

# The Kapers

Issue #22 2nd June 2026

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**Matt Wilson**

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- Assorted tubes
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- We also sell rubber matting

Supporters of Kalannie Football Club



**TYRES TO SUIT ALL BUDGETS**

### INSIDE THIS ISSUE...

BENDIGO BANK VISIT, LADIES DAY AND NINETIES NIGHT, DALWALLINU SHIRE NOTICE, UPCOMING CRC EVENTS - HR TRAINING, EID WORKSHOP, CONSUMER WATCH - BASKETBALL SAFETY, BACKYARD BUDDIES - LOCUSTS SPORT - MILING GOLF DAY HEALTH - WARRIOR WELLBEING - COMMUNICATION DIFFERENCES, VIRTUAL CHILD HEALTH SERVICE .....AND MORE

# The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

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

## Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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

Submission deadline for advertising is Monday 1.00pm

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

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Department of  
Primary Industries and  
Regional Development

Welcome to  
KALANNIE

## *Kapers Editions*

Free online at

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[kapers@kalannie.com.au](mailto:kapers@kalannie.com.au) for all  
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## Advertising

Full Page \$30

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Quarter Page \$20

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available

\*Prices subject to change\*





# The Road Trauma Ripple Effect Road Trauma Support WA

**Date:** Wednesday 10<sup>th</sup> June 2026

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

**Location:** Kalannie Sporting and Recreation Club

**Register:** please RSVP by Sunday 7<sup>th</sup> June 2026 via email to [admin@rtswa.org.au](mailto: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 suffered 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](http://www.rtswa.org.au).

If you have any queries, please contact the Injury Matters team at [admin@rtswa.org.au](mailto:admin@rtswa.org.au).

**POSTPONED  
NEW DATE TO BE ADVISED**

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ST JOHN AMBULANCE  
KALANNIE**



[www.rtswa.org.au](http://www.rtswa.org.au)

1300 004 814 (free call)

[admin@rtswa.org.au](mailto:admin@rtswa.org.au)

Injury Matters delivers the Road Trauma Support WA service through funding by the Road Trauma Trust Account and contract management by the Road Safety Commission.

# 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	11 Bendigo Bank @ CRC 10am  Kalannie Bowling Club AGM 6.00pm @ Sports Club	12 CWA Meeting 10.30am 	13 Kalannie v Beacon  Ladies Day & Nineties Night
14	15	16 Liebe Womens Field Day	17	18 eID Workshop @ CRC 10am	19	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 	30				

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

# Wheatbelt Community Calendar

July

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

kapers@kalannie.com.au  
Phone: 9666 2194

Submissions to be received prior to  
1pm Mondays

\$2.00 PRINTED  
online version Free to subscribers  
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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
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
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

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
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.

COMMUNITY BANK MUKINBUDIN  
IS COMING TO...

*Kalannie*

Community Bank  
Mukinbudin

**B** Bendigo Bank

***Morning tea  
provided!***

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

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!

**THURSDAY,  
11<sup>TH</sup> JUNE**  
Kalannie CRC  
10:00am



Kalannie  
Community Resource Centre  
*Your local connection*



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 5<sup>th</sup> 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!**



# PUBLIC NOTICE

## INTENTION TO DISPOSE OF LOCAL GOVERNMENT PROPERTY

Under Section 3.58 of the Local Government Act 1995, the Shire of Dalwallinu hereby advises of its intent to dispose of, by way of lease, Unit 1, 18 Huggett Drive, Dalwallinu to Aaro Enterprises Pty Ltd, for the amount of \$12,635.91 (ex GST) per annum, for a three (3) year period from 1 July 2026 to 31 June 2029. The market valuation of the disposition was assessed by an independent valuer at \$14,350 in March 2017 and reaffirmed by Council at their Ordinary Council Meeting held 26 May 2026.

Public submissions regarding the above may be made in writing to the Chief Executive Officer, Shire of Dalwallinu, PO Box 141, Dalwallinu WA 6609 and received at the Shire office no later than 2.00pm Thursday 11 June 2026.

