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KALANNIE CRC
AGM NOTICE

DALLY SHIRE

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THE YEAR

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WA SENIORS

WEEK - SENIORS

BIG DAY OUT

CONSUMER

WATCH -

SHIPPING

INSURANCE

.....AND MORE



# 11th November



## The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: kalanniecrc@kalannie.com.au

**Opening Hours** 

Mon - 9.30am - 4.30pm

Tues -9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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

Submission deadline for advertising is Monday 1.00pm Email submissions to: kapers@kalannie.com.au

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# KALANIE

# AGM 27TH NOVEMBER 2025

The Kalannie CRC will be holding their AGM on Thursday 27th November, 4.00pm at the CRC.

If you are interested in supporting local initiatives and would like to nominate for a position on the committee, please come along or contact us to find out more.

A role on the CRC committee is a two year commitment, attending 6 meetings throughout the year.

We would also like to encourage anyone who would be interested in becoming an ordinary committee member to join us as well.

> kcrcmanager@kalannie.com.au or phone 9666 2194





# Wheatbelt Community Calendar

### November

November						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
30						1 CWA Resin Workshop
2 CWA Alcohol Ink Workshop Melbourne Cup Calcutta @ KSRC	3	4 Melbourne Cup	5	6	7	8
9	10	11 Rural Chiropractor Visit @ CWA Building	12	13	14	15
16	17	18	19	20	21 CWA Meeting	22
23	24	25	26	27	28	29

**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

December

December						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Rural Chiropractor Visit @ CWA Building	17	18	19 School Holidays Begins	20
21	22	23	24	25 Christmas Day	26 Boxing Day	27
28	29	30	31 New Years Eve			

kapers@kalannie.com.au Phone: 9666 2194 Submissions to be received prior to 1pm Mondays

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# **Shire Notices**



# Shire of Dalwallinu Recycle Calendar 2025-2026

July 2025										
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	October 2025										
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	March 2026										
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	April 2026										
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#### **Recycle Days**

Wubin, Buntine & Kalannie

Dalwallinu & Pithara

Christmas Day



### WHAT CAN GO INTO YOUR RECYCLE BIN

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

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

# **Shire Notices**



### Shire of Dalwallinu

# 2026 Community Citizen of the Year Awards Nominations are now Open

### Do you know of someone or an event who makes a difference in our Community?

Every community has local heroes; those people who make our community a better place. This year, more than ever, you may know of an individual, or group, who made an outstanding contribution to the Dalwallinu community.

Nominate them for the Community Citizen of the Year Awards in one of the following four categories:

- Community Citizen of the Year
- Community Citizen of the Year Youth (over 16 but under 25 years on 26/1/2026)
- Community Citizen of the Year Senior (65 years or over)
- Active Citizenship Group or Event

Category winners will be presented with their awards during the Shire's annual Australia Day event on Monday, 26 January 2026 at the Dalwallinu Aquatic Centre.

### Eligibility and Nomination forms

To be eligible all nominees must fit the criteria. To find out more please review the criteria and eligibility information available on our website and then make your nomination by completing the nomination form on our website.

Please ensure all details are completed and your nomination arrives before the closing deadline.

Nominations close Friday 14 November 2025.







# 2026 Community Citizen of the Year Awards Nomination Form



<b>NOMINATION FOR:</b> Please tick the appropriate box y	for your nomination	
☐ Shire of Dalwallinu - Co	ommunity Citizen of the Year ommunity Citizen of the Year – Youth ommunity Citizen of the Year – Senior ctive Citizenship Award (for a commur	(65 years or over)
Please complete all the details b	elow. Use block letters and print clearly.	
Title (Mr/Mrs/Dr/Prof)	Given Names	Surname
Group (If Applicable)		
Address	Town	Postcode
Email		
Telephone Mobile	Other	
information if required)  How has the Nominee's cont	ribution been recognised elsewhere? <i>(Att</i>	tach additional information if required)
NOMINATOR (Your details	)	
Title (Mr/Mrs/Dr/Prof)	Given Names	Surname
Email		
Telephone Mobile	Other	
REFEREE/ALTERNATIVE PE	RSON	
Title (Mr/Mrs/Dr/Prof)	Given Names	Surname
Email		
Talanhana Mahila	Other	

