

The Kapers

Issue #9 3rd March 2026

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AT WHEATSTOCK
2026

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FLY

MELISSA PRICES
VOLUNTEER
GRANTS

WARRIOR
WELLBEING
ARTICLE - SUN
SAFETY

BETTER HEALTH
PROGRAM

.....AND MORE



Regional Tech Hub



Arvo Sundowner Thurs 5 March @ the CRC from 4.30pm

Come along for an informal and informative session with Tony from nbn co and Rachael from Regional Tech Hub to discover what the latest improvements to the broadband network mean for you.

Free Sausage
sizzle provided.
All welcome!

RSVP to Kalannie CRC:

9666 2194

kalanniecrc@kalannie.com.au

Regional Tech Hub assists with phone and internet connectivity across rural, regional and remote Australia, with free personalised internet and phone advice and support. We can help improve your home wi-fi, choose an appropriate internet plan and stay connected during outages.



The high-speed broadband enabled by **the nbn network** supports the way Australians work, learn, access health and other services and connect with family and friends. We're a vital link in the chain that delivers broadband across the country – building, upgrading and maintaining our network – and working with internet retailers to make the customer experience the best it can be.



Department of
Primary Industries and
Regional Development

The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: kalanniecrc@kalannie.com.au

Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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Submission deadline for advertising is Monday 1.00pm

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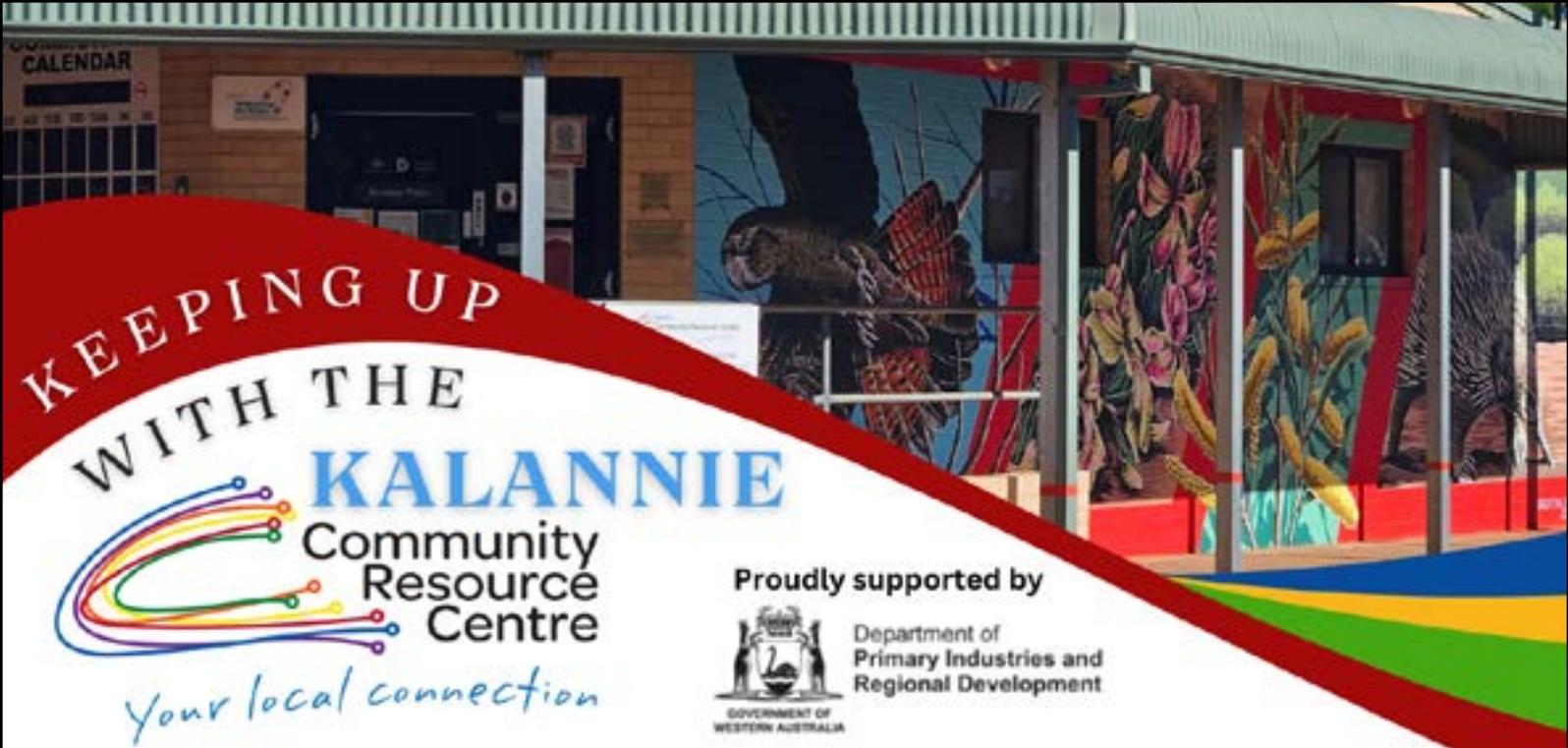
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Quarter Page \$20

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Wheatstock 2026



We had a busy day out at this year's Wheatstock, keeping the concert goers fuelled up with our coffee cart. We served up hot coffee, iced coffee, slushies, delicious sweet treats and almost sold out of all the Wheatstock shirts !