Jean Knight JP

**CHIEF EXECUTIVE OFFICER**

27 May 2026

## FIRST AID KITS

### ST JOHN DALWALLINU & KALANNIE

We have a range of first aid kits instock, can't find what you are looking for. We can order it in

Pop into the subcentre Wednesdays and Thursdays 9 till 1

We have kits for  
Personal  
Baby and toddler  
Pets  
Caravan  
Boating  
Workplace  
Bites and sting  
Motoring  
Snake bite

### GET IN TOUCH

Phone- 08 9661 2601

Email- [Dalwallinu.subcentre@stjohnwa.com.au](mailto:Dalwallinu.subcentre@stjohnwa.com.au)





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**Chris - 0427 088 173 / Steve - 0429 662 033**





# KEEPING UP WITH THE KALANNIE

**Community Resource Centre**  
*Your local connection*

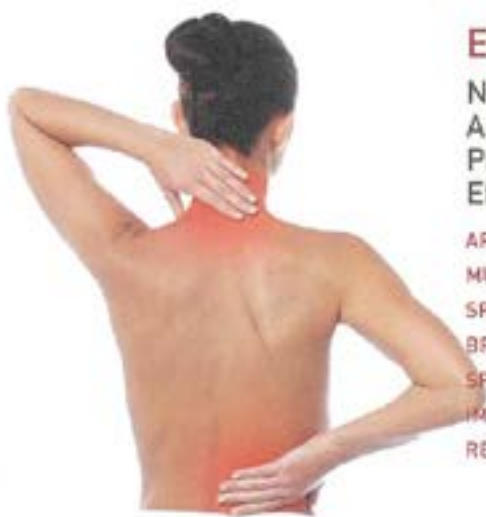
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# EXPRESSIONS OF INTEREST

**Heavy Rigid (HR)**

**Truck Training and Licensing**

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

places limited

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

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





Department of  
Primary Industries and  
Regional Development

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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 15<sup>th</sup> of June

Morning Tea and light refreshments provided



Kalannie

Community Resource Centre

*Your local connection*

phone: 9666 2194

or email:

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

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



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Personal



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FAIRCLOUGH WOOL  
**0429 635 999**

# 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](mailto: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.

# Consumer Watch



Department of Local Government,  
Industry Regulation and Safety



## Regional Column

**Consumer Protection** 140 William Street Perth Western Australia 6000  
Email: [cpmedia@lgirs.wa.gov.au](mailto:cpmedia@lgirs.wa.gov.au) | [www.consumerprotection.wa.gov.au](http://www.consumerprotection.wa.gov.au) | [www.wa.gov.au](http://www.wa.gov.au)

28 May 2026

### Play it safe with basketball hoops and backboards

A basketball ring can provide years of fun to many households from driveway shootarounds to friendly backyard games. But while it may seem like a simple piece of equipment, it's important to remember that if not properly selected, installed or used, basketball hoops and backboards can pose serious safety risks.

Across Australia, preventable injuries linked to basketball rings and backboards continue to occur. Common injuries include fractures, sprains, dislocations and even head trauma. These incidents often result from improper installation or misuse, particularly when people hang or swing from the ring.

One of the biggest risks comes from slam dunking as it places significant force on the structure. If the system is not designed or installed to handle that load, it can fail or collapse.

This is why safety experts strongly advise against hanging or swinging on basketball rings altogether.

A well-known example is - a Perth boy whose hands and foot were severed about 20 years ago after a brick wall supporting a basketball ring collapsed on him after he performed a slam dunk. Surgeons re-attached his limbs, but his foot had to be amputated nine days later. His story highlights the risks.

Installation is another critical factor. Many people don't realise that mounting a basketball hoop onto brick walls, such as above garage doors, can weaken structures over time and lead to collapse - even if they initially appear secure.

When purchasing a basketball ring and backboard, it's worth taking a few extra steps to ensure safety.

In Australia, suppliers and retailers must comply with mandatory standards for basketball rings and backboards that are for domestic use, including portable basketball systems.

Always follow the manufacturer's instructions for installation and check for the following:

- Make sure basketball rings and backboards are accompanied with a written warning notice easily seen on the packaging or on a label attached to the packaging.
- There must also be a warning symbol on the front of the backboard containing the following words: **WARNING: SWINGING ON THE RING MAY CAUSE SERIOUS INJURY OR DEATH**

These requirements do not apply to toy basketball sets.

# Consumer Watch



Department of Local Government,  
Industry Regulation and Safety



A little extra care when choosing, installing, and using basketball equipment can go a long way in preventing injuries. By understanding the risks and following basic safety advice, we can help keep the game fun and safe for everyone in our community.

If you're considering a second-hand hoop, check carefully that it still has the mandatory safety warnings and is structurally sound.

For new purchases, consumers have the right to expect the product is of acceptable quality. If you have bought a product that doesn't comply with the mandatory standard or is unsafe, you can report it to Consumer Protection - [consumerprotection.wa.gov.au](http://consumerprotection.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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# Boekeman Toyota EOFY Deal

# TUNDRA

**FREE** + **\$10,000**  
**ON-ROAD COSTS** [F31] **EOFY BONUS** [F32]

[F31] Offer applicable for Private customers, Bronze, Silver, Gold, and Platinum Fleet customers and Government customers only at participating dealers. Offer available on new and demonstrator Tundra models built up to 31st July 2025 and purchased between 01/01/2024 and 31/06/2025, unless extended. Free on-road costs include 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge and stamp duty. Metaboli/Premium paint at additional cost. Toyota reserves the right to extend or amend the offer at any stage.  
[F32] Offer applicable for Private customers, Bronze, Silver, Gold, and Platinum Fleet customers and Government customers only at participating dealers. Available on new and demonstrator Tundra models built up to 31 July 2025 and purchased between 01/01/2024 and 30/06/2025, unless extended. Bonus applies to driveway price or accessories purchased and fitted in same transaction. Not transferable or redeemable for cash. No rainchecks. Excludes servicing and repairs. Toyota reserves the right to extend or amend the offer at any stage.

