

The Kapers

Issue #1 6th January 2026

**HAPPY NEW YEAR
2026**

The Kalannie CRC and the Kapers are back for another year !



The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: 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

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kalannie.com.au

The Kapers is supported by the



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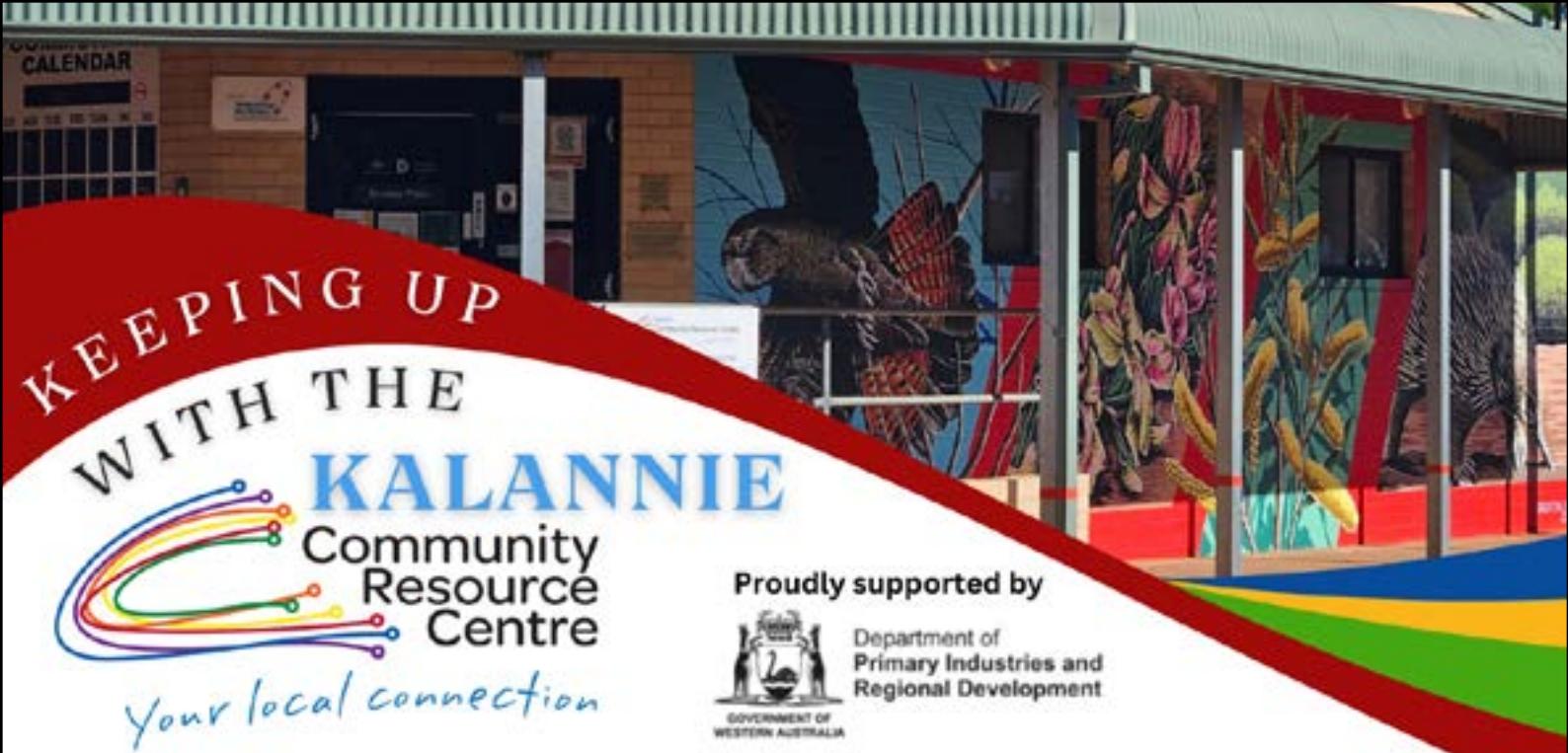
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The Kalannie CRC is open and ready for another year. Our opening hours have resumed as normal 9.30am to 4.00pm Monday to Friday.

We hope that your Christmas break was enjoyable and if you're still lucky to be on holidays, wish we were there !

A new year, means we're ready for any new ideas for us to put into action. Whether that's workshops, courses, projects or events. We value community input into to everything we do over the course of the year, so please drop in for a chat or email kalanniecrc@kalannie.com.au



BECOME A CRC MEMBER

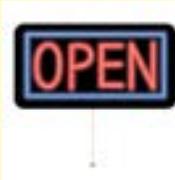
Sign up for a family or personal membership
All Kalannie CRC members get:

- Free computer use
- 2 x 1 hour free conference room hire
- Free video conferencing

Email the CRC for a membership form at kalanniecrc@kalannie.com.au or drop in to pick up a form

Wheatbelt Community Calendar

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
				1 New Years Day 	2	3
4	5 Kalannie CRC Reopens 	6 First Edition of the Kapers	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Australia Day Public Holiday 	27	28	29	30	31

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

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
1	2 Schools Back 	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 Wheatstock 

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
1pm Mondays

\$2.00 PRINTED
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Shire Notices



Shire of Dalwallinu Recycle Calendar 2025-2026

July 2025						
S	M	T	W	T	F	S
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August 2025						
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				31		

September 2025						
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January 2026						
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February 2026						
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March 2026						
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April 2026						
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May 2026						
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June 2026						
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28	29	30				

Recycle Days						
Wubin, Buntine &						
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.



