



The Shire of Dalwallinu  
invites community members to the commemoration of

## **ANZAC Day**

on

**Thursday 25 April 2024**

at the

**ANZAC Day Dawn Service**

6.00am

Memorial Park, Johnston Street

followed by

**Gunfire Breakfast**

provided by Shire of Dalwallinu

**ANZAC Day** is a national day of remembrance in Australia and New Zealand.

It is celebrated by both countries on 25 April every year.

It is to honour the members of the Australian and New Zealand Army Corps (ANZAC's)  
who fought at Gallipoli in the Ottoman Empire during World War I.

It now celebrates all those who served and died in military operation for their countries.



# 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 - 3.30pm

Wed - 9.30am - 3.30pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 3.30pm

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)

Become an email subscriber and receive a free online copy visit our website to sign up

<https://kalanniecrc.wixsite.com/kalanniecrc/kalannie>

The Kapers is supported by the



Department of  
Primary Industries and  
Regional Development

## Advertising

Full Page \$30

Half Page \$25

Quarter Page \$20

Yearly advertising  
available

\*Prices subject to change\*

## *Kapers Editions*

Free online at

[www.kalannie.crc.net.au](http://www.kalannie.crc.net.au)

\$2 for a printed copy

Email us at

[kapers@kalannie.com.au](mailto:kapers@kalannie.com.au) for all  
your Kapers requirements



Kalannie  
Community Resource Centre

*Your local connection*

*Keeping Up*

WITH THE KALANNIE CRC

*Anzac Day*  
**CLOSURE**

THE KALANNIE CRC WILL BE  
CLOSED ON 25TH APRIL,  
REOPENING WITH REGULAR  
HOURS ON 26TH APRIL.

LEST WE FORGET.

# Wheatbelt Community Calendar

April

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Easter Monday	2	3	4	5	6
7	8	9	10	11 Busy Bee at the CRC 12pm - 3pm	12	13 Winter Sports Season Opener @ Muckinbudin Kalannie v Bencubbin
14	15 Back to School	16	17 CWA Meeting  	18	19	20 Kalannie v Koorda  Circus in Dally
21 Kalannie Golf Club Opening Day	22	23	24	25 ANZAC Day  	26	27 Beacon v Kalannie
28	29 Wicking Bed Workshop @ CRC  	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

May

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

kapers@kalannie.com.au  
Phone: 9666 2194

Submissions to be received prior to  
pm Mondays

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

# Shire Notices

*Place of wheat and wattle....*

## 2023/2024 Rubbish & Recycling Calendar

July 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### Recycle Days

- Dalwallinu & Pithara
- Wubin, Buntine & Kalannie
- 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 no changes to the service over the Christmas Period.

# Wicking Bed Workshop

Yarra Yarra Catchment  
Management Group &  
Kalannie CRC

## About the Event

Our workshop is a place to understand sustainable home garden gardening practices to promote biodiversity and support the local environment.

## What You'll Learn

- Gardening Techniques
- Soil Health 101
- Basic principles of permaculture
- Waterwise gardening

We will be joined by Fiona from Gaia Permaculture who will show us the process of making and the benefits of a wicking bed. Which people can implement at home for their gardens.

This event has been made possible through funding provided by Nutrien Ag Solutions through the Community Grants program, which is administered by the Foundation for Rural & Regional Renewal (FRRR).

**29 APRIL 2024**

09:00 - 3:00 PM

Lunch included

KALANNIE CRC

67 ROCHE ST

KALANNIE - 9666 2194

**FREE!**

Please RSVP  
Kalannie CRC for catering



## WICKING BED



FOR MORE INFORMATION

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

[landcarecoordinator@yarrayarracatchment.org.au](mailto:landcarecoordinator@yarrayarracatchment.org.au)



# LOCAL GROCER

## New trading hours

Monday – Friday 6.00am-2.00pm

Saturday - 7.00-11.00am

Sunday – Closed

Public holidays 9.00am-12.00 midday

Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Turn the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS

Happier - Kinder - Together





# Holiday closures

**This Services Australia Access Point will be closed on ANZAC day:**

**Thursday 25 April 2024**

Your reporting and payment dates may change.  
We may even pay you early.

To find out when you need to report or will get paid, go to  
**[servicesaustralia.gov.au/holidays](https://servicesaustralia.gov.au/holidays)**

You can still use your myGov account, Express Plus mobile apps  
and phone self service during this time.

## **Information in other languages**

For Centrelink payments and services, you can call **131 202** to speak  
with someone in your language.

For help with Medicare, you can call **132 011** and let us know if you  
need an interpreter. We'll arrange one for free.

For help with Child Support, you can call **131 272** and let us know if you  
need an interpreter. We'll arrange one for free.



# KALANNIE AGQUIP

**Farming & Livestock**  
**General Hardware**  
**Home & Garden**  
**Automotive & Hydraulics**  
**Industrial & Household Gas**  
**Ask us to order something in for you!**

## Contact

MARK: 0407 640 614  
JULIE: 0400 722 790  
SHOP: 9666 2179  
admin@kalannieagquip.com.au

## Shop Hours

MON - FRI: 7.30 AM - 5.00PM  
SAT: 7.30AM - 12.00PM

**Nutrien**  
Ag Solutions



# Natural, Australian & sustainable

  
**Kochii**<sup>®</sup>  
Australian  
EUCALYPTUS OIL

Kochii is the world's finest quality Australian eucalyptus oil, grown and produced in Western Australia.

We pride ourselves on our sustainable practices as we look to commission our first biochar plant in July.

By allowing the trees to grow and thrive without intervention we let nature do her job, extracting the oil through a centuries old steam distillation process.

What's in the bottle is the natural eucalyptus oil as nature intended.