Contact Boekeman Toyota today to arrange your test drive. Call (08) 96 711 211 to secure yours before it's too late.

E-mail: [matt@boekemans.com.au](mailto:matt@boekemans.com.au)

MD25985

E-mail [stuart@boekemans.com.au](mailto:stuart@boekemans.com.au)

**WONGAN HILLS**  
131 - 139 Wongan Rd  
PO Box 125, WA 6603  
Tel: (08) 9671 1211

# Environment



Department of  
Primary Industries and  
Regional Development

## Backyard Buddies

Your monthly guide to pests, weeds and diseases

### A locust is a locust is a... grasshopper? June 2026



Photos left to right: Adult *Valanga irregularis*, juvenile *Valanga irregularis* (second & third image), adult Australian plague locust.

Did you know that all locusts are grasshoppers...but not all grasshoppers are locusts? Grasshoppers and locusts are part of the order Orthoptera, meaning 'straight-winged'. Grasshoppers are plant-eating insects with long hind legs, specialised for jumping and producing their well-known 'chirping' sound. The term 'locust' simply refers to grasshoppers which can breed and feed within large groups (swarms) and cause extensive damage to surrounding vegetation.

#### Getting to know our natives

In suburban gardens, people mostly tend to see the giant Australian grasshopper (*Valanga irregularis*) and less often the Australian spur-throated locust (*Austracris guttulosa*). Although these species are usually found across Northern Australia from Carnarvon to Northern NSW, they have happily taken up residence in the Perth, Peel and South-west regions during the last decade or so. Both species have very large bodies in their adult stages, ranging between 5 to 7 cm in length, with long back legs and a throat spur. Adults can live up to 12 months. The females lay their eggs in the soil in late spring, and after hatching, the nymphs change colour with each moult and can vary from shades of light green to spectacular reds with blue stripes. The adults are characterised by a strong patterned body colour, white strip on the top of their thorax, dark coloured antennae and red spines (spurs) with black tips on their hind legs.

Giant Australian grasshoppers and spur-throated locusts are often mistaken for the Australian plague locust (*Chortoicetes terminifera*). Australian plague locusts usually inhabit pastoral regions in relatively low numbers, but populations can explode with favourable weather conditions. Adults are between 2.5 to 4 cm long and vary in colour from light to dark shades of green and brown. They have a distinct dark blotch at the outer edge of the hind wing, and the inside of their hind legs are red in colour. Australian plague locusts are rarely seen outside agricultural settings.

#### Control

Ignoring an agricultural plague - chemical control is rarely effective or recommended in the home garden. Thankfully, a healthy garden environment can keep their numbers manageable. Young grasshoppers especially, are eaten by a wide variety of predators like birds and reptiles which control their juvenile stages. They can also be parasitised by mites, native solitary wasps, flies and nematodes. Hand removal and placing the grasshoppers in the freezer for 3 hours would be the easiest method if you are wanting to control adult grasshopper numbers. Make sure to wear strong gardening gloves as the spines on their hind legs may be sharp! If you see an unfamiliar grasshopper, report it! If there are many, try and find the largest ones as the adults are more distinctive than the nymphs. Take clear photos of the leg and body markings, antennae colour and include a ruler, pen or coin for scale.



Report your observations

MyPestGuide® Reporter via app or online [mypestguide@dpird.wa.gov.au](mailto:mypestguide@dpird.wa.gov.au)

Pest and Disease Information Service (PaDIS) 08 9368 308 | [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)



# 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

**Boekeman**  
**Machinery**

Est 1968

**Precision Farming** Support Line – 0488 844 690

[WWW.BOEKEMANS.COM.AU](http://WWW.BOEKEMANS.COM.AU)

**CASE IH**



*Hazlett*

# CORNER STORE

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Saving locals the cost of travel

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Fresh meat and poultry from Market City meats

Fresh Bread from Mias Bakery

Fresh milk from Masters milk

Fresh eggs from Katie Joys Gin Gin

Fresh smallgoods from Dorsonga

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



Cafe, Bottle Shop, Post Office

Manger : Gabrielle Severin

## Opening Hours

Monday to Friday 6am - 5.30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone: 9666 2040



