

The Kapers

Issue #23 9th June 2026

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HOCKEY RESULTS

.....AND MORE



**COMMUNITY BANK MUKINBUDIN
IS COMING TO...**

Kalannie

Community Bank
Mukinbudin

Bendigo Bank

***Morning tea
provided!***

**DOES YOUR CLUB
NEED FUNDING OR
HELP WITH
REVIEWING YOUR
CLUB'S BANKING?**

**THURSDAY,
11TH JUNE**
Kalannie CRC
10:00am

Come and see Jess and Evie at
the Kalannie CRC, whether you
need to change signatories,
discuss sponsorship or
just want to drop by to say hi!

 Kalannie
Community Resource Centre
Your local connection

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

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Media release

Local community organisation Kalannie CWA recognised through CommBank donation

Local Dalwallinu team nominates Kalannie CWA in recognition of their important role supporting the community.

29th May 2026: In recognition of their incredible contribution to the community, Commonwealth Bank <branch> announces today that <organisation name> will receive a \$1500 donation.

Since its inception, CommBank's Community Donation program has supported hundreds of grassroots organisations across Australia, helping fund essential equipment, services and programs. The donation program empowers branch teams to back causes they know are making a tangible difference in their local communities.

The program has run across the country for the past 8 years, and the local Dalwallinu staff nominated Kalannie CWA in recognition of the important role they play in supporting the local community. In 2026, the Community Donations program is donating more than \$600,000 to hundreds of organisations making a difference in a number of Australian communities.

"Community organisations play an essential role in supporting people when it matters most, and we're proud to support that work," Branch Manager Liz says.

"Through our Community Donations program, our branches have seen firsthand how this support helps local organisations extend their reach and continue delivering vital services. Our teams live and work in the community, and have a strong understanding of local needs and the organisations responding to them."

"The work Kalannie CWA does to support the community with supporting young mothers for their journey through motherhood, supporting Anzac Day and many more events throughout the year this has a meaningful impact on people across our local community, and we're proud to support the important role they play."

This year, CommBank's Community Donations program is operating in every branch across the country, from metro to regional, meaning even more grassroots organisations can gain access to vital funding for small projects, and in turn creating a brighter future for all Australians.



Wheatbelt Community Calendar

June

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 WA Day Public Holiday 	2	3	4	5	6 Kalannie v Koorda
7	8	9	10 Thank a First Responder Day	11 Bendigo Bank @ CRC 10am Kalannie Bowling Club AGM 6.00pm @ Sports Club	12	13 Kalannie v Beacon Ladies Day & Nineties Night
14	15	16 Liebe Womens Field Day	17	18 eID Workshop @ CRC 10am	19 CWA Meeting 10.00am 	20 CWLHA Country Week BYE
21	22	23 Shire Council Meeting @ Dalwallinu Shire 5.00pm	24	25	26	27 Mukinbudin v Kalannie
28	29 SOCK Week  Save Our Country Kids	30				

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Wheatbelt Community Calendar

July

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4 Kalannie BYE
5	6	7	8	9	10	11 CWFL Country Week BYE
12	13	14	15	16	17 CWA Meeting 10.00am 	18 Kalannie v Bencubbin
19	20	21	22	23	24	25 Beacon v Kalannie
26	27	28 Shire Council Meeting @ Dalwallinu Shire 5.00pm	29	30	31	

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

 Shire of Dalwallinu Recycle Calendar 2025-2026 																				
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
6	7	8	9	10	11	12	10	11	12	13	14	15	16	14	15	16	17	18	19	20
13	14	15	16	17	18	19	17	18	19	20	21	22	23	21	22	23	24	25	26	27
20	21	22	23	24	25	26	24	25	26	27	28	29	30	28	29	30				
27	28	29	30	31			31													
October 2025							November 2025							December 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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5	6	7	8	9	10	11	9	10	11	12	13	14	15	7	8	9	10	11	12	13
12	13	14	15	16	17	18	16	17	18	19	20	21	22	14	15	16	17	18	19	20
19	20	21	22	23	24	25	23	24	25	26	27	28	29	21	22	23	24	25	26	27
26	27	28	29	30	31		30							28	29	30	31			
January 2026							February 2026							March 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				
April 2026							May 2026							June 2026						
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					1	2				1	2	3	4	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
							31													

Recycle Days

-  Kalannie
-  Dalwallinu & Pithara
-  Christmas Day



WHAT CAN GO INTO YOUR RECYCLE BIN

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

There will be changes to the service over the Christmas Period, will advise closer to date.

Shire Notices



RFQ2526-27 KALANNIE STREETScape CONTRACT

The Shire of Dalwallinu is inviting quotes from experienced contractors for the Kalannie Streetscape Contract for a two (2) year period.

All requests for documentation and information can be directed to Marc Bennett on 9661 0500 via email mws@dalwallinu.wa.gov.au.

RFQ2526-26 KALANNIE CLEANING CONTRACT

The Shire of Dalwallinu is inviting quotes from experienced contractors for the Kalannie Cleaning Contract for a two (2) year period.

All requests for documentation and information can be directed to Sheree Sundstrom on 9661 0500 via email tso@dalwallinu.wa.gov.au.

Interested parties can submit quotes for either or both contracts.

Quotes are to be submitted by email to tenders@dalwallinu.wa.gov.au.

Quotes close at 2pm, Wednesday 23 June 2026.

Jean Knight JP
Chief Executive Officer



13th June

Ladies Day

Kalannie Home Game!



Join us in celebrating and bringing together all our supporting and sporting women!

Ticket prices includes nibbles and drinks throughout the footy after hockey has finished.