Please direct any queries you have in relation to this nomination to Deb Whitehead at ea@dalwallinu.wa.gov.au

Please submit your nomination to the Shire of Dalwallinu by 14 November 2025







If you are interested in having a loved one commemorated on a plaque for the memorial wall. Please fill in the form for Countryside Memorials and email it through to Oxter Services at oxter@westnet.com.au

The plaques will be put onto a granite stone that will be placed alongside the current Kalannie Memorial Wall.

We also have the QR code memorial set up on the CRC website <u>Kalannie Memorial</u> <u>Wall</u> for anyone who wants to share photos and videos to that page.

Contact the Kalannie CRC for a printed copy of the form or for any queries or more information, kalanniecrc@kalannie.com.au or phone 9666 2194

Or drop in and speak to one of the CRC staff we are open Monday - Friday 9.30am - 4.00pm.



# COUNTRYSIDE MEMORIALS

### OXTER SERVICES

MONUMENTAL MASONS, MEMORIAL DESIGN, RESTORATIONS, MEMORIAL PLAQUES

9 Yilgarn Avenue, Northam WA 6401

Phone: 9696 0466 Email: oxter@westnet.com.au

Date:	
<b>Customer Contact:</b>	Name:
	Address:
	Phone No:
	Email:
Deceased Details:	Surname:
	Given Names:
	Cemetery:
Bronze Plaque:	150mm height x 200mm width
To be attached to the	Includes 8 lines of text & 1 motif \$536.00 plus GST
Kalannie Memorial Wall	Border to Plaque
Inscription Details:	
Please print	
Once inscription received a proof will be made and emailed back to the customer to check that the information is correct When approval is received from Customer, plaque will be ordered and you will	
received an invoice	
Instructions:	Fill out above details and email to <a href="mailto:oxter@westnet.com.au">oxter@westnet.com.au</a>
	For the attention of Claire Hopkins.





CRAFT AND ACTIVITY KITS | PUZZLES



STOCK UP FOR CHRISTMAS AT THE KALANNIE CRC





# ~ Specialising in Transport ~

Extendable and Deck Widening Low Loader
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Fertilizer, Lime, Gypsum
Wool, Hay and General Freight
Water Carting
Spraying



Chris - 0427 088 173 / Steve - 0429 662 033









# **Emergency Preparation**

Be prepared for loss of communication and connectivity during an emergency



# **Emergency Help Guide**

### What you need to know for loss of communications

Use the information in this factsheet to assist you to be prepared for the loss of power and comms in an emergency.

### 1. Prepare for power outages

Charge Devices Early: Before a storm or other emergency, ensure your mobile phones, tablets, and laptops are fully charged.

Portable Power Banks: Have fully charged power banks ready. These can keep your phone running for hours if the power goes out.

Solar Chargers: Consider investing in solar-powered chargers, especially if you live in a high-risk area for extended outages.

Car Chargers: Ensure you have a car charger for your devices. In the event of a long evacuation, it can be your primary charging source.

Alternative Power Options: During power outages, having an alternative power source can keep you connected. Consider investing in a generator, portable power station.

Offline Maps and Information: Download maps and emergency contact information to your phone so you can access them even without internet.

Text Messages Over Calls: During emergencies, text messages are more likely to get through than phone calls as they use less bandwidth.



**Need some help? Get in touch with:** Phone: 1300 081 029









# **Emergency Preparation**

Be prepared for loss of communication and connectivity during an emergency



Wi-Fi Calling: Set up Wi-Fi calling on your phone in case the mobile network goes down, Wi-Fi may still be available.