# Education and Training

Regional, Rural and Remote Home Care Workforce Support Program

## Wanting to grow your career in care and support your community?



**We're here to help local people step into local aged care roles.  
We provide simple, supportive guidance to connect you with  
opportunities in your community.**



**Support you with your resume,  
interview preparation and  
building confidence**



**Assist you with training  
pathways and placement**



**Link you with local  
aged care opportunities**



**Guide your new role with  
mentoring and check-ins**



[workforce@skillshubs.com.au](mailto:workforce@skillshubs.com.au)



1800 319 762



[skillshubs.com.au](http://skillshubs.com.au)



Funded by



Australian Government  
Department of Health, Disability and Ageing

# Grants

## Assistance for sheep producers: Round 2 grants now open

If your business has been impacted by the phase out of live sheep exports by sea, you may be eligible to apply for funding to help prepare for the end of the trade.

As part of the Australian Government's \$139.8 million transition assistance package, grants of **up to \$75,000** (GST exclusive) across both rounds are now available.

This program is designed to assist producers develop business plans and encourage the adoption of alternative farming systems and practices in preparation for the end of the trade.

Applicants must have actively participated in the live sheep export by sea trade since **1 July 2020** and provide a **1:1** matching cash co contribution.

Applications are open until **15 July 2026**.

To find out more and to apply visit [agriculture.gov.au/2028](https://agriculture.gov.au/2028).



## Assistance for livestock transport industry: Round 2 grants now open

If your business has been impacted by the phase out of live sheep exports by sea, you may be eligible to apply for a grant to help prepare before the trade ends.

As part of the Australian Government's \$139.8 million transition assistance package, grants of **up to \$40,000** (GST exclusive) across both rounds, per applicant are now available to assist eligible livestock transport businesses.

The Livestock Transport Industry Transition program is designed to assist livestock transport operators transition to other transport-related activities, which may require further investment, to prepare for the end of the live sheep exports by sea trade.

Applicants must have actively participated in the live sheep export by sea trade since **1 July 2020** and provide a **1:1** matching cash co contribution.

If your business has been involved in transporting sheep or essential export-related goods, such as feed, bedding, water systems, veterinary supplies, or handling equipment, specifically for the live export trade, you may be eligible. Applications are open until **13 July 2026**.

Read more and apply: [agriculture.gov.au/2028](https://agriculture.gov.au/2028)



17 Dodd Street, Kalannie WA 6468

## Contact

MARK: 0407 640 614

SHOP: 9666 2179

admin@kalannieagquip.com.au



Farming & Livestock



General Hardware



Home & Garden



Automotive & Hydraulics

Industrial & Household Gas



## Shop Hours

MON - FRI: 7.30 AM - 5.00 PM

SAT: 7.30 AM - 12.00 PM

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**Nutrien**



# Kochii Eucalyptus Oil has rebranded to become Fasera.

## We've changed our name, not our vision.

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

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



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



**fasera**



# Your productivity, our priority

Our team make sure you get the right solutions for better yields and returns. From soil testing to fertilizer recommendations, we'll get every hectare to work harder for your farm.

- Soil & Plant Tissue sampling & interpretation.
- Product recommendations and nutritional requirements.
- Access to local Field Research trials & data.
- Fuel & SAT Gauges.
- Summit Connect - Customer Portal.

**Saritha Williams | Wongan Hills Area Manager**  
**0429 579 541 | [swilliams@summitfertz.com.au](mailto:swilliams@summitfertz.com.au)**



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

**Easy, Reliable and Tasty**



Available now  
at the Kalannie CRC  
**\$35**



# Community Sport Notices

## MILING GOLF CLUB

**Boekeman**  
**Machinery**  
Est 1968



## MEN'S & LADIES 27 HOLE INDIVIDUAL OPEN DAY

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

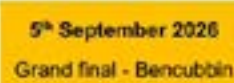
<p>18th April 2026 ALL SPORTS TO BE PLAYED IN KOORDA</p> <p>Mukinbudin v Beacon Kalannie v Bencubbin Koorda BYE</p> <p> DELTA AG ROUND</p>	<p>25th April 2026</p> <p>KoordA v Kalannie Bencubbin v Beacon Mukinbudin BYE</p> <p>ANZAC ROUND</p>	<p>2nd May 2026</p> <p>Beacon v Kalannie Mukinbudin v Koorda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



- Cast Stone
- Granite
- Marble
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Added Inscriptions  
All Repairs and Restorations

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FREE DESIGN AND QUOTE

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oxter@westnet.com.au

## Wongan Hills Accounting & Tax

(Corner of Elphin Crescent & Harvest Place)

- Specialising in:
- Business Taxation & Planning
  - General Business Advice
  - GST Compliance & Advice
  - Succession Planning
  - Personal Taxation

**Office Hours:**

9.00am - 5.00pm Monday to Friday

PO Box 27  
Wongan Hills 6603

**Phone: 9671 1655**

Mobile: 0428 415 089

Email: eion@what.net.au

Website: www.what.net.au



**RSM**

Empowering you for the future.