### **Kochii Eucalyptus Oil**

*100% natural, 100% Australian and 100% sustainable.*

[www.kochiioil.com.au](http://www.kochiioil.com.au)





Boekeman Machinery - Dalwallinu

# OPENING *Hours*

Monday - Friday

7 am - 5 pm

Saturday

8 am - 12 pm

**DALWALLINU BRANCH PHONE - 9661 1002**

**AFTER HOURS SUPPORT:**

**PARTS - 0427 084 216**

**SERVICE - 0427 084 214**

**SALES AND PRODUCT SUPPORT:**

**Mat - 0437 611 725**

**Dominic- 0459 214 350**

**Branch Manager**

**JOHAN - 0427 084 210**

\* After hours callouts may attract additional fee's & charges

# Consumer Watch



Government of Western Australia  
Department of Mines, Industry Regulation and Safety



## **Consumer Watch Column**

**Consumer Protection** 50-52 Durlacher Street, Geraldton WA 6530  
Tel: (08) 9920 9800  
Email: [candice.evans@dmirs.wa.gov.au](mailto:candice.evans@dmirs.wa.gov.au)

### **Your crash, their payday? Claims harvesting explained**

Picture this – your car has been badly rear-ended in peak hour traffic and you shakily give your personal details to the first tow truck driver on the scene, who takes your car away. A few days later you receive a call from a lawyer who knows all about your car accident and tells you they can “help” you get a significant payout for your minor whiplash.

What you don't know is that tow truck driver was looking to make some extra cash on the side and they sold your personal details to a law firm.

Or maybe you received an unexpected call, email or text asking about a car accident and injuries you may have sustained. How did they know about your bingle from last year? You pass on your details and these are then also sold to a law firm who tries to convince you to use them to make a claim with the Insurance Commission of Western Australia (ICWA).

These are forms of claims harvesting and these people are scammers. They'll often cold-call people hoping to strike it lucky and get someone who has had an accident. They could even pretend to be from the Insurance Commission or other car insurers in an attempt to collect your personal information.

The ICWA has launched a public awareness campaign to warn the community about claim harvesters. Taking advantage of people when they have had a crash, especially when they're injured and vulnerable, is not on. People have reported being harassed, promised large payouts and tricked into making false claims or exaggerating their injuries through certain lawyers. If they do go ahead with the claim they can be left with little or none of the compensation payout after legal fees.

Apart from this misuse of personal information and harassment, the practice costs all Western Australians. It is estimated that 27 per cent of injury insurance claims are made following claims harvesting behaviour. As a result, an estimated \$14 per vehicle in compulsory third-party insurance premium fees paid by all WA vehicle owners is spent on managing harvesting behaviour rather than being spent on medical treatment for those injured in a crash.

A Bill was introduced into WA Parliament to stop the predatory behaviour of claims harvesting. If passed, it will be an offence for anyone to buy, sell or solicit personal details as a motor injury claim referral.

Along with ICWA, Consumer Protection is encouraging the public to beware of this behaviour and if they are contacted about a crash unexpectedly, to hang up and report it to [icwa.wa.gov.au](http://icwa.wa.gov.au).



# MELISSA PRICE

FEDERAL MEMBER FOR DURACK



## THE ALBANESE LABOR GOVERNMENT STARVES DURACK OF CRUCIAL FUNDS

19 April 2024

The Albanese Government continues to starve regional Australia of much needed economic development funding with its failure to deliver on grants programs promised to the regions. Communities in my electorate of Durack have been left languishing in an economic wilderness for the past two years.

“The Federal Labor Government has imposed a two-year funding drought on regional communities as a result of the Prime Minister’s decisions to abolish programs designed to strengthen rural, remote and regional Australia and a failure to deliver initiatives of their own.” The Hon Melissa Price MP said.

For more than 40 weeks regional councils and community organisations across Australia have been waiting for the *Growing Regions Program* outcomes and in over nine months not one application has been approved and funded. Local organisations were given just 20 working days to prepare and submit initial applications and the Albanese Government are unable to complete project assessments in 250 days.

Melissa Price MP said “The Albanese Government promised programs to support the regions but after almost two years there is nothing to show for it. Labor Ministers are sitting on grants programs, refusing to part with money promised for the regions, choosing instead to hoard the cash to prop up the budget surplus in Canberra. Many councils are trying to finalise their budgets for the next financial year and do not know if they will be investing in planned projects or have those community infrastructure and economic development initiatives thrown on the scrap heap by the Prime Minister.”

The Growing Regions program is not the only grant program that Labor has failed to deliver, with not a single grant approved in the first assessment round of the \$400 million Precincts and Partnerships program, undertaken late last year. During Labor’s first two years in office, they have stripped more than \$20 billion in infrastructure and programs from regional communities.

Labor has abolished or allowed to lapse important job and community building programs such as the Building Better Regions Fund, Community Development Grants, Regionalisation Fund, Roads of Strategic Importance Program and the Stronger Communities Program. See below for a complete list of funding rounds that have been disregarded and delayed by the Labor Government.

### **Regional programs abolished or lapsed under Labor:**

- Building Better Regions Fund (BBRF) – abolished
- Community Development Grants – abolished
- Energy Security and Regional Development Plan – abolished
- Regional Accelerator Program – abolished
- Regionalisation Fund – abolished
- Roads of Strategic Importance – abolished
- Bridges Renewal Program – abolished
- Stronger Communities Program – lapsed
- Regional Airports Program – lapsed
- Local Roads and Community Infrastructure program – lapsed
- Regional Deals program – lapsed

*Note – ‘lapsed’ programs are those the Labor Government has chosen not to continue once existing Coalition budget commitments are delivered.*



# Kalannie Kapers

KALANNIE COMMUNITY RESOURCE CENTRES WEEKLY NEWSLETTER, PRODUCED EVERY MONDAY AND PUBLISHED EVERY TUESDAY, 50 WEEKS OF THE YEAR

Scan QR Code for an email subscription



## ELDERS DALWALLINU FOR EXPERT AGRIBUSINESS ADVICE

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

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

Talk to one of our expert team today.

