

The Kapers

Issue #20 19th May 2026

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HEALTH
ROAD TRAUMA SUPPORT
.....AND MORE



National 18-24 MAY 2026
Volunteer
YOUR YEAR TO VOLUNTEER **Week**

[Your Year to Volunteer](#) honours the contributions of volunteers and invites people across Australia to make 2026 a year of meaningful involvement, in ways that work for them.

This year is a moment to thank those who already give their time and to invite others to discover how volunteering can create connection, purpose, and lasting positive change.

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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Department of
Primary Industries and
Regional Development

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KALANNIE

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available

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Kalannie

Community Resource Centre

Your local connection



Sheep and Goat Electronic Identification (eID) Workshop

Are you ready for electronic identification of sheep and goats?

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

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

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

At this workshop you will:

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

Date: 18-06-2026

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

Location: Kalannie CRC
67 Roche St, Kalannie WA 6468

RSVP: Humanitix by 15th of June

Morning tea provided



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 National Volunteers Week 	18	19	20 World Bee Day 	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 Kalannie Bowling Club AGM 6.00pm @ Sports Club	12 CWA Meeting 10.30am 	13 Kalannie v Beacon
14	15	16	17	18 eID Workshop @ CRC 10am	19	20 CWLHA Country Week BYE
21	22	23	24	25	26	27 Mukinbudin v Kalannie
28	29 SOCK Week 	30				

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
1pm Mondays

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Shire Notices

Place of wheat and wattle...

2025-2026 Recycle Calendar Dates

July 2025							August 2025							September 2025						
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
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20	21	22	23	24	25	26	24	25	26	27	28	29	30	28	29	30				
27	28	29	30	31			31													

October 2025							November 2025							December 2025						
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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													

January 2026							February 2026							March 2026						
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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				

April 2026							May 2026							June 2026							
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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.



PROTECTIVE BEHAVIOURS STORY BOOKS FOR CHILDREN

Following on from the very informative Protective Behaviours workshop held earlier this year Kalannie CRC now has a collection of recommended reading books for use with the Workbook we were supplied with from WA Child Protection Society.

These books are available on loan to help parents and carers address the topics covered in the workbook. Please get in touch with Kalannie CRC to make arrangements to borrow any of the books. Titles include:

- Don't Let the Pidgeon Drive the Bus
- The Trouble with Secrets
- Personal Space Camp
- These Are My Private Parts
- It's OK to Say No
- I Have a Secret
- No Means No!
- Michael's Bubbles
- My Underpants Rule!
- Everyone's Got a Bottom
- Some Secrets Should Never Be Kept
- The Huge Bag of Worries
- Sam's Hats
- My Body is Special



If you didn't get a workbook or need another one, we have extra copies of those as well.

KALANNIE BOWLING CLUB

The 2025/2026 Annual General Meeting for the Kalannie Bowling Club will be held on

11th June 2026 at 6.00PM

At the Kalannie Sports Club

Please advise the President Larry or Secretary Julie
Of any items for the Agenda.

FIRST AID KITS

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GET IN TOUCH

Phone- 08 9661 2601

Email- Dalwallinu.subcentre@stjohnrwa.com.au



EXPRESSIONS OF INTEREST

Heavy Rigid (HR)

Truck Training and Licensing

Date: 20th 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
9666 2194



Get in touch
with us over
seeding



Boekeman
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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WWW.BOEKEMANS.COM.AU

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

CORNER STORE

Suppling Locals fresh produce, dairy and meat daily
Saving locals the cost of travel

Fresh fruit and veg from Canning Vale Market

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Fresh Bread from Mias Bakery

Fresh milk from Masters milk

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Fresh Cheese from Cape Naturaliste

All WA owned companies based in WA

Come in and see the crew and ask about further
savings on grocery purchases



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Manger : Gabrielle Severin

Opening Hours

Monday to Friday 6am - 5.30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone: 9666 2040



BALLIDU HERITAGE CENTRE AND CAFE

Housed in the Ballidu Town Hall, Fairbanks Street

EARLY MILK SEPARATORS

The introduction of mechanical milk (cream) separators in Western Australia came during the late 19th and early 20th centuries, enabling households in regional WA to turn their own cow's milk into cream and butter. Feeding the cow was often an important chore given to responsible children in the family.

The Pre-Separator Era

Before mechanical separation arrived in WA, extracting cream was slow and inefficient.

- Gravity Settling: Farmers poured fresh milk into wide, shallow pans and let it sit for up to 24 hours.
- Manual Skimming: The lighter cream naturally floated to the surface, where it was ladled off by hand.
- Spoilage Risk: The long setting time in WA's warm climate frequently caused the milk to go sour before the cream could be fully collected.



May Silver feeding the family's cow.



Arrival of Centrifugal Technology (1890s–1910s)

Centrifugal separation technology, pioneered globally by Sweden's Gustaf de Laval in 1878, rapidly spread to WA by the 1890s.

The Mechanism: Fresh milk was poured into a top bowl while an operator turned a hand crank at a specific cadence (usually around 55 to 60 RPM). A warning bell built into the machine would ding if the handle was turned too quickly or slowly.

- Rapid Separation: The motion spun internal cone discs at high speeds, forcing the heavier skim milk outward to one spout while the lighter cream accumulated in the centre and flowed out another.
- Dominant Brands: Historical records preserved via Collections WA highlight that the Swedish Alfa-Laval and British Lister models were the most common fixtures on WA farms.

*This Co Op separator and butter churn belonged to Francis Gerald Hooper and was kindly donated by William and Dianne Hooper. It was converted to 240 volts from hand driven in about 1962. Manufactured by Gippsland & Northern Co-operative Co Ltd in Melbourne.
Brand name Lister.*

Decline and Legacy

By the late 1950s and 1960s, rural electrification and the introduction of refrigerated bulk milk vats changed the industry landscape.

