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HOCKEY AND  
NETBALL RESULTS

ROUND 4 RESULTS

.....AND MORE

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**Open by appointment Saturday & P/H's**

**Outside these hours we will still come to your  
rescue! Don't hesitate to call 9661 2222.**

**Now that's "a gripping service"**

# The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: [kalanniecrc@kalannie.com.au](mailto:kalanniecrc@kalannie.com.au)

## Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

The Kapers is a free electronic weekly newsletter and runs for 50 weeks.

Submission deadline for advertising is Monday 1.00pm

Email submissions to: [kapers@kalannie.com.au](mailto:kapers@kalannie.com.au)

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Welcome to  
KALANNIE

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Free online at

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your Kapers requirements

## Advertising

Full Page \$30

Half Page \$25

Quarter Page \$20

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available

\*Prices subject to change\*



# EXPRESSIONS OF INTEREST

**Heavy Rigid (HR)**

**Truck Training and Licensing**

**Date: 20<sup>th</sup> July**

places limited

- up to 9 hrs
- over 2-3 days
- one-on-one training

Register your interest with Kalannie CRC:  
[kalanniecrc@kalannie.com.au](mailto:kalanniecrc@kalannie.com.au)  
9666 2194



# Wheatbelt Community Calendar

May

Sun	Mon	Tue	Wed	Thur	Fri	Sat
31					1	2 Beacon v Kalannie
3	4	5	6 Cadoux Mothers Day Markets	7	8 CWA Meeting 10.30am 	9 Kalannie v Muckinbudin
10 	11	12	13	14	15	16 Kalannie BYE
17	18	19	20	21	22	23 Bencubbin v Kalannie
24	25	26	27	28	29	30 CWNA Country Week BYE

**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

June

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6 Kalannie v Koorda
7	8	9	10	11	12 CWA Meeting 10.30am 	13 Kalannie v Beacon
14	15	16	17	18	19	20 CWLHA Country Week BYE
21	22	23	24	25	26	27 Mukinbudin v Kalannie
28	29	30				

kapers@kalannie.com.au  
Phone: 9666 2194

Submissions to be received prior to  
1pm Mondays

\$2.00 PRINTED  
online version Free to subscribers  
Click [HERE](#) to Subscribe

# Shire Notices

*Place of wheat and wattle...*

## 2025-2026 Recycle Calendar Dates

AVON WASTE							Shire of Dalwallinu Recycle Calendar 2025-2026							Dalwallinu <i>Place of wheat and wattle</i>							
<b>July 2025</b>							<b>August 2025</b>							<b>September 2025</b>							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
6	7	8	9	10	11	12	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
13	14	15	16	17	18	19	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
20	21	22	23	24	25	26	24	25	26	27	28	29	30	28	29	30					
27	28	29	30	31			31														
<b>October 2025</b>							<b>November 2025</b>							<b>December 2025</b>							
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5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				
							30														
<b>January 2026</b>							<b>February 2026</b>							<b>March 2026</b>							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	
25	26	27	28	29	30	31								29	30	31					
<b>April 2026</b>							<b>May 2026</b>							<b>June 2026</b>							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					
							31														

### Recycle Days

- Kalannie
- Dalwallinu & Pithara
- 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 changes to the service over the Christmas Period, will advise closer to date.



KEEPING UP  
WITH THE

**KALANNIE**

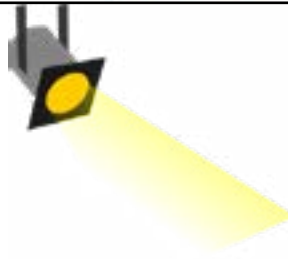
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# Spotlight on a CRC Service

## Recycling Points

Did you know that the Kalannie CRC is your first stop for recycling?

We are the recycling point for Cartridges 4 Planet Ark and Nespresso. Just look for the cardboard boxes to put used nespresso coffee pods and all types of ink cartridges and toner bottles in. Bringing convenience close to you as we take care of the postage and handling.

We also have an abundance of shredded paper for your garden or chooks. Just call in and fill up a garbage bag or two.



**CARTRIDGES 4  
PLANET ARK**

**ECO-FRIENDLY**

**RECYCLING  
POINT**



**NESPRESSO**



# Kids Wheatstock Shirts

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4, 6, 8 AND 10**

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# The 2026 WA Youth AWARDS

Friday 11 September

## WA Youth Awards Nominations NOW OPEN

🌟 Know a passionate young person making a difference? 🌟

👏 Encountered an exceptional youth community program? 👏

👩🏫 Seen a youth worker making a positive impact on young people? 👩🏫

🔥 Consider Nominating them for a 2026 WA Youth Award! 🔥

The WA Youth Awards recognise young people aged 10 to 25 and organisations driving positive change, with winners across 10 categories sharing in cash prizes and recognition.

Category winners will receive \$1,000 and be considered for the prestigious title of 2026 WA Young Person of the Year, which includes a \$10,000 project allowance to support a youth focused initiative.

Ten categories are open for nominations in 2026, recognising leadership, creativity, collaboration and lived experience across the youth sector

- ECU Action Award
- Carers WA Milestone Award
- Charmaine Dragun Memorial Award
- Commissioner for Children and Young People's Rising Voice Award
- Minister for Youth's Most Outstanding Youth Worker Award
- MercyCare Lived Experience Award
- Mission Australia Young Changemaker Award
- The Y WA Collective Action Award
- Uplyft Creative Contribution Award
- Youth Focus Sector Collaboration Award

Nominations Close: Monday 8 June 2026.

Get in touch  
with us over  
seeding



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Machinery**

Est 1968

## **DALWALLINU BRANCH**

**(08) 9661 1002**

### ***Hello, I'm Paul***



We're pleased to introduce Paul Tanner, who joined our Dalwallinu branch in January.

Paul brings years of extensive service experience to the workshop, and his technical expertise has already proven to be a fantastic asset.

Paul has settled in seamlessly, fitting into the team culture from day one. We're wrapped to have him on board.

After Hours **Parts** Mobile: 0427 084 216

After Hours **Service** Mobile: 0427 084 214

After Hours **Sales**: 0427 084 210

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Branch Manager Johan Calitz – 0427 084 210

Service Manager Paul Tanner – 0427 084 214

Parts Manager Kirsty Booth – 0427 084 216

Sales Consultant Dominic Sheehy – 0459 214 350

Sales Consultant Matthew Joyner – 0437 611 725

*Wishing you all  
the best for  
seeding 2026!*



### **SEEDING OPENING HOURS**

Extended hours apply

20 April - 13 June

**Contact us for details**

SATURDAY MORNINGS

8:00am - 12:00pm



# Hazlett

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Manger : Gabrielle Severin

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Sunday 9am - 12pm

Phone: 9666 2040



# Grants



**Australian Government**

**Department of Agriculture,  
Fisheries and Forestry**

## **INDUSTRY TRANSITION PROGRAMS**

**Forecast Opportunities are now available for two programs, for those who may be affected by the phase out of live sheep exports by sea. With grant applications opening soon.**

### **Farm Business Transition Program – Round 2**

- Opens 19 May to 15 July 2026
- This program supports sheep producers to increase on farm adoption and uptake of alternative farming systems and practices. Grants of up to \$75,000 (GST exclusive) are available per eligible applicant across both rounds, to support tailored business plans and eligible activities such as infrastructure upgrades, equipment purchases, training, innovation adoption, and alternative management practices.
- Applicants must demonstrate a connection to the live sheep export by sea trade since **1 July 2020** and provide a **1:1** matching cash co contribution.
- Further details, including grant guidelines for the Farm Business Transition program are available on [GrantConnect](#).