**Emergency SOS via Satellite:** Apple iPhone 14 and above phones can connect to a satellite to text emergency services and share your location — with no mobile network and Wi-Fi coverage. Check your phone settings or with the manufacturer to see if your device has this ability.

### 2. Backup communication methods

It is possible that you may be without mobile phone service and internet access at some point during an emergency.



Ensure you have a battery-powered or hand-crank radio to listen to emergency broadcasts even when the power and mobile networks are down.

**UHF Radios**: Traditional technologies used for communication may be able to work in situations where other types of technologies will not.

### 3. Stay informed

Emergency Apps: Download apps such as the "Bureau of Meteorology (BOM)" or "SES (State Emergency Service)" for weather updates and alerts.

Social Media: Follow your local emergency services on social media (like Twitter or Facebook) for realtime updates. However, always confirm information from reliable sources.

### 4. Communicate your plan

Emergency Contacts: Ensure family and friends know your plan and where you will be. Share alternative ways to reach you if usual forms of communication are down.

Designate a Meeting Place: Agree on a location to meet in case you are evacuated and communication is difficult.

Need some help? Get in touch with: Phone: 1300 081 029









Yesterday marked the beginning of WA Seniors Week 2025 (9 - 16 November); a week that celebrates the role of older people, promotes positive ageing, and encourages participation in community life.

Metropolitan and regional areas will celebrate with hundreds of events and activities designed to connect older people with their community.

Through the Department of Communities (together with Lotterywest and Advocare), 53 community organisations and local governments have been provided with grants to hold events and activities during Seniors Week.

### Have a Go Day

The annual 'Have a Go Day' is also being held at Burswood Park on Wednesday 12 November. This free event is coordinated by the Seniors Recreation Council of WA and runs from 9am to 3pm.

The Communities Seniors and Ageing and Seniors Card teams will attend the day providing information, resources, and replacement Seniors Cards.

The 2025 Seniors Information Resource will also be launched.

The full program is available on the <u>Seniors Recreation Council of WA website</u>.

### **Seniors Week activities**

To find an activity near you, visit <u>WA Seniors Week</u>.

# Seniors Big Days Out



Join in on one, or both, of our seniors days out!

Monday 10th Nov | Dalwallinu | 10am to 12pm Seniors Morning Tea at the Old Convent

Gather together for a relaxing, delicious morning tea at the Old Convent with seniors visiting from Moora

Saturday 15th Nov | Moora | 10am to 3pm Bus Trip, Lunch & Moora Heritage Musesum

Hop on the bus for a visit to Moora for a delicious seniors lunch, and visit to the Moora Heritage Museum

## Cost: FREE

Inclusive of transport, food, drinks & entry fees



Please RSVP by Friday 7th Nov to the Dalwallinu CRC 9661 1802 or text the SIP Coordinator 0437 493 390



















L - R: Dalwallinu Branch Manager Johan Calitz and Sales Consultant Dominic Sheehy at the Dowerin Field Days 2025 Dalwallinu Tel: (08) 9661 1002

After Hours Parts: 0427 084 216

After Hours Service: 0427 084 214

After Hours Sales: 0427 084 210

Precision Farming Support Line - 0488 844 690

WWW.BOEKEMANS.COM.AU

Boe Keman Machinery

### HARVEST OPENING HOURS

7:00am – 6:00pm From 13th of October

SATURDAY MORNINGS 8:00am - 12:00pm

From October 4<sup>th</sup> until December 2025

Branch Manager Johan Calitz – 0427 084 210
Service Manager Steve Eaton – 0427 084 214
Parts Manager Kirsty Booth – 0427 084 216
Sales Consultant Dominic Sheehy – 0459 214 350
Sales Consultant Matthew Joyner – 0437 611 725
Group Parts Manager Kevin Dack - 0475 985 947
Group PF Manager Conor McGuckian - 0438 905 875
Group GM Sales Dillan Elliott - 0477 740 707