Today, these hand-cranked iron and tin machines are no longer part of daily farm life. Instead, they are highly sought-after relics showcased in regional WA heritage museums like the **Ballidu Heritage Centre**, representing a pivotal era of agricultural development.

Come in to have a look at the extensive range of objects and history on display and maybe spot a little treasure from your past you had forgotten about!!??? Memories are made of this. **ENTRY IS FREE!**

Tuesday 9:30 – 12pm Thursday 9:30 -12pm
Saturday 9:30 – 12pm Sunday 8am – 12pm

For more info or to visit outside these times
call Ros on 0467 823 876

Kids Wheatstock Shirts

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**SIZES:
4, 6, 8 AND 10**

**Call in to take a look or contact the Kalannie CRC
kalanniecrc@kalannie.com.au
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Kalannie Kapers

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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





**Now Open:
ABC programs
supporting regional
young voices and
leaders**

ABC HEYWIRE

**ABC HEYWIRE
TRAIL
BLAZERS**

ABC Heywire & Trailblazers Now Open: Opportunities for regional young people

ABC Heywire is inviting young people across regional, rural and remote Australia to take part in two national programs celebrating youth voices and leadership: Heywire and Trailblazers.

HEYWIRE (AGES 16–22)

A lived-experience storytelling competition where young people share true stories through writing, audio, video or photos.

Successful entrants receive mentoring from ABC producers, national ABC exposure, and an all-expenses-paid trip to Canberra for the Heywire Regional Youth Summit.

Free online storytelling workshops are available from April to August.

- Learn more or enter: <https://www.abc.net.au/heywire>

TRAILBLAZERS (AGES 18–28)

Designed for young leaders driving positive change in their regional communities. Individuals or groups of up to three can apply with projects across areas such as social impact, environment, education, STEM, creative industries and more.

Participants receive project support, funding opportunities, national ABC exposure, and a trip to the Heywire Regional Youth Summit.

- Apply now: <https://www.abc.net.au/heywire/trailblazers>

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.



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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

14 May 2026

Dealing with delayed building work

Each year, thousands of Western Australians take the exciting step of building a new home. Under usual market conditions, the vast majority of these projects go smoothly and families move into their new residences as expected.

However, because the building industry relies on multiple and sometimes unpredictable factors – different products, trades, supply chains and timeframes – it can be affected by disruptions near and far, including fuel price volatility.

In almost all cases, you and the builder will have the same goal of managing the challenges and completing your project in a timely and cost-effective way. Clear and cordial communication is key as an agreement between parties is often the best way to ensure projects are completed with minimal loss or disruption for everyone involved.

If you are facing delays or increased costs to your building or renovation project, advice is available from our colleagues at the State's building regulator, the Building and Energy division of the Department of Local Government, Industry Regulation and Safety.

Timeframes for completion of building work are generally set out in each contract. If an extension of time is sought, the builder needs to specify the reasons and confirm the relevant contractual clause. You can lodge a home building work contract complaint with Building and Energy if you believe a delay or price increase is unjustified.

The Home Building Contracts Act 1991 sets out limited circumstances when a builder can increase the price of a fixed-price contract for home building work valued between \$7,500 and \$500,000, without the owner's consent.

This includes work not commencing 45 days or more after the contract date if the delay is due to a situation beyond either the builder or owner's control, or due solely to the owner's failure to comply with a condition imposed under the contract.

While terminating a building contract is an option, it is worth remembering that you may have to pay the builder for legitimate expenses or damages.

Useful resources on building or renovating your home, including updated fact sheets on [price increases](#) and other [building challenges](#), are available at www.lgirs.wa.gov.au or you can phone the Building and Energy team on 1300 489 099.

Environment



WORLD BEE DAY *20 May – Australia*



Megachile (Eutrichareaa) species.
Leafcutter bee by Josie Southern

Celebrating bees and
their vital role in global
food production systems



WorldBeeDay.org.au

Environment

Know your pollinators



European honey bees have two pairs of wings and long, segmented antennae. They are daytime-flying and feed on nectar and pollen. They are generalist pollinators and provide the bulk of pollination services for horticulture and crop plants. Honey bees and native bees are both essential to functioning ecosystems and food security in Australia.

Honey bees have become an important part of the Australian landscape. Honey bees live as colonies, and have a long history of coexistence with humans, including in domestic gardens.



Australian native bees comprise more than 2000 species, which provide essential pollination services. Native bees are generally solitary and live in nests in the ground or in hollow stems, old borer holes and other cracks and crevices, and some have evolved to pollinate particular native flowers through 'buzz pollination'. Although many Australian native bees are generalist foragers, some species have co-evolved with native plants and adapted to be the most effective pollinators of their flowers. Many native plant species, such as *Dianella* and *Grevillea* require specially adapted insects to access their nectar and enable the transfer of pollen to the stigma. Most native bees are solitary, but some species found in northern Australia (*Tetragonula* sp. and *Austroplebeia* sp.) are social bees and are used for commercial pollination of crops like macadamia nuts.



Fly species number up to 30,000 in Australia, and can be identified by having only one pair of flight wings. A second set of wings are modified into club-shaped paddles that allow flies to hover and stabilise their flight. Unlike bees and wasps, many flies (*Brachycera*) have very small, clubbed antennae at the front of their head. Flies, including blowflies, are often attracted to flowers that smell like carrion. Some flower-flies, have hairy bodies that easily collect pollen while they are feeding. Flies provide a range of services in the garden, including pollination, decomposition and predation.