<b>Tristan</b> 0417 253 586	<b>Clare</b> 0408 855 837	<b>Monique</b> 0456 161 063
--------------------------------	------------------------------	--------------------------------

(08) 9661 2000  
dalwallinu@elders.com.au  
Find us on Facebook - Elders Dalwallinu



### Kapers Editions

Free online at [www.kalannie.com.au](http://www.kalannie.com.au)  
\$2 for a printed copy or become a yearly print subscriber  
Email us at [kapers@kalannie.com.au](mailto:kapers@kalannie.com.au) for all your Kapers requirements

Advertising  
Full Page \$30  
Half Page \$25  
Quarter Page \$20  
Yearly advertising available  
\*Prices subject to change\*



# FOR ALL YOUR WINDSCREEN REPAIRS AND TINTING

Contact Paul on  
0400 007 300

11-13 Huggett Drive  
Dalwallinu

# Environment



Department of  
Primary Industries and  
Regional Development

## Backyard Buddies

Your monthly guide to pests, weeds and diseases

May 2024

## In focus – diagnostic photography



Head front and lateral views of an exotic black imported fire ant (*Solenopsis richteri*) worker, focus stacked with a stereomicroscope and dedicated high-resolution digital camera.

Imaging technologies have evolved significantly over the past decade in terms of image resolution, quality, and magnification. It's easy to observe these changes just by looking at the continuous advancements in digital cameras and mobile phones. Less apparent to many is the progress made in macro and micro photography, significantly enhancing the ability to identify invertebrates, fungi, bacteria, and other subjects.

Modern software has evolved too. One such development is a process called 'focus stacking'. Multiple images, focused at different distances are combined, or 'stacked' to form a single, fully focused image. The images featured in this article were produced through focus stacking, making complex diagnostic features easily identifiable.

### Our subject

The ant photographed is about 3 mm in length. This species is not present in Australia and is of biosecurity concern. To identify this species, diagnosticians (aka taxonomists) need to be able to see its microscopic features, which include a 2-segmented waist and 10-segmented antennae, with the last 2 segments forming a distinct club.

To get a bit more technical, a characteristic seen only among the 2 species of imported fire ant, is the median tooth centred along the front edge of the clypeus, which is flanked by 2 lateral teeth. The clypeus is one of the plates that form the "face" of an insect.

### The digital advantage

Having digital reference material provides so many advantages. Photographing living specimens prior to curation allows for the full colour spectrum of a species to be captured and permanently recorded. Preserved specimens can lose their colours over time, for example, the eye colour of dragonflies and fruit flies fade shortly after they die.

Diagnostic imaging can facilitate fast-tracked identification as photos may be shared directly with specialists across the globe. This is particularly useful when local experts are not available or further verification is required. Utilising diagnostic photos also reduces the need to send specimens and helps safeguard them from damage and loss.

When communicating about the various pests or diseases that are present in WA or highlighting those to look out for, being able to show them in the environment, and the damage they cause is essential. Our department's imaging specialist helps to do this by creating high-quality digital products. Many of which are available on the Pest and Disease Image Library ([padil.gov.au](http://padil.gov.au)) and are featured on our website and communication products like posters, factsheets, and videos.

### Flash or not?

If you have taken a photo of something you don't recognise and it's not as flash as the ones featured in this article, don't worry! Please still report it. Photos and the information provided with them help us screen for pests and diseases of biosecurity concern.



Report your observations

MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)

Pest and Disease Information Service (08) 9368 3080 | [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)

# Environment



## Carbon Farming Survey

From PhD student Kashif Khagan

You are invited to participate in a PhD research project (reference no 2023-204) on “Carbon farming: role and implications for broadacre agriculture”. As a part of this research, an online survey is being conducted to gauge farmer’s perceptions of carbon farming. The Ararat Rural City Council funds this research, and the PhD candidate is supported by Federation University Australia and Destination Australia Scholarship. Supervisors include Prof. Harpinder Sandhu (principal supervisor), Dr. Benedikt Fest (Associate supervisor), and Dr Tim Harrison (Industry supervisor).

This study aims to understand farmers’ perceptions about carbon farming. It will also help identify various barriers and opportunities for adopting carbon farming.

Survey found here: [https://federation.sydney1.qualtrics.com/jfe/form/SV\\_4Vf95jgsRPdPsQS](https://federation.sydney1.qualtrics.com/jfe/form/SV_4Vf95jgsRPdPsQS)

The responses will be anonymous and confidential. The survey questions will cover some demographic attributes, farm characteristics, and the opinions and perceptions of the farmers about the adoption of carbon farming and its potential co-benefits. It will also include the perception of prospective challenges and opportunities for adopting carbon farming. The collected data will be analysed using quantitative methods. There will be no individually identifiable information, remarks, comments, or other identification of you as an individual participant in the disseminated results of the study. All results will be presented as aggregate summary data.

Agreeing to participate in and completing the survey implies that you consent to include your response in the data analysis. Participation in this research study is strictly voluntary, and you may choose not to participate without fear of penalty or any negative consequences. You can withdraw from the survey anytime, and all the survey responses, including the informed consent, will be deleted. You may choose not to answer survey questions you wish to avoid answering. If consent is withdrawn after data has been aggregated and processed, it is impossible to remove non-identifiable data, although consent can still be removed.

Any data we obtain from you will be managed to ensure, as far as possible, your privacy and anonymity. All data will be stored securely (de-identified and password protected) by the researchers on this project and will adhere to human research ethics protocols. The collected data will be used for thesis reports and journal articles and may also be disseminated at conferences. Please be aware that your de-identified data may be used to inform future research. Data will be destroyed after five years.

There is no direct compensation for participating in this study. However, your participation will be a valuable addition to the survey. The researchers on this project have extensive experience in social research in agriculture, farm assessments, environment, and community. They look forward to your responses if you participate in this research project.