Happier January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why



1	Find three things to look forward to this year
2	Make time today to do something kind for yourself
3	Do a kind act for someone else to help brighten their day
4	Write a list of things you feel grateful for and why
5	Look for the good in others and notice their strengths
6	Take five minutes to sit still and just breathe
7	Learn something new and share it with others
8	Say positive things to the people you meet today
9	Get moving. Do something active (ideally outdoors)
10	Thank someone you're grateful to and tell them why
11	Switch off all your tech at least an hour before bedtime
12	Connect with someone near you - share a smile or chat
13	Take a different route today and see what you notice
14	Eat healthy food which really nourishes you today
15	Get outside and notice five things that are beautiful
16	Contribute positively to your local community
17	Be gentle with yourself when you make mistakes
18	Get back in contact with an old friend
19	Focus on what's good, even if today feels tough
20	Go to bed in good time and allow yourself to recharge
21	Try out something new to get out of your comfort zone
22	Plan something fun and invite others to join you
23	Put away digital devices and focus on being in the moment
24	Take a small step towards an important goal
25	Decide to lift people up rather than put them down
26	Ask other people about things they've enjoyed recently
27	Challenge your negative thoughts and look for the upside
28	Choose one of your strengths and find a way to use it today
29	Say hello to a neighbour and get to know them better
30	See how many people you can smile at today
31	Write down your hopes or plans for the future



Kalannie Kids



KPS Newsletter 18/12/2025

Volume 7 - 18th December 2025

From the Principals' Pen

Yahoo! What a year! 2025 School Year Closed!

Congratulations to all of our students who have grown, laughed, inquired, shared, learnt, developed and progressed throughout the year. You should all be very proud of yourselves. You deserve a long break, well done! A special mention to all of the students who joined me for Mrs Mac's Morning Tea on Wednesday, it was a pleasure to dine with you all and celebrate wonderful world of reading. I have a sign on my door that reads 'The more you read, the more things you will know, the more that you learn, the more places you'll go.' a quote by the great Dr Suess that is incredibly powerful and at the heart of our school vision. I apologise for the lack of photos I was too busy eating yummy treats and enjoying the company of our students!

I wanted to use this final newsletter to send off our 2025 graduates. Last Tuesday night staff, graduates and their families were hosted by the amazing Kalannie P&C for a dinner to celebrate the end of their primary school journey. Thank you to all families for your donations towards the dinner it was delicious! Thank you to our servers and caterers Mrs Ricki Fulwood, Mrs Gabrielle Severin and Ms Caroline Severin. Thank you to Miss Sally Ellis for decorating and coordinating the event, it was beautiful.

Here were my parting words to our students on the night...

I think you're very special, and I just wanted you to know, this year has been amazing, I'm so sad to see you go! You've done so much together, you've laughed and smiled and learned, after such an exciting journey, enjoy the summer break you've earned. Remember to come and visit, I would love to see you grow, you have a lot to learn ahead, but there is one thing you should know: the thing that makes you wonderful, and will shine through all you do, is just to be yourself, and be proud that you are you!

Congratulations to the class of 2025!

I also want to acknowledge the incredible Mrs Shelley Sutherland who is taking leave for 2026. We will miss her expertise, energy, generosity and dedication to our school. The impact of her commitment to her students is felt across the school and our community, and she will be very much missed. I have no doubt Shelley is looking forward to not scheduling life to the school calendar and we wish her a fabulous break.

Kalannie Kids

We are counting down to your return in 2027!

I am pleased to let you know for 2026 we will continue with a 2-class structure with our junior and senior classes. Additionally, Kindergarten students will attend 3 days per week from the beginning of the year on Tuesdays, Wednesdays and Thursdays. Across these 3 days we will split into 3 classes - a K/PP, a year 1/2 and a 3-6 until halfway through the day. This will allow us the opportunity to reduce class sizes for maximum impact of teachers working with students for literacy and numeracy lessons on those days. Mrs Nyssa Freestone will be our lead K/PP teacher, Mrs Emma Williams will lead our year 1-2 students and Miss Sally Ellis will lead our year 3-6 class.

We look forward to welcoming our wonderful Kalannie Primary students and families back on Monday February 2nd 2026!

***Reminder - payments for 2026 in-term swimming lessons and voluntary contributions and charges can be to the Kalannie Primary School bank account made from January 2026. Also, all student booklist items will be at school ready for day one and will be distributed by teachers. Please send in the additional item requirements (labelled) on contributions and charges letter on the first day.

Thank you for your support this year of our beautiful school, we have the most incredibly school community.

On behalf of all of the staff from Kalannie PS have a safe and wonderful festive season and school holiday break! See you in 2026

Kate McCreery

Principal



Kalannie Kids

End of Year Concert

On Wednesday night the students pulled off a fabulous performance of the Mystery of the Moonstone. Spectacular performances by all students. The show went off with a bang! They did a fantastic job and it was enjoyed by all.



Kalannie Kids



Congratulations to our 2025 award winners:

Senior Dux Award - Jude Fuchsbichler

Junior Star Award - Rylie Talag

Student of the Year - Lucy Fulwood

Citizenship Award - Annabel McCreery

Creativity Award - Tawanashe Gwete

Library Award - Tawanashe Gwete





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Hazlett Corner Store

Canning Vale Markets Supplying Kalannie Weekly,

Country Pak, well priced fresh fruit and vegetables

Market City Meats well priced quality cuts of fresh meat, poultry, butchers made sausages.

Bovells a WA Family Owned bakery suppling fresh bread and rolls

Bannisters and Masters Milk, Suppliers of fresh WA milk and cream

Katie Joys quality eggs from Gingin

WA owned Dorsogna small goods & Cape Naturaliste Cheese

Groceries from Metcash, suppliers to the majority of country supermarkets

You'll be surprised how good the pricing is compared to the city on day to day pricing.



