

The Kapers

Issue #31 4th August 2026

INSIDE THIS ISSUE...

MEDAL COUNT &
AWARDS NIGHT

KALANNIE CRC
LIBRARY SERVICE

CENSUS 2026

CONSUMER WATCH -
BANNED TOYS

BACKYARD BUDDIES
- AQUATIC WEEDS

KEEP AUSTRALIA
BEAUTIFUL WEEK &
LANDCARE WEEK

RURAL ROAD SAFETY
MONTH

KOORDA DRIVE IN

SPORT
4 PERSON AMBROSE
GOLF DAY

KALANNIE HOCKEY
& NETBALL RESULTS

ALL ROUND 13
RESULTS

HEALTH
RURAL AID ARTICLE

....AND MORE



Community Development 101:

Building your toolkit for community-led change

This one-day workshop supports people who are eager to shape a positive future for their community. Together we will explore community development tools and strategies that help turn ideas into action.

You will gain:

- An understanding of community development and how it strengthens rural communities
- Practical tools and strategies for supporting local initiatives
- Meaningful connections with locals who care about community building

It is designed for local movers & shakers, for example:

- Community volunteers and leaders
- Members of local organisations, groups and associations
- Business owners and operators
- Council staff and elected representatives

This workshop is offered as part of Rural Aid's commitment to supporting farmers and rural communities. There is no cost to participate.



Rural Aid

For more information, please contact **Steph Walsh** | Community Development Programs Manager
1300 327 624 | community@ruralaid.org.au

Kalannie Workshop:

TIME
8:30am to 4.00pm

DATE
Sunday 20 Sept 2026

LOCATION
Kalannie Hall
67 Roche Street
Kalannie WA

Lunch provided

REGISTER NOW

using the QR code
as places are
limited.

Alternatively email:

community@ruralaid.org.au



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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The Kapers is supported by the



Department of
Primary Industries and
Regional Development

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KALANNIE

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KALANNIE WINTER SPORTS

PRESENTS THE

• 2026 •

CENTRAL WHEATBELT MEDAL COUNT AND AWARDS NIGHT



SATURDAY
22ND
AUGUST



6PM
TILL LATE



DRESS CODE:
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CROCS OR SIMILAR*

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RSVP BY
7TH AUGUST 2026

Wheatbelt Community Calendar

August

Sun	Mon	Tue	Wed	Thur	Fri	Sat
30	31					1 Kalannie v Mukinbudin
2	3	4	5	6	7	8 Koorda v Kalannie Winter Sports Windup
9	10	11	12	13	14	15 Kalannie BYE
16	17	18	19	20	21 CWA Meeting 10am Ambrose Golf Day	22 Semi-Finals in Kalannie Medal Count & Award Night
23	24	25 Shire Council Meeting @ Dalwallinu Shire 5.00pm	26	27	28	29 Preliminary Finals in Koorda

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

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5 Grand Final in Bencubbin
6	7	8	9	10	11	12
13	14	15	16	17	18 CWA Meeting 10am 	19
20 Rural Aid Community Development Workshop	21	22 Shire Council Meeting @ Dalwallinu Shire 5.00pm	23	24 CBH Growers Meeting	25	26
27	28 Kings Birthday Public Holiday	29	30	31		

Shire Notices

Place of wheat and wattle....

Avon Waste 2026-2027 Recycle Calendar

July 2026

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

August 2026

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

September 2026

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

October 2026

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

November 2026

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

December 2026

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		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

January 2027

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					1	2
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24	25	26	27	28	29	30
31						

February 2027

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2027

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2027

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				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2027

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

June 2027

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

Wubin, Buntine & Kalannie

Dalwallinu & Pithara



WHAT CAN GO INTO YOUR RECYCLE BIN

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

There will be NO changes to the service over the Christmas Period.



Spotlight on a CRC Service



Did you know that the 9th of August is
National Book Lovers Day?



To celebrate come and check out the small cozy library at the Kalannie CRC. Full of great fiction, non fiction, autobiographies, kids books and even some DVD's. Whether you enjoy an adventure, fantasy, mystery or romance. There is a book for all types of interests for everyone to enjoy !



OPEN
LIBRARY

EVERY ANSWER MATTERS

Information about the 2026 Census



Census



SAVE THE DATE | TUESDAY 11 AUGUST 2026

When is the Census?

Tuesday 11 August 2026. If you know where you'll be on Census night, you can complete the Census as soon as you get your instructions.

What is the Census?

Every five years, the Census counts every person and household in Australia.

The Census is run by the Australian Bureau of Statistics (ABS).

Why do we have a Census?

The Census helps us understand what Australia needs now, and in the future.

Census data is used to inform decisions about services and support for communities such as where to build schools or hospitals.

Who needs to complete the Census?

We need to hear from everyone in Australia so we can plan for Australia's future. In the Census, every answer matters.

How do I complete the Census?

There are different ways to complete the Census. Most households will receive a letter with instructions on how to complete the Census.