Hoverflies are a type of fly, distinguishable by their large eyes, short antennae, bright black and yellow abdomen and their hovering flight behaviour. Adult hoverflies are nectar and pollen feeders. Hoverfly larvae feed on pests such as aphids, thrips and leafhoppers and are excellent biocontrol agents.



Beetles have hard outer wings that form their distinctive beetle shape. Their outer wings form a T-shape where they join at the top, unlike bugs where the outer wings make an X- or Y-shape. Some beetles feed on nectar and pollen, usually by crawling over flower surfaces. There are around 30,000 species of beetles in Australia, with many yet to be formally described.



Butterflies have wings covered in tiny scales. They have clubbed antennae and hold their wings upright when at rest. They are day-flying and have long tongues that they can use to feed on nectar in flowers with deep tubes. Butterflies are usually brightly coloured, with approximately 600 species found in Australia.



Moths also have wings covered in tiny scales and tend to be subtle in colour. They have antennae without clubs and hold their wings flat when at rest. They are generally dusk- and night-flying but there are some exceptions: the grapevine moth is a commonly seen day-flying moth. Moths feed on nectar. Australia has a high diversity of moth species, with up to 22,000 species thought to exist across the continent.

Flower forms



Generalist flowers can be pollinated by many different insects and animals. They are typically saucer shaped with many stamens and have a surface that insects can walk on. *Eucalyptus* flowers and daisy flowers are generalist flowers – they can be pollinated by bees, flies, beetles and butterflies.



Specialist flowers have modifications to their shape and size that only let certain pollinators access the nectar and pollen. These flowers might have deep flower tubes or narrow entry points so that only a select group of pollinators can access them. The advantage of specialisation is that pollination is very targeted and efficient, with accurate pollen placement made possible by co-evolution between flowers and insects. The disadvantage is that if the correct pollinator isn't there, the flowers aren't pollinated. Often, nectar is produced at the base of the flower, forcing pollinators to enter the flower fully and in the process, become covered in pollen.

Pollinator rewards

Nectar is a sugary solution, rich in carbohydrates, vitamins and minerals, produced by flowers and sometimes by glands on leaves or stems (called extra-floral nectaries). Nectar is attractive to insects, and provides an immediate energy source needed for tasks such as hunting pest insects, laying eggs in decomposing organic matter, collecting pollen, or parasitising other insects.

Carbohydrates alone don't support everything needed for health and growth, so insects also need pollen.

Pollen is rich in protein, fats and nutrients. Bees are vegetarian, and need to collect pollen to feed their offspring.

Environment

Encouraging pollinators on your property

Create pollination reservoirs

Pollination reservoirs are areas of native plant species that provide floral resources for pollinators. They can be new plantings or existing habitat, such as shelterbelts or remnant vegetation. A high diversity of plant species is essential to provide nectar, pollen and nesting sites throughout the year. Pollination reservoirs need to be close enough to crops to ensure that pollinators can fly easily to them.

Use existing habitat

Protect and improve existing habitat where possible. Roadsides, shelterbelts, dam margins, woodlands, grasslands, rocky areas, river and creek edges can all be important pollinator-attracting areas, bringing valuable pollination services to your property.

Native vegetation stands provide habitat for pollinators, and special attention should be paid to enhance and protect these areas.

Get to know your local flora

Each property and region will have distinct populations of insects, based on the plants and climate. Identifying and understanding the insects in your area will help you develop better plantings.

The plants growing in nearby bush will be well suited to the climate and soils in your region. Local community groups and specialist native nurseries can provide useful information and usually produce local plant species.

Plant trees, shrubs and groundcovers

Planting a variety of species of groundcovers, shrubs and trees on your property will further attract pollinators to your area. Use a combination of direct seed sowing and planting tube stock to establish new vegetation. Initial

watering and protection from grazing will improve the success rate of young plants. Wildflowers, including our native pea species, are excellent at attracting a diverse range of native pollinators.

Connectivity counts

Insect pollinators benefit from greater connectivity of habitat in a landscape, which allows them to forage over a wider radius and increase in numbers in a local area. Encourage neighbours and other landholders to plant for pollinators and create connections across your landscape.

Utilise ecotones

Ecotones are the margins between two different habitats. Ecotones often contain a more diverse mixture of pollinator species because they are inhabited by pollinators from both habitats. Protect and utilise ecotones such as the transition zones between woodland and grassland, or heath and shrubland, to create highly diverse floral and insect communities.

Amplify the flower signal

Plants have evolved large flowers or clusters of smaller flowers which attract more pollinator visits. Large, colourful and diverse plantings attract more pollinators. Ideally, plant in groups that contain different vegetation layers – combine a species-rich mixture of wildflowers, groundcovers, herbs, lilies, rushes, climbers, shrubs and trees.

Plant for the future

When establishing pollinator habitat, consider including species that are indigenous to your area and can tolerate increasingly warmer and drier (or wetter) conditions, to improve resilience to climate change. Rehabilitate weedy areas into managed pollination reservoirs by introducing lots of flowering plant diversity.

Be careful not to plant invasive or listed weeds, and look for suitable replacements.

Double the crop value

Plants that are pollinator-attracting may be commercially viable crop species in their own right and can be used to diversify farm production. Bush foods such as Woody Pear, Flax Lily's and many more are in high demand for use in fresh and manufactured products. Native plant seed is also needed for revegetation projects. Farmers can also support beekeepers by hosting beehives to increase pollinator numbers on a farm.

Reduce chemical use

Insecticides, fungicides and herbicides all affect the health of bees, bee colonies and native pollinators. Herbicides can impact pollinators by reducing the availability and diversity of flora and removing vegetation that helps support insect life. Some herbicides can also harm the beneficial microbes in the insect gut. In many circumstances, beneficial insects will, in healthy numbers, help control pest insects, ultimately reducing the need for insecticide use.