Opening Hours

Monday to Friday 6am - 5:30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone-96662040



MARCH 28-29
HIF HEALTH
INSURANCE OVAL

COUNTRY FESTIVAL OF FOOTBALL



SATURDAY 28TH
MARCH



FORMAT

Each day will feature
3 x 1-hour games
(back-to-back-to-back)

To register - contact Joe
jmccarthy@falconsfc.com.au

SUNDAY 29TH
MARCH





MARCH 28-29
HIF HEALTH
INSURANCE OVAL

COUNTRY FESTIVAL OF FOOTBALL



PRE-SEASON COMP

SATURDAY
28TH MARCH



SUNDAY
29TH MARCH



FORMAT

Each day will feature
3 x 1-hour games
(back-to-back-to-back)

To register - contact Joe
jmccarthy@falconsfc.com.au



DALWALLINU

Harvest Branch Hours 2025



L - R: Dalwallinu Branch Manager Johan Calitz and Sales Consultant Dominic Sheehy at the Dowerin Field Days 2025

Dalwallinu Tel: (08) 9661 1002

After Hours **Parts**: 0427 084 216

After Hours **Service**: 0427 084 214

After Hours **Sales**: 0427 084 210

Precision Farming Support Line – 0488 844 690

WWW.BOEKEMANS.COM.AU

Boekeman
Machinery

Est 1968

HARVEST OPENING HOURS

7:00am – 6:00pm

From 13th of October

SATURDAY MORNINGS

8:00am - 12:00pm

From October 4th until December 2025

Branch Manager Johan Calitz – 0427 084 210

Service Manager Steve Eaton – 0427 084 214

Parts Manager Kirsty Booth – 0427 084 216

Sales Consultant Dominic Sheehy – 0459 214 350

Sales Consultant Matthew Joyner – 0437 611 725

Group Parts Manager Kevin Dack - 0475 985 947

Group PF Manager Conor McGuckian - 0438 905 875

Group GM Sales Dillan Elliott - 0477 740 707

Group GM Operations Ben Boekeman - 0475 969 169

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Contact

MARK: 0407 640 614

JULIE: 0400 722 790

SHOP: 9666 2179

admin@kalannieagquip.com.au

Shop Hours

MON - FRI: 7.30 AM - 5.00PM

SAT: 7.30AM - 12.00PM

Nutrien
Ag Solutions



Kochii Eucalyptus Oil has rebranded to become Fasera.

We've changed our name, not our vision.

At the same time we've been producing incomparable Australian eucalyptus oils, we've also been building our position as a global leader in sustainable agricultural carbon sequestration.

Now, operating as Fasera, we produce carbon credits, biochar, wood vinegar and eucalyptus oil via our carefully selected and managed estates of oil mallee trees on land owned by local farmers. Whilst we are changing and expanding, our roots remain firmly in Kalannie, the wheatbelt and Western Australia.



To find out more about our offerings and to purchase Eucalyptus Oil products go to fasera.com



fasera

Kochii
Australian
EUCALYPTUS OIL

Environment

SAVE THE DATE

NOT JUST DIRT: A HIDDEN ECOSYSTEM FORUM

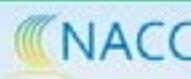
18 FEBRUARY 2026

IRWIN 10AM-2PM

This event will provide farmers and landholders practical knowledge & solutions to improving our biggest asset - soil!

Hear from experts including **Kevin Elmy** of **Cover Crops Canada** and learn about soil health, biodiversity, microbiology, multi-species farming, intercropping and more.

Register on email & keep an eye out on NACC NRM's Facebook and Instagram pages for more details to come.



REGISTER

KATRINA SASSE

SUSTAINABLE AGRICULTURE FACILITATOR, NACC NRM
E KATRINA.SASSE@NACC.COM.AU | M 0447 361 335



Sustainable Agriculture Facilitators are supported by the Australian Government through funding from the Natural Heritage Trust under the Climate-Smart Agriculture Program. Event funded and supported by the NACC NRM Future Farm Foundations project funded and supported by the Australian Government as part of the Climate-Smart Agriculture Program (CSAP) under the Natural Heritage Trust.

Resilient Farming Event Series

NACC NRM is excited to support farmers and landholders in improving their farming systems and soil health through the Future Farm Foundations Project's *'Resilient Farming Event Series'*.

In early 2026, as part of the 'Resilient Farming Event Series', we are hosting international and local guest speakers who will visit the region to share ideas and inspire you to implement practical solutions to become resilient in the face of change.

Don't miss your opportunity to register for these events, connect with people who inspire your mind and to give back to the land and the soil that was so giving in 2025. This is your chance to ask questions, connect with a level of sustainable agriculture expertise that doesn't come around this neck of the woods too often!

'Not Just Dirt: A Hidden Ecosystem'

18th February 2026 | Irwin (Location TBC)

Key note speaker: **Kevin Elmy** of **Cover Crops Canada**

Beneath our feet lies a vibrant, living ecosystem essential to farming and life on Earth. Soil is far more than dirt – it's a complex network of microbes, insects, fungi and organisms that support plant growth, regulate water and sustain our planet.

Led by Canadian agronomist and regenerative agriculture educator Kevin Elmy, this forum explores the science and practical application of soil health. With over 20 years' experience, Kevin helps producers restore soil ecology, improve resilience and rethink conventional farming systems.

This session delivers practical, actionable strategies farmers can take home, supporting low-input, resilient systems that work with nature, not against it.

Designed for anyone who works with soil – from backyards to paddocks – the forum unpacks the hidden soil landscape, exploring plant interactions, functional plant groups, key soil principles and how everyday decisions impact life below ground.

Together with other expertise, the forum will focus on:

- Soil microbes: bacteria, fungi
- Earth worms and termite action
- Cover and companion cropping
- Livestock integration
- Nutrient cycling
- Soil organic matter
- Practical tips for soil management

Register your interest today KATRINA.SASSE@NACC.COM.AU and stay connected through NACC NRM Facebook and Instagram pages for updates and further information.

Unsecured Load Unsafe Road



At highway speeds, even small debris can be deadly.