Group GM Operations Ben Boekeman - 0475 969 169





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Automotive & Hydraulics
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# **Nutrien**

Ag Solutions

MARK: 0407 640 614 JULIE: 0400 722 790 SHOP: 9666 2179

admin@kalannieagquip.com.au

**Shop Hours** 

**Contact** 

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



# Kochii Eucalyptus Oil has rebranded to become Fasera.

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

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

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









# Hazlett Corner Store

Canning Vale Markets Supplying Kalannie Weekly,

Country Pak, well priced fresh fruit and vegetables

Market City Meats well priced quality cuts of fresh meat, poultry, butchers made sausages.

Bovells a WA Family Owned bakery suppling fresh bread and rolls

Bannisters and Masters Milk, Suppliers of fresh WA milk and cream

Katie Joys quality eggs from Gingin

WA owned Dorsogna small goods & Cape Naturaliste Cheese

Groceries from Metcash, suppliers to the majority of country supermarkets

You'll be surprised how good the pricing is compared to the city on day to day pricing.







Opening Hours

Monday to Friday 6am - 5:30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone-96662040



# Bridgestone Service Centre







DALWALLINU
9661 1206
Matt Wilson
After Hrs 0467 492 576
1A Johnston St

### **Suppliers of:**

Passenger, 4WD, truck & agricultural tyres

### 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

Supporters of Kalannie Football Club





# 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
- Transport
- Manufacturing
- Retail
- Tradespeople
- Clubs
- Commercial



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# Job Vacancies

# WE'RE LOCKING FOR



# **A TRAINEE**

### **COURSES**

Certificate III in Civil
 Construction Plant Operations

OR

Certificate II in Rural Operations

**COMMENCING: FEBRUARY 2026** 

FOR FURTHER INFO CONTACT









**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.

# Consumer Watch



### Department of Local Government, Industry Regulation and Safety



### Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000

Email: cpmedia@lgirs.wa.gov.au | www.consumerprotection.wa.gov.au | www.wa.gov.au

7 November 2025

### With Senior Regional Officer for Midwest - Natasha Pirrottina

### Peace of mind or piece of junk. Is shipping insurance worth it?

Have you been online shopping recently and noticed a sneaky little shipping insurance charge at the checkout? Maybe it was pre-selected for you to opt-out or you could have been lucky enough to be using an online retailer who hadn't yet crossed over to using dark patterns designed to trick you.

Either way, this used to be something only the seller paid for, but it's slowly making its way into consumers' carts claiming to offer you protection and peace of mind if something goes wrong after the item is posted.

Shipping insurance is like the "extended warranty" of the online retail world. That means you're probably paying extra for protection the Australian Consumer Law (ACL) already gives you. If your item arrives broken, is delivered to the wrong house, is stolen from the doorstep or it never arrives at all, you can rely on your trusty consumer rights.

Unfortunately, many people believe or are told by the retailer that they need to take up any delivery issues with Australia Post or the courier service. This is wrong.

The online retailer is responsible. They are the ones who hold the contract with the courier service. In other words – they are the customer of the courier service, and you are the customer of the retailer. You have absolutely no consumer relationship with the courier.

When there is an issue with the delivery, the retailer is obliged to offer you a remedy such as a repair, refund or replacement and these rights apply regardless of whether shipping insurance was purchased.

If an online retailer tells you otherwise, they could be breaking the law.

There are some steps you can take to protect yourself, especially with the busy Christmas postage season ahead. When placing an order, confirm the timeframe for delivery or if possible, a set date. Keep a record of your transaction by saving or printing your order confirmation, invoice or receipt.

If the item arrives broken, depending on the extent of the damage, you may be entitled to a refund, repair or replacement. The retailer should also cover the return postage costs.