### **Livestock Transport Industry Transition Program – Round 2**

- Opens 15 May to 13 July 2026 (updated)
- This program supports eligible livestock transport operators to transition to other transport related activities in preparation for the end of the live sheep export by sea trade.
- Grants of up to \$40,000 (GST exclusive) per eligible applicant across both rounds.
- Applicants must demonstrate a connection to the live sheep export by sea trade since **1 July 2020** and provide a **1:1** matching cash co contribution.
- Further details, including grant guidelines for the Livestock Transport Industry Transition program are available on [GrantConnect](#).

### **Subscribe**

To receive updates on grant programs or subscribe to the Transition Advocate's newsletter, please register [here](#).



Australian Government



Services  
Australia

# Supporting our farmers

Farm Household Allowance can help farmers and their partners with:

- a fortnightly payment for up to 4 years in a 10-year period
- supplements to pay for activities to help improve your long-term financial position.



For more information, scan the QR code or go to [servicessaustralia.gov.au/farmhouseholdallowance](https://servicessaustralia.gov.au/farmhouseholdallowance) or call the farmer assistance hotline on **132 316** Monday to Friday, 8 am to 5 pm.



# Farm Household Allowance talking points

Here is information you can use to help people who may be interested in Farm Household Allowance.

## Farm Household Allowance (FHA)

FHA is a program of support that includes a fortnightly payment for farmers and their partners in financial hardship. It's paid by Services Australia. To get this you must:

- be a farmer or partner of a farmer
- meet the income and assets test limits
- meet mutual obligation requirements.

A farmer must:

- contribute significant labour and capital to a farm
- have rights over or interest in land in Australia they use for the purpose of a farm enterprise
- have a farm enterprise that has significant commercial purpose or character.

## How much farmers can get

FHA is paid at the maximum rate of JobSeeker Payment or Youth Allowance.

Both a farmer and their partner may get the allowance, and they may be able to submit a combined claim.

People who get FHA get all the following:

- a fortnightly payment for up to 4 years in each specific 10-year period
- activity supplements up to a lifetime limit of \$10,000 to pay for approved activities to help improve their financial position
- a Farm Household Case Officer to work with, to help them improve their financial circumstances.

A new 10-year period started on 1 July 2024. If the farmer or couple used up their 4 years in the previous period, they can claim FHA again.

Farmers don't have to use the 4 years all at once. They can save it for when they need it.

## How to claim

The easiest way to claim is online. Anyone claiming can pause the claim and come back to it later. There's help text, and it's easy to see when all supporting documents have been uploaded, so the customer can submit their claim. If the farmer or couple go off payment and claim again, their information is pre-filled so they just have to update it where needed.

If a farmer and their partner are both claiming FHA, they may be able to submit a combined claim, saving them time.

To claim online, they need a Centrelink online account linked to myGov.

If someone needs help to claim, or more information, they can:

- go to [servicessaustralia.gov.au/farmhouseholdallowance](https://servicessaustralia.gov.au/farmhouseholdallowance)
- call the farmer assistance hotline on **132 316**, Monday to Friday, 8 am to 5 pm
- visit a service centre, mobile service centre or agent – go to [servicessaustralia.gov.au/findus](https://servicessaustralia.gov.au/findus)

## How Farm Household Case Officers can help

A Farm Household Case Officer (FHCO) contacts the farmer when they start to get FHA. They provide guidance and support while the farmer is on the payment.

They'll ask the farmer to complete a Farm Financial Assessment so the farm's financial position can be assessed. This is one of the mutual obligations for FHA.

The farmer needs to meet with a qualified or experienced financial assessor to complete the assessment. This type of financial assessor is someone who both:

- normally provides this kind of advice or assessment
- has relevant financial, agronomic, or business qualifications or expertise to complete the assessment.

FHCOs can provide more information about who can be a financial assessor.

When the assessment is completed the FHCO works with the farmer on their Financial Improvement Agreement. This helps improve the farmer's financial position and sets out the activities that must be done while getting the allowance.

Activity supplements help pay for activities in the agreement. The farmer must speak with their FHCO before doing the activity. They'll say if it can be paid for with an activity supplement. The activity should relate to:

- training or study to help manage your farm
- professional advice.

The FHCO may also approve:

- activities to help move into another career
- counselling services
- travel and accommodation costs needed to do an activity.

The FHCO will also check in with the farmer and review their agreement every 3 months. This is to check the farmer is doing what they agreed to.

### **Who else farmers can contact**

Farmers and their partners can talk to the Rural Financial Counselling Service (RFCS). This provides financial counselling to farmers in hardship. It's free and can help with debt mediation and succession planning. The counsellors can also help farmers submit their completed claims for FHA and access other government and non-government support services.

Read more about the RFCS at [agriculture.gov.au/rfcs](http://agriculture.gov.au/rfcs) or call **1300 771 741**.

### **When FHA ends**

When the farmer and their partner complete their time on FHA, the FHCO can help connect them with other support.

Payment and Service Finder can help them find payments they might be eligible for. Go to [servicesaustralia.gov.au/paymentfinder](http://servicesaustralia.gov.au/paymentfinder)

### **More information**

The Services Australia website has lots of information about FHA and a link to the online claim. Go to [servicesaustralia.gov.au/farmhouseholdallowance](http://servicesaustralia.gov.au/farmhouseholdallowance)



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17 Dodd Street, Kalannie WA 6468

## Contact

MARK: 0407 640 614

SHOP: 9666 2179

admin@kalannieagquip.com.au



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To find out more about our offerings and to purchase Eucalyptus Oil products go to [fasera.com](https://fasera.com)



**fasera**



# Consumer Watch



Department of Local Government,  
Industry Regulation and Safety



## Regional Column

**Consumer Protection** 140 William Street Perth Western Australia 6000

Email: [cpmedia@lgirs.wa.gov.au](mailto:cpmedia@lgirs.wa.gov.au) | [www.consumerprotection.wa.gov.au](http://www.consumerprotection.wa.gov.au) | [www.wa.gov.au](http://www.wa.gov.au)

7 May 2026

### Thinking of using a buyer's agent? Follow these tips

While you are probably familiar with real estate agents who represent a seller in a real estate transaction, you may not be so familiar with real estate agents who represent a buyer. In a market where there can be intense competition for properties some home buyers are using their own agent.

A buyer's agent can be helpful if you are unfamiliar with the market or want an experienced third-party to help you negotiate the sale price. You don't have to use them for the whole process of finding and buying a property, you can also choose to engage one for only some of the steps.