\$25 per person



RSVP:

Sally (0424 906 989) or Ashlee (0498 778 887) by 5th June

Payment to Kalannie Hockey Club

BSB: 066 - 519

Account Number: 1013 4138



All Welcome!



NINETIES + NAUGHTIES NIGHT



**90S & 00S
DRESS UP NIGHT**



13TH JUNE
KALANNIE CLUB



Come dressed in your best 90s or 2000s fit for peak nostalgia & like your myspace profile depends on it!

**DJ STEADS
PLAYING!**





The Road Trauma Ripple Effect Road Trauma Support WA

Date: Wednesday 10th June 2026

Time: session starts 6:30pm (supper & snacks provided from 6pm)

Location: Kalannie Sporting and Recreation Club

Register: please RSVP by Sunday 7th June 2026 via email to admin@rtswa.org.au or

via text to Stewart [0894282208](tel:0894282208)

Each year in Western Australia thousands of people are impacted by road trauma. Responding to a road scene, a car crash, losing family and friends, coping for those injured or who have been in a serious crash can have a devastating and lasting impact.

Road Trauma Support WA will be delivering a one-hour presentation for community members on how they can utilise the Road Trauma Support WA service to support themselves and others. **This is a free event.**

The information presented will cover:

- The impact of road trauma in Western Australia.
- The Road Trauma Support WA service and levels of support.
- Understanding the impact of sudden traumatic loss.
- Where and how to access support for yourself and others.

For more information about the Road Trauma Support Service WA please visit the website at www.rtswa.org.au.

If you have any queries, please contact the Injury Matters team at admin@rtswa.org.au.



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16th JUNE

FROM 5PM

ARGOS FIRE SAFETY IN CONJUNCTION WITH **ARRO ENTERPRISES** WILL BE RUNNING A PRESENTATION OF THE OPTIONS AVAILABLE FOR FIRE SUPPRESSION EQUIPMENT THAT CAN BE FITTED TO COMBINE HARVESTERS AND MOBILE EQUIPMENT.

IF YOU ARE CONCERNED WITH FIRE SUPPRESSION TO SAVE YOUR INSURANCE PREMIUMS AND OHS FOR YOUR STAFF

CONTACT **ANDREW 0429 188 180**

TO CONFIRM YOUR INTEREST





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Chris - 0427 088 173 / Steve - 0429 662 033



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





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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 Kalannie 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 and light refreshments provided



Kalannie

Community Resource Centre

Your local connection

phone: 9666 2194

or email:

kalanniecrc@kalannie.com.au

protective behaviours resource book collection

Following on from the Protective Behaviours Workshop for parents, Kalannie CRC now has a small collection of child-safety themed children's books for loan.

These are ideal to use alongside the workbook provided by CFSS for Parents and Carers when teaching Protective Behaviours to children.



Please get in touch with Kalannie
CRC to make arrangements:

9666 2194

or

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



fasera



Thank a First Responder Day

Wednesday

10
June
2026



They show up for us.

Let's show up for them.

First responders protect our communities every day, often facing trauma, high stress, and operational pressure without recognition.

Thank a First Responder Day is a national moment for communities to simply say thank you.

Local businesses play a powerful role in making that message felt.

How your business can get involved

Your involvement helps ensure those who look after us get the vital support they deserve. Support your local first responders in a way that works for you:

Support station hampers

Donate towards hampers being prepared and delivered to your local stations, and we will include a thank you note from your business in the hamper.

Back a local 'thank you' event

Chat to your local Fortem member about donating to an event near you to personally say thanks.

Run your own mini fundraiser

For example, donate \$1 per item purchased, a portion of sales for the day or month or place a donation jar in your store to give customers the chance to contribute directly to supporting the mental health and wellbeing of first responders. Donate proceeds via our Thank a First Responder 2026 Grassrootz page or directly to Fortem through our website.

Share the love on social media

Post a video or message thanks first responders and their families with #TAFRD to spread awareness and show your support.

Simple actions. Local impact. Real appreciation.

#ThankAFirstResponder #PowerOfThanks #TAFRD

thankafirstresponderday.org.au



Our impact 2025

65

monuments around Australia lit up in teal or blue.

32.7 million

impressions from national media and social media.

62

events hosted by Fortem, and hundreds of community events.

Why it matters

Feeling recognised, valued, and connected plays a powerful role in mental wellbeing.

For first responders, genuine appreciation can:



Reduce feelings of isolation.

Strengthen connection to community.



Reinforce that their service is seen and valued.

Support long term mental health for them and their families.



How your support helps

Funds raised through Thank a First Responder Day support Fortem Australia to deliver:

- mental health literacy and early intervention support
- wellbeing and social connection programs
- practical resources for first responders, their families, and former first responders who have left service within the past 10 years.



Thank a First Responder Day is an initiative of Fortem Australia, an independent not for profit supporting the mental health and wellbeing of first responders their families, and former first responders who have left service within the past 10 years.

Contact

Megan Taylor

Communications and Marketing Lead

0427 182 006

megan.taylor@fortemaustralia.org.au

thankfirstresponderday.org.au

Free resources available to download

- **Posters and promotional materials**
- **Social media assets and messaging**

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SESVA

WINTER 2026 NEWSLETTER

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WA Lights up for WOW Day

RAC Arena and Pinjarra Bridge were just two of around 60 locations around Western Australia to shine Orange to say **#ThankYouSES** Volunteers on the 20th May.



This stunning mural at Serpentine Jarrahdale SES unit was unveiled on WOW Day.

A once plain wall has been turned into something really special for the community.

Read more on page 10.



Winter starts with a bang—WOW in more ways than one!

