bank

BENDIGO ROUND

10th August 2024
Kalannie v Mukinbudin
Beacon v Bencubbin
Koorda BYE



CBH Group
Finals Series

17th August 2024
Semi-Finals - Bencubbin

24th August 2024
Preliminary Final - Mukinbudin

31st August 2024
Grand final - Koorda



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Health and Wellness

WARRIOR WELLBEING ARTICLE

Relationships – Personal and Other!

BY THE REGIONAL MEN'S HEALTH INITIATIVE
May 2024

We are all challenged, in both our personal and other relationships in life, whether we have a partner, are single, or involved in the many community groups and workplaces that make our life tick.

Personal relationships go through many stages that challenge the ever-changing dynamic of our relationships. These stages can be the catalyst for relationships ending, through people growing apart and being challenged by their own emotional insecurity and identity. Some of these stages may include:

- having children and/or 'empty nesting' when the kids leave home;
- a death or sickness in the family or community group we belong to;
- the stages of a man's life when our identity is challenged, usually around late adolescence, mid-life, and retirement. Finding that sense of purpose along with passions/interests is the key for balance in our life;
- menopause has many phases which often challenge ladies, as blokes we quite often do not observe changes in those women around us even though it is happening under our eyes. It is necessary to adapt our habits to suit;
- diminished testosterone levels due to ageing (male menopause);
- the people we choose to associate with.

We must remember - It is not your responsibility to make your spouse happy. It is up to each person to make that happen for themselves. We do, however, play a significant role in whether or not our spouses feel appreciated, which is a good start for a healthy relationship.

"If your home environment is good, peaceful and easy, your life is better and easier." (Lori Greiner)

As blokes our relationships are also quite often challenged in the community setting/workplace and the 'my way or the highway' approach. If we have been single all our life or have lost a partner recently, being connected to community through groups of interest is important.

Accepting diversity and being prepared to try new interests will lead us down the path of many new and enduring relationships.

Being able to agree to disagree respectfully is a skill that seems lost on society, and an important one to maintain good relationships. We do not have to believe in the many things that people may say, but with compassion, compromise and empathy (the ability to understand and share the thoughts of another person) we can still be involved in that community group. Many blokes butt heads and walk away, missing the many benefits of being connected.



All relationships are ongoing and a work in progress. It is imperative that we communicate, communicate, and communicate more to have healthy relationships and reap the health benefits that go with it. It is also important that if the relationship (in any setting) is not working and/or unrecoverable, it is alright to walk away.

I read an article recently on relationships which included the following summation: "Honesty is the most valuable attribute you can bring to a relationship, along with a willingness to communicate and compromise," remembering compromise is about give and take, not one-sided sacrifice."

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

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Health and Wellness



CHEESY PUMPKIN PUFFS



Traffic light category: **Green**

Serves: **40**

Ingredients

- 250g pumpkin, peeled and cut into medium sized cubes
- 250g reduced fat cheese, grated
- 1 teaspoon paprika
- 100g self raising flour

Method

1. Steam or roast pumpkin until soft
2. Place pumpkin in a large bowl, mash or blend with hand blender, set aside to cool
3. Add cheese, paprika and flour to pumpkin, stir until combined
4. Allow mixture to cool for at least an hour to firm up
5. Preheat oven to 180°C, line two baking trays with baking paper
6. Place teaspoon sized balls of mixture onto trays
7. Bake for 12-15 minutes, until golden brown
8. Allow to cool completely before serving.

Tips: Puffs can be frozen; they can also be made using sweet potato.

Recipe courtesy Tracy Skipworth, Star of the Sea Primary School

Hungry for more?

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Health and Wellness

Active April 2024

MONDAY

1 Commit to being more active this month, starting today.

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

TUESDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

WEDNESDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

THURSDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

FRIDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

SATURDAY

6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

SUNDAY

7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat



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Kalannie WA 6468



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scan, print, fax and photocopy documents



have your confirmation of identity documents certified

There are no Services Australia staff at Access Points. If you need more help, use the telephone provided to call us directly.

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Address: 67 Roche Street

Hours of business:

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Friday 9.30am - 3.30pm

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