It was a lovely day to be out enjoying some amazing live bands. With it still being quite warm the slushies were proving to be very popular. Then bright and early Sunday morning we helped to serve up coffee for the recovery breakfast.

We would like to give a huge thank you to Pauline and Dale the official slushy maker, who helped us out on the day.

We can't wait for the next one !



Wheatbelt Community Calendar

March

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Labour Day Public Holiday	3	4	5 nbn info session @ CRC 	6	7
8	9	10 GRDC Grains Research Update @ KSRC	11	12	13 CWA Meeting 	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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

Wheatbelt Community Calendar

April

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2 	3 Good Friday 	4 Easter
5 Easter Sunday 	6 Easter Public Holiday	7	8	9	10 CWA Meeting 	11
12	13	14	15	16	17	18
19	20 Schools Back 	21	22	23	24	25 ANZAC Day 
26	27 ANZAC Day Public Holiday	28	29	30		

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
1pm Mondays

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Shire Notices

Place of wheat and wattle...

2025-2026 Recycle Calendar Dates

AVON WASTE							Shire of Dalwallinu Recycle Calendar 2025-2026							Dalwallinu <i>Place of wheat and wattle</i>							
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							
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			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			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					
				29																	
April 2026							May 2026							June 2026							
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			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					
				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.



**Country Women's
Association of WA**

Est. 1924

PLEASE COME - ALL WELCOME!

**KALANNIE
BRANCH**

**MORNING
TEA**



13 MARCH | 10:30 AM

73 ROCHE ST KALANNIE

**ENJOY SOME YUMMY FOOD & MINGLE WITH OUR LOCAL
BRANCH MEMBERS, KIDS WELCOME!**



First Aid Training With



The Kalannie CRC is putting out an expression of interest to run a First Aid Course

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CENTRAL WHEATBELT 2026 WINTER SPORTS FIXTURES



ROUND ONE

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

ROUND TWO

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

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>1st August 2026</p> <p>Koorda v Bencubbin Kalannie v Mukinbudin Beacon BYE</p>	<p>8th August 2026</p> <p>Koorda v Kalannie Bencubbin v Beacon Mukinbudin BYE</p>	<p>16th August 2025</p> <p>Beacon v Koorda Mukinbudin v Bencubbin Kalannie BYE</p>
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Community Bank
Mukinbudin



BENDIGO BANK
Finals Series

22nd August 2026
Semi-Finals – Kalannie

29th August 2026
Preliminary Final - Koorda

5th September 2026
Grand final - Bencubbin



KALANNIE HOCKEY CLUB



COACH WANTED

.....

Kalannie Hockey Club is
looking for a coach for the
2026 season.

Please email any questions or
expressions of interest to:

kalanniehockeyclub@gmail.com





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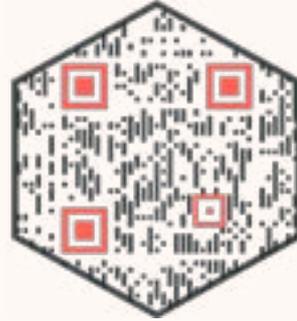


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Kalannie Kapers

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



fasera





International Women's Day

Together we can forge gender equality.
Collectively we can all #GiveToGain.



March 8

COUNCIL COMMUNITY

GRANTS

Shire of Dalwallinu Community Grants

The Shire's 2025/2026 second round of
Community Grant Funding
is
NOW OPEN

Does your group need assistance to purchase new equipment, hold an event, or undertake minor improvements to your facility? If so, apply now.

Application forms are available to download on the Shire's website or you can obtain a copy from the Shire office or DDC.

All applications must be submitted by **4pm Friday 27 March 2026** for review at the April 2026 Ordinary Council Meeting.

Please contact Gillian Barnes if you need any further assistance, or information on 9661 1805 or email her on ao1@dalwallinu.wa.gov.au





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Opening Hours

Monday to Friday 6am - 5:30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone-96662040

GRDC Grains Research Update – Kalannie

Register Now (<https://www.giwa.org.au/2026-grdc-grains-research-update-kalannie/>)

Event Name

GRDC Grains Research Update – Kalannie

Start Date

10 March 2026 9:30 am (Australian Western Standard Time)

End Date

10 March 2026 5:00 pm (Australian Western Standard Time)

Duration

7 hours and 30 minutes

Description

SAVE THE DATE!

The one-day regional GRDC Grains Research Update in Kalannie is an opportunity to hear from a range of invested agricultural experts, researchers and developers on the current state of play specific to the region, and see what work is in the pipeline to support our industry in the future.

Region

West

Location

The Club
Kalannie
WA 6468

Contact name

Nadia Chiang

Contact email

researchupdates@giwa.org.au (<mailto:researchupdates@giwa.org.au>)

Contact phone

[\(08\) 6262 2128](tel:0862622128) (tel:08 6262 2128).

Cost

Cost (in AUD\$): Free

GRDC GRAIN AUTOMATE WORKSHOP

3 MARCH 2026 | Dalwallinu



You are invited to attend the **GRDC Grain Automate Workshop** with Boekeman Machinery.