Before you return the product to the seller, take a photo of the damage for your own records.

# Consumer Watch



### Department of Local Government, Industry Regulation and Safety



As with any consumer issues, contact the retailer and attempt to resolve it with them first. If that gets you nowhere consider seeking a charge back on your credit card via your bank or payment provider. This highlights the importance of only paying through secure methods, our advice is to never pay via bank transfer as you often cannot get your money back.

Remember, businesses who supply within or to Australia must send the goods within a reasonable amount of time or within a timeframe they have indicated, and they must supply a product of acceptable quality. These are your consumer rights. However, the law is much harder to enforce internationally, so keep this in mind when doing your online shopping.

If you're still unsure about whether shipping insurance is worth the extra money, read the terms and conditions to find out what protection it offers you above and beyond your automatic consumer rights.

For more information or to get help seeking a remedy from a retailer, report it to us at consumerprotection.wa.gov.au or call 1300 30 40 54.

If your complaint involves Australia Post or Star Track you can lodge a formal complaint with the Postal Industry Ombudsman.





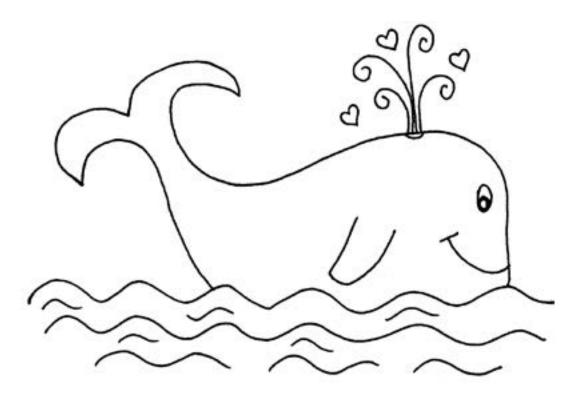
# KIDS PUZZLES



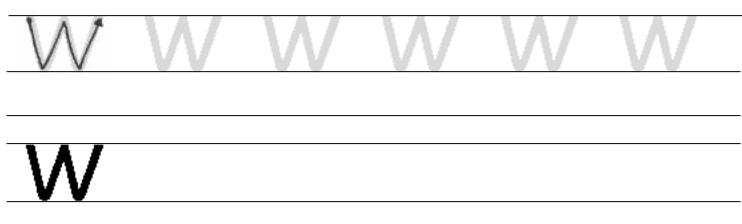


# is for whale, wind, water and wet

Where do you think a whale lives? Can you colour the whale in?



Draw over the grey letters below and then practice writing it yourself







# KIDS PUZZLES





Put a circle around all the items beginning with the letter W.



# Countryside **Memorials**

Cast Stone

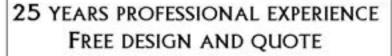
Granite

Marble

**Plaques** 

Added Inscriptions

All Repairs and Restorations



Servicing All W.A. Country Areas

9622 5544

OXTER SERVICES

www.oxter.com.au oxter@westnet.com.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.

### **RSM**

Moora

Reagan Manns **T** 0437 165 489

13 Dandaragan Street, Moora 210 Fitzgerald Street, Northam rsm.com.au/moora

### Northam

Keiran Sullivan **T** 0419 965 015

rsm.com.au/northam

# Wongan Hills **Accounting & Tax**

(Comer 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



# Local Service

Summit Fertilizers Area Managers live and work in your local communities, and understand what matters most for your farm to succeed, backed with over 35 years of agricultural knowledge and recommendations customised for your needs.

For more information on how Summit can partner with you for growing success, please contact your Local Area Manager.

# **Community Notices**



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.