Survey found here: [https://federation.sydney1.qualtrics.com/jfe/form/SV\\_4Vf95jgsRPdPsQS](https://federation.sydney1.qualtrics.com/jfe/form/SV_4Vf95jgsRPdPsQS)





# Media Release



## RED Grant to boost production of modular housing in the Wheatbelt

Regional Development Minister Don Punch has today celebrated the official opening of an all-weather production facility at award-winning modular and prefabricated home builder Evoke Living Homes in Northam.

Regional Development Minister Don Punch has today celebrated the official opening of an all-weather production facility at award-winning modular and prefabricated home builder Evoke Living Homes in Northam.

The facility was supported by a \$200,000 grant through the Regional Economic Development (RED) Grant program in 2021.

Completion of the 2,000 square metre undercover facility enables Evoke Living Homes to reduce construction delays and increase production by 20 per cent, translating to an additional 8-10 new homes built per year in the region.

The builder has also taken on six new trades and two apprentices to support the increase in production capacity, which will see the business scale into new markets.

During his trip to Northam, Minister Punch also visited another REDs project site at the Avon Industrial Park, where Tradesales are constructing a new commercial office. He also toured the Mortlock Gardens key worker housing precinct and met with the Shire of Northam to discuss the town's growth priorities.

Round 7 of the RED Grant program is due to open later this month. Local businesses or organisations with project proposals are encouraged to contact the Wheatbelt Development Commission (WDC) on (08) 9622 7222 or email [grants@wheatbelt.wa.gov.au](mailto:grants@wheatbelt.wa.gov.au)

Comments attributed to Regional Development Minister Don Punch:

"Modular home construction plays a vital role in meeting Western Australia's demand for new housing stock.

"Evoke Living Homes is an innovative market leader in the Wheatbelt region, and I am pleased the Cook Government has been able to support the delivery of much needed homes in our regions.

"By supporting local initiatives through the RED Grants program, our Government is demonstrating its commitment and support to diversifying small businesses and enterprises in the region.

"To date, RED Grants have injected \$4.2 million into the Wheatbelt economy across 48 projects, leveraging more than \$27 million in private sector investment."



# LOCAL Home Care SUPPORT & SERVICES

The **Staying in Place Program** is an innovative community approach that is making it possible for older people in rural and regional areas of Western Australia to stay living in their own home, in their own community.

It is a model that draws on 'locals supporting locals' through coordination from the Dalwallinu CRC and oversight of the approved aged care provider InCasa Country.

## HOW WE CAN HELP YOU

If you are over 65 years old, or an Aboriginal or Torres Strait Islander over 50 years old, you could be eligible for a **Home Care Package** funded by the Australian Government.

Eligibility for this package is determined through an **ACAT Assessment**, to identify what support might help you return to, or keep the independence needed to manage your day-to-day tasks. You can easily apply online via [www.myagedcare.gov.au](http://www.myagedcare.gov.au).

Our dedicated DCRC Coordinator is on hand to work with you through this process to access the locally available services and support needed to continue living comfortably, safely and independently at home.

The Dalwallinu Community Resource Centre (DCRC) has partnered with InCasa Country to bring this offering to seniors in Dalwallinu and the surrounding regions.

### LOCALLY COORDINATED BY



### IN PARTNERSHIP WITH



## Your Local Coordinator

is Katrina Carter

**Phone:** 9661 1802 or 0400 941 412

**Email:** [projects2@dalwallinucrc.net.au](mailto:projects2@dalwallinucrc.net.au)

**In Person:** the DCRC Office, Johnston St Dalwallinu

Please note that Katrina currently works in the office on Wednesdays, but is available via email throughout the week.



*"Drop into the CRC on Wednesdays to have a chat about getting you the support you need"*

**Dependent on your Home Care Package, here is some examples of services that can be accessed:**

- **Personal Care:** Assisting you to perform essential self-care tasks.
- **Domestic Assistance:** Supporting you to complete everyday household tasks such as cleaning, gardening etc.
- **Home Maintenance Services:** Assisting you with the maintenance and repair of your home and garden.
- **Meal Assistance:** Assistance with shopping for groceries and preparation of meals or meal delivery.
- **Transport Services:** Helping you carry out everyday activities outside the home including transport to and from appointments and social outings.
- **Social Support:** Supporting you to remain connected to your local community and hobbies.
- **Respite Care:** Providing relief to carers from their caring role.
- **Clinical Care:** Access and coordination of key health professionals to suit your individual care plan needs, including nursing, medication management, clinical assessments, wound care etc.

**These services can be utilised according to your needs and budget, providing you with the choice, control and flexibility in the way your care is delivered.**

From Left: Staying In Place Coordinator Katrina Venticinque, InCasa Country General Manager Misty Morten, local Dalwallinu support worker Kathryn Anthony and DCRC Manager Manu Ofiaza.



**Dalwallinu & Surrounds**

- Staying In Place uses a **local workforce** which ensures local money stays local, supporting the future of rural towns.
- All support workers are **verified and screened** by Mable, which also provides required insurances.
- You have **full control** of all aspects of the services provided in your package, including choosing your support workers.