Join us for a half-day dive into precision machinery tech. Working our way through the 5 steps to Autonomy;

1. Engage, Integrate and Co-ordinate Precision Technology
2. Farm Management and Consolidation
3. Synchronising and optimising autonomous systems
4. Supervised Autonomy
5. Full Autonomy

This workshop will delve deeper into synchronising and optimising autonomous systems

TOPICS INCLUDE:

- Maximising Boundary Data for Field Optimisation
- Collecting & Using Application and Crop Performance Data
- Creating Variable Rate Prescription Maps
- Uploading Prescriptions to Machinery for In-Field Application
- Verge Ag - Turning your existing autosteer and guidance systems into supervised autonomy. Path Planner creates optimised field routes and more (currently under trial through a GRDC program)
- Joel Kelly 'Grower' talks Augmenta trials – Being on the go VR nitrogen application based on chlorophyll levels
- Harvest Trial Results & Key Learnings

Grain Automate is a Grains Research and Development Corporation (GRDC) initiative on behalf of Australian grain growers aimed at accelerating the adoption of machine automation, autonomy and digital technologies in the Australian grains industry. R&D investment in this workshop does not indicate commercial endorsement by GRDC.

EVENT DETAILS

DALWALLINU RECREATION AND SPORTING COMPLEX

TUESDAY 3RD MARCH 2026

Hosts: Boekeman Machinery

Time: 9:45am - 2:30pm, Lunch Provided

**REGISTER
HERE!**



FURTHER INFORMATION

For more information or to RSVP, contact Conor McGuckian 0438 905 875 or events@boekemans.com.au

Environment



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

March 2026

Shoo fly, don't bite me



March fly held in hand. Most likely from the genus *Scaptia*, or possibly *Copidapha*. (MyPestGuide® Reporter, 284687)

There are over 6,400 formally described species of fly in Australia, but the number of species in total is estimated at around 30,000. Their roles in the ecosystem are diverse and overarchingly beneficial. It's in domestic or farm settings where some really become a nuisance. Thankfully (and proportionally), there are only a few, commonly encountered flies that bite us! Within these species, it's near exclusively the females who bite, using the blood they obtain as a source of protein for developing eggs.

Meet the culprits

March flies (family: Tabanidae), also called horse flies, comprise 200+ species. They are large (6-25mm) flies with prominent eyes. Found throughout Australia, they live around freshwater creeks, intertidal estuaries and mangroves. Breeding in damp soil, rotting vegetation, sand and rot holes in trees. They are most active on calm, sunny days throughout the warmer months. **Stable flies** (*Stomoxys calcitrans*, family: Muscidae) are slightly smaller than a house fly (generally 5-7mm). Found throughout Perth's Swan Coastal Plain, they breed in moist organic material such as manure, compost, grass clippings, and vegetable waste.

They are a serious pest of livestock and most active late spring through autumn. **Biting midges** (family: Ceratopogonidae), often called "sandflies," are tiny insects (1-3mm). Of the 200+ species in this family, most belong to the genus *Culicoides*. They are present in many coastal and inland areas of WA, commonly near sandy estuarine and foreshore areas, and mangrove swamps in tropical and sub-tropical parts of the State. They are most active at dawn and dusk.

Shoo fly!

Managing biting flies is incredibly difficult. The easiest way to protect yourself is to wear long, loose-fitting, light-coloured clothing. Include head nets where fly numbers are high. Inspect your property for breeding sources and manage organic material, compost and manure to reduce fly breeding sources.

The WA Department of Health has good information on March flies, sand flies, as well as mosquitoes - how to protect yourself, including the use of repellents, and managing bites. Alternatively, contact your local government's Environmental Health officer for the latest advice. For information on stable fly, look at our website dpird.wa.gov.au/stablefly for management advice.



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

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

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Livelihoods



WORLD
WILDLIFE DAY
3 MARCH 2026

Media Release



MELISSA PRICE
FEDERAL MEMBER FOR DURACK



VOLUNTEER GRANTS PROGRAM 2025/26 NOW OPEN

24 February 2026

Federal Member for Durack, Melissa Price, encourages community organisations across the Durack electorate to submit an Expression of Interest for the 2025/26 Volunteer Grants Program.

"I greatly respect the thousands of volunteers across Durack whose commitment and generosity enhance the wellbeing of our community," Melissa Price said.

"Day in and day out, volunteers provide essential support across our communities, particularly to those facing disadvantage. I strongly encourage volunteer organisations to apply for these grants to help ensure their work is delivered safely and to the highest standard," Ms. Price added.

Grants of between \$1,000 and \$5,000 are available to help community organisations support the efforts of Durack's volunteers. Grant funding can only be used for eligible activities or items, including but not limited to insurance, volunteer training, the purchase of small assets, food preparation equipment and appliances, educational equipment, fuel and transport costs and the cost of working with children checks and police clearances.

Grant applications should ensure the funding is used to pay for items that are cost-effective. An Expression of Interest form is now available by visiting [Melissa Price MP EOI](#) where you can complete and submit via email to melissa.price.mp@aph.gov.au. Applications can also be posted or delivered to Ms Price's Geraldton office at 2B/209 Foreshore Drive, Geraldton. WA. 6530.

Guidelines can be found at [Grants — Melissa Price MP](#).

Closing date for the Expressions of Interest forms is Tuesday 7 April 2026 at 5pm.

Successful Expressions of Interest will be nominated to formally apply for funding. If your Expression of Interest is successful, please ensure you are prepared and able to complete a full funding application in April 2026.