For a fee, a buyer's agent can find and assess suitable properties, attend inspections, liaise with agents, negotiate price and contract terms, explain contract conditions, arrange inspections, assist at auctions, and oversee settlement through to the final inspection.

There are a few questions you can ask to help you pick the right person for your needs. Firstly, and most importantly, [check they're licensed](#). In WA they must be licensed as a real estate agent or registered sales representative, which means a buyer's agent must be a fit and proper person and suitably qualified to understand the rules around real estate transactions.

It's also important to ask how long they've been in the industry and the experience they have in the suburb you wish to buy, what additional training they've done specific to being a buyer's agent, and how large their network of selling agents is.

Be careful when engaging interstate buyer's agents, as they may lack a strong understanding of WA's property market and processes. Before committing, ask about their experience purchasing property in WA, how many they've successfully negotiated locally, and what steps they've taken to understand WA-specific laws, contracts and procedures. It's also important to verify whether they are legally permitted to operate here by checking the [AMR register](#).

Once you have selected a buyer's agent you like, you will need to sign a written contract. You're free to negotiate the terms and fees before you sign but make sure it covers which aspects of the property transaction you want them to do and the total fee payable must be clearly shown. How you can end the agreement if you are not happy with their services should also be included.

If things go wrong, the good news is you're protected by the WA law governing real estate agents as well as the Australian Consumer Law (ACL). This means the buyer's agent's services must be provided with due care and skill, and within a reasonable time. If the service fails to meet the ACL, you may have the right to a refund, compensation or to cancel the contract.

# Consumer Watch



Department of Local Government,  
Industry Regulation and Safety



You're also given extra protection through the [Fidelity Guarantee Account](#) if the licensed agent or their employee steals or misuses your money. This is why it's critical to check the buyer's agent is licensed correctly in WA.

Consumer Protection's website has further information about buying a home in WA, including the [Home Buyers Survival Guide](#). If you have queries or concerns about the conduct of an agent or sales representative, please contact Consumer Protection's Contact Centre on 1300 30 40 54.

Meaningful May 2026

MONDAY



4 Send your friend a photo from a time you enjoyed together

11 Look proud for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why

TUESDAY



5 Let someone know how much they mean to you and why

12 Listen to a favorite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

WEDNESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

THURSDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

FRIDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

SATURDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SUNDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

ACTION FOR HAPPINESS

Happier - Kinder - Together



**DON'T STRESS,  
we're here to keep things rolling!**



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AUSTRALIA  
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**Open by appointment Saturday & P/H's**

**Outside these hours we will still come to your  
rescue! Don't hesitate to call 9661 2222.**

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# KALANNIE GYM

**GET FIT!**

**JOIN NOW**



Thanks to a grant from Bendigo Bank we have new exercise bikes, weights and floor mats

Call in to the Kalannie CRC to pick up a membership form  
Monday to Friday 9.30am - 4.00pm

## OUR MEMBERSHIPS

- 12 Month Membership \$150.00
- 6 Month Membership \$100.00
- 3 Month Membership \$50.00

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# Community Sport Notices



## KALANNIE FC FIXTURES

18 APR	OPENING ROUND/DELTA AG ROUND - KALANNIE VS BENCUBBIN (AWAY KOORDA)	
25 APR	ANZAC ROUND - KOORDA VS KALANNIE	
2 MAY	BEACON VS KALANNIE	
9 MAY	KALANNIE VS MUKINBUDIN	
23 MAY	BENCUBBIN VS KALANNIE	
6 JUN	KALANNIE VS KOORDA	
13 JUN	THINK MENTAL - KALANNIE VS BEACON	
27 JUN	MUKINBUDIN VS KALANNIE	
16 JULY	KALANNIE VS BENCUBBIN	
25 JULY	BENDIGO ROUND - BEACON VS KALANNIE	
18T AUG	SPONSORS DAY - KALANNIE VS MUKINBUDIN	
8 AUG	CLUB WIND UP - KOORDA VS KALANNIE	
22 AUG	LEAGUE WIND UP - SEMI FINALS - KALANNIE	
29 AUG	PRELIM FINAL - KOORDA	
5 SEPT	GRAND FINAL - BENCUBBIN	
	HOME AWAY	

## 2026 SPONSORS

## CENTRAL WHEATBELT 2026 WINTER SPORTS FIXTURES



### ROUND ONE

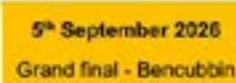
<p>18th April 2026 ALL SPORTS TO BE PLAYED IN KOORDA</p> <p>Mukinbudin v Beacon Kalannie v Bencubbin Koorda BYE</p> <p> <b>DELTA AG ROUND</b></p>	<p>25th April 2026</p> <p>KoordA v Kalannie Bencubbin v Beacon Mukinbudin BYE</p> <p><b>ANZAC ROUND</b></p>	<p>2nd May 2026</p> <p>Beacon v Kalannie Mukinbudin v Koorda Bencubbin BYE</p>	<p>9th May 2026</p> <p>KoordA v Bencubbin Kalannie v Mukinbudin Beacon BYE</p>	<p>16th May 2026</p> <p>Beacon v Koorda Bencubbin v Mukinbudin Kalannie BYE</p> <p><b>BELT UP ROUND</b></p>
---	---	--	--	---

### ROUND TWO

<p>23rd May 2026</p> <p>Mukinbudin v Beacon Bencubbin v Kalannie Koorda BYE</p> <p><b>DELTA AG ROUND</b></p>	<p>30th May 2026</p> <p>CWNA Country Week BYE</p>	<p>6th June 2026</p> <p>Kalannie v Koorda Beacon v Bencubbin Mukinbudin BYE</p>	<p>13th June 2026</p> <p>Kalannie v Beacon Koorda v Mukinbudin Bencubbin BYE</p> <p><b>THINK MENTAL</b></p>	<p>20th June 2026</p> <p>CWLHA Country Week BYE</p>	<p>27th June 2026</p> <p>Bencubbin v Koorda Mukinbudin v Kalannie Beacon BYE</p>	<p>4th July 2026</p> <p>KoordA v Beacon Bencubbin v Mukinbudin Kalannie BYE</p>
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### ROUND THREE

<p>11th July 2026</p> <p>CWFL Country Week BYE</p>	<p>18th July 2026</p> <p>Beacon v Mukinbudin Kalannie v Bencubbin Koorda BYE</p>	<p>25th July 2026</p> <p>Beacon v Kalannie Mukinbudin v Koorda Bencubbin BYE</p> <p> <b>BENDIGO ROUND</b></p>	<p>1st August 2026</p> <p>KoordA v Bencubbin Kalannie v Mukinbudin Beacon BYE</p>	<p>8th August 2026</p> <p>KoordA v Kalannie Bencubbin v Beacon Mukinbudin BYE</p>	<p>16th August 2025</p> <p>Beacon v Koorda Mukinbudin v Bencubbin Kalannie BYE</p>
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# Community Sport Notices

What a day for it as the Kalannie Bulldogs welcomed the Mukinbudin Rams to the Kennel in front of a ripping home crowd and perfect 24-degree conditions. A slight NE breeze rolled through, but from the first bounce this one had “classic” written all over it.