**We are here to help from the very start, or wherever you are in your independent living journey.**



# Countryside Memorials



- Cast Stone
- Granite
- Marble
- Plaques

Added Inscriptions  
All Repairs and Restorations

25 YEARS PROFESSIONAL EXPERIENCE  
FREE DESIGN AND QUOTE

Servicing All W.A. Country Areas

**9622 5544**

**OXTER SERVICES**  
www.oxter.com.au  
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

## RSM

### Moora

Judy Snell  
T 0427 973 884  
13 Dandaragan Street, Moora  
rsm.com.au/moora

### Northam

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

# Nutrien Harcourts



*Rural Property Professional Pty Ltd*  
Your Local Real Estate Specialists

Supporting Local Communities  
& Sporting Clubs in our area

Kevin Manuel - 0428 954 795  
kevinmanuel@wn.com.au

Merle Manuel - 0407 933 379  
merlemanuel1950@gmail.com

PO Box 19, Bolgart WA 6568

Co-Agents for Nutrien Harcourts



Looking to buy or sell your farm, home, or commercial property  
Call Kevin or Merle with "Confidentiality Assured"

# 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 .

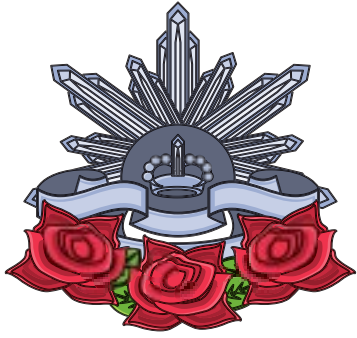




## ANZAC DAY

Colour this poppy in remembrance of the soldiers that fought for our freedom.





## ANZAC Day Word Search

Find and color the hidden words.

A	M	E	D	A	L	S	R	W	A
Z	R	P	A	R	A	D	E	R	N
Y	P	P	O	P	I	P	M	E	Z
C	H	T	A	E	R	W	E	G	A
R	E	I	D	L	O	S	M	G	C
F	L	A	G	E	M	Z	B	I	G
M	P	E	A	C	E	N	E	D	G
O	R	O	S	E	M	A	R	Y	I
L	I	L	O	P	I	L	L	A	G

ANZAC  
MEMORIAL  
SOLDIER  
REMEMBER

MEDALS  
PARADE  
POPPY  
ROSEMARY  
PEACE

GALLIPOLI  
DIGGER  
WREATH  
FLAG

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



- Tyres
- Alignments
- Feild & A/H Service
- Wheels
- Repairs



📍 19 HUGGETT DRIVE, DALWALLINU, WA, 6609

☎ 08 9661 2222

✉ 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"**



# JL Agtech



Mobile Mechanic / Technician

# 0427-564849

john\_lobwein@bigpond.com

## Who do you turn to for insurance in Kalannie?

Talk to your local broker about all things insurance today.

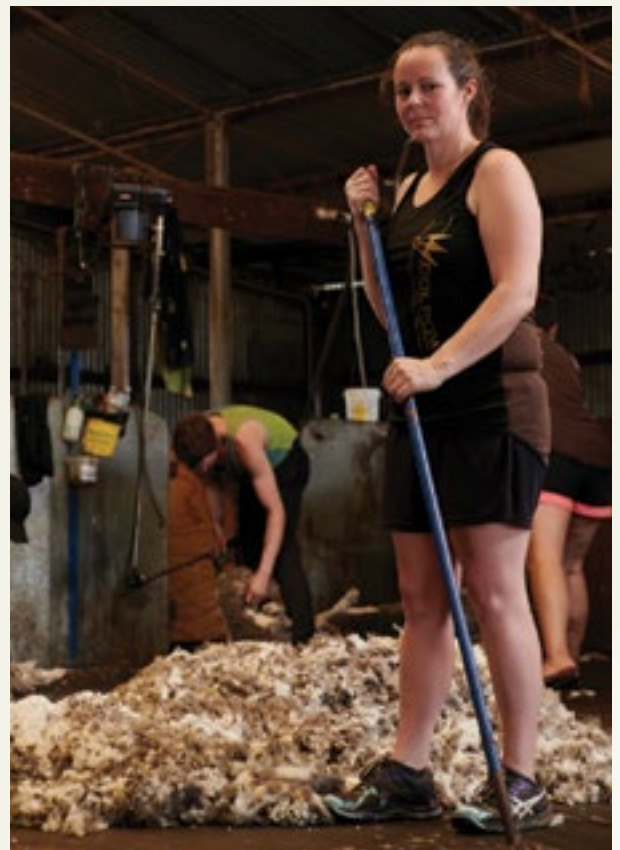


**Todd Bein**

(08) 9690 8900  
0407 618 621

Insurance for your industry, tailored to your business.

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





*~ Specialising in Transport ~*

*Extendable and Deck Widening Low Loader  
Grain Tippers, Side Tippers  
Fertilizer, Lime, Gypsum  
Wool, Hay and General Carting  
**Spraying and Spreading**  
Water Carting*



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



# Community Sport Notices

## FOOTY REPORT



### Kalannie vs Koorda

The bulldogs had their first game at home last Saturday, for season 2024, against their formidable neighbours Koorda.

The doggies had last minute withdrawal's to Liam McCreery, Zac Sanderson and Alex Swainy, due to injury niggles, but had adequate replacements in DJ Acres, Kade Kemsley and Kyle Harms. Playing in near perfect conditions for football the doggie were soon into their work, centre domination saw the locals control things out of the middle and once again the whole 19 were on song. Coach Acres wanted more rotations to keep the lads fresh on a warm day and that worked well, enabling everyone game time.

The starts this season have been impressive from the doggies and they led 6-4-40 to 2-2-20 at the first break. Koorda rallied for a spirited second quarter and pushed the locals hard, in a very willing contest, the doggies led 11-8-74 to 6-6-42 at halftime. The third quarter was also tough, but the Kalannie boys were always in control and led 11-8-74 to 6-8-44. To Koorda's credit the score didn't reflect their efforts really, they weren't playing badly, the locals were simply playing better.

Another quality team effort by the locals.

Fulltime 15-11-101 to 9-10-64 to the bulldogs, in an entertaining game of footy.

Mitch Cameron kicked 7 goals, Ryan Ekert 3 and skipper Reuben Cail 2. Tom Edwards-Baldwin was a stand out in mid field and had a blinder, as did Reuben Cail, these 2 lads caused Koorda all sorts of problems and the rest of the doggies just followed suit thereafter.