What is an unsecured load?

Materials being transported on the back of vehicles such as utes, trailers and trucks that are not completely covered or secured can fly off whilst driving and become litter.

Why should I care?

- Unsecured loads can pose major safety risks to other drivers and cyclists.
- Litter from unsecured loads is a hazard that can cause fishtailing and damage such as a flat tyre or even a traffic accident with injury or death.
- At highway speeds, even small debris can be deadly.
- The most common ways that road debris contributes to accidents is by either causing a driver to lose control of his vehicle, or by being launched by the tyres of a car into the windshield of another vehicle.
- If items on the roadway are particularly large, they can necessitate sudden braking or require drivers to change lanes, increasing the risk of a collision.
- Litter on our roads can enter the environment where it impacts on flora and fauna.
- Roadside litter has a high chance of entering the stormwater system where it can cause damage to local waterways, flooding and blockage of drainage systems and threats to areas such as swimming beaches and urban wetlands where water is discharged.
- We must significantly reduce the amount of litter in our environment to protect the health, safety and visual quality of the environment, people and wildlife.

Littering is illegal

A load that hasn't been secured properly, including sand, soil and small debris, which leaves a vehicle and becomes litter is illegal under the *Litter Act 1979*. You can be fined \$200 on the spot.

For more information, or to report an unsecured load visit www.kabc.wa.gov.au/reportlittering

Tie down before you take off!

What you can do to help reduce litter from unsecured loads

- When transporting any materials, always tie down your load before you take off.
- Cover garden refuse with a tarpaulin or trailer net.
- Restrain furniture and white goods with good quality straps.
- Use webbing or straps to restrain cardboard boxes.
- Don't carry loose tools in the back – use a restrained toolbox.
- Larger tools (e.g. garden tools like shovels) should be restrained by ropes, straps or a trailer net if they are not adequately contained by the body.
- When carrying loads, periodically inspect your vehicle to make sure it is safe and secure.
- If you are someone who does the right thing, register as a litter reporter and report littering from unsecured loads.



Keep
Australia
Beautiful

WA



**Bridgestone
Service Centre**

Firestone

GOODF^YEAR

MICHELIN

BKT

DALWALLINU

9661 1206

Matt Wilson

After Hrs 0467 492 576

1A Johnston St

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TYRES TO SUIT ALL BUDGETS



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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.

Large Garden Games

The Kalannie CRC currently has large outdoor garden games for hire.



**\$25 FOR THE SET OF THREE
CONNECT FOUR, JENGA AND DOMINOES**

For more information or to hire, contact the CRC
on 9666 2194 or kalanniecrc@kalannie.com.au

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 | www.consumerprotection.wa.gov.au | www.wa.gov.au

19 December 2025

With Senior Regional Officer for Midwest – Natasha Pirrottina

Give wisely to charities this festive season

Christmas is a time when many of us look for ways to support others, and West Aussies have always shown incredible generosity during the festive season. As you consider donating to charities this year, it's worth taking a few simple steps to make sure your contribution goes exactly where you intend.

Scammers often take advantage of people's kindness by pretending to be well-known charities through emails, text messages and social media. If you receive a message asking for a donation, it's safer to visit the charity's official website yourself rather than clicking on any links. This small precaution can help protect your personal information and money.

Donating directly to a charity is also the best way to make your gift count. Some third-party fundraising platforms and collectors may deduct fees before passing on the funds, which means your donation may not reach the charity in full. By going straight to the charity you want to support, you can be confident your contribution is making the biggest impact.

The benefit of dealing directly with your chosen charity, rather than through third-party collectors, is you avoid exposing your personal or financial details to an additional source.

Protecting your information as much as possible during this time of frequent data breaches will go a long way to stop it falling into the wrong hands.

If someone approaches you in person, calls you, or contacts you online asking for donations, take a moment to check who they are representing. Check their credentials and confirm the charity will receive the full amount you intend to give.

The same goes before donating through an online platform or to an individual fundraiser. Check the campaign is authorised by a licensed charity and confirm whether the full amount will be passed on.

If you'd like to check whether a charity or not-for-profit organisation is licensed, you can use the online search tool on the Department of Local Government, Industry Regulation and Safety's Consumer Protection website.

Any suspicious charity activity can be reported to WA ScamNet online or by calling 1300 30 40 54.

By taking a few extra moments to double-check who you're giving to, you can help ensure your generosity reaches those who need it most this Christmas.



Getting chemicals for your pool or spa?

Before transporting pool chemicals, check the packaging to ensure it is in good condition and there are no leaks. Keep the packages secure, upright and protected from anything that may puncture or damage them.

Dangers associated with some pool chemicals

Some commonly used pool and spa chemicals are incompatible.

Calcium hypochlorite (dry pool chlorine) should not come into contact with:

- Heat.
- Sodium dichloroisocyanurate, trichloroisocyanuric acid.
- Acids.
- Moisture.

Hypochlorite solution (liquid pool chlorine) should not come into contact with:

- Acid solids and solutions (pH decreaser products, scale removers, cell cleaners) and compounds (aluminium sulphate).
- Hydrogen peroxide solutions.
- Reducing agents (sodium sulphite and bisulphite).

For further information scan the QR code or visit
www.worksafe.wa.gov.au/DangerousGoods



**Never mix
dangerous goods**

**Always keep them
ventilated**





Fumigating a silo?

Do you know how to transport aluminium phosphide safely?

Dangers of aluminium phosphide

Aluminium phosphide when exposed to air or moisture generates phosphine gas. Exposure to phosphine gas in enclosed spaces such as vehicle cabins may cause poisoning or even death. Phosphine gas has a very pungent smell similar to garlic, carbide or decaying fish.

Safety tips for transporting aluminium phosphide

- Never transport aluminium phosphide in the same cabin space as people, animals or food.
- The fumigant should be transported on the back of a ute or truck or in a trailer, with the items well secured, and in an adequately ventilated container that is protected from the rain.