Technology has changed agriculture and accounting dramatically but one constant over the years is the willingness of RSM accountants to travel to the family farm or business to sit down and discuss the financial affairs with you.

THE POWER OF BEING UNDERSTOOD  
ASSURANCE | TAX | CONSULTING



## ELDERS DALWALLINU FOR EXPERT AGRIBUSINESS ADVICE

Supporting Dalwallinu and surrounds with specialist knowledge, experience and advice in all areas of agribusiness.

- Rural Products
- AgChem
- Animal Health
- Agronomy
- CSBP Agent
- Clear Grain Exchange

Talk to one of our expert team today.

<b>Tom</b> 0417 253 586	<b>Clare</b> 0447 500 525	<b>Monique</b> 0456 161 063
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(08) 9661 2000  
dalwallinu@elders.com.au

Find us on Facebook - Elders Dalwallinu



**RSM**

**Moora**

Reagan Manns  
T 0437 165 489  
13 Dandaragan Street, Moora  
rsm.com.au/moora

**Northam**

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



# Bridgestone Service Centre

## DALWALLINU

### 9661 1206

Matt Wilson

After Hrs 0467 492 576

## 1A Johnston St

### Firestone

### GOODYEAR



## Suppliers of:

Passenger, 4WD, truck & agricultural tyres

Supporters of Kalannie Football Club

## Our products & services include:

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



## TYRES TO SUIT ALL BUDGETS



# Who do you turn to for insurance in Kalannie?

Talk to your local broker about all things insurance today.



**Todd Bein**  
08 9690 8900

Insurance for your industry, tailored to your business.

- Agri-business
- Manufacturing
- Tradespeople
- Commercial
- Transport
- Retail
- Clubs



AFSL Number 238717  
ABN 56 009 296 824  
[cwib.com.au](http://cwib.com.au)