After losing the toss and kicking into the breeze, the Dogs came out breathing fire. The backline stood up like a brick wall all day, refusing to give the Rams an inch as both sides went hard at it in a tough opening quarter. Scores locked away at 9 apiece at the first break and the crowd already knew they were in for a show. 🌟

The second quarter belonged to the Dogs. Slick ball movement, pressure around the ground and some flashy footy had the home crowd up and about as Kalannie opened up a 13-point lead heading into the main break. The kennel was rocking. 🐾

Then came the third quarter... and the Bulldogs decided to keep things interesting for the fans.

To Mukinbudin’s credit, the Rams fought their way right back into the contest and had the margin cut to just 3 points at three-quarter time. Game on.

But good sides respond — and that’s exactly what the Dogs did.

The last quarter was all heart, all effort and all Bulldogs as the boys jumped on the momentum and powered away from a tireless Rams outfit to run out 31-point winners in a cracking game of country footy. 🔥

Big shoutout to both clubs for putting on an absolute spectacle with plenty of positives for both sides moving forward.

## 🏆 BEST PLAYERS

★ Zac Sanderson — BOG in his return game and looked right at home back in the red and white  
Sponsored by **Kalannie AgQuip**

★ Ted Hunter — Everywhere. Seriously, someone check if he ever came off. Nearly 40 touches and snagged a goal for good measure.

Sponsored by **WA Fuels**

★ Luke Spencer — Huge performance and played his role to perfection.

Sponsored by **Kalannie Contractor**

Massive thanks to everyone who packed out the Kennel for our first home game of the season — the support was unreal as always. ❤️

📺 Reminder: All future home games will now be filmed for those who can’t make it out. You can also rewatch the weekends game on youtube.

The Dogs now head into a bye before travelling to Bencubbin to take on the ladder leaders, who are in red-hot form. We’d love to see plenty of Bulldog supporters make the trip and get behind the boys!

Huge thanks to all our other generous sponsors.

# Community Sport Notices

## Kalannie Women's Winter Sports

### Hockey Wrap Up

Tough day on the scoreboard yesterday going down 7-0 to Mukinbudin, but honestly one of our best games as a team this season. Every single girl played their heart out right until the final whistle and there were so many positives to take away.

Chloe continues to improve every week and is growing in confidence already in just her second ever game of hockey. Issy had another solid game and Sally, as always, dominated through the middle and worked tirelessly all day. It was also so great to have Helen back out on the field for her first game after a few years away from hockey - awesome to see her back out there!

A big shoutout as well for Umpire Appreciation Round - thank you to all the umpires who give up their time each week to make our games possible. We appreciate everything you do for our sport.

Players choice - Chloe

Coaches award - Lucille

### Kalannie Komets

Great hard-fought win against Mukinbudin, coming away with a 46-37 victory!

Our defence end worked tirelessly all game, with Bella, Sally and Mirrante putting in a huge effort to apply pressure and create turnovers. Down the other end, our shooters Lexi, Meg and Issy capitalised on their opportunities and kept the scoreboard ticking over all day.

Special mention to Lexi who had an absolute cracker of a game, shooting confidently from all around the circle! The mid court also worked incredibly hard all game, linking beautifully through the court and never giving up.

It was also Umpire Appreciation Round, so a massive thank you to all the umpires who volunteer their time each week. We appreciate everything you do to keep our game running!

Players choice - Lexi and Paige

Coaches award - the whole team!



# Community Sport Notices



## CENTRAL WHEATBELT WINTER SPORTS RESULTS

**ROUND FOUR – Saturday, 9th May 2026**



**Koorda: 1.1, 3.4, 3.4, 4.6 (30) def by Bencubbin: 3.2, 6.4, 10.7, 18.11 (119)**

**GOALS:**

**Koorda:** M. Foote 2, H. Cooke 1, R. Wells 1

**Bencubbin:** J. Brooks 7, D. Mcfarlane 4, T. Rowling 3, K. Beagley 2, C. Morgani 1, C. Ravlich 1

**BEST:**

**Koorda:** M. Foote, R. Greaves, C. Mckinlay, T. Fuchsbichler, K. South, T. Stanicich

**Bencubbin:** D. Patat, M. Holden, J. Brooks, V. Quinlan, Z. Ravlich, T. Sanders

**Kalannie: 1.3, 5.5, 7.5, 12.9 (81) def Mukinbudin: 1.3, 3.4, 6.8, 7.8 (50)**

**GOALS:**

**Kalannie:** B. King 4, H. McBriar 3, Z. Sanderson 1, T. Hunter 1, T. MacDonald 1,

J. Spinner-mainstone 1, C. Foster 1

**Mukinbudin:** E. Brooks 3, P. Ambrose 2, C. Williams 1, M. Michaud 1

**BEST:**

**Kalannie:** Z. Sanderson, T. Hunter, L. Spencer, B. King, A. Credlin, M. Murray

**Mukinbudin:** T. O'Brien, M. Williams, P. Ambrose, A. Dykman, C. Williams, E. Brooks

TEAM	P	PTS	%	W	L	D	BYE
Bencubbin Football Club	3	12	273.98	3	0	0	1
Kalannie Football Club	4	12	118.18	3	1	0	0
Mukinbudin Football Club	3	4	100.47	1	2	0	1
Koorda Football Club	3	4	67.97	1	2	0	1
Beacon Football Club	3	0	45.75	0	3	0	1



Community Bank  
Mukinbudin

Bendigo Bank



# Community Sport Notices

## Central Wheatbelt Netball Association



### Koorda (44) def Bencubbin (21)

**Koorda:** **Players' Choice:** Alix McWha

**Bencubbin:** **Players' Choice:** Sally Putt

**Coach's Award:** Hannah Currell

**Coach's Award:** Abbie Harken

### Kalannie (46) def Mukinbudin (37)

**Kalannie:** **Players' Choice:** Lexi Campbell &  
Paige Gillam

**Coach's Award:** Team

**Mukinbudin:** **Players' Choice:** Zoe Vernon

**Coach's Award:** Ellen White

TEAM	P	PTS	%	W	L	D	BYE
Kalannie Netball Club	4	12	161.68	3	1	0	0
Koorda Netball Club	3	12	158.75	3	0	0	1
Bencubbin Netball Club	3	4	126.92	1	2	0	1
Mukinbudin Netball Club	3	4	114.02	1	2	0	1
Beacon Netball Club	3	0	18.58	0	3	0	1

## Central Wheatbelt Ladies Hockey Association



### Koorda (4) def Bencubbin (1)

#### GOALS:

**Koorda:** S. Pladdy 2, A. Cooke 1, K. Ward 1

**Bencubbin:** K. Hutchinson 1

#### AWARDS:

**Koorda:** **Players' Choice:** Liz Maitland

**Coach's Award:** Zara Metcalfe

**Bencubbin:** **Best Player:** Savannah Gillett

**Coach's Award:** Debbie Hurley

**Goal of the Day:** Kate Hutchinson

### Kalannie (0) def by Mukinbudin (7)

#### GOALS:

**Kalannie:** NIL

**Mukinbudin:** S. Graham 2, H. Patterson 1, E. White 1, U. Gringer 1, D. Cronje 1

#### AWARDS:

**Kalannie:** **Player of the day:** Chloe Dillon

**Coach's Award:** Lucille DeLange Joubert

**Mukinbudin:** **Players' Choice:** Arianna Knight

**Coach's Award:** Dawn Williams

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Koorda	2	1	0	1	12	2	10	5
2. Mukinbudin	2	1	0	1	11	2	9	5
3. Beacon	1	1	1	1	7	4	3	3
4. Bencubbin	1	1	1	1	4	6	-2	3
5. Kalannie	0	0	4	0	1	21	-20	0