Online

Once you receive your instructions, you can complete the Census online.



Paper form

You can complete the Census on a paper form. To request a paper form, visit census.abs.gov.au/help



Visit from Census staff

Some people in remote areas, and people experiencing homelessness, will be visited by Census staff.



In-person help

We'll be offering Pop-up Hubs in public places, fill in the form sessions and information sessions. Find out more at census.abs.gov.au/find-us

What if I need help to complete the Census?

You can ask a trusted person to help you complete the Census. You can also get support from the ABS.

What support is available?

- Visit census.abs.gov.au/contact to get in touch with Census staff
- Call the Census Contact Centre on **1800 181 227** (available from 6 July)
- **For help in your language** call the Translating and Interpreting Service (TIS National) on **131 450**
- People who are d/Deaf, hard of hearing or find it hard to speak on the phone can use the **National Relay Service** to contact the Census Contact Centre
- Visit census.abs.gov.au/help for more information

Is the Census compulsory?

Everyone in Australia on Census night **11 August 2026** must be counted.

What questions does the Census ask?

The Census asks questions about your age, ancestry, what languages you use, what you do for work and more.

As Australia changes, so does the Census. This year there are new questions, and changes to previous questions. These changes are based on research and consultation with communities.

For information about why we ask each question, visit census.abs.gov.au/questions

Are my answers private?

Your answers are private and protected by law. They cannot be shared with anyone, including other government agencies.

What is myGov used for in the Census?

In May 2026, myGov users will be able to subscribe to get updates and access the Census through myGov.

If you subscribe to Census updates through myGov, you'll get a link to the online form sent to your myGov Inbox when it's time to complete the Census.



**WE'RE HERE
TO HELP**



For more information

Visit www.census.abs.gov.au/help



For help in your language

Call the Translating and Interpreting Service (TIS National) on **131 450**

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Chris - 0427 088 173 / Steve - 0429 662 033



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

30 July 2026

Banned toys containing small magnets found online

Helping Western Australians make safe choices is a key priority for Consumer Protection. With that in mind, there is a serious product safety concern involving certain toys and games that contain small magnets.

The Australian Competition and Consumer Commission (ACCC) has been investigating the online sale of banned toys, games, puzzles, construction or modelling kits that contain separate or loose small high-powered magnets.

Under Australian Consumer Law, certain small, high-powered magnets have been permanently banned since 2012 due to the serious and potentially life-threatening injuries they can cause if swallowed.

The ban means that these dangerous items cannot be sold to any Australian consumers. However, the ACCC identified listings for these products on major online marketplaces and issued takedown notices to have them removed.

Examples of affected products include those being marketed to adults as 'magnetic chess' or 'magnetic battle chess' style games.

Online platforms including Amazon, eBay, Kogan and Fruugo have committed to removing affected listings, preventing relisting where possible, and contacting customers who may have purchased these products.

Some marketplaces have also offered refunds, so consumers are encouraged to contact the seller or relevant online marketplace to enquire about a refund.

Parents, grandparents and guardians who have recently purchased magnetic toys or games - particularly a magnetic chess-style game containing loose magnets – should stop using them immediately and keep them out of the reach of children. If a child has swallowed a magnet, urgent medical assistance should be sought.

Businesses should review all products with magnets for sale. If you're not sure whether a product is part of the ban, you have a responsibility to carry out compliance checks before making products available to consumers.

If you become aware of a banned product continuing to be sold in Australia, you can report it to the ACCC at its product safety website www.productsafety.gov.au or inquiries can be made by calling Consumer Protection on 1300 30 40 54.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realist's optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



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HERE**



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SHOP: 9666 2179

admin@kalannieagquip.com.au



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SAT: 7.30 AM - 12.00 PM

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fasera





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3. Generate additional monthly income by storing your wool on-farm and/or;
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 - Same day settlement available
- Statewide service

Mike Fairclough
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Environment



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

Don't be a tosser: Aquatic weeds

August 2026



The jar of *Salvinia molesta* intercepted by a proactive member of the public; close-up image of an individual plant where the waxy hairs are visible on the upper leaf surface; and a previously discovered infestation in a Byford waterway.

Recently, on a beautiful winter's day on the Canning River in Perth, the sun was shining and a lucky few were out enjoying the amenity of our stunning river. One such person was kayaking when they saw something suspicious – someone hurling an object from the Nicholson Road Bridge. The quick-thinking member of the public retrieved the mystery projectile, an open container jammed to the brim with one of the world's most devastating aquatic weeds, salvinia! Fortunately, no plants escaped into the environment due to this person's fast intervention and prompt reporting to nearby DBCA officers.

What is Salvinia and why is it of concern?