Connor Bradbury and Ben Cowdray rugged well, while down back, Matt Murray and veteran Jake Kemsley dominated. Regan Jefferies had a day out and once one of the best, as was Luke Coleman, who picked up the players player award. Kaden Reynolds played one of his best games and Sammy Nixon continued his good start to the season with another solid game.

Coach DJ acknowledged this in the sheds when he commented on how well our whole list contributed, and noted that was probably one of our best collective efforts right across the list for some time.

Kade Kemsley and Kyle Harms had fantastic games given the limited preparation and fitness on board, both very solid and fitted straight back in which was awesome.

Unfortunately we have lost Vince Oldham for 8 weeks with a broken hand, fortunately Vince is a hand specialist and was able to Xray himself Sunday and get his boss to operate Tuesday! True story.

The doggies are under no illusions though, once again we have a very good side and are genuine flag contenders, but there are many games to go and the 2 sides we have played thus far will both be there at finals time and will be vastly improved next time around. This is not an easy comp and we take it a week at a time, but the feeling in the group is awesome and given its pretty much their second season together that is a big advantage at present.

This Saturday we are at home to the undefeated Beacon team in what is a replay of last years Grand Final at the same ground. Not to be missed this one.

Best on Ground sponsored by Kalannie AgQuip Tom Edwards-Baldwin

2nd Best sponsored by Kalannie Contractors Reuben Cail

3rd Best sponsored by WA Fuels Mitch Cameron

Coaches award sponsored by Bywaters Transport Matt Murray

Presidents award sponsored by RnR Auto Electrics Luke wrecking ball Coleman

Bulldog of the day sponsored by JL Agtec Reggie Jefferies.



# Community Sport Notices



**KALANNIE KOMETS  
NETBALL CLUB**

## Kalannie Komet's Report

This Saturday's game against Koorda was a great one, despite being defeated 24-44. We had an incredible 12 players ready and raring to go. Everyone who stepped onto the court, gave 110%. A big thank you to Gabby who encouraged and helped the Komets through the game as coach.

We had a super strong defence with Sally, Bella & Mirrante. In the centre court we had the excellent Ashlee, Ella, Alieske, Dennika, Gabrielle and Karen. In the goal circle we had Mirrante, Chelsea and Emily.

We were fortunate enough to have had Ella Greenslade play her first game for the Kalannie Komets this weekend. Her quick reading of the ball and excellent intercepts helped tremendously & resulted in her being awarded Player's Choice. Coaches Award was awarded to Sally Ellis for her tight defence, amazing reading of the play and putting the pressure on the Koorda goal shooters. Lastly, a huge thank you to the 2024 sponsors of the Kalannie Komets.

Great work also to our junior Komets for a fantastic game. Thank you to Gabby and Kate for assisting with the team, coaching and scoring. Well done to the award winners Livinia and Noah W.



# Community Sport Notices

## Hockey Wrap Up!

Kalannie vs. Koorda

0 - 7



We had our first home game this weekend against Koorda, although the score didn't reflect it in the end, it was a great game, and the girls came out with some strong plays both attacking and defending. It was an incredibly warm day with lots of flies, but the girls put in their best fight. Until half time it was 0-1 and the girls had great control over the ball and went in hard for each tackle.

Helen Sutton jumped back into goals this week and it was like she never left! She made some great saves and really put the pressure on Koorda's attacking line. We were lucky enough to have the Lobwein family back this week giving us fresh legs on the bench, which was needed in that heat. Thank you to Krisso and Janelle for playing too!

Players' choice generously sponsored by Mark and Helen Sutton went to Chad Lobwein who played a fantastic game. He went strong to each ball and played any position that he was put in and played them well. Coaches award sponsored by Bunnings Northam went to the amazing Helen Sutton! She did such an incredible job out in goals, and we were very lucky to have her there!

We had our Hockey Dinner that night at the club, thank you to everyone who donated their time and a salad. A big THANK YOU to Helen for her work in the kitchen making sure everything was running smoothly and everything was tidy.

The top-quality meat was generously supplied by Quin's Butcher in Northam, congratulations to Lana from Koorda for winning the meat raffle.

Lastly, thank you to our 2024 sponsors who have come on board this year we are very excited to have your support for what is set to be a great season.

THE KALANNIE HOCKEY CLUB WOULD LIKE TO SAY  
A BIG **THANK YOU** TO OUR 2024 SPONSORS



# Community Sport Notices



## CENTRAL WHEATBELT WINTER SPORTS RESULTS



### **ROUND TWO - Saturday, 20th April 2024**

**Kalannie: 6.4, 8.5, 11.8, 15.11 (101) def Koorda: 2.2, 6.6, 6.8, 9.10 (64)**

**GOALS:**

**Kalannie:** M. Cameron 7, R. Ekert 3, R. Cail 2, L. Meldrum 1, B. Johnson 1, T. Edwards-baldwin 1,

**Koorda:** J. South 4, Z. Rankin 2, R. Boyne 1, H. Cooke 1, B. Derbyshire 1,

**BEST:**

**Kalannie:** T. Edwards-baldwin, R. Cail, M. Cameron, M. Murray, B. Cowdray, V. Oldham,

**Koorda:** Z. Rankin, J. South, J. Trainor, J. Applegate, R. Boyne, A. Sheed,

**Bencubbin: 5.1, 9.4, 12.7, 15.9 (99) def Mukinbudin: 1.2, 3.6, 5.7, 11.12 (78)**

**GOALS:**

**Bencubbin:** B. Matera 3, A. Fitzpatrick 2, J. Stivey 2, J. Barker 2, S. Reynolds 1, C. Morgani 1, M. Holmes 1, R. Gobbart 1, M. Tenardi 1, R. Sebastian 1,