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Keiran Sullivan  
T 0419 965 015  
210 Fitzgerald Street, Northam  
rsm.com.au/northam



# Bridgestone Service Centre

## DALWALLINU

### 9661 1206

Matt Wilson

After Hrs 0467 492 576

## 1A Johnston St

### Firestone

### GOODYEAR



## Suppliers of:

Passenger, 4WD, truck & agricultural tyres

Supporters of Kalannie Football Club

## Our products & services include:

- A service vehicle available for on-site fitting and repairs
- Vulcanised and major repairs on all large tyres
- Wheel alignments
- Range of batteries
- Assorted tubes
- Full range of compressor nitto fittings and industrial brass fittings
- We also sell rubber matting



## TYRES TO SUIT ALL BUDGETS



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**Todd Bein**  
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Insurance for your industry, tailored to your business.

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- Manufacturing
- Tradespeople
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# DALWALLINU

## H A U L A G E

**Contact: Shannon Dawson**

**Ph: 0429 922 592    Email: Shannon@dallyhaulage.com.au**

### **GENERAL FREIGHT & LOGISTICS**



**Dalwallinu Haulage has been an integral part of the Dalwallinu and surrounding Wheatbelt for over 20 years.**

**We are a family owned and run transport company who provide varying services from Perth to the Wheatbelt and the Northwest of WA.**

### **BULK END & SIDE TIPPERS**

**We pride ourselves on great service and our 'can do' attitude.**

**We are proud of the way we contribute to our community by sponsoring the local sporting clubs and supporting local businesses.**



### **LIQUID FERTILISER**



**We have the ability to load liquid & granulated fertiliser from Kwinana to your farm. Our 47ft elevator means we are able to deliver to any granulated fertiliser shed.**

# Community Notices



**DONATE THE CASH  
THAT'S IN YOUR  
CONTAINERS TO  
**KALANNIE P&C****

Just use our scheme ID number:

**C10350369**

**Bring your eligible containers to:**

**KALANNIE IGA CARPARK**

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.

### ELIGIBLE CONTAINERS



Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L .














## Firefighter I Spy

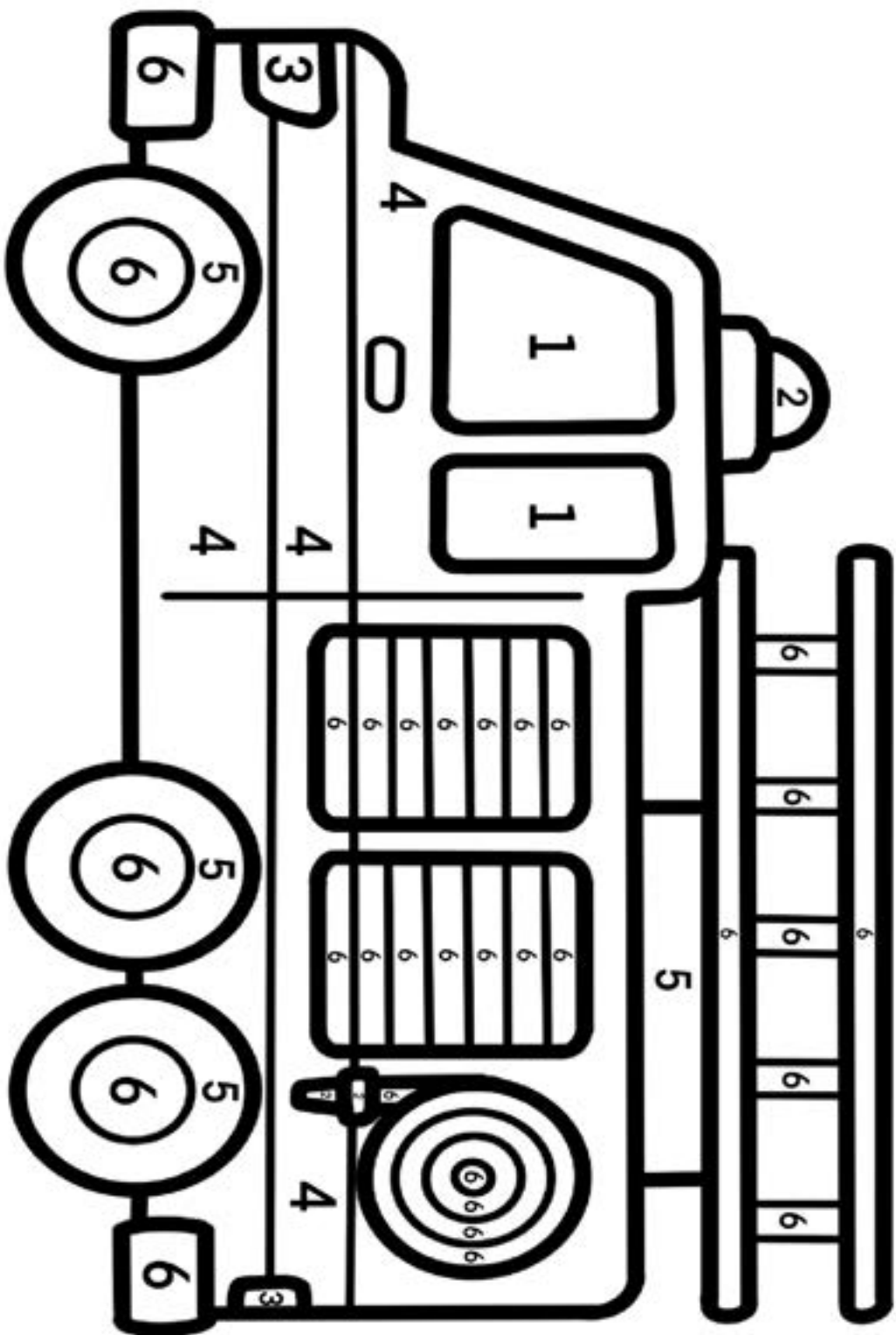
How many of each of the items can you spy?



	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>



## Fire Engine Colour by Numbers



# Health and Wellness

Rural Aid article April 2026

The power of being polite and respectful. In the last month I was on holidays and travelled to the USA where I visited the southwest of the country. Amazing countryside and scenery. Before I left, I was told by someone that I would experience just how polite most USA people are and yes it took me aback just how nice they actually are. Their automatic polite, respectful responses made me feel good and welcome.