For further information scan the QR code or visit
www.worksafe.wa.gov.au/DangerousGoods



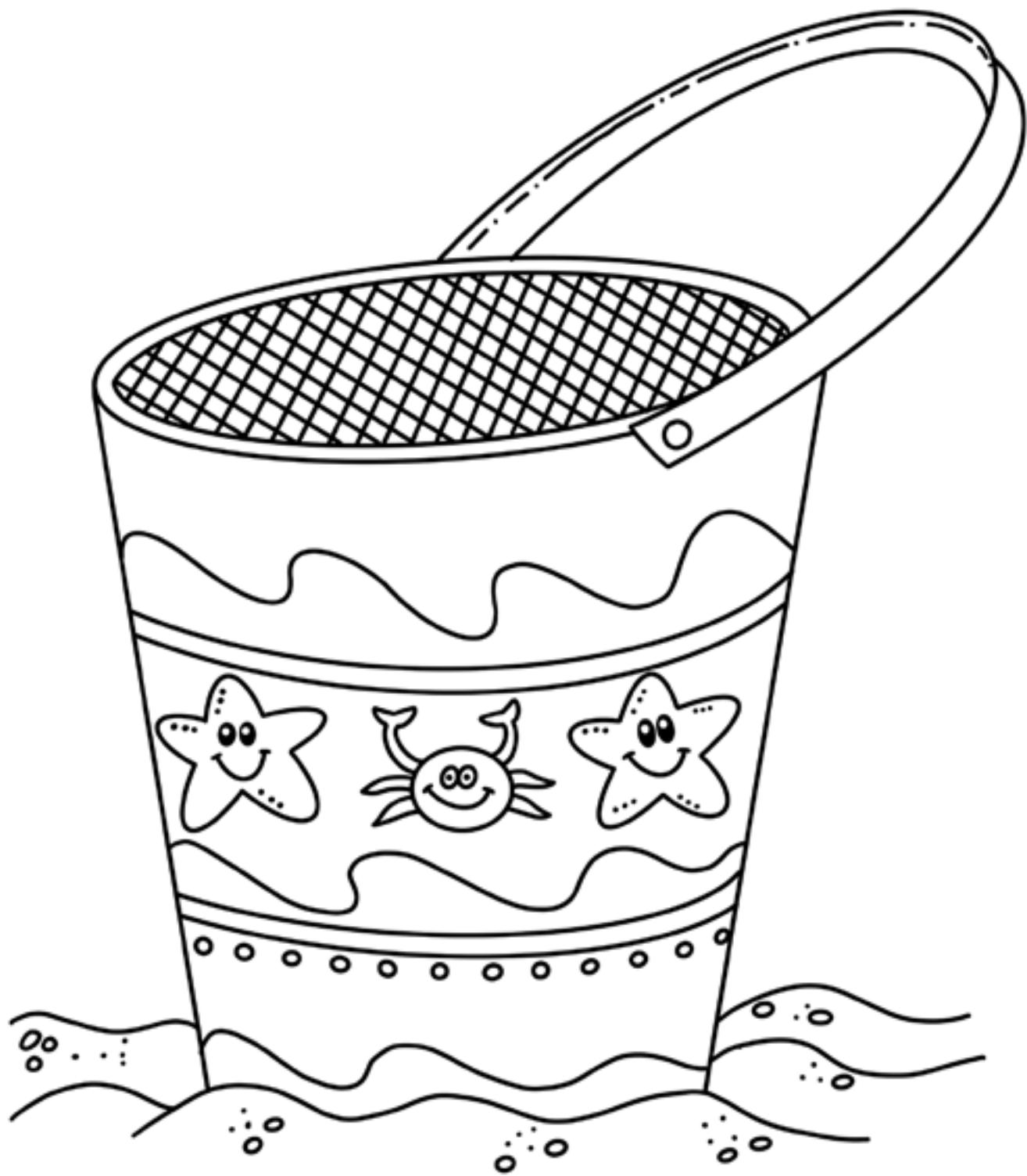
**Never mix
dangerous goods**

**Always keep them
ventilated**



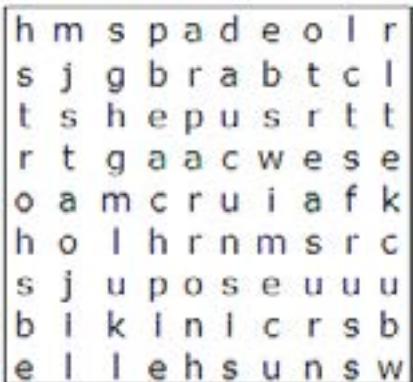


Summer Beach Bucket





Summer Puzzle Sheet



Beach Hunt

spade

swim

beach

bikini

sun

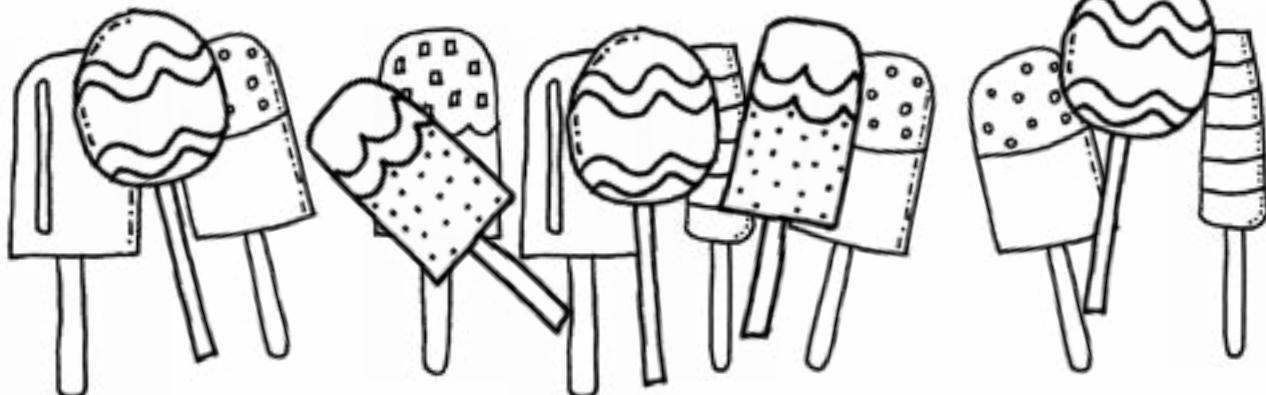
surf

bucket

shorts

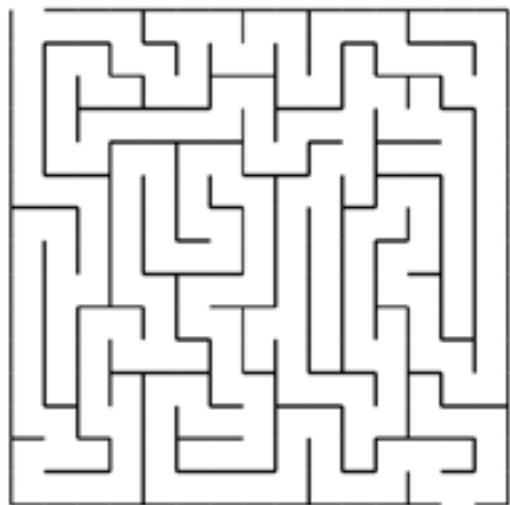
Count the Lolly's

How many are there?



Beach Maze

Find a way to
match the bucket
to the spade



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Local Service

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For more information on how Summit can partner with you for growing success, please contact your Local Area Manager.

Community Notices



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C10350369

Bring your eligible containers to:

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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.

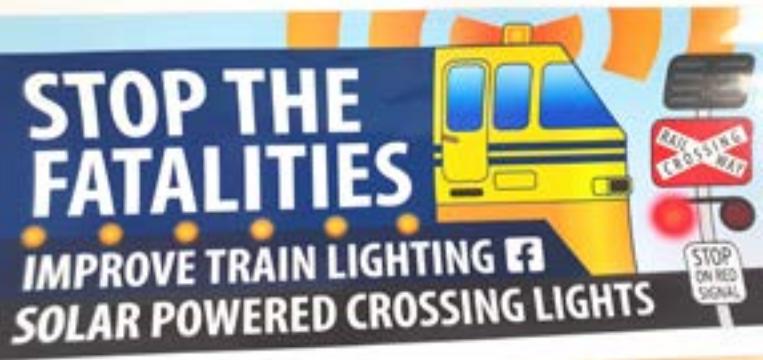
Collection points for personal drop offs are located in Dalwallinu and Wongan Hills.

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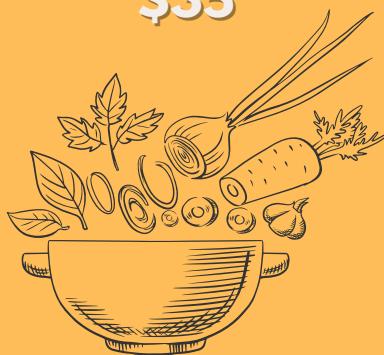


Support a great cause to improve train lighting through the following cookbook,

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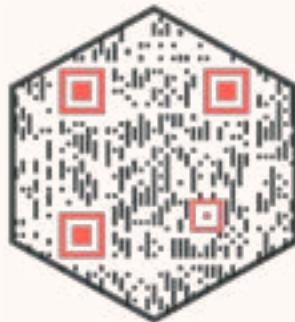
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Health and Wellness

WARRIOR WELLBEING ARTICLE



Our Wellbeing and Money

BY THE REGIONAL MEN'S HEALTH INITIATIVE
January 2026

We work hard for our money; therefore, it is important to know where it goes and how we can manage it, invest it, plan for retirement or a rainy day. As the saying goes, "Money without financial intelligence is money soon gone".

Scams, get rich schemes and a dodgy email from that international prospective partner, are ways other people will try to fleece us out of our money. As with many things in life, if it sounds too good to be true then it probably is. We need to be vigilant and not share any of our personal and banking details with third parties until we have verified, they are who they say they are.