**Real Understanding**

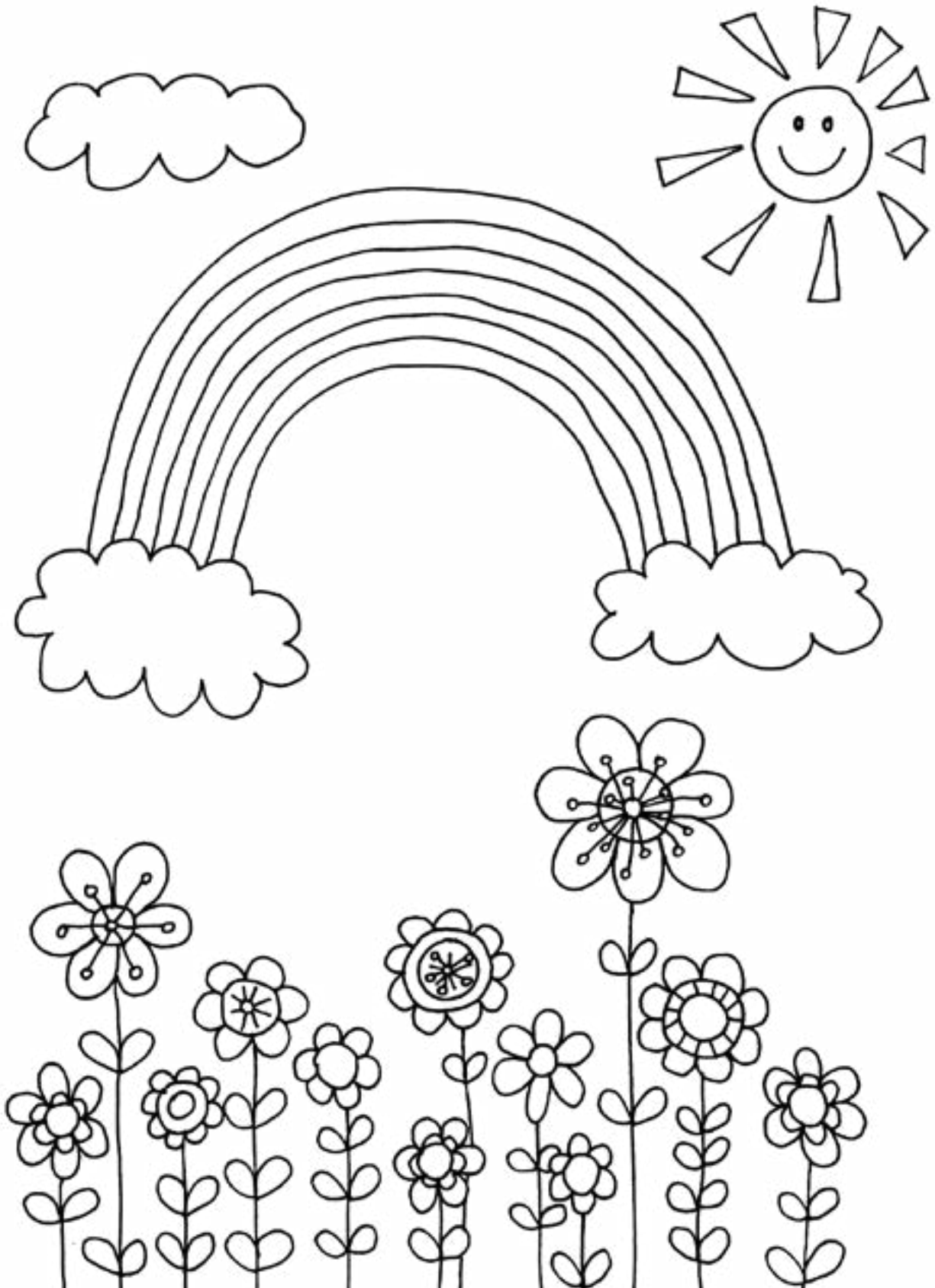


# World Environment Day





# Rainbow Flowers



# Community Notices



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

Just use our scheme ID number:

**C10350369**

**Bring your eligible containers to:**

**KALANNIE IGA CARPARK**

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

## **PLEASE NOTE:**

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

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

### ELIGIBLE CONTAINERS



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



# DALWALLINU

## H A U L A G E

**Contact: Shannon Dawson**

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

### **GENERAL FREIGHT & LOGISTICS**



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

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

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

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

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



### **LIQUID FERTILISER**



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

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



**TRACTUS**  
AUSTRALIA  
*a gripping service*

- Tyres
- Alignments
- Feild & A/H Service
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☎ 08 9661 2222 ✉ [INFO@TRACTUS.COM.AU](mailto:INFO@TRACTUS.COM.AU)

 FOLLOW US ON FACEBOOK TO KEEP UP WITH OUR SPECIALS!

**Business hours:**

**7am – 5pm Mon – Fri**

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

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

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

# Health and Wellness



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



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

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

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



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

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

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

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



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

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

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

# Health and Wellness

## WARRIOR WELLBEING ARTICLE

### Communication Differences

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
June 2026

As blokes we often get told *men just don't talk!* However, in the work we do we have come to realise that when given the right circumstances and a safe environment, blokes do talk. Sometimes this involves us disclosing personal issues or just telling our story.

In our modern society we seem to have increased life pressures to the point where we reach breaking point in our relationships. Relationships are more than just our partners and can include our workplace interactions, dealing with children or even our parents. We need to encourage understanding of the *need to listen and be heard* in all relationships. Sometimes we are guilty of misunderstanding someone of the opposite sex. We need to maintain the basics when communicating; talking, listening, taking time to hear and be heard and not just acknowledging and contributing a few fleeting words on the run.



Modern technology, even though it is part of the mix, can never replace the basic need for face-to-face communication. Most of our communication is non-verbal, so when we don't have access to a person's body language, messages are often misunderstood.

To achieve more effective communication, firstly we must acknowledge the differences between the genders (men are hardwired differently, are risk takers, winners and problem solvers), and secondly,

differ on how we go about communicating. There is no right or wrong, but we need to recognise the differences such as:

- Blokes generally talk less than ladies.
- Ladies speak in a narrative way.
- Single word answers (yes/no/good/ok) are often valid responses for blokes.
- Blokes find it harder to talk about their emotions, we are hardwired differently but over time have also been conditioned not to talk.


Men, in particular, are challenged by their lack of verbal skills, so we need to recognise when we are worried, be encouraged to seek help and importantly be asked what the problem is. We need to question, *has he resolved the problem and how has he resolved the problem?*

One of the most difficult things for men and women is the ability to discuss issues with the significant people in their lives. These issues can be about relationships, children, farm ownership, health and a range of other matters which affect our inner wellbeing. Often the *unspoken issues* create long term destructive relationship issues that are difficult to resolve.

We need to develop positive communication skills. Some useful tips aimed at assisting with a more productive outcome when communicating, include:

- Choosing the right environment.
- Timing is an important factor to consider - make time.
- When discussing an issue be open to alternate solutions and a realistic compromise.
- Be prepared to listen, listen, listen!
- Identify the relevant mates you can *trust* to discuss matters of concern.
- Getting help if all else is failing.