For more information visit the Australian Government's GrantConnect website at [Forecast Opportunity View - FO2025-4700: GrantConnect](#)

Ends.

Media Contact: James Gardiner 0427 587 395, James.Gardiner@aph.gov.au

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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

Kalannie Memorial Wall



The Kalannie CRC is expecting the installation of the stone plaque wall to be completed in the first half of the year. This will be located alongside the current memorial wall cut out, to accompany the online memorials.

If you would like to add family members to the plaque wall, please fill in the form on the following page and email it through to Oxter Services.

For enquires about submitting online memorials please get in touch with the CRC at kalanniecrc@kalannie.com.au or phone 9666 2194

Please visit our website [Kalannie Memorial Wall](#) to get an idea of the kind of online tributes you can submit.



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Date:	
Customer Contact:	Name: Address: Phone No: Email:
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Bronze Plaque: To be attached to the Kalannie Memorial Wall	300mm x 200mm Includes 6 Lines of Text & 1 Motif \$605.00 plus GST Border to Plaque Extra Lines are \$51.00 + GST each, Extra Motif \$69.00 + GST each
Inscription Details: Please print (no layout required, we will do that for you) Once inscription received a proof will be typeset and emailed back to the customer to check that the information is correct. When approval is received from Customer, plaque will be ordered and the customer will receive an invoice.	
Instructions:	Fill out above details and email to oxter@westnet.com .



DALWALLINU

Branch Hours 2026



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

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Branch Manager Johan Calitz – 0427 084 210

Join us in welcoming Paul Tanner to the Dalwallinu

Team as 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

Precision Farming Support Line – 0488 844 690

OPENING HOURS
MONDAY - FRIDAY
8:00am – 5:00pm

WWW.BOEKEMANS.COM.AU

CASE IH



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 nitto 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

Real Understanding

SUNDAY

1 Set an intention to live with awareness and kindness

4 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well even if today feels difficult

29 Choose a different route today and see what you notice

MONDAY

2 Notice three things you find beautiful in the outside world

4 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

TUESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

32 Discover the joy in the simple things of life

THURSDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

33 Discover the joy in the simple things of life

FRIDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you wherever you are

34 Discover the joy in the simple things of life

SATURDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

35 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

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



Grounded Leadership

A two-day immersive workshop for women who lead



Leading in complexity? Whether you're leading people, projects, or ideas—this is for leaders ready to cut through the noise and develop the clarity that makes everything else easier.



April/May 2026

Date to be confirmed based on interest and availability

Location: Perth Hills

What you will develop

This workshop focuses on refining the conditions from which you lead—moving from reactive patterns to conscious choice, from tension to clarity, from overwhelm to grounded presence.

We'll explore internal dialogue, above-the-line and below-the-line thinking, and how we show up for ourselves and others. Mornings are spent with horses who serve as immediate feedback—mirroring back our internal state and helping us practice new patterns in real time. Afternoons are dedicated to reflection, making sense of what surfaced, and building practices that carry this awareness into your leadership and daily life.

Workshop fee of \$1490 includes:

- Small group size (max 6 participants)
- Two full days of combined theory/integration and ground based (no riding) equine assisted learning
- An individual coaching session (4-6 weeks later) to support integration
- Morning tea, lunch and dinner, yoga workshop journals and materials

Note: Accommodation and travel is not included and is the responsibility of participants

Your facilitators

Dr Gaye Mackenzie, Collective IQ
Sociologist, consultant, coach and former CEO

Jacqui Self, Equine and Human Connections.
Occupational Therapist and Equine facilitator

Contact Gaye for more information

0403 404 191 
gaye@collective-iq.com 

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.