Before making any big financial decisions, don't rush into anything, do your own research and ensure you talk to all those who will be impacted by these decisions. Seeking sound financial advice from a charted accountant or registered financial advisor is a good way to get an independent professional point of view and allow you to make an informed decision.



Just as we should get a yearly check-up with a GP, it's important to have a yearly financial check-up with your accountant, financial advisor or bank manager. Prepare for the meeting with your questions written down so all your personal and business financial concerns are addressed. This is an opportunity to look at interest rates, refinancing options, new products and tax concessions to make sure you are getting the best "bang for your buck" or the best deal.

Communication is key for so many things in life, so remember to talk to your partner about any personal money decisions if you have joint accounts, credit cards or loans. Uncommunicated expectations are often the main cause of interpersonal conflict.

It is also vital to talk to your business partners about financial decisions and their potential impacts both in terms of financial viability and how they will emotionally affect the business relationship. Failure to do so will have potentially long-term negative effects on your relationship with your business partners as well as your physical and mental wellbeing.

If you are struggling to repay loans, be open and honest and talk to those in your circle including the bank manager. They can't help you if they don't know what's going on.

Financial hardship and other general money worries, if not addressed, can negatively impact our wellbeing and contribute to our situational distress and lead to other problems in our life.

Some signs that financial stress is affecting your health and relationships include:

- Arguing with the people closest to you about money.
- Feeling angry, fearful or experiencing mood swings.
- Withdrawing from others.
- Feeling guilty when you spend money.
- Delaying health care you need, due to the cost.