When chemical pest control is unavoidable, select products that are least harmful for pollinators and apply insecticides in the evening or at night when pollinators are not active.

Always use according to directions, especially for withholding periods, and notify beekeepers a few days before spraying chemicals so beehives can be safely relocated away from harm.

Be a citizen scientist and do some detective work to discover local pollinators on your property. Visit inaturalist.ala.org.au to be involved.

Safeguard the bees? The best way to 'save the bees' and protect our pollinators is to create an abundance of diverse habitat – from the ground up! There is much interest in keeping a beehive to promote pollinators, but there are serious legal and biosecurity responsibilities that must be considered, and that the introduction of a beehive does not displace existing native pollinators and insects. Be a friend of pollinators and say it with flowers!

Environment

Female *Lasioglossum*
(*Chilalictus*) species, furrow bee
By Craig Loechel

We need bees

Let's celebrate together, raise awareness and do something good for bees.

World Bee Day raises awareness of the essential role bees and other pollinators play in keeping people and the planet healthy. It provides an opportunity for communities and individuals everywhere to promote actions that protect and enhance pollinators and their habitats, improve their diversity, and support the sustainable development of beekeeping.



FOOD SECURITY

Nearly two-thirds of Australia's agricultural production benefits from bee pollination. Bees help pollinate most of the crops we eat and many that feed farm livestock.

But bee populations are under threat. Destruction of their natural habitat, intensive farming practices, and pests and diseases are just some of the factors driving a decline in the number and diversity of bees.

Without bees, our food security is at risk.



BIODIVERSITY

Australia is home to about 2,000 species of native bee. Native bees have co-evolved with our native flora over thousands of years. Some species of plant can only be pollinated by a particular species of bee. If that bee species dies, so too will the plant.

Without bees, biodiversity is at risk.



ECOSYSTEM HEALTH

Bees play a vital role in preserving ecosystem health. They provide essential pollination services for plants, contributing to plant diversity supports other essential ecosystem services that help regulate climate, purify air and water, enrich soil and recycle nutrients.

Without bees, ecosystems are at risk.

Celebrate World Bee Day at a farmers' market, and help our hard-working pollinators.

16-24 May 2026 | WorldBeeDay.org.au





17 Dodd Street, Kalannie WA 6468

Contact

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SHOP: 9666 2179

admin@kalannieagquip.com.au



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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

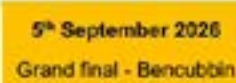
<p>18th April 2026 ALL SPORTS TO BE PLAYED IN KOORDA</p> <p>Mukinbudin v Beacon Kalannie v Bencubbin Koorda BYE</p> <p> DELTA AG ROUND</p>	<p>25th April 2026</p> <p>KoordA v Kalannie Bencubbin v Beacon Mukinbudin BYE</p> <p>ANZAC ROUND</p>	<p>2nd May 2026</p> <p>Beacon v Kalannie Mukinbudin v Koorda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

<p>23rd May 2026</p> <p>Mukinbudin v Beacon Bencubbin v Kalannie Koorda BYE</p> <p>DELTA AG ROUND</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>THINK MENTAL</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>BENDIGO ROUND</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



CENTRAL WHEATBELT WINTER SPORTS RESULTS

BELT UP ROUND FIVE— Saturday, 16th May 2026

Beacon: 3.2, 6.3, 8.5, 13.6 (84) def by Koorda: 7.2, 10.5, 16.10, 20.15 (135)

GOALS:

Beacon: W. Munns 5, C. Farmer 4, B. Dunne 1, H. Sinclair 1, J. Poole 1, N. Dunne 1

Koorda: R. Wells 5, B. Ward 3, A. Settineri 2, J. Trainor 2, C. Mckinlay 2, T. Fuchsbichler 2, R. Greaves 1, L. McWha 1, D. Hyde 1, C. Boyne 1

BEST:

Beacon: D. Walsh, W. Munns, C. Junk, A. Munns, C. Farmer, L. Dunne

Koorda: R. Greaves, C. Mckinlay, T. Stanicich, A. Settineri, T. Fuchsbichler, K. South

BELT UP Best Player— Charlie Mckinlay (Koorda)

Bencubbin: 6.4, 7.6, 14.7, 17.9 (111) def Mukinbudin: 2.1, 4.6, 7.8, 10.11 (71)

GOALS:

Bencubbin: J. Brooks 5, D. Mcfarlane 3, K. Gillett 2, J. Allen 2, B. Matera 2, D. Patat 1, K. Beagley 1, D. Campbell 1

Mukinbudin: E. Brooks 3, R. Sprigg 3, C. Willaims 1, A. Dykman 1, S. Irving 1, P. Ambrose 1

BEST:

Bencubbin: M. Holden, D. Campbell, J. Brooks, D. Manuel, A. Coleman, K. Gillett

Mukinbudin: E. Brooks, R. Sprigg, C. Williams, S. Irving, Z. Sprigg, C. Brandis

BELT UP Best Player— Devin Mcfarlane (Bencubbin)

TEAM	P	PTS	%	W	L	D	BYE
Bencubbin Football Club	4	16	230.93	4	0	0	1
Kalannie Football Club	4	12	118.18	3	1	0	1
Koorda Football Club	4	8	92.70	2	2	0	1
Mukinbudin Football Club	4	4	87.96	1	3	0	1
Beacon Football Club	4	0	50.42	0	4	0	1



Community Sport Notices



Central Wheatbelt Netball Association

Beacon (21) def by Koorda (62)

Beacon: **Best Player:** Lucy Wright

Coach's Award: Mary Collins

Koorda: **Player of the Day:** Kayla Butcher

Coach's Award: Mackenzie McIntosh

BELT UP Best Player—Tamara Gibson (Beacon)