What a WA Day long weekend it was for many SES volunteers across the state. Perhaps that's why we are called the State Emergency Service 😊



Our strength lies in the geographical and skill diversity we bring to our communities. While I respect the dedication of all emergency service volunteers, it goes without saying that I am humbled by the SES. They train—often weekly—to achieve a high level of readiness for low-likelihood, high-consequence operations that have widespread impacts on the places where we live and work.

People are our principal responsibility—those within our units and those in the broader community. It is, after all, the backbone of community-recruited, equipped, and trained volunteers that sustains our capabilities.

The long weekend storm certainly kept us busy. I was delivering off-road driving training at Mandurah SES when, of course, plans changed on Sunday to assisting with fallen trees, chainsaw operations, and structural damage repairs. It was truly rewarding to be part of a team working directly in the community. My day off on Monday saw me delivering supplies, in my role with the SES Logistics Unit, to Belmont SES. A very busy weekend indeed!

I would like to thank my wife, Pha, who did not see much of me over the weekend. We must all remember our families, partners, children, and employers when we are busy doing what we do.

WOW Day was a great experience for many. We would love to hear how you celebrated this national day—please send us a few words and photos so we can recognise what you did and where it took place. I attended the Cockburn SES event, with seven metro units in attendance. Special thanks to Alex for his efforts, and to our hosts, Cockburn SES. Thank you also to Kevin, Acting Unit Manager 😊

Lastly, and importantly, it is a great privilege to host a Local Manager Course that contributes to the professional development of future service leaders. There is much to learn, and delivering this at the right time helps ensure more prepared individuals are ready to lead and manage our volunteer service. Thank you to my co-presenters, Alan Hawke and Phil Bresser.

Enjoy the time we have together, and take care of one another.

Greg Cook
President, WA SESVA



Thank A First Responder Day is nearly here!

If you are in Perth on the day,
SES Volunteers are invited to a Morning Tea at the Fortem Wellbeing Hub.

There will be complimentary tea, coffee, cakes, and more available for you.

When: Wednesday 10th June

What time: 10am - 11.30am

Where: 484 Albany Highway, Victoria Park, 6100

Register here:

[TAFRD Morning tea | Wellbeing Hub Perth - Fortem Australia](#)



Wild May Storm Batters Perth

In late May 2026, Perth was hit by one of the most powerful storm systems seen in decades, with a deep low-pressure system bringing destructive winds exceeding 125 km/h, heavy rain, flooding, and massive coastal swells.

The storm caused widespread damage across the city and surrounding regions, ripping roofs from buildings, uprooting trees, and leaving up to 160,000 homes without power at different stages of the event.

Roads were flooded, flights were disrupted, and entire suburbs were left dealing with debris and dangerous conditions. Throughout the crisis, the SES played a critical role, responding to hundreds of calls for help—around 700 requests across the long weekend—with volunteers working tirelessly to clear fallen trees, secure damaged roofs, assist stranded residents, and support search efforts during the severe weather.

Well done to all the SES crews involved with this mammoth effort! And to those SES volunteers who remember the May '94, storm, this will bring back memories of a week long response dealing with wide spread damage across the city and surrounding regions.



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Consumer Watch



Department of Local Government,
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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

4 June 2026

Voice your thoughts on home building contract laws

Building a home can be one of life's biggest milestones. Most projects go smoothly, but signing a building contract can be daunting and some homeowners experience unexpected price hikes, delays and other challenges during their build.

Western Australia's home building contract laws are designed to ensure these contracts are fair and that disputes between homeowners and builders, if they arise, are efficiently resolved.

These laws are now under review with the goal of ensuring they remain relevant, robust and practical in today's changing building landscape.

Whether you are a homeowner or builder, the State Government wants to hear from you as part of the review, which is led by Hon Dan Caddy MLC and supported by our building regulation colleagues at the Department of Local Government, Industry Regulation and Safety's Building and Energy division.

Following earlier industry and public feedback, a survey and discussion paper are now providing a rare chance to have a say on specific ideas under consideration.

So, what changes are being considered?

Among the proposed reforms are clearer rules around price increases, improved dispute resolution processes, better knowledge for consumers and accreditation requirements for building inspectors. Increased contractual deposit limits and revised monetary thresholds and limits are also on the table.

Whether you've built, are currently building or renovating or work in the building industry, this is your chance to help shape the future of home building contract laws in WA.

To have your say on the proposed changes, search online for "review of WA's home building contract laws" or head to LGIRS.wa.gov.au/WAhomebuildinglaws.

Feedback via the survey or discussion paper must be submitted before 5pm (WST) Wednesday, 24 June 2026.

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



Media Statement

Consumer Protection 140 William Street Perth Western Australia 6000

Email: cpmedia@lgirs.wa.gov.au

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

3 June 2026

Warning about trader using over 160 online aliases (Sams Maintenance & Pest Control / Narbjeet Singh)

- Warning about Sams Maintenance & Pest Control and related businesses
- Misleading claims, lowball quotes and property damage among reported issues
- Operates as online aggregator, outsourcing jobs to freelancers

WA households are warned to be cautious when booking pest control or cleaning services online, as a Queensland company using more than 160 websites has drawn multiple complaints of possible misleading practices and poor service.

Consumer Protection, part of the Department of Local Government, Industry Regulation and Safety, has received at least 30 complaints about business names linked to **Sams Maintenance & Pest Control Pty Ltd**, operated by **Narbjeet Singh**, alleging unacceptable service quality or work not delivered as described, and property damage. Consumers also report being quoted low estimates online, only to face significant price increases when a worker attends their home.

Investigations reveal the company operates as an online aggregator, outsourcing jobs to gig-economy workers – individuals who earn income through short-term, flexible tasks arranged via digital platforms – who may not be licensed pesticide technicians. Many of its websites make false and misleading claims about staff credentials, years of trading, expertise, insurance coverage and customer testimonials.