This reminded me that there is never a reason to be disrespectful to a person who is simply doing their thing or their job because we are personally annoyed or don't agree with what they are telling us. Especially now with the fuel crisis, farm chemicals being expensive, power bills soaring, Mice Plagues, baits hard to get and interest rates going up; we need to be aware that how we react is our choice and no one else's fault. The service station employee at the till is not responsible for the country wide fuel crisis yet some feel they have the right to vent to this person who can do absolutely nothing about it. What if this same person is also going through a personal crisis. The power of language and actions should not be underestimated; you may without even realising be adding to that persons frustrations and stress.

We all have the freedom to choose how we react in any given circumstance, its one freedom no one can ever take away. That ability to stop pause, step back before reacting or putting one's foot in one's mouth moment, is essential to ensure we remain respectful to each other. The difference is that your respect and thankfulness could be saving grace moment, reminding that person that people do care and give that person the hope they felt was not there. Just as powerful.

We all actually never know with people we encounter daily of what is happening for them personally, unless you ask and they are willing to share. But you can be aware of how powerful the spoken word is, how the power of this word is enhanced by the tone we use and the body language we portray. None of us are perfect and we will sometimes inadvertently show our frustration, even then we can say 'sorry that wasn't aimed at you I'm just annoyed personally'. Taking ownership of our actions.

The above doe does not remove our personal frustrations resulting from occurrences that we have little to no control over. Sometimes our frustrations result in stressful thoughts that if not checked, take over. When this happens, please reach out to each other, use that phone to call each other or pop in for a cuppa because you can. Going on that gut feeling that someone is not themselves and asking RUOK. Even if your gut feeling was not accurate its better to have asked and the person being asked appreciates your concern. It's what we country people do best.

Rural Aid counselling and other agencies are here to listen you are not alone.

# Health and Wellness



When talking to the dogs doesn't cut it...



1300 17 55 94 | [ruralaid.org.au/mhwb](http://ruralaid.org.au/mhwb)

One conversation at the right time with the right person can change everything.

Rural Aid provides free emotional and mental health support to people living and working in rural and remote communities.



**Our counsellors are really good listeners too!**

We offer short term or formal counselling conversations and practical help to work with you through difficult times.

We can talk on the phone or visit farmers on their properties, meaning our counsellors are more than happy to have a cuppa and a yarn.

If you are a farmer, a farming family or you know of someone who is experiencing stress from drought, fires, floods, agri-stress, relationships, farm life in general or any other hardship impacting on your/their wellbeing, contact us for confidential support.



For further information email | [mhwb@ruralaid.org.au](mailto:mhwb@ruralaid.org.au)

1300 17 55 94 | Monday to Friday | 9am-4pm

After hours calls will be returned the next working day | If you or someone else needs immediate help, call 000 or Lifeline on 13 11 14 | If calling on behalf of someone else, make sure they're ok with it.

# Health and Wellness

## Women's Health GP Visits- Dalwallinu Medical Centre- April 2025 to June 2026

Dr Irene Dolan Price

21<sup>st</sup> and 22<sup>nd</sup> April 2026

21<sup>st</sup> and 22<sup>nd</sup> May 2026

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

Appointments are for Women's Health and Mental Health issues



*The Outreach programs are delivered by  
Rural Health West on behalf of the Australian  
Government Department of Health.*

# Health and Wellness



2026 flu vaccines are available at  
**Dalwallinu Medical Centre**

These are funded by the government for the following groups:

- All people aged 65 and over
- All children aged 6 months to end of primary school  
*The new 'FluMist' nasal spray is available for aged 2-11 years*
- All Aboriginal or Torres Strait Islander People from aged 6 months
- Pregnant women (at any stage of pregnancy)
- Anyone 6 months and over with medical conditions which increase the risk of influenza complications.

**All of the above are available from Monday 20th April**

For everyone else, the Western Australia Government are funding vaccines during **May & June ONLY**. We encourage people to get their vaccine during this period otherwise the private fee (\$22) will be charged. These will commence on 1st May.

Flu Vaccines are available Monday & Tuesday all day and Wednesday morning

Call 9661 1203 to book now!

## CREAMY CASHEW

## TOMATO PASTA

**Prep time:** 12 minutes

**Cook time:** 15 minutes

**Servings:** 4

### Ingredients

- ▲ ¾ cup unsalted cashews
- ▲ 250 g spaghetti or other pasta
- ▲ 2 x 400 g cans no-added-salt diced tomatoes
- ▲ 2 tbs capers
- ▲ 1 cup basil leaves
- ▲ 2 tsp sugar
- ▲ Pepper, to taste
- ▲ 3 cups baby spinach leaves
- ▲ ½ cup Parmesan cheese, shredded

### Method

1. Cover cashews in boiling water and leave to soak for at least 5 minutes.
2. Cook pasta according to package instructions.
3. Drain cashews and add canned tomatoes, capers, basil, sugar and pepper. Use a stick blender or food processor to blend until smooth.
4. Drain pasta, return to the pot and add spinach leaves and blended cashew and tomato mixture. Cook over medium heat until hot.
5. Divide between bowls and top with Parmesan.



# Health and Wellness



# Health and Wellness



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- Convenient



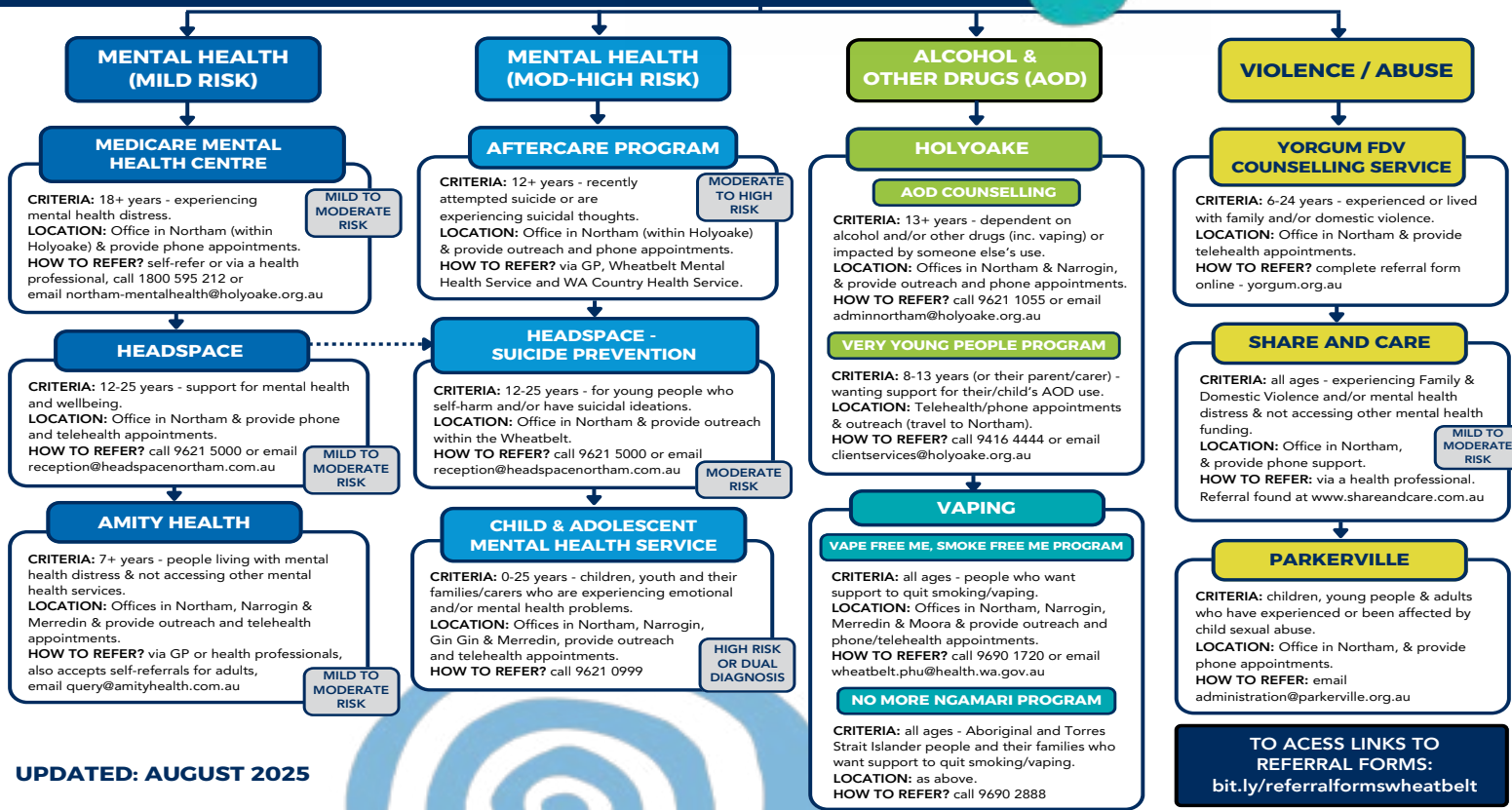
Speak to your GP for a referral to MindSpot GP