We encourage a holistic way to look after yourself. Looking at your diet, exercise and time spent on self-reflection are all ways to improve your general health and help manage your wellbeing and money.

- [@RMHI_4blokes](https://twitter.com/RMHI_4blokes)
- [Working with Warriors Podcast](https://www.workingwithwarriors.com/podcast)
- [regionalmenshealth.com.au](https://www.regionalmenshealth.com.au)



Health and Wellness

Rural Aid December article 2025



Its amazing to realise that in 10 days we will be having Christmas day again, without sounding like a broken record 'where did that year go'.

I'd really like to thank everyone who has trusted and assisted me over the last 12 months. I learn so much from the people I meet and support which reinforces how lucky I am to call Narrogin and the WA farming communities my home. Majority of what I write about in these articles is triggered by hearing someone talk at an event, in counselling or in the street. I have more days of driving home thinking 'what an amazing town, community group, service or individual that was today. There are more people that really care about their community and that community's welfare than can ever be recorded and reported on.

Farmers and Rural Communities go through challenging, hard times. Issues that are unique and often not understood by the city folk. But the unity in our communities is very evident. The keep the sheep movement, the sharing of knowledge with the firearms act and more is for me the proof of our farming family coming together to support each other without hesitation. Where someone from Moora is advised that they can call a service in Bridgetown exemplifies unity in a cause. This real unity, support and strength is humbling, empowering and results in a sense of belonging, something to be proud of now and in the future. Communities and people going out of their way to help, support and genuinely care for each other. People from all walks of life making a difference in the best way they know how, with the skills they have. Legends.

Each of us are essential in continuing to break the silence and stigma of wellness and mental health. One conversation at the right time with the right person can change everything. When talking to the dogs doesn't cut it, remind yourself there are people in your community who do care about you, do value you and do appreciate you. This is a strength we are able to tap into, an option we do have. Ask for help, be that help. Hard times are a part of life we learn and grow stronger from. Once we are facing in the right direction and taken that hard first big step into the unknown, we just have to keep on walking. Preferably alongside others together, not alone.

Great news next year WA Rural Aid counselling team starting 5 January will have three more counsellors working in our regions. So four of us. All live in Rural towns, are farmers or know farming, and are very proactive in their communities. Exciting news.

Rural Aid will be closed over Christmas from the 22 December until the 5 January 2026.

Keep safe, keep well and have a great Christmas and New Year. Again, from my heart Thank you for 2025.



Health and Wellness

grant opportunities



CBH - Grass Roots Community Grants



The CBH Grass Roots Community Grants program provides funding to support local projects in Western Australia's grain-growing regions.

Grants of up to \$10,000 are available for community events, while small-scale infrastructure projects can receive up to \$20,000. Projects must align with CBH's community values and be completed within 12 months.

Applications open twice a year, in February and August, with eligibility criteria for schools and Shires.

More information and applications can be accessed via the following link: [CBH Grass Roots Community Grants](#).

Holyoake to expand training and education into 5 regions of WA

Holyoake is proud to announce it has been awarded \$396,590 in funding through the Commonwealth Government's Community Wellbeing Program, administered by the Department of Primary Industries and Regional Development (DPIRD). This funding enables Holyoake to deliver a suite of mental health training and support initiatives tailored specifically for farming communities affected by the phase-out of live sheep exports by sea.

The Community Wellbeing Program is an initiative forming part of the Commonwealth Government's Sheep Industry Transition Assistance Package, designed to support communities through this period of significant change.

Holyoake will deliver targeted mental health literacy and suicide prevention training to individuals, families, frontline workers, and industry leaders across regional Western Australia. The initiative now forms part of Holyoake's broader, evidence-informed model of care, which addresses the unique and complex challenges facing rural and remote communities - particularly in the agricultural sector.

A Practical, Visible and Sustainable Support Network

Through a combination of workshops, training sessions, and community-based delivery, Holyoake will empower regional stakeholders with practical tools to manage stress, support others, and respond to signs of mental ill-health. By building skills at every level of the community, Holyoake's program will create a capable and responsive local support network.

Key areas of focus will include:

- Mental health literacy and early intervention

- Suicide prevention training
- Stress management techniques
- Upskilling of local champions to support ongoing wellbeing conversations

This work will complement services delivered by Rural Aid and the Blue Tree Project, with all partners collaborating to ensure activities respond to local needs and integrate with other regional supports such as the Rural Financial Counselling Service.

Supporting Communities Through Change

Holyoake CEO Ben Smith said the funding will enable much-needed support at a grassroots level.

"This funding is an investment in the people who keep our agricultural communities going - through the good seasons and the tough ones. As the sector navigates the transition away from live sheep exports, it's essential we not only focus on the economics of change, but also on the people impacted.

By equipping farmers, families, and rural professionals with the skills and confidence to support mental wellbeing, we're helping build stronger, more resilient communities from the inside out."

Holyoake's delivery will prioritise regions most affected by the industry shift, with the first training sessions scheduled to commence in February 2026.

For more information, please contact the program's Specialist Training Coordinator, Jo Drayton.

Email jdrayton@holyoake.org.au

Health and Wellness

documents & resources

contd...

HOLYOAKE
Whenever you're ready.

Australian Institute of Family Studies: Neurodivergence Factsheet



A short accessible information sheet that defines key terms relating to neurodivergence and addresses some common misconceptions. It is accompanied by practical information sheets on supporting neurodivergent children and young people.

The aim is to enhance readers' basic neurodivergence literacy, lay the groundwork for further learning and

promote informed discussions about neurodiversity. The information provides guidance on understanding and accommodating two common areas of difference for neurodivergent children and young people: neurocognitive functioning and sensory processing.