Business names linked to Mr Singh's websites and subject to consumer complaints include:

- 711 Pest Control Perth
- Bobs Bee Removal
- Goode Pest Control
- Micks Pest Control Perth
- Rejuvenate Curtain Cleaning

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



- Tim's Tile Cleaning Perth
- We Do Pest Control
- Karls Couch Cleaning Perth

Neither Mr Singh nor any of the associated businesses are registered or licensed to provide pest control services in WA, as required under the Health (Pesticide) Regulations 2011. Similar concerns have also been raised by regulators in other states, including the NSW Environmental Protection Agency, which issued a [public warning](#) in December 2024.

Commissioner for Consumer Protection Owen Kelly urged consumers to avoid online businesses tied to Sams Maintenance & Pest Control and instead engage a reputable service provider.

“We are concerned about the growing number of complaints involving this company and its associated business names,” Dr Kelly said.

“Mr Singh has largely refused to fix problems raised by consumers, and our own attempts to resolve complaints with him have also hit a wall.

“We usually advise consumers to get multiple quotes to protect themselves, but in one case, every quote came from this same operator because of their saturation of online listings leading consumers to believe they were receiving independent quotations from separate entities when this was not the case.

“This company also lures people in with lowball offers, only for them to find that the price is hiked up once the worker arrives at their home.”

Dr Kelly encouraged homeowners to take extra care when engaging traders online.

“Before booking, check who's behind that .com.au domain by using auDA's free [Whois Lookup tool](#),” the Commissioner said.

“Ensure that pest control businesses and technicians are licensed in WA with the [Department of Health](#), insist on written quotes rather than verbal estimates, and be wary of fake testimonials.

“Avoid businesses that refuse to provide proof of insurance or qualifications – these are red flags that could lead to poor service or financial loss.”

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



Consumers who have experienced issues with Sams Maintenance and Pest Control or its associated businesses, are encouraged to lodge a complaint on the [Consumer Protection website](https://www.consumerprotection.wa.gov.au). For enquiries, call 1300 30 40 54 or email consumer@lgirs.wa.gov.au

<ENDS>

Media Contact: Frankie Pennington, (08) 6552 9410 / 0429 078 791
cpmedia@lgirs.wa.gov.au



Joyful June 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

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DALWALLINU

Branch Hours 2026

OPENING HOURS

From 2nd June

MONDAY - FRIDAY

8:00am – 5:00pm

Branch Phone: (08) 9661 1002

After Hours **Parts**: 0427 084 216

After Hours **Service**: 0427 084 214

After Hours **Sales**: 0427 084 210

Branch Manager Johan Calitz – 0427 084 210

Service Manager Paul Tanner – 0427 084 214

Service Foreman Steve Eaton - 9661 1002

Parts Manager Kirsty Booth – 0427 084 216

Sales Consultant Dominic Sheehy – 0459 214 350

Sales Consultant Matthew Joyner – 0437 611 725

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Manger : Gabrielle Severin

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Sunday 9am - 12pm

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Excel as a Treasurer!

An invitation

Join us for a really helpful workshop at the Koorda CRC, exploring how to harness Microsoft Excel for Treasurers to present trustworthy financial statements to your committee with confidence.

Our session will cover:

- Autofilling and sequential filling
- Creating, editing and deleting a custom list
- Creating excel formulas using relative and absolute addressing
- Using mathematical functions, 'vlookup' function, 'sumif' function and 'pmt' function
- Sorting
- Auto filtering
- Calculations using an auto filter
- Presenting finances clearly for greater understanding
- Talking to your board members about your financial position

Date

Thursday, 25 June 2026

Time

10:00am – 12:00pm

Venue

Koorda Community
Resource Centre
41/43 Railway Street
Koorda WA 6475

*Please RSVP to
Kim Storer at*

manager@koordacrc.net.au

MEET YOUR EXPERT



Trent Frost
Senior Manager

With over 15 years at RSM, Trent is passionate about supporting regional businesses and community organisations through practical accounting and taxation advice. He works closely with small and medium-sized businesses, business owners and treasurers to deliver strategic, hands-on solutions that help organisations grow, manage risk and achieve long-term success.

Bushland Seroll Writing Competition

IN THIS COMPETITION YOU ARE NOT JUST WRITING FOR THE WIN, YOU ARE WRITING FOR THE CHALLENGE, GROWTH AND EXPERIENCE THAT THIS COMPETITION CAN GIVE YOU. IT STARTS WITH YOU SHOWING THE COURAGE TO SHARE YOUR STORY. THEN YOU WILL BE NOTIFIED IF YOU MAKE IT TO THE NEXT STEP.

Catalyst Seroll

THE CATALYST SCROLL INVITES A SPECULATIVE FICTION SCENE THAT CAPTURES THE INSTANT SOMETHING SHIFTS. WHAT CAUSED THAT CHANGE? HOW HAS THAT IMPACTED YOUR CHARACTER/SETTING?

THIS IS NOT ABOUT THE AFTERMATH. IT IS ABOUT THE MOMENT OF IGNITION, AND THE RIPPLES THAT BEGIN WITHIN IT.