**Mukinbudin:** J. Hilder 3, C. Shadbolt 2, J. Awezi 2, C. Markham 1, R. Walker 1, A. Squire 1, c. warmdean 1,

**BEST:**

**Bencubbin:** C. Morgani, J. Barker, D. Manuel, S. Reynolds, D. Murphy, D. Patat,

**Mukinbudin:** J. Hilder, E. Walker, K. Denney, N. Mancuveni, B. Alvaro, R. Walker,

TEAM	P	PTS	%	W	L	D	BYE
Kalannie Football Club	2	<b>8</b>	198.00	2	0	0	0
Beacon Football Club	1	<b>4</b>	131.82	1	0	0	1
Bencubbin Football Club	2	<b>4</b>	77.14	1	1	0	0
Mukinbudin Football Club	1	<b>0</b>	78.79	0	1	0	1
Koorda Football Club	2	<b>0</b>	69.15	0	2	0	0



# Community Sport Notices

## Central Wheatbelt Netball Association



### Kalannie (24) def by Koorda (44)

**Kalannie:** **Players' Choice:** Ella Greenslade

**Coach's Award:** Sally Ellis

**Koorda:** **Player of the day:** Lois Kowald

**Coach's Award:** Kayla Butcher

### Bencubbin (46) def Mukinbudin (39)

**Bencubbin:** **Player of the Day:** Sally Putt

**Coach's Award:** Chloe Waters

**Mukinbudin:** **Best player:** Tanya Turner

**Coach's Award:** Zoe Vernon & Krystal Olsson

TEAM	P	PTS	%	W	L	D	BYE
Koorda Netball Club	2	8	409.09	2	0	0	0
Bencubbin Netball Club	2	8	183.33	2	0	0	0
Mukinbudin Netball Club	1	0	84.78	0	1	0	1
Kalannie Netball Club	2	0	41.67	0	2	0	0
Beacon Netball Club	1	0	9.89	0	1	0	1

## Central Wheatbelt Ladies Hockey Association



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

**GOALS:**

**Kalannie:** NIL

**Koorda:** Carissa Lawrence 3, Pippa Reilly 2, Kiri-Lee Ward 1, Carolina Doyle 1

**AWARDS:**

**Kalannie:** **Players' Choice:** Chad Lobwein

**Coach's Award:** Helen Sutton

**Koorda:** **Players' Choice:** Kiri-Lee Ward

**Coach's Award:** Gina Boyne

### Bencubbin (0) def by Mukinbudin (6)

**GOALS:**

**Bencubbin:** NIL

**Mukinbudin:** Sarah-Kate Graham 2, Dale Cronje 2, Ellen White 1, Jess McCartney 1

**AWARDS:**

**Bencubbin:** **Player of the day:** Sally Putt

**Coach's Award:** Debbie Hurley

**Defender of the day:** Georgina McKay

**Mukinbudin:** **Players' Choice:** Ellen White

**Coach's Award:** Jack Graham

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1.Koorda Hockey Club	2	0	0	0	13	0	13	4
2.Mukinbudin Hockey Club	1	0	0	1	6	0	6	2
3.Bencubbin Hockey Club	1	0	1	0	1	6	-5	2
4.Beacon Hockey Club	0	0	1	0	0	6	-6	0
5.Kalannie Hockey Club	0	0	2	0	0	8	-8	0

# Community Sport Notices

## CENTRAL WHEATBELT 2024 WINTER SPORTS FIXTURES

### ROUND ONE

 <p><b>DELTA AG ROUND</b></p> <p>13th April 2024 ALL SPORTS TO BE PLAYED IN MUKINBUDIN Koorda v Beacon Kalannie v Bencubbin Mukinbudin BYE</p>	<p>20th April 2024 Kalannie v Koorda Bencubbin v Mukinbudin Beacon BYE</p>	<p>27th April 2024 Beacon v Kalannie Koorda v Mukinbudin Bencubbin BYE</p>	<p>4th May 2024 Bencubbin v Koorda Mukinbudin v Beacon Kalannie BYE</p>	<p>11th May 2024 Kalannie v Mukinbudin Beacon v Bencubbin Koorda BYE</p>
---	--	--	---	--

### ROUND TWO

<p>18th May 2024 Beacon v Koorda Bencubbin v Kalannie Mukinbudin BYE</p> <p><b>BELT UP ROUND</b></p>	<p>25th May 2024 Koorda v Kalannie Mukinbudin v Bencubbin Beacon BYE</p>	<p>1st June 2024 CWNA Country Week BYE</p>	<p>8th June 2024 Kalannie v Beacon Mukinbudin v Koorda Bencubbin BYE</p> <p><b>THINK MENTAL</b></p>	<p>15th June 2024 CWLHA Country Week BYE</p>	<p>22nd June 2024 Koorda v Bencubbin Beacon v Mukinbudin Kalannie BYE</p>	<p>29th June 2024 Mukinbudin v Kalannie Bencubbin v Beacon Koorda BYE</p>
--	--	--	---	--	---	---

### ROUND THREE

<p>6th July 2024 Koorda v Beacon Kalannie v Bencubbin Mukinbudin BYE</p> <p><b>NAIDOC ROUND</b></p>	<p>13th July 2024 CWFL Country Week BYE</p>	<p>20th July 2024 Kalannie v Koorda Bencubbin v Mukinbudin Beacon BYE</p>	<p>27th July 2024 Beacon v Kalannie Koorda v Mukinbudin Bencubbin BYE</p>	<p>3rd August 2024 Bencubbin v Koorda Mukinbudin v Beacon Kalannie BYE</p> <p><b>BENDIGO ROUND</b></p>	<p>10th August 2024 Kalannie v Mukinbudin Beacon v Bencubbin Koorda BYE</p>
---	---	---	---	--	---



<p>17th August 2024 Semi-Finals - Bencubbin</p>	<p>24th August 2024 Preliminary Final - Mukinbudin</p>	<p>31st August 2024 Grand final - Koorda</p>
---	--	--





# Agri-Stock



Seasons greetings to all from the team at Agri-Stock. We hope you had the chance to relax and get ready for 2021.