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

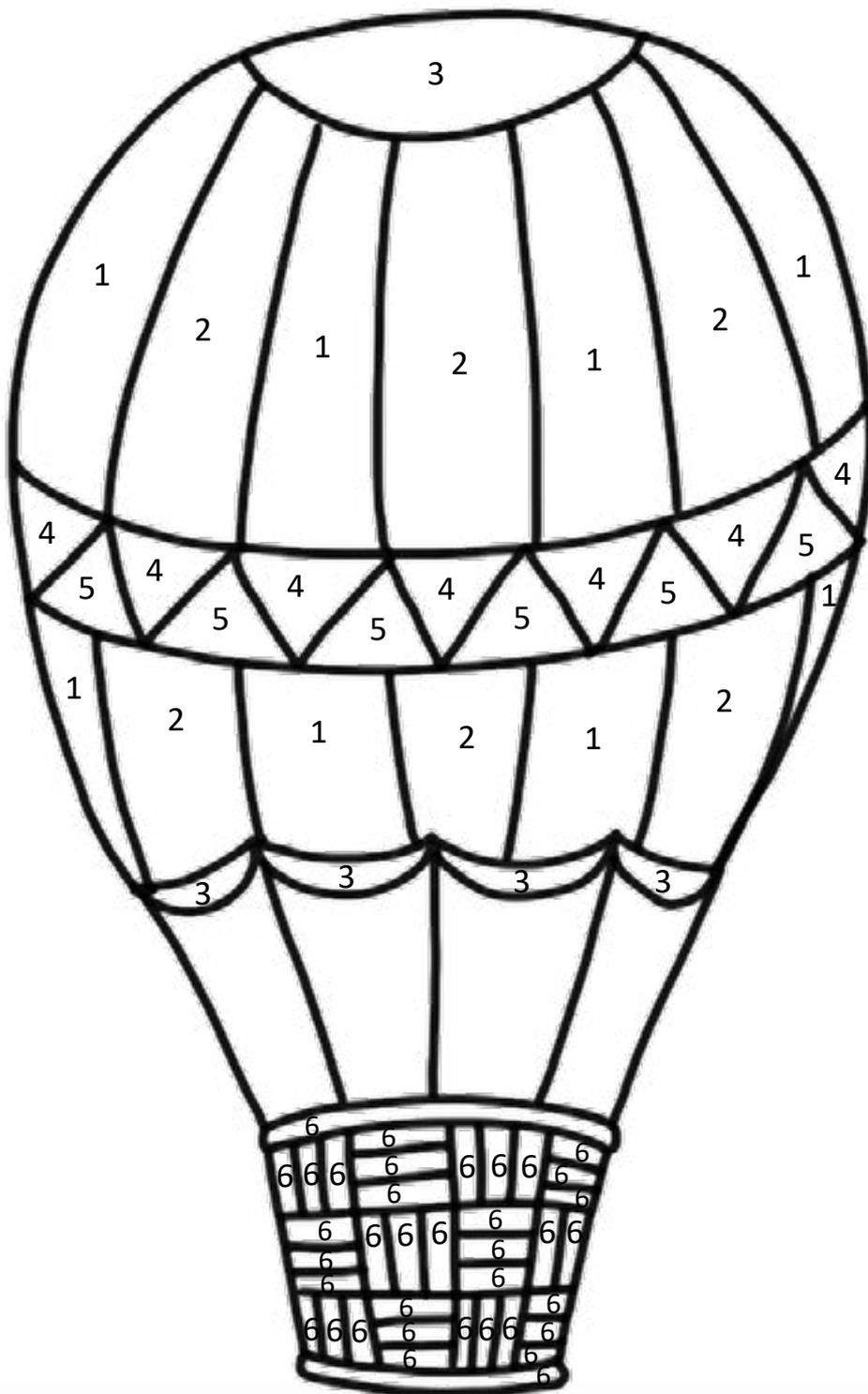
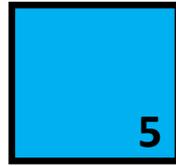
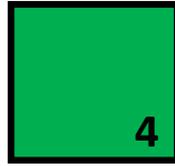
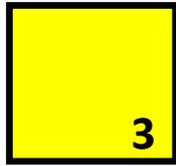
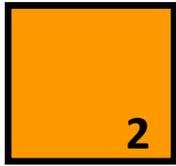
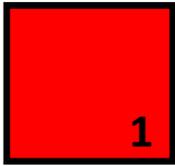


Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L .