[mindspot.org.au/mindspot-gp](http://mindspot.org.au/mindspot-gp)



MindSpot GP is supported by WA Primary Health Alliance under the Australian government's Primary Health Networks Program

## FREE WHEATBELT COUNSELLING SERVICES FOR CHILDREN & YOUNG PEOPLE (0-25 YRS)



UPDATED: AUGUST 2025

TO ACCESS LINKS TO REFERRAL FORMS:  
[bit.ly/referrallforms wheatbelt](http://bit.ly/referrallforms wheatbelt)

# Health and Wellness

## Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

HOLYOAKE

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. **HELP IS ALWAYS AVAILABLE.**

### MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
<i>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
<ul style="list-style-type: none"> <li>Growth mindset</li> <li>High levels of performance</li> <li>Fully realising potential</li> <li>Actively seeking connections</li> <li>Solution focused</li> <li>Confident and curious</li> <li>Clear and energised</li> <li>Optimal self-awareness</li> <li>High levels of motivation</li> <li>Energised by challenges</li> </ul>	<ul style="list-style-type: none"> <li>Calm and steady with minor mood fluctuations</li> <li>Able to manage stressors in life</li> <li>Consistent performance</li> <li>Able to take advice and to adjust to changes and plans</li> <li>Able to communicate effectively</li> <li>Normal sleep patterns and appetite</li> <li>Good impulse control</li> <li>Mood recovers quickly from stress</li> <li>Good self-awareness</li> </ul>	<ul style="list-style-type: none"> <li>Nervousness, sadness, increased mood fluctuations</li> <li>Inconsistent performance</li> <li>More easily overwhelmed or irritated</li> <li>Increased need for control and difficulty adjusting to changes</li> <li>Disrupted sleep and eating</li> <li>Activities and relationships you use to enjoy seem less interesting or even stressful</li> <li>Muscle tension, low energy &amp; headaches</li> <li>Low motivation and energy</li> </ul>	<ul style="list-style-type: none"> <li>Persistent fear, panic, anxiety, anger, sadness and hopelessness</li> <li>Exhaustion</li> <li>Poor performance and difficulty making decisions or concentrating</li> <li>Avoiding interaction with family, friends and colleagues</li> <li>Fatigue, aches and pains</li> <li>Restless and disturbed sleep</li> <li>Self-medicating with alcohol and/or other drugs or food</li> <li>Inability to problem solve</li> </ul>	<ul style="list-style-type: none"> <li>Disabling distress and loss of function</li> <li>Panic attacks, nightmares or flashbacks</li> <li>Unable to fall or stay asleep</li> <li>Intrusive thoughts</li> <li>Thoughts of self-harm or suicide</li> <li>Easily enraged or aggressive</li> <li>Careless mistakes and inability to focus</li> <li>Feeling numb and lost</li> <li>Withdrawing from relationships</li> <li>Dependence on alcohol, other drugs, food or other numbing activities to cope.</li> <li>Physical and emotional exhaustion</li> </ul>

# Health and Wellness

## MENTAL HEALTH AND WELLBEING TIPS:



### GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.



### SCHEDULE TIME FOR THINGS YOU ENJOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



### BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.



### NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).



### ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

If you are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



### MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.



### FOCUS ON WHAT YOU CAN CONTROL

Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).



### BRING OTHERS TO THE TABLE

Another set of ears and a logical brain can help with processing and retaining information.



### KEEP THE LINES OF COMMUNICATION OPEN

Schedule regular farm business meetings and don't avoid making decisions.



### KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



### PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



### BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK

Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.



### TAKE TIME TO PAUSE, BREATHE AND REFLECT

A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



### PARTAKE IN HELP SEEKING BEHAVIOURS

Please see below for information on Support Services and Helplines available.



### ORGANISE AN INFORMATION SESSION OR WORKSHOP:

Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email

[JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au) or [Jordyn.Drayton@holyoake.org.au](mailto:Jordyn.Drayton@holyoake.org.au)

# Health and Wellness

CRISIS LINES	
<p><b>Lifeline</b></p> <p>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.</p>	<p><b>13 11 14</b></p> <p><a href="#">Lifeline WA</a></p>
<p><b>Suicide Call Back Service</b></p> <p>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.</p>	<p><b>1300 659 467</b></p>
<p><b>Beyond Blue</b></p> <p>Beyond Blue as a reliable source of mental health information, support, and hope.</p>	<p><b>1300 224 636</b></p> <p><a href="#">Beyond Blue</a></p>
<p><b>MensLine Australia</b></p> <p>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.</p>	<p><b>1300 789 978</b></p> <p><a href="#">MensLine Australia</a></p>
<p><b>Drought Response Hotline</b></p> <p>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.</p>	<p><b>1300 489 832</b></p> <p><a href="#">Drought Response WA</a></p>
<p><b>Kids Helpline</b></p> <p>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.</p>	<p><b>1800 551 800</b></p> <p><a href="#">Kids Helpline</a></p>
PLACE-BASED SUPPORTS	
<p><b>Holyoake</b></p> <p>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.</p>	<p><b>9621 1055</b></p> <p><a href="#">Holyoake</a></p>
<p><b>Head to Health (co-located with Holyoake)</b></p> <p>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.</p>	<p><b>6383 8040</b></p> <p><a href="#">Head to Health Northam</a></p>
<p><b>Rural Aid</b></p> <p>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.</p>	<p><b>1300 327 624</b></p> <p><a href="#">Rural Aid</a></p>
<p><b>The Regional Men's Health Initiative</b></p> <p>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.</p>	<p><b>9314 1436</b></p> <p><a href="#">The Regional Mens Health Initiative</a></p>

## Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

**1800 612 004**

[Rural West](#)

## Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

**9621 0999**

[WA Country Health Service](#)

## Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

**9842 2797**

[Amity Health](#)

## Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

**9621 5000**

[Headspace Northam](#)

## WEBSITES FOR INFORMATION & RESOURCES

### ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

### National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via: [Managing Stress on the Farm Booklet](#)

### TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

**0488 846 988 (Mon-Fri 8am-10pm AEST)**

[TIACS](#)

### Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information  
Scan the barcode  
or CALL 9416 4444

Find us on social media @holyoake  





# We're closer than you think

Use the free self service facilities at our Access Points to connect with Centrelink, Medicare and other government programs and services.