 @RMHI\_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



# 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!

# 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



# Health and Wellness

## SIGNS YOU'RE ADDICTED TO VAPES

- YOU DON'T LEAVE HOME WITHOUT YOUR VAPE
- YOU GET STRESSED IF YOU CAN'T FIND YOUR VAPE
- YOU FIND IT HARD TO SAY NO WHEN OFFERED A VAPE
- YOU FEEL THE NEED TO VAPE IF YOU'RE STRESSED
- YOU AVOID PEOPLE WHO DON'T LIKE YOU VAPING
- YOU PRIORITISE VAPES, EVEN WHEN YOU'RE SHORT OF MONEY
- YOU'D RATHER GO SOMEWHERE ELSE IF A VENUE DOESN'T ALLOW VAPING

**WANT TO TAKE BACK CONTROL? GET FREE SUPPORT TO QUIT TODAY AT [CLEARTHEAIR.ORG.AU](https://cleartheair.org.au)**



## TUSCAN-STYLE BEANS

### Ingredients

- ▲ 1 tbs olive oil
- ▲ 3 cloves garlic, thinly sliced
- ▲ 250 g cherry tomatoes, halved
- ▲ 2 x 400 g cans butter beans, drained but not rinsed
- ▲ ½ tsp dried mixed herbs
- ▲ 30 g parmesan, grated
- ▲ 120 g baby spinach (2-3 cups)

### Method

1. Heat oil in a large frypan while thinly slicing garlic.
2. Fry garlic on a low heat while you halve the tomatoes.
3. Add tomatoes and cook for 1-2 minutes on a medium-high heat.
4. Drain (but don't rinse) the beans and add to the frypan along with ½ cup water and the herbs.
5. Simmer for 5 minutes, stirring occasionally.
6. Add the parmesan and a little extra water if the dish is too dry.
7. Once the parmesan is melted

in, stir in the spinach till wilted.