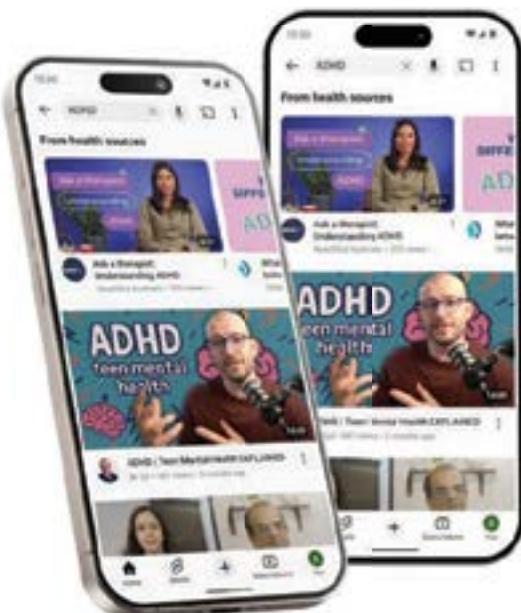
Information sheets:

[What is neurodivergence](#) - defines key terms relating to neurodivergence and addresses some common misconceptions.

[Supporting sensory processing for neurodivergent children](#) - introduces sensory processing differences and suggests strategies for collaborating with neurodivergent children to understand and accommodate their sensory needs.

[Strategies to support neurocognitive functioning for neurodivergent children](#) - introduces neurocognitive functioning and its relevance to neurodivergent children. It also describes some strategies that can be used to support neurocognitive development.

New YouTube mental health & wellbeing tools - built just for teens



YouTube has built specific age-appropriate experiences for younger users. In October, YouTube announced their newest offering: mental health and wellbeing content in a dedicated surface built just for teens. YouTube are proud to partner with leading mental health organisations Black Dog Institute and ReachOut, to provide this local, teen-centric content.

When seeking out age-appropriate information on common mental health and wellbeing topics like depression, anxiety, ADHD, and eating disorders, teens will now see a shelf of videos from trusted sources. Their goal is to make it easier for users to find credible information that is tailored to their developmental stage of life.

For a video to be eligible for inclusion in the shelf, the content needs to be evidence-based, teen-centric and engaging. To meet these requirements, YouTube worked with local organisations who specialise in providing mental health and wellbeing information for teens to produce the videos.

SALMON PRIMAVERA SPAGHETTI

 **4 SERVES**

 **15 MINS**

 **15 MINS**

INGREDIENTS

1 cup firmly packed parsley leaves
3 green shallots, thinly sliced
1 tablespoon baby capers, drained
2 teaspoons lemon rind
1/4 cup lemon juice
1 large avocado, halved
4 x 120g skinless salmon fillets
200g wholemeal spaghetti
1/4 cup sliced green olives
60g baby rocket leaves
1 tablespoon pine nuts, toasted

METHOD

Process parsley, shallots, capers, lemon rind and juice in a food processor until finely chopped. Add half the avocado and pulse to form a paste.

Heat a large non-stick frying pan over a medium-high heat. Add salmon. Cook for 3 minutes. Turn and cook for a further 3 minutes or until cooked to your liking. Remove and flake into large pieces.

Meanwhile, cook spaghetti in a large saucepan of boiling water following packet directions. Reserve 1/2 cup pasta water, then drain.

Transfer spaghetti and reserved pasta water to a medium bowl. Add flaked salmon, avocado mixture, olives and rocket leaves. Season with freshly ground pepper and toss gently to combine.

Divide into 4 serving bowls. Top with remaining thinly sliced avocado. Sprinkle with pine nuts.

TIPS: Salmon can be replaced with 480g skinless chicken breast fillets, if preferred. Cook chicken in a large non-stick frying pan over a medium-high heat for about 5 minutes on each side or until cooked through, then slice thinly. Or, for a shortcut, skip step 2 and stir through 450g shredded, skinless cooked chicken breast in step 4.

Health and Wellness

Salmon is a great source of protein and healthy fats



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 have 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 or Jordyn.Drayton@holyoake.org.au

Health and Wellness

CRISIS LINES			
Lifeline 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.	13 11 14 Lifeline WA	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
Suicide Call Back Service Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.	1300 659 467	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
Beyond Blue Beyond Blue as a reliable source of mental health information, support, and hope.	1300 224 636 Beyond Blue	Amity Health Amity Health provide a range of funded health and community programs across the Wheatbelt region.	9842 2797 Amity Health
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978 MensLine Australia	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
Drought Response Hotline 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.	1300 489 832 Drought Response WA	WEBSITES FOR INFORMATION & RESOURCES	
Kids Helpline Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	1800 551 800 Kids Helpline	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
PLACE-BASED SUPPORTS		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
Holyoake 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.	9621 1055 Holyoake	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
Head to Health (co-located with Holyoake) Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	6383 8040 Head to Health Northam	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
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.	1300 327 624 Rural Aid	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
The Regional Men's Health Initiative 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.	9314 1436 The Regional Mens Health Initiative		

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

For information in other languages:

• Centrelink	131 202
• Medicare and Child Support	131 450
Grandparent Advisers	Freecall™ 1800 245 965
Income Management and BasicsCard	Freecall™ 1800 132 594
Indigenous Call Centre	Freecall™ 1800 136 380
Indigenous debt repayment	Freecall™ 1800 138 193
Job seekers	132 850
Low Income Health Care Card	132 490
Medicare	132 011
Medicare Aboriginal and Torres Strait Islander Access Line	Freecall™ 1800 556 955
National Redress Scheme	Freecall™ 1800 737 377
Older Australians	132 300
Students and trainees	132 490
TTY* enquiries	Freecall™ 1800 810 586
Complaints and feedback	Freecall™ 1800 132 468

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	Garry Crossman	garrycrossman@rocketmail.com
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@hazlettcornerstore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornerstore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornerstore.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 so we can include it in the next edition.

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