At our Access Points you can:

- use our computer to access my.gov.au and other government programs and services and to search for jobs
- use the telephone to access our self service options or to speak to us
- access free Wi-Fi 24/7 to connect to government services—no password required
- scan, print, fax and photocopy documents
- have your identity documents certified
- pick up brochures.

## Your local access point is:

Kalannie Community Resource Centre  
67 Roche Street  
Kalannie WA 6468



Australian Government  
Services Australia



servicesaustralia.gov.au

# Access Point

## At a Services Australia Access Point you can:



use our computer to access **my.gov.au** and other government programs and services and to search for jobs



use the telephone to access our self service options or speak to us



access free Wi-Fi 24/7 to connect to government services. No password required



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.

## Your local Access Point is:

### Kalannie Community Resource Centre

**Address:** 67 Roche Street

#### Hours of business:

Monday 9.30am - 4.30pm, Tuesday 9.30am-3.30pm,  
Wednesday 9.30am - 3.30pm, Thursday 9.30am - 4.00pm,  
Friday 9.30am - 3.30pm

To find other Access Point locations go to **servicesaustralia.gov.au**

## Self service

You can use your myGov account to access your Centrelink, Medicare and Child Support online accounts. Go to **my.gov.au**

You can also access our services through the Express Plus mobile apps.

For more information go to **servicesaustralia.gov.au/selfservice**

## Centrelink phone self service

Phone self service	136 240
To report your income and changes to your circumstances	133 276

## How to contact us

Go to **servicesaustralia.gov.au** for more information about payments and services or call the listed '13' or '1800' number most relevant to your situation.

ABSTUDY	<b>Freecall™ 1800 132 317</b>
Assistance for Isolated Children	<b>132 318</b>
BasicsCard balance enquiry	<b>Freecall™ 1800 057 111</b>
Centrelink debt repayment	<b>Freecall™ 1800 076 072</b>
Child Support	<b>131 272</b>
Disability, Sickness and Carers	<b>132 717</b>
Families	<b>136 150</b>
Farmers and their partners	<b>132 316</b>
Financial Information Service	<b>132 300</b>

#### For information in other languages:

- Centrelink **131 202**
- Medicare and Child Support **131 450**

Grandparent Advisers	<b>Freecall™ 1800 245 965</b>
Income Management and BasicsCard	<b>Freecall™ 1800 132 594</b>
Indigenous Call Centre	<b>Freecall™ 1800 136 380</b>
Indigenous debt repayment	<b>Freecall™ 1800 138 193</b>
Job seekers	<b>132 850</b>
Low Income Health Care Card	<b>132 490</b>
Medicare	<b>132 011</b>
Medicare Aboriginal and Torres Strait Islander Access Line	<b>Freecall™ 1800 556 955</b>
National Redress Scheme	<b>Freecall™ 1800 737 377</b>
Older Australians	<b>132 300</b>
Students and trainees	<b>132 490</b>
<b>TTY* enquiries</b>	<b>Freecall™ 1800 810 586</b>
Complaints and feedback	<b>Freecall™ 1800 132 468</b>

Call costs from your home phone to a:

- **13 number** from anywhere in Australia may vary depending on the call plan you have chosen from your telephone service provider—mobiles may incur a higher charge.
- **1800 number (Freecall™)** are free—calls from a public phone and mobiles may be timed and charged at a higher rate.

\* TTY is only for people who are deaf or have a hearing or speech

impairment. A TTY phone is required for this service.





# Kalannie Community Directory

COMMUNITY GROUP	CONTACT PERSON	EMAIL
Isolated Children & Parents Ass	Jane Lang	bresland.farming@gmail.com
Kalannie Bowling Club	Andrew Moore	andrew.tracy@westnet.com.au
Kalannie Community Ass	Catherine Hudson	kca@kalannie.com.au
Kalannie Community Church	Helen Nixon	rnixon7@bigpond.com
Kalannie CRC	Catherine Hudson	kalanniecrc@kalannie.com.au
Kalannie Cricket Club - Jnr	Kate McCreery	jkmccreery.family@outlook.com
Kalannie CWA	Jodie Lyndon-James	kalanniecwa@gmail.com
Kalannie Fire Brigade	Paul Burridge	cropit2@yahoo.com.au
Kalannie Football Club	Ashley Sanderson	
Kalannie Golf Club - Men	Grant Hudson	ghuddo22@gmail.com
Kalannie Ladies Hockey Club	Ricki Fulwood	kalanniehockeyclub@gmail.com
Kalannie Netball Club	Ashley Gartrell	kalannienetballclub@gmail.com
Kalannie P&C	Gabrielle Severin	kalanniepandc@gmail.com
Kalannie Playgroup	Lexi Wasmann	lexiwasmann@icloud.com
Kalannie Sporting & Recreation Club	Melissa Harms	ksrc@live.com.au
Kalannie St John Ambulance	Stewart Benton	stewartbenton@bigpond.com
Kalannie Tennis Club	Stacey Hudson	shudson@activ8.net.au
Kalannie Young Farmers	Libby Osborne	wildaizy@hotmail.com



# Kalannie Business Directory

BUSINESS	PHONE	EMAIL
Central Wheatbelt Physiotherapy	0413 901 057	centralwheatbeltphysio@gmail.com
Gypsum Supplies	0429 662 004	daniel@gypsumsupplies.com.au
Hathway Farm Equipment	9666 2034	admin@hathwayfarm.com.au
Hazlett Corner Store	9666 2040	admin@hazlettcornestore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornestore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	0427 088 173	admin@kalanniecontractors.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornestore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

\*Don't see your community group or business listed here? Please submit info (inc phone and email details) to [kapers@kalannie.com.au](mailto:kapers@kalannie.com.au) so we can include it in the next edition.

# Media Release

ABORIGINAL  
AFFAIRS

BUSINESS  
SUPPORT

CIVIC  
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COMMUNICA-  
TIONS

COMMUNITY  
SERVICES

CULTURAL  
AFFAIRS

ECONOMIC  
MANAGEMENT

EDUCATION  
AND TRAINING

EMPLOYMENT

ENVIRONMENT

HEALTH CARE

IMMIGRATION

JUSTICE

MARITIME  
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