Bencubbin (30) def by Mukinbudin (52)

Bencubbin: **Players' Choice:** Kasey Pringle

Coach's Award: Megan Woodfield

Mukinbudin: **Players' Choice:** Trinity Onn

Coach's Award: Chantelle Pedrotti

BELT UP Best Player—Ashleigh Garlett (Mukinbudin)

TEAM	P	PTS	%	W	L	D	BYE
Koorda Netball Club	4	16	187.13	4	0	0	1
Kalannie Netball Club	4	12	161.68	3	1	0	1
Mukinbudin Netball Club	4	8	127.01	2	2	0	1
Bencubbin Netball Club	4	4	99.23	1	3	0	1
Beacon Netball Club	4	0	22.45	0	4	0	1

Central Wheatbelt Ladies Hockey Association



Beacon (1) drew Koorda (1)

GOALS:

Beacon: T. Mullins 1

Koorda: S. Pladdy 1

AWARDS:

Beacon: **Best Player:** Becky Kirby

Coach's Award: Mary Collins

Koorda: **Players' Choice:** Gina Boyne

Coach's Award: Kiri-Lee Ward

BELT UP Best Player—Maddie Naylor-Pratt (Beacon)

Bencubbin (1) def by Mukinbudin (10)

GOALS:

Bencubbin: D. Hurley 1

Mukinbudin: H. Paterson 3, S. Graham 2, D. Cronje 2, S. Gringer 1, I. Vernon 1, J. Graham 1

AWARDS:

Bencubbin: **Player of the Day:** Lauren Yates

Coach's Award: Georgina McKay

Goal of the Day: Debbie Hurley

Mukinbudin: **Players' Choice:** Isabel Vernon

Coach's Award: Sarah-Kate Graham

BELT UP Best Player—Hannah Paterson (Mukinbudin)

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Mukinbudin	3	1	0	1	21	3	18	7
2. Koorda	2	2	0	1	13	3	10	6
3. Beacon	1	2	1	1	8	5	3	4
4. Bencubbin	1	1	2	1	5	16	-11	3
5. Kalannie	0	0	4	1	1	21	-20	0