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

Easy, Reliable and Tasty



Available now at the Kalannie CRC \$35











## BECOME A CRC MEMBER

Sign up for a family or personal membership All Kalannie CRC members get:

- Free computer use
- 2 x 1 hour free conference room hire
- Free video conferencing

Email the CRC for a membership form at kalanniecrc@kalannie.com.au or drop in to pick up a form

### ELDERS DALWALLINU FOR EXPERT AGRIBUSINESS ADVICE

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

- Rural Products
- · Animal Health
- CSBP Agent

- AgChem
- Agronomy
- · Clear Grain Exchange

Talk to one of our expert team today.

Tom Clare Monique 0417 253 586 0447 500 525 0456 161 063

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



# DON'T STRESS,

# we're here to keep things rolling!



# **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"





and observe the changes Get outside in noture

Novembe

activity or online Sign up to join a new course, community



and notice how routine today your normal Change



being physically new way af Fry out a active



situation in a different way

ou want to do

of new things

Make a list

Respond to a difficult

> nake or inspire Cook, draw, Be creative write, paint



activity or idea you want to try out this week Plan a new

When you

feel you can't do something, add the word "yet"

> new ideas by Build on

thinking "Yes.

support a cause

way to help or

playful outdoors

something new about someone you care about

Find out

Do something

a

Find a new

you care about

explore, relax

- walk, run,

their perspective someone else's eyes and see life through

Look at

new skill from a

Learn a

med using

20 Make a

Broaden your

friend or share

one of yours

with them

tried before

or site

you've not

ngredient

a recipe or

read a different

perspective:

appreciate them new way to tell someone you Finda

to pursue an

Set aside

activity you love a regular time music today Enjoy new

hopeful, even in reasons to be Look for new tough times



**Happier · Kinder · Together** 

**ACTION FOR HAPPINESS** 

from a different with someone you notice on and see what Choose a Connect care and be kind to practice selfnew topic or an Learn about a Try a new way inspiring idea Be curious. something Share with a friend

Ways

paper, magazine strengths in generation of your Use one

different radio station or new Try out a TV show

creative way

earned recently

helpful you

d new or

Join a

your artistic

Discover

side, Design

their hobby and friend doing find out why they love it

greeting card a friendly

dance or listen

Play, sing.

# Skipping plan November '25

-



Use the calendar to tick off your progress, and to take notes for each day.

Looking for more motivation? Visit skipforheart.org.au

Monday	>	Tuesday	>	Wednesday	lay	Thursday	ý	Friday		Saturday	À	Sunday
										_	>	2
										Learn the basics with Luke		Skip Sundays Feel like a day off? Make a donation to your fundraiser to skip Sundays!
3	0	4	0	5	0	9	0	7	0	8	0	6
Play 'Jump (For My Love)' and skip to the beat	Lo	Learn footwork variations with Luke	55			Can you skip for 5 minutes?	10-49					Share a post to Facebook to let everyarie know you are skipping for Aussle hearts
10	0	11	0	12	0	13	0	14	0	15	0	଼ 91
Lecrn rope swings with Luke	fO)					Play Eye of the Tiger' and skip to the beat	中最	Half way there! Can you do 100 skips without stopping?	Spilo Could	Learn the cross over with Luke	· <b>S</b>	Skip Sundays Feel like a day off? Make a denation to your fundialser to skip Sundays!
17	0	18	0	19	0	20	0	21	0	22	0	23
				Play Don't Go Breaking My Hearl' and skip to the beat	E S			How many skips can you do in 1 minute?	10			Give it a last push! Send out a reminder asking thends =
24	0	25	0	26	0	27	0	28	0	29	0	30
Learn double unders with Luke	00			Play Push III' and skip to The beat	<u></u>			How long can you skip for?	<b>~</b>	Remember to thank your donors for supporting Australian hearts	0	You've made ill

to your own heart health, the hearts of those you love, and the hearts of all Australians. By taking part in the Skip for Heart challenge, you're making a meaningful difference

# Our heart-healthy eating pattern

A heart-healthy eating pattern is based on a combination of foods chosen regularly over time. The 5 steps of a heart-healthy eating pattern are:



Plenty of fruit, vegetables and wholegrain cereals.



Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.



Unflavoured milk, yoghurt and cheese. People with high blood cholesterol or heart disease should choose reduced fat varieties.



Healthy fat choices like nuts, seeds, avocados, olives and their oils for cooking.



Herbs and spices to flavour foods, instead of adding salt.





# CHICKEN, RICE & BEAN BOWL

SERVES: 4
PREP: 5 MINS
COOKING: 12 MINS

#### **INGREDIENTS**

1 teaspoon lemon zest

1 teaspoon paprika

1/4 cup (60ml) lemon juice

1 tablespoon olive oil

8 chicken tenderloins (about 500g total)

250g green beans, trimmed

2 cups '90 second quick' brown rice and quinoa blend

2 cups baby spinach

425g can black beans, rinsed, drained

250g punnet cherry tomatoes, halved

300g corn kernels, rinsed, drained

4 lemon wedges, to serve

#### **METHOD**

- 1. Combine the zest, paprika, lime juice and olive oil in a ceramic dish. Add the chicken and turn to coat. Set aside.
- 2. Steam, boil or microwave the green beans for 2-3 minutes or until just tender. Drain.
- 3. Heat a large chargrill pan or barbeque hotplate over medium heat. Grill the chicken for 3-4 minutes each side, or until cooked through.
- 4. Meanwhile, heat microwave brown rice & quinoa blend according to packet instructions.
- 5. Divide the brown rice & quinoa blend between the 4 bowls. Top each with spinach, black beans, tomatoes, corn kernels and 2 chicken tenderloins. Serve with a lemon wedge in each bowl.





Men are dying too young. It's a problem affecting our fathers, partners, brothers, sons and friends, yet it's rarely talked about.

A problem this size calls for big, bright, clever solutions. And there's one sitting right under your nose. Yes, you can help change the face of men's health. Grow a Mo this Movember to raise funds and awareness for men's health.





#### Sign up

Sign up using the Movember app or on movember.com.





#### Go the Mo

During sign up, choose to Grow. Once you're signed up, you'll land on your Mo Space. It's your public profile where your supporters can follow everything you do for men's health.

Three things you can do straight away are set your fundraising target, describe your motivation, and snap a selfie.

#### Start growing

Start the month clean-shaven, then let your Mo take the spotlight and start conversations.

#### Make it count

Ask friends and family to back your Mo by donating. Together, we can stop men dying too young.

#### TIPS TO HELP YOU GROW

#### Be prepared

Choose the moustache that will grace your face. Trucker, Regent, Connoisseur or Wisp? Check out the options in the style guide section below.

#### Be brave

The first few days, even weeks, can be uncomfortable as your Mo takes shape. Ride it out to encourage donations.

#### Ignore the itching

Remind yourself that men have endured worse in the past. You can stand a little face tickle in the name of doing something so important.

#### Shape your moustache

Get across proper grooming techniques. A great Mo comes down to tender loving care.

#### Nurture it and keep it clean

Look after your Mo, and your Mo will help you raise funds for men's health.



Five rules to help you flourish.

#### RULES

- Once registered via the app or at movember.com, each Mo Bro must begin the 1st of Movember with a clean-shaven face.
- For the entire month of Movember each Mo Bro must **Grow** and groom a moustache.
- Don't fake it. No heards no goatees and no fake moustaches.
- Use the power of the moustache to create conversation and raise funds for men's health.
- Each Mo Bro must behave like a true gentleman.

There is no right Mo. It's all personal preference. But here are a few styles for some Mo inspo.

# MO STYLE GUIDE







Once you've set up your Mo Space, blast social media with your Mo Space link or custom QR code.

### THEN FOLLOW THESE TIPS TO INVITE DONATIONS:

#### Sell your style

Run a ballot on what Mo style you should go for. Get donations for each vote.