SCAN BELOW TO ENTER



\$30 Entry Fee
1000-1500 words
\$500 First Prize
Closes 18th of June



SCAN BELOW TO ENTER

1000-1500 WORDS
\$30 ENTRY FEE
\$500 FIRST PRIZE
CLOSES 18TH OF JUNE



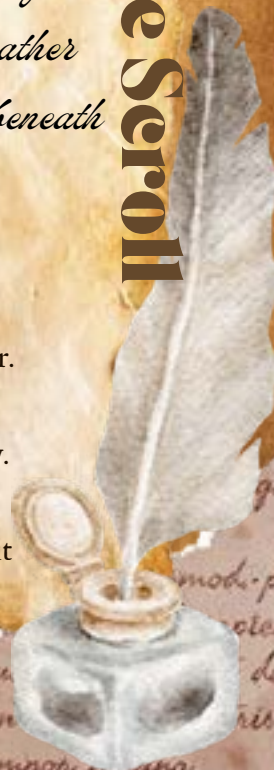
The Heritage Scroll seeks personal stories that examine the legacies we carry - whether inherited through blood, belief, place, tradition, or memory. These are stories of formation rather than fracture; of the foundations beneath the person you are today.

Heritage Seroll



- The competition is open to Australia and New Zealand residents aged 16 years and over.
- Entries must be the original, unpublished work of the submitting author.
- Submissions must not be under contract or consideration elsewhere at the time of entry.
- Submissions may be a standalone piece, scene, or chapter.

The submitted work must clearly convey a complete narrative moment within the word limit



Community Sport Notices

MILING GOLF CLUB

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Est 1968



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Stroke - Nett & Gross Winners
Novelties on every hole

SATURDAY 20 JUNE, 2026

TEE-OFF 9:30AM - \$40 PP

REGISTER NOW

- Men's : Wade 0428 541 073
- Ladies: Susan 0429 631 008

Register by 17/06/2026

As catering is provided morning tea, lunch & hamburgers to follow play



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	10 YEAR REUNION 2016 PREMIERSHIP KALANNIE VS KOORDA	
13 JUN	THINK MENTAL - KALANNIE VS BEACON	
27 JUN	MUKINBUDIN VS KALANNIE	
18 JULY	KALANNIE VS BENCUBBIN	
25 JULY	BENDIGO ROUND - BEACON VS KALANNIE	
1ST 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

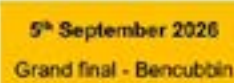
<p>18th April 2026 ALL SPORTS TO BE PLAYED IN KOORDA</p> <p>Mukinbudin v Beacon Kalannie v Bencubbin Koorda BYE</p> <p> DELTA AG ROUND</p>	<p>25th April 2026</p> <p>KoordA v Kalannie Bencubbin v Beacon Mukinbudin BYE</p> <p>ANZAC ROUND</p>	<p>2nd May 2026</p> <p>Beacon v Kalannie Mukinbudin v Koorda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



10-year reunion clash against Koorda



Kalannie's second home game of the season, played in front of a loud kennel backing 19 Bulldogs, provided plenty of emotion as the club also celebrated the 10-year reunion of the 2016 premiers side. Kevin Chitty and Matthew Dinsdale, players of that premiers team donned the red and white again and both played fiercely.

Availability and injuries forced a patched-up line-up, but the Bulldogs managed to field 19, which knew could compete hard. The midfield filled with stand-out players, with Zac Sanderson, Cam Stedman, Kevin Chitty and Kyle Harms playing as ruckman, all working tirelessly. Early in the contest Koorda exposed Kalannie's lack of height at bouncedowns and took advantage of hit-outs.

New recruit Jared Hardisty, who arrives with WAFL experience and a resume that includes co-captaining Claremont, slotted straight into the contest. He showed composure and a bull-like attitude, tackling fiercely and hunting the ball.

The first quarter was tight, Kalannie 2.5 (17) to Koorda 2.3 (13). Rex Ashworth came on late to cheers from the kennel, moved into the ruck and back line. The second quarter saw Billy Bywaters test Koorda's tacklers with clever footwork, juking one and dribbling around another to start a link-up play, while Liam McCreery repeatedly provided important outlet handballs. At half-time Koorda held a narrow lead, 5.6 (36) to Kalannie 4.8 (32).

Jack Merson's return added voice and pressure around the contest, but Kalannie started slowly out of the break. Koorda capitalised on turnovers and used effective switching to find space out wide and entries into their forward line. Cody McCreery stepped up in the back line and repelled multiple attacks. Kalannie trailed 6.10 (46) to 8.9 (57) at three-quarter time.

Injuries to Tom Macdonald and Regan Jefferys early in the match, and resulting fatigue, hurt Kalannie's fourth-quarter efforts. Harry McBriar and Matthew Dinsdale were leading goal scorers with 2 apiece. Koorda kicked five final-quarter goals to seal a 36-point win, 13.11 (89) to 7.11 (53).

It was a game of reflection and learning for the Bulldogs. They return home next week to face Beacon, hopeful of more availability and another strong crowd at the kennel.

Best on Ground — Sponsored by Kalannie Agquip: Jared Hardisty

2nd Best on Ground — Sponsored by Kalannie Contractors: Zac Sanderson

3rd Best on Ground — Sponsored by WA Fuels: Billy Bywaters

Coaches Award — Sponsored by Bywaters Transport: Cody McCreery

Players' Player — Sponsored by RnR Auto: Jack Merson

Thank you for all our 2026 Sponsors!

Players Auction Winner: Mystery Team

Community Sport Notices

Kalannie Women's Winter Sports

Hockey Wrap Up

The hockey team faced a strong Koorda side, going down 5-1 in a hard-fought game. Despite the scoreline, Kalannie continued to compete right to the final whistle, showing great effort, sportsmanship and teamwork throughout the game.

The team worked hard throughout the match, showing great determination and teamwork against a strong side. We created some good attacking opportunities and continued to apply pressure across the field.

The team's attitude and commitment never wavered. The team continued to support one another and never gave up, making Koorda earn every opportunity.

Coaches award went to Issy for her improving skills, listening to advice and having a fun attitude. Player's choice went to Mirrante.

A big thankyou to Helen, Kayla and Sarah for playing this weekend.