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9661 1206

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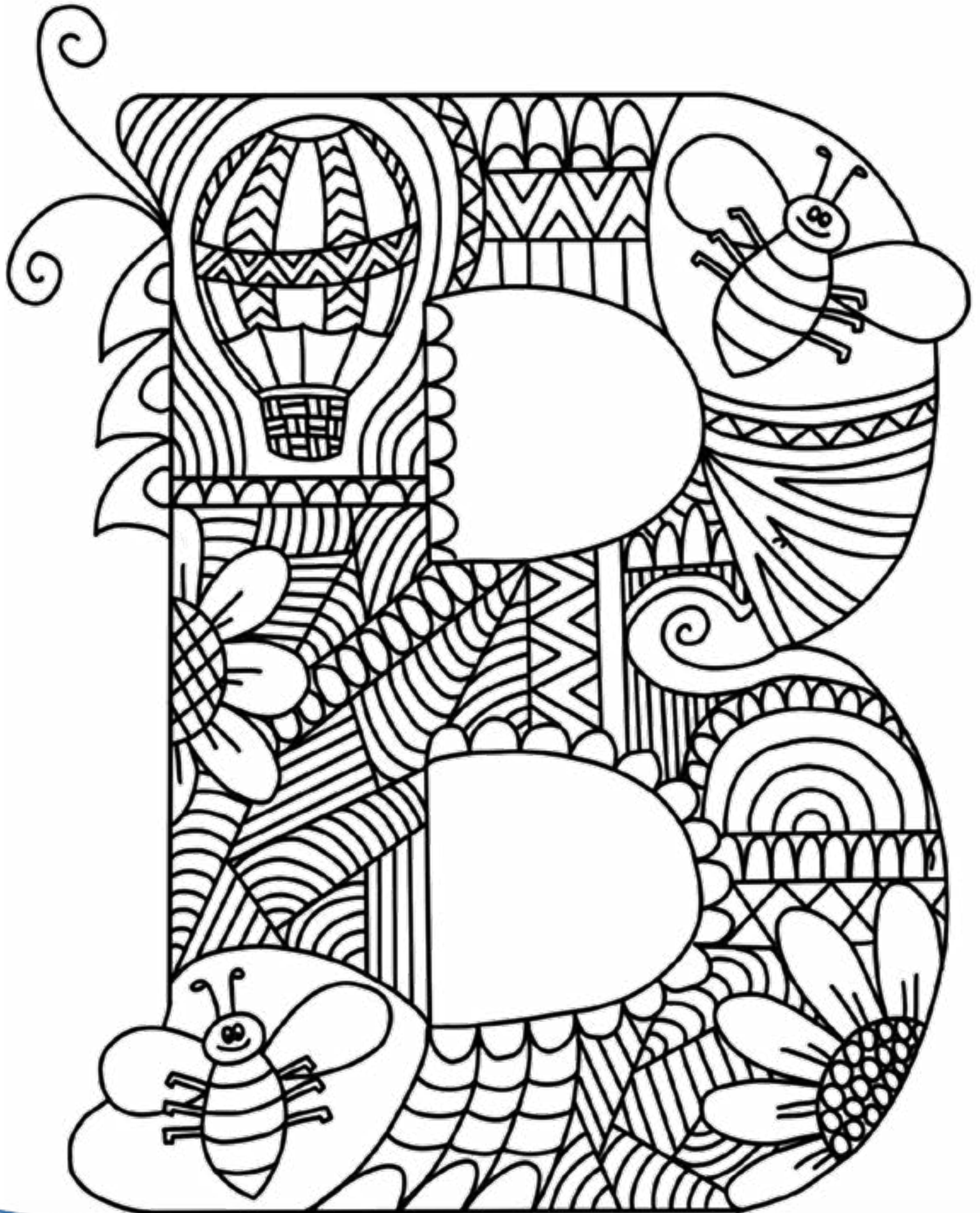
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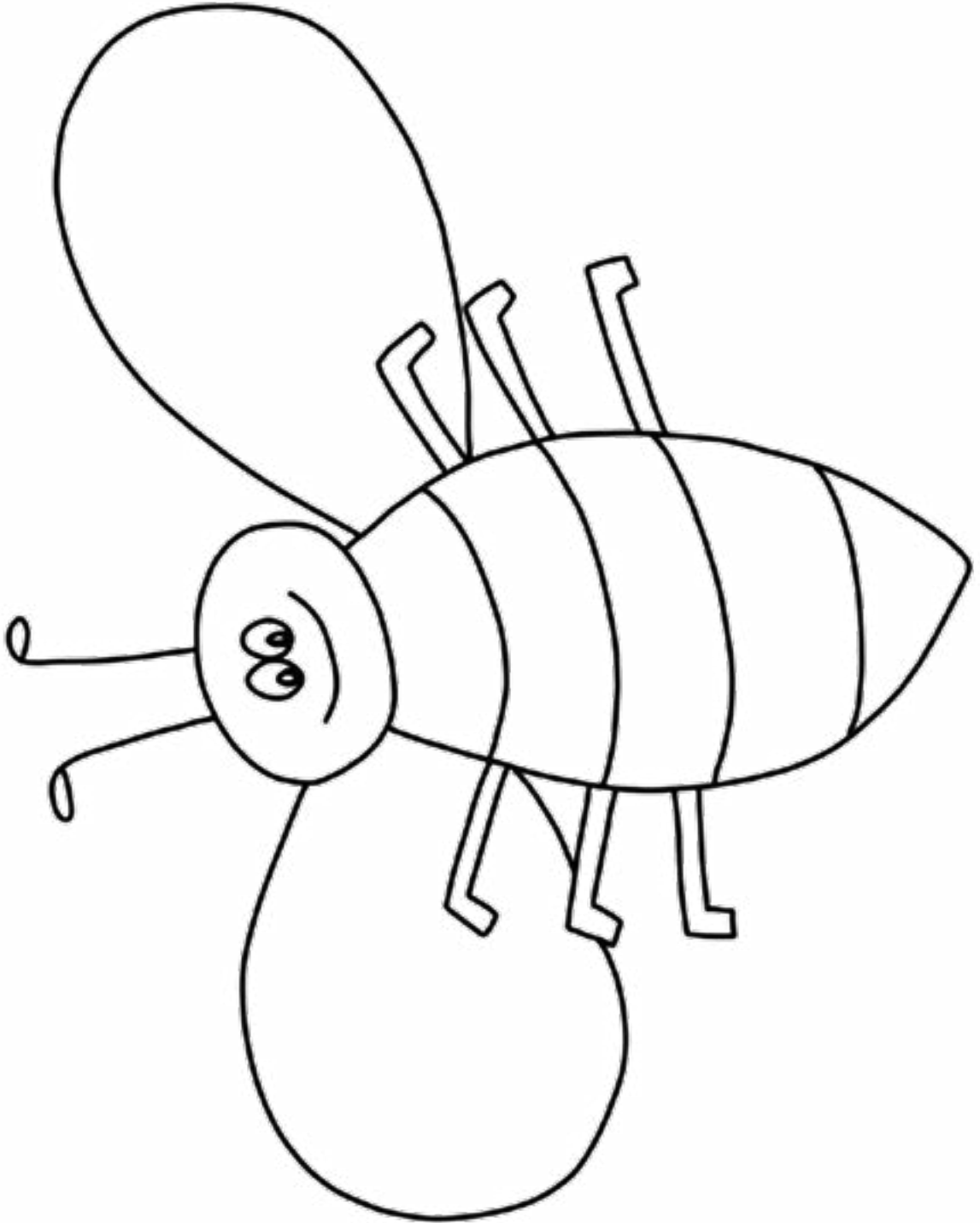
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Real Understanding





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Community Notices



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C10350369

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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.

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DALWALLINU

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Contact: Shannon Dawson

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

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GRIEF AND LOSS AFTER ROAD TRAUMA

Experiencing a loss from road trauma can have a profound effect on all aspects of our life.

This fact sheet discusses ways to understand your grief, and some strategies to assist in coping during the grieving process.

What is grief?

Grief is our response to a loss, such as losing someone we loved or who was significant in our lives.

Grief can also be experienced when other types of losses occur, such as loss of relationships, health, careers or when someone is seriously injured due to road trauma, and can no longer live the life they knew before the crash.

While grief is a natural response to loss, it can feel frightening because of the intensity and unpredictability of feelings experienced. Everyone grieves differently and is also expressed differently across cultures.

Grief can have profound and significant effects on all aspects of our life. We can experience a range of emotions from fear, shock, disbelief, sadness, and regret to relief. Grief can impact how we think about ourselves and the world around us and affect our relationships with others.

After a loss, our behaviour can change, and we can experience strong physical reactions, with some people experiencing an increase in pain and anxiety symptoms.

Most people can learn to live with their loss without seeking professional help with good support from family and friends.