Agri-Stock offers support on the following:

- Chemical
- Fertiliser
- Wool & Livestock marketing/drafting services
- Insurance
- Finance

Please don't hesitate to call Derek on 0413 003 043.

We wish everyone a prosperous year for the season to come.

PH: (08) 96 841 863 M: 0413 003 043 E: [office@agri-stock.com.au](mailto:office@agri-stock.com.au)

32 Allenby Street, Koorda WA 6475

## STOP THE FATALITIES

### IMPROVE TRAIN LIGHTING SOLAR POWERED CROSSING LIGHTS



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

Easy, Reliable and Tasty



Available now  
at the Kalannie CRC  
\$35





# 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

# DALWALLINU HAULAGE

LIQUID FERTILISER - GRANULATED FERTILISER  
GYPSUM - LIME - DOLOMITE - GRAIN - WOOL - GENERAL FREIGHT



SHANNON DAWSON - 0429 922 592

[www.dalwallinuhaulage.com.au](http://www.dalwallinuhaulage.com.au)

# Health and Wellness



**Kaylor Andrews**

Wheatbelt Regional Education Officer  
Cancer Council Western Australia  
[Kaylor.Andrews@cancerwa.asn.au](mailto:Kaylor.Andrews@cancerwa.asn.au)

## Find Cancer Early: Tips when visiting your doctor about a possible symptom!

As we get older, many of us don't often think too much about a change to our body. This can result in us expecting and accepting changes over time as being normal.

But it is important to not be tempted to put something unusual down to 'getting older' before you've told your doctor, clinic nurse or Aboriginal health worker. Always have a chat and let them know what you've noticed, even if you're not concerned by it. Chances are it is nothing to worry about, but it's better to be on the safe side.

When you decide to make an appointment, lots of different questions and concerns can pass through your mind, such as:

- The doctor is always too busy.
- It's too hard to get an appointment.
- When I get to my appointment my mind goes blank.
- What could happen when I see the doctor or health worker?
- I don't have a doctor.
- I feel embarrassed or shame.

### Tips when you are visiting your doctor/health professional

- Be clear about your symptoms.
- Calling early in the morning is often the best time to arrange an appointment.
- If your usual health professional isn't available that day, ask for an appointment in a few days time, or ask to see another doctor.
- If you feel you need to speak to a health professional straight away, tell the receptionist it is urgent when you call.
- Write down why you've made the appointment and what you want to tell your health professional.
- Keep a symptom diary of what's been happening, how long for, and how often it occurs – you can take this with you.
- Health professionals are there to help you – don't be embarrassed to let them know about any unusual changes you've noticed in your body.
- Take someone with you as a second pair of ears to listen & perhaps to take notes for you to clarify what is said at your appointment.

### Become familiar with common cancer symptoms

We encourage adults, especially those over 40 years of age, to be aware of some common symptoms of cancers. You can give yourself the best chance to **Find Cancer Early**, by going to see a doctor straight away if you have symptoms, so that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

### Where else can I get advice?

- Cancer Council WA – Information and Support line - **13 11 20**
- Visit [findcancerearly.com.au](http://findcancerearly.com.au)
- GP, nurse practitioner or pharmacist

### Have you had any of these...

#### ... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

#### ... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee

If you have and you are over 40...

## Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.



Department of Health



For more information visit [findcancerearly.com.au](http://findcancerearly.com.au)  
or call **13 11 20**



Government of Western Australia  
Department of Health

Call us on **13 11 20**  
[findcancerearly.com.au](http://findcancerearly.com.au)

# Health and Wellness



## BANANA BLUEBERRY PANCAKES



Traffic light category: **Green** Serves: 4

### Ingredients

- 3 ripe bananas
- 3 eggs
- 4 tablespoons yoghurt
- 6 tablespoons wholemeal self-raising flour
- half a punnet of blueberries

### Method

1. Peel and mash bananas in bowl
2. Add eggs and whisk. Followed by yoghurt and whisk again
3. Add flour and mix in, then add blueberries and stir to combine
4. Cook on fry pan for 2-3 minutes each side
5. Top with yoghurt and extra blueberries!

### Hungry for more?

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fueltogether@education.wa.edu.au](mailto:fueltogether@education.wa.edu.au)



# Health and Wellness

## WOMENS HEALTH GP VISITS

### DALWALLINU MEDICAL CENTRE

**2024**

**Dr Ellie Brusasco**

<b>February</b>	<b>15th &amp; 16th</b>
<b>March</b>	<b>20th &amp; 21st</b>
<b>April</b>	<b>23rd &amp; 24th</b>
<b>May</b>	<b>30th &amp; 31st</b>
<b>June</b>	<b>20th &amp; 21st</b>

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

**Appointments are for Womens' Health and Mental Health issues.**

**NB This service is free to patients. Funding is provided by Rural Health West and the Department of Health.**



# 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.



Australian Government  
Services Australia



servicesaustralia.gov.au

# Media Release

**ABORIGINAL  
AFFAIRS**

**BUSINESS  
SUPPORT**

**CIVIC  
INFRASTRUC-  
TURE**

**COMMUNICA-  
TIONS**

**COMMUNITY  
SERVICES**

**CULTURAL  
AFFAIRS**

**ECONOMIC  
MANAGEMENT**

**EDUCATION  
AND TRAINING**

**EMPLOYMENT**

**ENVIRONMENT**

**HEALTH CARE**

**IMMIGRATION**

**JUSTICE**

**MARITIME  
SERVICES**

**NATURAL  
RESOURCES**

**PRIMARY  
INDUSTRIES**

**SCIENCE**

**SECURITY**

**SPORT AND  
RECREATION**

**TOURISM**

**TRADE**

**TRANSPORT**

**SEARCH**

**CLICK ON A  
BUTTON TO  
READ MORE**