Kalannie Komets

Kalannie took on Koorda at home this weekend in what proved to be a tough and highly competitive match. Despite finding ourselves down by 12 goals at half time, the girls showed plenty of determination and resilience to claw their way back into the game, finishing with a well-earned draw.

Our defensive end worked tirelessly throughout the match, creating some great turnovers and applying consistent pressure which allowed us to transition the ball smoothly down the court. Koorda's defensive pressure was strong, making us work hard to find our shooters and value every possession. It was a fantastic team effort, with everyone contributing and working together right until the final whistle.

Our amazing defenders Bella and Sally worked double time making sure the ball kept coming back to our end for a few more goals to get us back to a closer score leaving them walking away with a joint Coach's Award and Player's Choice to Mirrante who effortlessly managed the team and continuously turned the ball over mid court by playing centre. Well done girls, well deserved.

Well done to all the girls on a fantastic comeback and a hard-fought result!

Thank you to everyone who came down and supported our home games. We look forward to seeing you all again next weekend for another home game!



Community Sport Notices



CENTRAL WHEATBELT WINTER SPORTS RESULTS **ROUND SEVEN— Saturday, 6th June 2026**



Kalannie: 2.5, 4.8, 6.10, 7.11 (53) def by Koorda: 2.3, 5.6, 8.9, 13.11 (89)

GOALS:

Kalannie: H. McBriar 2, M. Dinsdale 2, J. Trindall 1, C. Stedman 1, J. Spinner-mainstone 1

Koorda: C. Mckinlay 4, R. Wells 2, T. Fuchsbichler 2, R. Greaves 1, A. Settineri 1,
L. McWha 1, R. Macnamara 1, B. Derbyshire 1

BEST:

Kalannie: J. Hardisty, Z. Sanderson, B. Bywaters, C. Stedman, K. Chitty, M. Dinsdale

Koorda: C. Mckinlay, T. Stanicich, R. Greaves, A. Settineri, J. Trainor, M. Foote

Beacon: 5.1, 7.2, 8.4, 13.5 (83) def by Bencubbin: 4.3, 7.6, 12.8, 14.11 (95)

GOALS:

Beacon: L. Blurton 4, L. .Zolnier-Owens 3, S. Hayden 2, L. Munns 1, W. Munns 1,
C. Collins 1, C. Farmer 1

Bencubbin: D. Mcfarlane 4, C. Morgani 2, K. Beagley 2, V. Quinlan 2, T. Sanders 1,
C. Ravlich 1, J. Allen 1, J. Barker 1

BEST:

Beacon: A. Munns, C. Collins, M. Dellar, J. Munns, S. Hayden, H. Sinclair

Bencubbin: M. Holden, C. Morgani, A. Coleman, N. Hube, D. Mcfarlane, M. Guarnaccia

TEAM	P	PTS	%	W	L	D	BYE
Bencubbin Football Club	6	24	189.76	6	0	0	1
Koorda Football Club	5	12	103.53	3	2	0	2
Kalannie Football Club	6	12	94.26	3	3	0	1
Mukinbudin Football Club	5	8	108.40	2	3	0	2
Beacono Football Club	5	0	54.36	0	6	0	1



Community Sport Notices



Central Wheatbelt Netball Association

Kalannie (30) drew Koorda (30)

Kalannie: **Players' Choice:** Mirrante Ryder

Coach's Award: Bella Reeves & Sally Ellis

Koorda: **Players' Choice:** Lois Kowald

Coach's Award: Kayla Butcher

Beacon (32) def Bencubbin (22)

Beacon: **Best Player:** Tamara Gibson

Coach's Award: Whole Team

Bencubbin: **Best Player:** Debbie Hurley

Coach's Award: Debbie Wallwork

TEAM	P	PTS	%	W	L	D	BYE
Koorda Netball Club	5	18	167.18	4	0	1	2
Kalannie Netball Club	6	16	139.18	4	1	1	1
Mukinbudin Netball Club	5	12	131.79	3	2	0	2
Bencubbin Netball Club	6	4	93.91	1	5	0	1
Beacon Netball Club	6	4	38.32	1	5	0	1

Central Wheatbelt Ladies Hockey Association



Kalannie (1) def by Koorda (5)

GOALS:

Kalannie: M. Ryder 1

Koorda: S. Pladdy 2, L. Green 2, Z. Metcalfe 1

AWARDS:

Kalannie: **Players' Choice:** Mirrante Ryder

Coach's Award: Isabel Nixon

Koorda: **Players' Choice:** Kristen Fuchsichler

Coach's Award: Kiri Ward

Beacon (5) def Bencubbin (0)

GOALS:

Beacon: H. Patterson 2, M. Naylor-Pratt 1, M. Collins 1, L. Pomykala 1

Bencubbin: NIL

AWARDS:

Beacon: **Player of the day:** Maddie Naylor-Pratt

Coach's Award: Krista Lancaster

Bencubbin: **Best Player:** Debbie Hurley

Coach's Award: Debbie Wallwork

Best Defender: Tryphena Gillett

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Mukinbudin	4	1	0	2	26	4	22	9
2. Koorda	3	2	0	2	18	4	14	8
3. Beacon	2	2	2	1	14	10	4	6
4. Bencubbin	1	2	3	1	5	21	-16	4
5. Kalannie	0	1	5	1	2	26	-24	1