Common reactions can include:

♥ Feelings

- Numbness
- Shock
- Sadness
- Helplessness
- Anger
- Fear or anxiety
- Relief or regret
- Guilt or shame
- Longing
- Disbelief
- Emptiness
- Abandoned or lonely
- Overwhelmed
- Distressed

💭 Thoughts

- Forgetfulness
- Confusion
- Poor concentration
- Ruminating on 'why'
- Slowed thinking
- Distressing thoughts
- Mental images
- Racing thoughts

⚙ Behaviour

- Withdrawal from social situations
- Loss of interest in things usually enjoyed
- Disorganisation
- Decrease in motivation
- Yearning or pining

👤 Physical

- Restlessness
- Increase heart rate
- Increase in physical pain and aches
- Change in appetite
- Fatigue
- Disrupted sleep
- Dizziness
- Shortness of breath
- Nausea or crying

🕯 Spiritual

- Loss or questioning of faith
- Disappointment in religion
- Pre-occupation with own death
- Searching for meaning
- Trying to stay connected to the loved one
- Sense of presence

What helps after road trauma?

When experiencing grief and loss, it can be difficult to think about caring for ourselves when our life has been turned upside down. Taking even a small amount of time for self-care can have a positive impact on your ability to function day-to-day.

- Look after your health by eating regularly, sleeping and exercising to reduce the stress on your body and mind. Try to keep a normal routine (as best possible).
- Keep a journal or diary where you can freely express your feelings by writing or drawing.
- Create a memorial, personal ceremony or ritual to honour your loved one. For example, light a candle, plant a tree or flower, or have a special place where you can remember them.
- Do something active in your loved one's name, e.g. donate money or time to their chosen charity or participate in a fundraising walk.
- Join a support group to share with others who've had similar experiences.
- Engage in activities you find soothing, comforting and relaxing.
- Talk to family and friends to share memories and stories as well as thoughts and feelings. This can help you feel connected and reduce a sense of isolation and loneliness.
- Let other people help you if they offer. Additional practical and emotional support can be helpful in re-establishing a routine and feeling a sense of connection.
- Try to delay making important decisions for 6-12 months, especially those that can't be reversed. This applies to things like disposing of personal belongings and moving house.

Grief doesn't have a timeline and it is common for grief to be triggered again at different points in time.

This can sometimes happen during significant events, special occasions and anniversaries. Your reactions can feel just as intense and raw as they were shortly after the loss. It can be helpful to acknowledge and prepare for these times.

When to seek help

Most people learn to live with their loss without seeking professional help with support from family and friends.

When a death occurs suddenly, unexpectedly or in very traumatic circumstances, such as a road crash, this can sometimes make grief more acute or complicated.

If you are struggling to cope with everyday activities and have persistent grief responses, it can be helpful to access additional support through your General Practitioner who can advise on how to proceed including referral options in your local area. This may include seeing a Counsellor or Psychologist through various services where you can express your feelings in a safe environment.



The reality is, we will always grieve the loss of a loved one. There is no 'return to normal', we learn to live around a new kind of normal. Life grows around our grief.

Road Trauma Support WA provides a free personalised counselling service to anyone affected by road trauma. You can access our service in person, via telephone or video.

To book an appointment contact us at 1300 004 814 or admin@rtswa.org.au

Road Trauma Support WA is delivered by Injury Matters with funding from the Road Trauma Trust Account and contract management through the Road Safety Commission.



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Health and Wellness



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



1300 17 55 94 | 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

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

21st and 22nd April 2026

21st and 22nd 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!

ONE PAN MEXICAN CHICKEN WITH TORTILLA CRISPS

 **4 SERVES**

 **18 MINS**

 **12 MINS**

INGREDIENTS

2 x 300g skinless, boneless chicken breast fillets, trimmed of any fat

3 teaspoons smoked paprika

1 teaspoon ground cumin

1 teaspoon ground coriander

1 clove garlic, crushed

1 tablespoon olive oil

2 tablespoons no added salt tomato paste

400g can no added salt diced tomatoes

420g can no added salt black beans, drained

4 tasty cheese slices

Garden salad, to serve

TORTILLA CRISPS:

2 wholegrain tortillas

Olive oil cooking spray

METHOD

To make tortilla crisps, cut each tortilla into 8 triangles. Arrange in a single layer over a baking tray. Lightly spray with cooking oil. Bake in 180C oven (fan-forced) for 5 minutes, or until lightly browned. Remove. Cool on tray.

Meanwhile, cut chicken fillets horizontally through the middle to make 4 thin steaks. Combine spices, garlic and oil in a large shallow dish. Add chicken. Using clean hands, rub with spice mix to coat.

Heat a large, ovenproof, non-stick frying pan over a medium-high heat. Add chicken. Cook for 2-3 minutes on each side, until browned. Transfer to a large plate.

Add tomato paste to same pan. Stir over heat 30 seconds. Stir in tomatoes, beans and 3/4 cup water. Bring to the boil. Reduce heat. Return chicken to pan. Simmer uncovered for 5 minutes, or until chicken is cooked and sauce is thickened. Top chicken with cheese.

Preheat oven grill to high. Place pan under preheated grill for about 2 minutes, or until cheese is melted and lightly browned. Transfer pan to a heatproof mat or wooden board. Take care (use oven mitts) as handle will be hot.

Serve with toasted tortilla crisps and garden salad.

TIPS: For added Mexican flavour, top with small dollops of guacamole to serve. To save time, omit tortilla crisps and include a small wholegrain dinner roll with each serving.

Reduce preparation by replacing chicken breast fillets with 4 uncoated, chicken breast schnitzel steaks. These are available from the fresh chicken section in most supermarkets.

Health and Wellness



Health and Wellness



You don't have to travel for quality mental health care.

Access online psychological support with MindSpot GP.