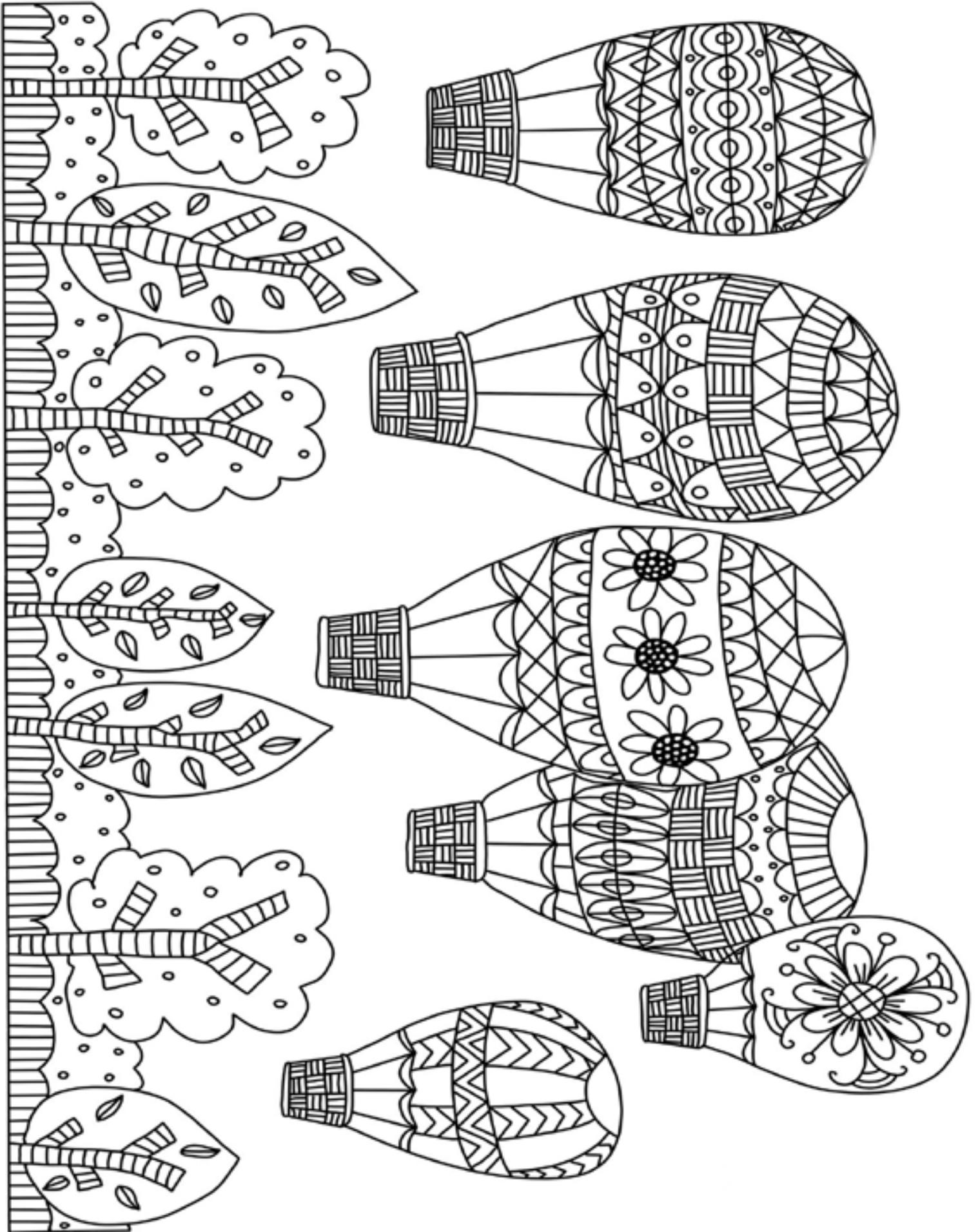


Hot Air Balloon Colour by Number





KIDS PUZZLES



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



TRACTUS
AUSTRALIA
a gripping service

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



MICHELIN **M/T** **MAXXIS** **BKT** **BF Goodrich** **Cooper Tires** **HIFLY** **DYNAMIC**

📍 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"

Health and Wellness

WARRIOR WELLBEING ARTICLE

Sun Safety – Looking After Our Skin

BY THE REGIONAL MEN'S HEALTH INITIATIVE
March 2026

Us West Aussies love nothing more than getting outdoors and enjoying the abundance of sunshine that lathers our great state. A small amount of incidental exposure to sunlight, around a few minutes each day, is important for maintaining adequate levels of Vitamin D needed for strong bones, muscles and overall good health. Too much exposure however, places us at great risk of damage from Ultra Violet (UV) radiation which potentially could lead to the development of skin cancer. We need to get the balance right!



Australia has one of the highest rates of skin cancer in the world mainly due to our very high UV levels. According to the Cancer Council WA, at least two in every three people will develop some type of skin cancer before they reach the age of 70.

Of the three main types of skin cancer most of these people will develop a Basal Cell Carcinoma which is usually a small, slow growing abnormal growth found mainly on the upper body, head and neck. They don't usually spread far but if left can result in facial and body disfigurement. The next most common is the Squamous Cell Carcinoma often found on the lips, ears and scalp. These grow quicker and if left can potentially spread into the lymph nodes of the neck and then to other parts of the body.

The last and most dangerous type is the Melanoma which accounts for about one to two percent of all skin cancers. It can be found anywhere on the body but is mainly on the upper back of men and lower legs of women. It is an aggressive type and if left untreated can spread quickly to other parts of the body and potentially be fatal! It was estimated that this year alone there will be over 14,000 new cases nationally of Melanoma skin cancer detected, with over 8,500 of those men.

By spending more time in the sun, we inevitably place ourselves at an increased risk of skin damage and potential skin cancer. Taking measures to be sun safe should be part of our daily routine especially if we are involved in outdoor work! It is important to remember that the UV levels can still be high even on a cool and cloudy day. Following these simple tips will get us well on the way to being sun safe ...

- Cover up with appropriate clothes
- Use sun-screen (don't forget to re-apply often)
- Wear a hat (the broader the better)
- Seek out shade
- Wear sunnies to protect your eyes

Early detection is always the key. Check your skin regularly all over for any unusual spots or growths (get your partner to help). You can visit the Cancer Council WA website for information about what exactly to look for and don't hesitate to get anything of concern looked at by your doctor. An annual skin check with your GP or at a reputable skin clinic is also a good way to keep track of any changes or developments.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmensheal



Health and Wellness



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



1300 17 55 94 | ruralaid.org.au/mhwb

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

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



Our counsellors are really good listeners too!

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

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

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



For further information email | mhwb@ruralaid.org.au

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

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



COLOURFUL VEGETARIAN STIR-FRY

SERVES: 4
PREP: 10 MINS
COOKING: 20 MINS

INGREDIENTS

Spray olive oil

1 small red onion

1 clove garlic

1 teaspoon ginger

250g pre-cooked Hokkien noodles

1 medium head broccoli, chopped into small florets

1 medium carrot, cut into small batons

1 small red capsicum, halved, seeded, sliced into thin strips

1 small green capsicum, halved, seeded, sliced into thin strips

6 pieces baby corn, sliced

2 bunches bok choy

680g extra firm tofu, chopped into large cubes

1 tablespoon oyster sauce

¼ teaspoon chilli flakes

2 tablespoons unsalted cashews, to serve

2 teaspoons sesame seeds, to serve

Fresh coriander leaves, to serve

METHOD

1. Spray a wok with olive oil and place over high heat. Add red onion, garlic and ginger and stir-fry until softened.
2. Prepare Hokkien noodles according to packet instructions. Drain and set aside.
3. Add broccoli, carrot, red capsicum, green capsicum, baby corn and bok choy and stir-fry for 8-9 minutes, until tender-crisp. Add tofu, noodles, oyster sauce and chilli flakes and mix well. Reduce heat to low and cook for 3-4 minutes, stirring.
4. Divide stir-fry between 4 bowls and garnish with cashews, sesame seeds and fresh coriander leaves.