#### Mo handle

Auction the naming rights for your Mo, then call it by that name for the rest of the month.

#### Real estate agent

Go one further and subdivide your Mo into plots. Auction each plot and let the landowners decide what happens with their plot on the last day of the month. Style it? Dye it? Cut it?

#### The keeper

Not everyone's a Mo fan. So what happens if you announce that you plan to keep yours? Maybe it's an opportunity to get donations to shave it off. Just sayin'.

#### Mo rash cash

Kissing a Mo Bro can feel... different. Ask your partner to get sponsored for what they have to endure for Movember's sake.

#### Give thanks

Shout out your donors along the way. Message them. Fire off texts. Call them. Write a card. Snap a pic of your Mo progress and post it online. Hold up a boombox outside their window.

One proven way to thank your donors is to tag them on social media. Not only are you publicly sharing your appreciation – it's also an effective reminder to your whole network. So thank your supporters and don't forget to include your Mo Space link.

#### Pre-written emails and social posts

We know – not everyone's a wordsmith.
Our scribes have written some email
templates for you to send out and really get
donations flowing. Download the templates
from our <u>fundraising resources page</u>.

# GETTING MO DONATIONS

#### **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 have 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:

CRISIS LINES	I	Rural West
Lifeline  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.	13 11 14 Lifeline WA	Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.
·		Wheatbelt Mental Health
Suicide Call Back Service Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.	1300 659 467	Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.
		Amity Health
Beyond Blue Beyond Blue as a reliable source of mental health information, support, and hope.	1300 224 636 Beyond Blue	Amity Health provide a range of funded health and community programs across the Wheatbelt region.
ппотпацоп, ѕиррогі, апи поре.		Headspace
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978  MensLine Australia	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.
Drought Response Hotline	1300 489 832	WEBSITES FOR INFORMATION & RESOURCES
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.	Drought Response WA	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.
Kids Helpline	1800 551 800	
Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	Kids Helpline	National Centre for Farmer Health  The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources includin
PLACE-BASED SUPPORTS		Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer
Holyoake	9621 1055	health trained online psychology platform.
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.	Holyoake	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
Head to Health (co-located with Holyoake)	6383 8040	valuable steps.
Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	Head to Health Northam	TIACS
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial,	1300 327 624 Rural Aid	TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care abothem Australia-wide.
wellbeing and fodder assistance.		Head to Health
The Regional Men's Health Initiative  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	9314 1436 The Regional Mens Health	Head to Health helps everyone access the mental health and wellbeing services that are right for them makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

For more information
Scan the barcode
or CALL 9416 4444
Find us on social media @holyoake



1800 612 004 Rural West

9621 0999 WA Country Health Service

9842 2797 Amity Health

9621 5000 Headspace Northam

ifarmwell

National Centre for Farmer Health

Free to download via: Managing Stress on the Farm Booklet

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

Head to 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



# 71000001

# 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:

<ul> <li>Centrelink</li> </ul>	131 202
<ul> <li>Medicare and Child Support</li> </ul>	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

Call costs from your home phone to a:

Students and trainees

Complaints and feedback

TTY\* enquiries

- 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.



132 490

Freecall™ 1800 810 586 Freecall™ 1800 132 468

Services Australia



# 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@hazlettcornerstore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornerstore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornerstore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

<sup>\*</sup>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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# Media Release

Civic ABORIGINAL Business Communica-INFRASTRUC-**A**FFAIRS **SUPPORT TIONS TURE** EDUCATION Cultural **ECONOMIC C**OMMUNITY **A**FFAIRS MANAGEMENT AND TRAINING Services HEALTH CARE **IMMIGRATION** Environment **EMPLOYMENT** MARITIME **N**ATURAL **P**RIMARY **Services** Resources **INDUSTRIES** SPORT AND SCIENCE **Tourism S**ECURITY RECREATION

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