- Free
- Clinically-proven
- Convenient



Speak to your GP for a referral to MindSpot GP

mindspot.org.au/mindspot-gp

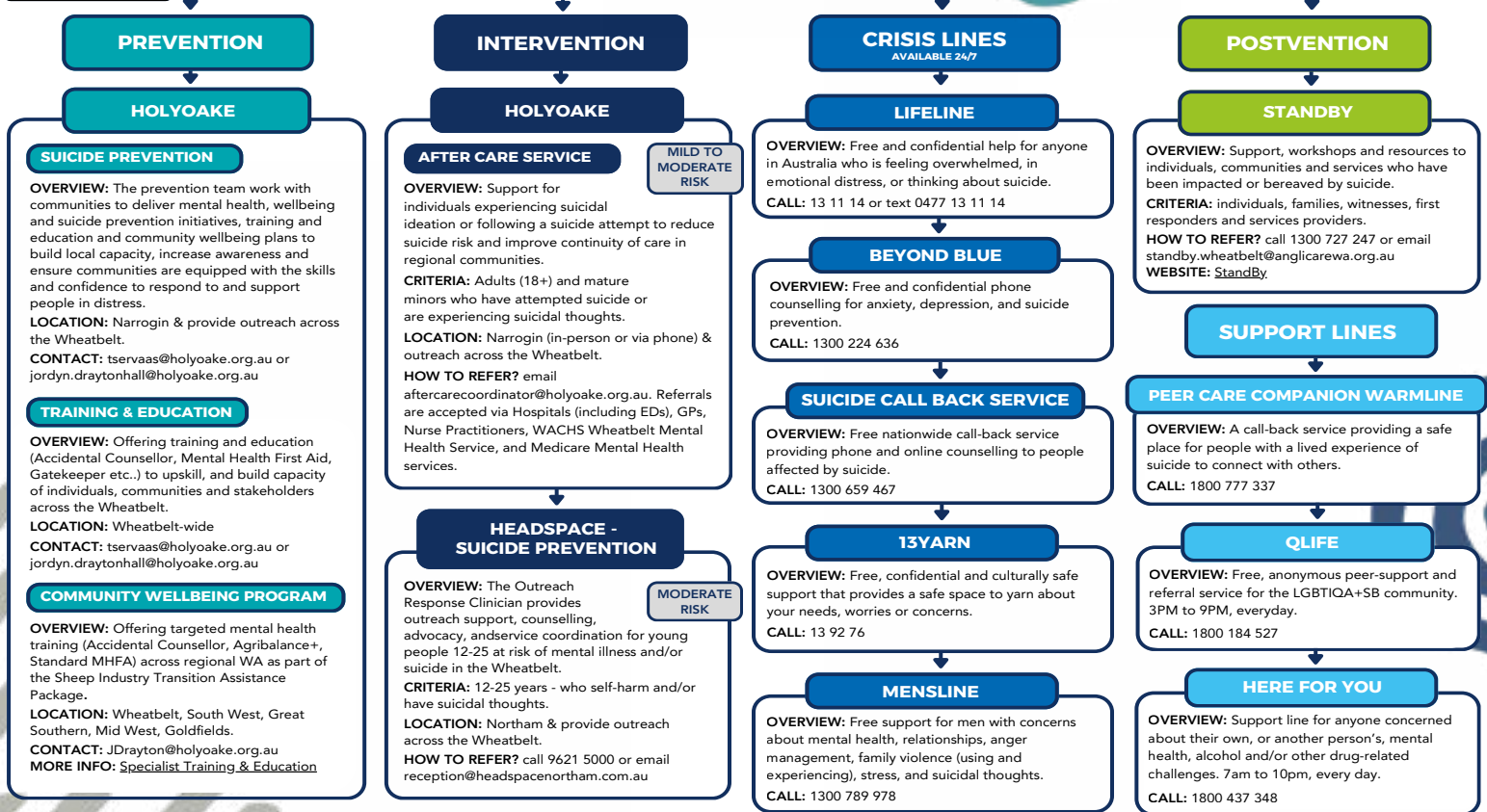


MindSpot GP is supported by WA Primary Health Alliance under the Australian government's Primary Health Networks Program

FREE WHEATBELT SUICIDE PREVENTION, INTERVENTION & POSTVENTION SERVICES



UPDATED: MAY 2026



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

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 or Jordyn.Drayton@holyoake.org.au

Health and Wellness

Support Services

Phone & Web-based

HOLYOAKE

000 (emergency)

Rural Link: 1800 552 002

Mental Health Emergency Response Line:
1300 555 788

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Lifeline Text Service:

0477 13 11 14 (only available 6:00 pm to 10:00 pm AEST)

Lifeline WA Grief, Loss & Separation free counselling:
9261 4444

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

headspace (9am till 1am EST): 1800 650 890

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

Crisis Care (Child Protection & Family Support):
1800 199 008

Reachout: www.reachout.com

Mensline: 1300 789 978

13YARN: 13 92 76

Here For You: 1800 437 348

Road Trauma Support: 1300 004 814

Grief Line (midday to 3am AEST): 1300 845 745

Alcohol & Drug Support Line: 1800 198 024 or 9442 5000

Parent and Family Drug Support Line:
1800 653 203 or 9442 5050

Narrogin & Upper Great Southern Domestic Violence Helpline: 1800 007 570

Wheatbelt Domestic Violence Helpline: 1800 353 122

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA: 1300 724 679

Sexual Assault Referral Centre: 1800 199 888

HealthDirect: 1800 022 222

Holyoake

Northam: 9621 1055

Narrogin: 9881 1999

Merredin: 9081 3396

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

Northam Medicare Mental Health Centre:
1800 595 212

WACHS Wheatbelt Mental Health Service:
96210999

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	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.



Australian Government
Services Australia



servicesaustralia.gov.au



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 so we can include it in the next edition.

Media Release

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