Health and Wellness

BETTER HEALTH PROGRAM

Want to prepare your kids for a healthier future?

Is your child...

- 🌸 6-12yrs old?
- 🌸 Above a healthy weight?
- 🌸 In need of support to improve eating and activity habits?

The *Better Health Program* is a **free**, flexible healthy lifestyle program for you and your child.

Meet regularly with a personal health coach to cover topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.

The program is available in **online** and **face-to-face** formats.

Both versions include a bunch of **great freebies, and a reward** at the end!



"The program was fantastic. So great that I didn't have to coax my daughter to come every week. She loved it and she couldn't wait to come. It's made a huge difference in our life!"

- Better Health Program Parent

Sign up today!

betterhealthprogram.org

☎ 1300 822 953



For health tips follow us:

 @betterhealthco

 @betterhealthcompany

Health and Wellness

Participants receive great freebies and advice. **Plus a reward at the end!**



Available in two formats



Online – complete up to 10 fun, online sessions with your child and calls with your own personal health coach over 6 months. The program flexes to your family’s lifestyle so you can go as fast or as slow as you need!



In a group – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

Sign up today!

betterhealthprogram.org

1300 822 953



For health tips follow us:



@betterhealthco



@betterhealthcompany



Government of Western Australia
Department of Health

Powered by

BETTER HEALTH CO.

Health and Wellness



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

Access online psychological support with MindSpot GP.

- Free
- Clinically-proven
- Convenient



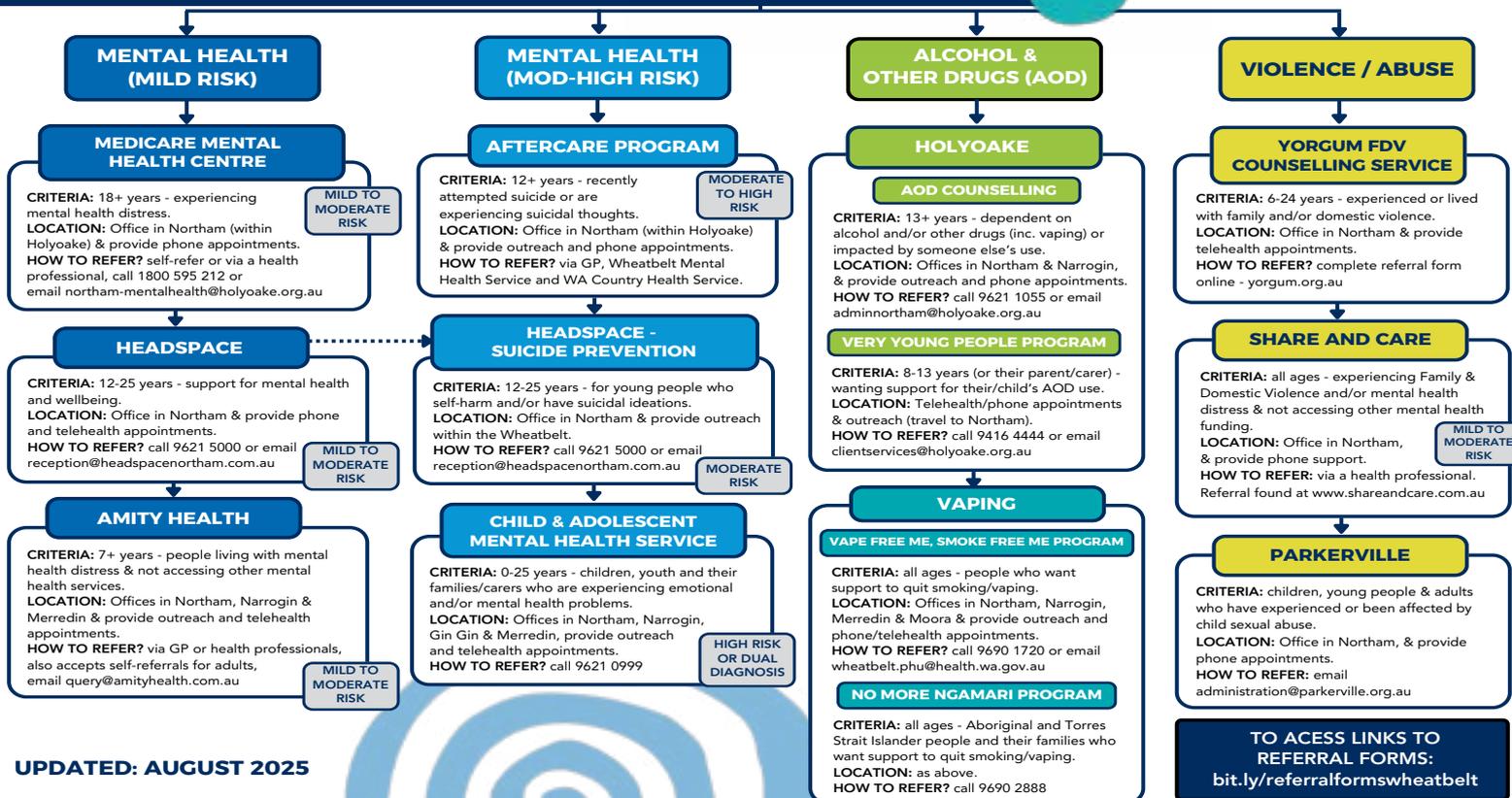
Speak to your GP for a referral to MindSpot GP

mindspot.org.au/mindspot-gp



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

FREE WHEATBELT COUNSELLING SERVICES FOR CHILDREN & YOUNG PEOPLE (0-25 YRS)