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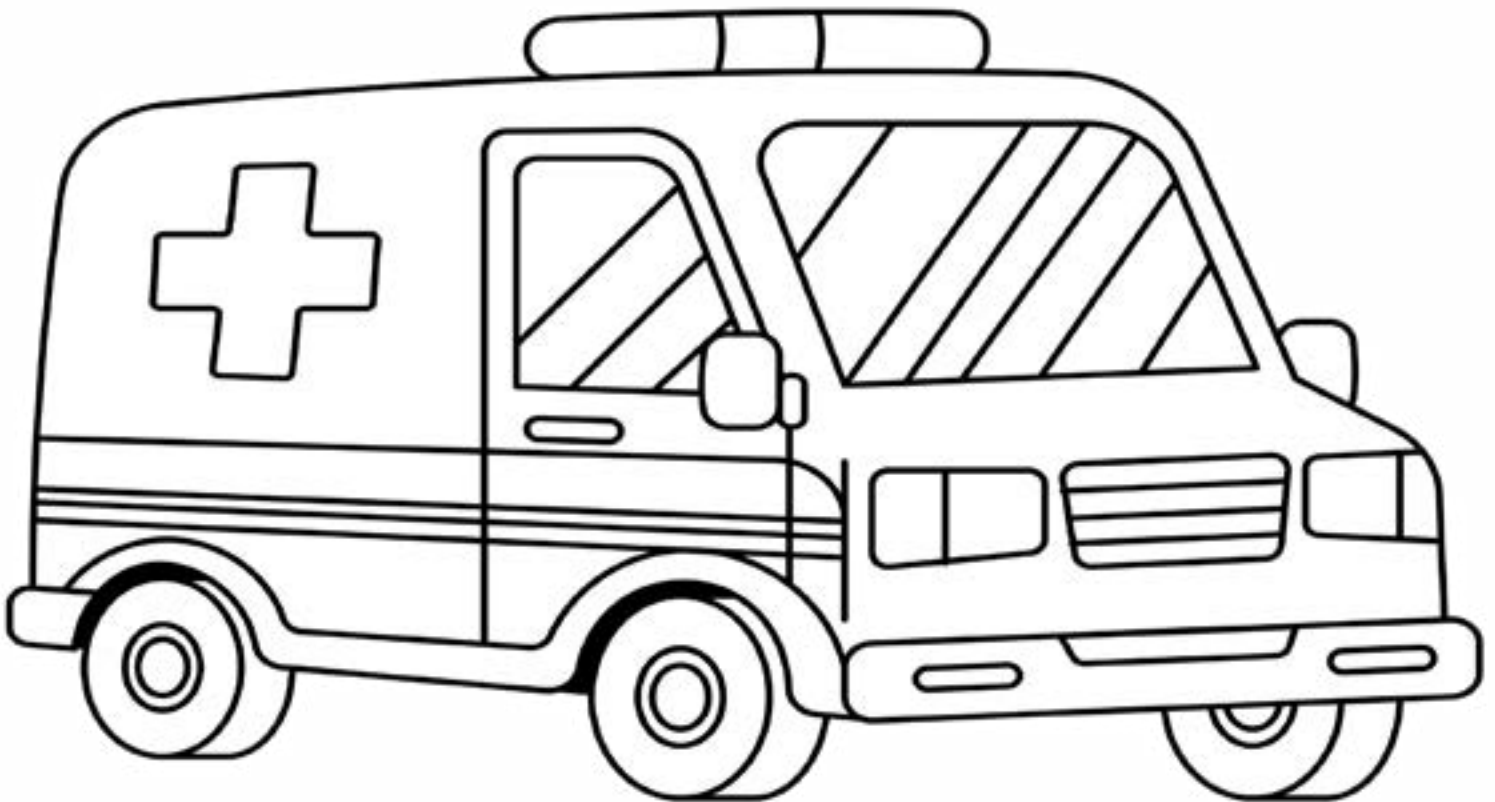
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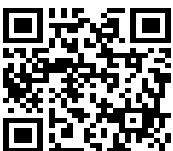
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KIDS PUZZLES



Community Notices



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Bring your eligible containers to:

KALANNIE IGA CARPARK

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

PLEASE NOTE:

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

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

ELIGIBLE CONTAINERS



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



DALWALLINU

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

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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.

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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



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!



Have your say on the future of country health research

WA Country Health Service is inviting consumers, carers and community members to take part in an online community conversation. This session is an opportunity to share what matters most to you when it comes to improving health services and outcomes for people living in regional, rural and remote areas.

Attendees will be invited to talk about their experiences, priorities and the health issues they believe **research and innovation** should focus on to make care better for country communities. Your insights will help shape future research and innovation priorities for country health services.

WHO SHOULD ATTEND?

- Community members from regional, rural and remote WA
- No prior research experience is required

The community conversation will be informed by a short pre-event survey.

Honorariums will be paid in line with WA Health policy and processes.

DATE: Wednesday 17 June 2026
TIME: 10am to 12pm
LOCATION: Online via Zoom

Find out more and submit your expression of interest to attend: bit.ly/4uYqCUM



Health and Wellness



Government of Western Australia
WA Country Health Service



Virtual Child Health Service

Connect with a child health nurse and other parents and carers online from a place that suits you.

A **FREE** service for country WA families.

Early Parent Group:

- for parents and carers of babies aged **newborn to three months**
- four one-hour sessions over four weeks – book into any session you choose.
- meet others, share experiences and information on getting to know your baby, development and play, safety, sleep and settling.

Solid Start:

- for parents and carers of babies aged **three to six months**
- a one-hour session about when and how to introduce solid foods to your baby.

Let's Sleep:

- for parents and carers of babies aged **six to 12 months**
- this two-hour session is about sleep patterns, bedtime tips and establishing good sleep routines.

Terrific Toddlers:

- two 90 minute sessions for parents and carers of toddlers aged **one to three years**.
- session one – behaviour and sleep
- session two – eating and teaching your child toileting skills.