8. Serve with crusty bread and a grind of pepper and chilli flakes, if desired

### Serving suggestions:

- » Crusty multigrain bread
- » Pepper
- » Chilli flakes

### Tip

**To make this dish gluten-free, use gluten-free bread or leave it out and increase your portion size.**

**Prep time:** 5 minutes  
**Cook time:** 10 minutes  
**Servings:** 4

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

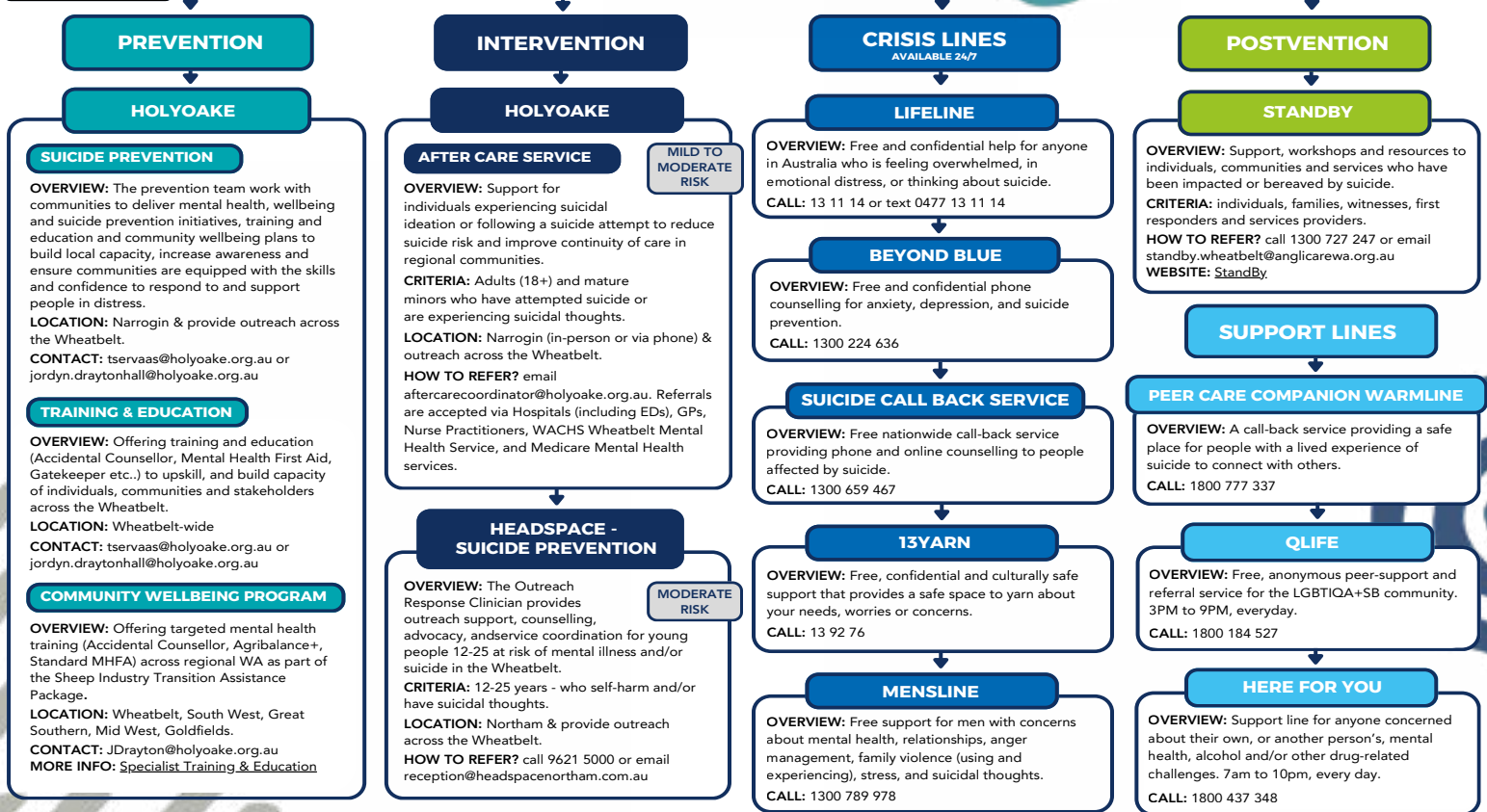


MindSpot GP is supported by WA Primary Health Alliance under the Australian government's Primary Health Networks Program

## FREE WHEATBELT 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"> <li>Growth mindset</li> <li>High levels of performance</li> <li>Fully realising potential</li> <li>Actively seeking connections</li> <li>Solution focused</li> <li>Confident and curious</li> <li>Clear and energised</li> <li>Optimal self-awareness</li> <li>High levels of motivation</li> <li>Energised by challenges</li> </ul>	<ul style="list-style-type: none"> <li>Calm and steady with minor mood fluctuations</li> <li>Able to manage stressors in life</li> <li>Consistent performance</li> <li>Able to take advice and to adjust to changes and plans</li> <li>Able to communicate effectively</li> <li>Normal sleep patterns and appetite</li> <li>Good impulse control</li> <li>Mood recovers quickly from stress</li> <li>Good self-awareness</li> </ul>	<ul style="list-style-type: none"> <li>Nervousness, sadness, increased mood fluctuations</li> <li>Inconsistent performance</li> <li>More easily overwhelmed or irritated</li> <li>Increased need for control and difficulty adjusting to changes</li> <li>Disrupted sleep and eating</li> <li>Activities and relationships you use to enjoy seem less interesting or even stressful</li> <li>Muscle tension, low energy &amp; headaches</li> <li>Low motivation and energy</li> </ul>	<ul style="list-style-type: none"> <li>Persistent fear, panic, anxiety, anger, sadness and hopelessness</li> <li>Exhaustion</li> <li>Poor performance and difficulty making decisions or concentrating</li> <li>Avoiding interaction with family, friends and colleagues</li> <li>Fatigue, aches and pains</li> <li>Restless and disturbed sleep</li> <li>Self-medicating with alcohol and/or other drugs or food</li> <li>Inability to problem solve</li> </ul>	<ul style="list-style-type: none"> <li>Disabling distress and loss of function</li> <li>Panic attacks, nightmares or flashbacks</li> <li>Unable to fall or stay asleep</li> <li>Intrusive thoughts</li> <li>Thoughts of self-harm or suicide</li> <li>Easily enraged or aggressive</li> <li>Careless mistakes and inability to focus</li> <li>Feeling numb and lost</li> <li>Withdrawing from relationships</li> <li>Dependence on alcohol, other drugs, food or other numbing activities to cope.</li> <li>Physical and emotional exhaustion</li> </ul>

# Health and Wellness

## MENTAL HEALTH AND WELLBEING TIPS:



### GET ENOUGH SLEEP AND REST

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



### SCHEDULE TIME FOR THINGS YOU ENJOY

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



### BE ACTIVE AND EAT WELL

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



### NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



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

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



### MAKE A 'TASKS LIST'

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



### FOCUS ON WHAT YOU CAN CONTROL

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



### BRING OTHERS TO THE TABLE

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



### KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



### PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



### TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



### PARTAKE IN HELP SEEKING BEHAVIOURS

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



### ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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

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

# Health and Wellness

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

#### For information in other languages:

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

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

Call costs from your home phone to a:

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

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

impairment. A TTY phone is required for this service.





# Kalannie Community Directory

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



# Kalannie Business Directory

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

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

# Media Release

**ABORIGINAL  
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**COMMUNITY  
SERVICES**

**CULTURAL  
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AND TRAINING**

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