UPDATED: AUGUST 2025

TO ACCESS LINKS TO REFERRAL FORMS:
bit.ly/referrallforms wheatbelt

Health and Wellness

Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

HOLYOAKE

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. **HELP IS ALWAYS AVAILABLE.**

MENTAL HEALTH & WELLBEING CONTINUUM:



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

Health and Wellness

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

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



SCHEDULE TIME FOR THINGS YOU ENJOY

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



BE ACTIVE AND EAT WELL

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



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

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



MAKE A 'TASKS LIST'

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



FOCUS ON WHAT YOU CAN CONTROL

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



BRING OTHERS TO THE TABLE

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



KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



PARTAKE IN HELP SEEKING BEHAVIOURS

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



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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

JDrayton@holyoake.org.au or Jordyn.Drayton@holyoake.org.au

Health and Wellness

CRISIS LINES	
<p>Lifeline</p> <p>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.</p>	<p>13 11 14</p> <p>Lifeline WA</p>
<p>Suicide Call Back Service</p> <p>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.</p>	<p>1300 659 467</p>
<p>Beyond Blue</p> <p>Beyond Blue as a reliable source of mental health information, support, and hope.</p>	<p>1300 224 636</p> <p>Beyond Blue</p>
<p>MensLine Australia</p> <p>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.</p>	<p>1300 789 978</p> <p>MensLine Australia</p>
<p>Drought Response Hotline</p> <p>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.</p>	<p>1300 489 832</p> <p>Drought Response WA</p>
<p>Kids Helpline</p> <p>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.</p>	<p>1800 551 800</p> <p>Kids Helpline</p>
PLACE-BASED SUPPORTS	
<p>Holyoake</p> <p>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.</p>	<p>9621 1055</p> <p>Holyoake</p>
<p>Head to Health (co-located with Holyoake)</p> <p>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.</p>	<p>6383 8040</p> <p>Head to Health Northam</p>
<p>Rural Aid</p> <p>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.</p>	<p>1300 327 624</p> <p>Rural Aid</p>
<p>The Regional Men's Health Initiative</p> <p>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.</p>	<p>9314 1436</p> <p>The Regional Mens Health Initiative</p>

Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

1800 612 004

[Rural West](#)

Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

9621 0999

[WA Country Health Service](#)

Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

9842 2797

[Amity Health](#)

Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

9621 5000

[Headspace Northam](#)

WEBSITES FOR INFORMATION & RESOURCES

ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via: [Managing Stress on the Farm Booklet](#)

TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

0488 846 988 (Mon-Fri 8am-10pm AEST)

[TIACS](#)

Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information
Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake  





We're closer than you think

Use the free self service facilities at our Access Points to connect with Centrelink, Medicare and other government programs and services.

At our Access Points you can:

- use our computer to access my.gov.au and other government programs and services and to search for jobs
- use the telephone to access our self service options or to speak to us
- access free Wi-Fi 24/7 to connect to government services—no password required
- scan, print, fax and photocopy documents
- have your identity documents certified
- pick up brochures.

Your local access point is:

Kalannie Community Resource Centre
67 Roche Street
Kalannie WA 6468



Australian Government
Services Australia



servicesaustralia.gov.au

Access Point

At a Services Australia Access Point you can:



use our computer to access **my.gov.au** and other government programs and services and to search for jobs



use the telephone to access our self service options or speak to us



access free Wi-Fi 24/7 to connect to government services. No password required



scan, print, fax and photocopy documents



have your confirmation of identity documents certified

There are no Services Australia staff at Access Points. If you need more help, use the telephone provided to call us directly.

Your local Access Point is:

Kalannie Community Resource Centre

Address: 67 Roche Street

Hours of business:

Monday 9.30am - 4.30pm, Tuesday 9.30am-3.30pm,
Wednesday 9.30am - 3.30pm, Thursday 9.30am - 4.00pm,
Friday 9.30am - 3.30pm

To find other Access Point locations go to **servicesaustralia.gov.au**

Self service

You can use your myGov account to access your Centrelink, Medicare and Child Support online accounts. Go to **my.gov.au**

You can also access our services through the Express Plus mobile apps.

For more information go to **servicesaustralia.gov.au/selfservice**

Centrelink phone self service

Phone self service	136 240
To report your income and changes to your circumstances	133 276

How to contact us

Go to **servicesaustralia.gov.au** for more information about payments and services or call the listed '13' or '1800' number most relevant to your situation.

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

For information in other languages:

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

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

Call costs from your home phone to a:

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

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

impairment. A TTY phone is required for this service.





Kalannie Community Directory

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



Kalannie Business Directory

BUSINESS	PHONE	EMAIL
Central Wheatbelt Physiotherapy	0413 901 057	centralwheatbeltphysio@gmail.com
Gypsum Supplies	0429 662 004	daniel@gypsumsupplies.com.au
Hathway Farm Equipment	9666 2034	admin@hathwayfarm.com.au
Hazlett Corner Store	9666 2040	admin@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	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornestore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

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

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