Scan the QR code
to book in for a
virtual group today





CHICKEN VIETNAMESE PHO

SERVES: 4
PREP: 10 MINS
COOKING: 20 MINS

INGREDIENTS

500ml salt reduced chicken stock (*see tip)

1.5L water

1 brown onion, halved, thinly sliced

2 cloves garlic, peeled

10cm piece ginger, peeled, sliced

2 star anise

1 teaspoon black peppercorns

1 teaspoon salt reduced soy sauce

2 teaspoons fish sauce

2 tablespoons lime juice

4 x 100-120g lean chicken breast fillets

2 bunches bok choy, roughly chopped

150g rice noodles

150g bean shoots

½ cup Vietnamese mint leaves

½ cup coriander leaves

2 spring onions, chopped

2 teaspoons sliced red chilli

4 lemon wedges

METHOD

1. Combine stock, water, onion, garlic, ginger, star anise, black peppercorns, soy sauce and fish sauce in a large saucepan over medium-high heat. Cover and bring to the boil. Add chicken breast and simmer for 15-17 minutes or until chicken is cooked through. For the last 3 minutes of cooking, add bok choy.
2. Remove garlic, peppercorns, star anise and ginger and discard. Transfer chicken to a plate, and shred when cooled.
3. Prepare noodles according to packet instructions. Drain.
4. Divide chicken, noodles, bok choy and stock between 4 bowls. Top each bowl with bean shoots, Vietnamese mint, coriander, spring onion, chilli and a lemon wedge.

TIP: For a healthier alternative to store-bought stock, use our [homemade chicken stock recipe](#) instead.

TIP: This recipe can also be made with green prawns, tofu, or sliced beef.

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

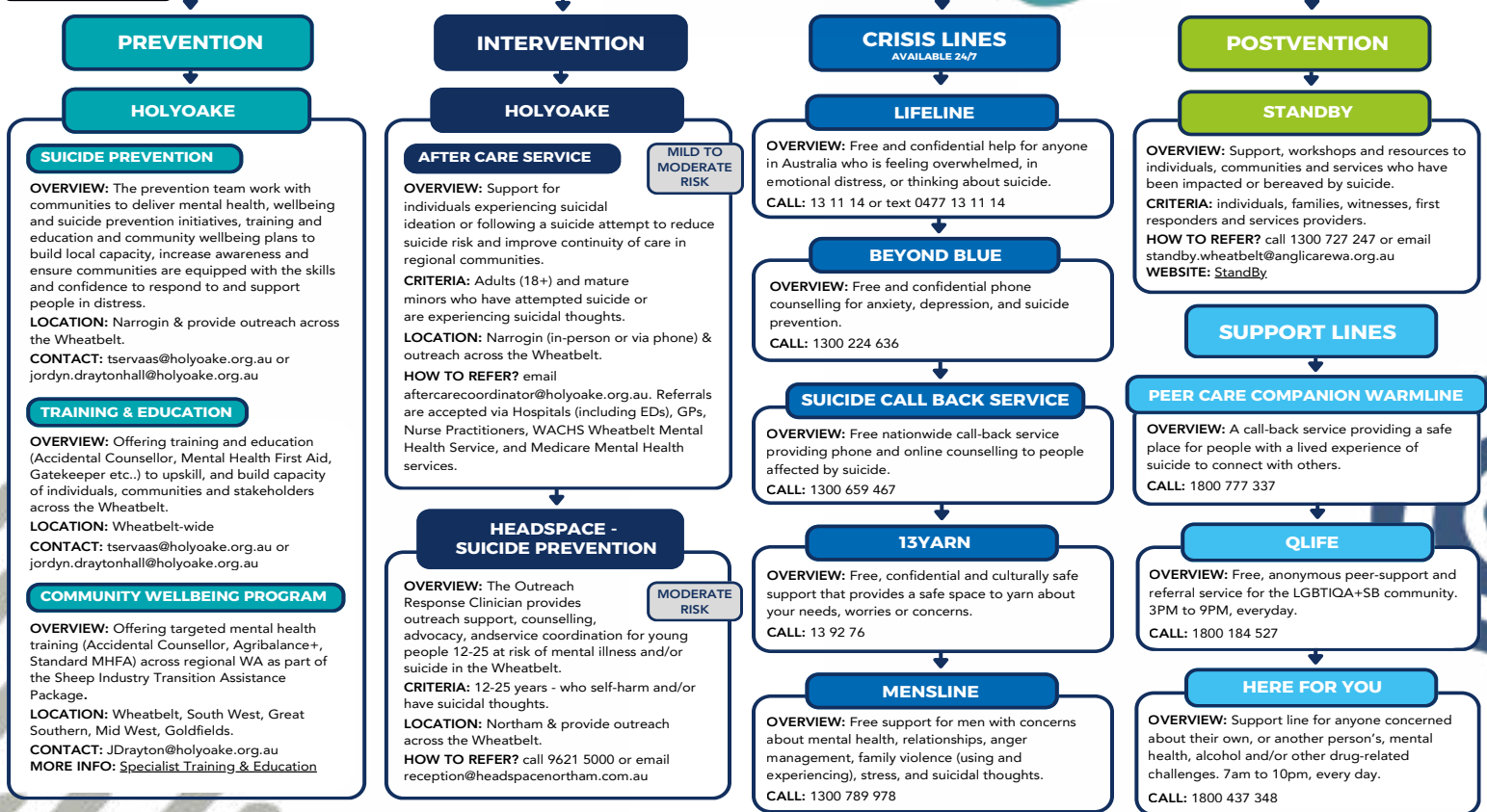


MindSpot GP is supported by WA Primary Health Alliance under the Australian government's Primary Health Networks Program

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>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
<ul style="list-style-type: none"> 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@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	0427 088 173	admin@kalanniecontractors.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.

Media Release

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AND TRAINING

EMPLOYMENT

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