Salvinia (*Salvinia molesta*) is a [Weed of National Significance \(WONS\)](#). It is an extremely damaging freshwater aquatic weed which would cause havoc to agriculture and the environment if it became established in water systems of Western Australia. Salvinia can reproduce at an explosive rate; it prefers still or slow-moving water with a high nutrient content. It grows in both tropical and temperate regions. Salvinia will readily form a mat completely covering the water surface. It blocks lakes, dams, drains and irrigation channels. The mass of green material may transpire considerably more water than would be lost by normal surface evaporation. The decaying debris pollutes and de-oxygenates the water, endangering fish and other

wildlife. The water becomes unfit for livestock or human use. Infestations of salvinia often make wetland areas useless as retreats for native waterfowl. Salvinia was most likely introduced to Australia as a pond and aquarium plant. Infestations have previously occurred in some wetland areas in Western Australia, with isolated populations discovered as far south as Denmark and north to Kununurra. Salvinia is sometimes found in aquaria or ponds, but this is illegal, as it is prohibited throughout Western Australia. We remind people that weedy aquatic plants are not the only risk to agriculture and the environment. It is of the utmost importance not to empty any aquarium or fishpond contents into natural water bodies or irrigation channels; alien organisms can negatively impact our native aquatic life, and fish can spread disease and affect native fish stocks.

What to look for and how to report

Report any unfamiliar floating plants or illegal dumping of aquatic material in our waterways to our Department or via CrimeStoppers. Please provide the location and photos of the suspicious material so it can be investigated. Salvinia and other declared aquatic plants are also illegally traded on platforms such as Facebook Marketplace and various hobbyist forums. This recent close call highlights just how important the community is in our fight against invasive species.



Report your observations

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

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

Environment



What can I do for KAB Week?

Your Nature Immersion Challenge

This year's KAB Week theme is **"Beautiful Spaces - Happy places!"** - where we delve into how time enjoying nature and clean environments improves your physical and mental wellbeing! We will discuss how litter and clutter affects stress, anxiety and mental clarity; why getting kids off screens and into nature matters for development; why clean shared spaces like beaches and parks improve community wellbeing; and why walking, grounding and swimming in nature improves your physical health.



Between work, family commitments and catching up with friends, it's too easy to wake up and realise weeks have passed without spending any real time outdoors! We tell ourselves, "I'll get my nature fix next week," yet whenever we do step outside, we're reminded of just how much better we feel — and wonder why we don't do it more often.

Nature has a remarkable ability to calm our minds, restore our energy and reconnect us with the world around us, while offering countless physical benefits too. As Australians, we're incredibly fortunate to have access to such diverse and beautiful natural landscapes. Sometimes all it takes is making a little space in our week to rediscover them.

These experiences are even more meaningful when the places we visit are clean and healthy. Litter-free beaches, parks and bushland aren't just more beautiful, they create safer habitats for wildlife and more welcoming spaces for people to enjoy. The more we enjoy and connect with these places, the more inspired we are to protect them, helping create a positive cycle of care.

So, if you are wanting to follow the [NATURE IMMERSION CHECKLIST](#) this KEEP AUSTRALIA BEAUTIFUL WEEK, or you've just been waiting for the "right time" to get outside, consider this your sign. Here's one simple outdoor activity for every day of the week to help you reconnect with nature. And when it's time to head home, remember to Do the Right Thing — take your litter with you and leave these special places just as you found them.



Environment

Soft plastic recycling



The REDcycle Program makes it easy for consumers to keep plastic bags and packaging out of landfill.

Do the scrunch test



YES PLEASE

Some of the most commonly recycled items include:



NO THANKS

We cannot accept the following:

- X Plastic bottles
- X Plastic containers
- X Any rigid plastic such as meat trays, biscuit trays or strawberry punnets
- X Glass
- X Rubber
- X Paper and cardboard
- X Tin cans
- X Food waste

*Contact your local council to check if it can go into your kerbside collection.

www.redcycle.net.au

Please make sure your plastic is dry and as empty as possible. For a comprehensive list of what can be REDcycled and more information, check the website.

PACKAGING



5.4M TONNES OF PACKAGING IS SOLD IN AUSTRALIA.

Just **16%** of plastic packaging is recovered in Australia compared to **63%** of paper and cardboard packaging.

Tips on reducing packaging waste:

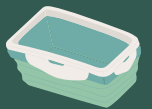


GROW YOUR OWN FOOD

With a small amount of space, you can start a balcony garden or an indoor garden. By growing your own food, you will eliminate all packaging, plus the energy expenditure and emissions associated with food transportation. You get to save money too!

USE REUSABLE PACKAGING

Say goodbye to cling wrap and use beeswaxed cotton wraps instead. Try substituting a glass instead of plastic container for your leftovers. If you must buy plastic bags, buy those made from recycled plastic and remember to put your kerbside recycling out loose.



MAKE A SHOPPING LIST

Make a list before you leave home, of only the things you really need to buy. Buying produce from your local farmers' market, grocer or market will limit the temptation of packaged foods and support local business at the same time.

RECYCLE

Unavoidable packaging should be separated into glass, plastic, paper and metal and placed in your kerbside recycling bin. Soft plastics that can't be avoided – including plastic bags – can be recycled at many supermarkets through the REDcycle program.



Sources:
Planet Ark | Sustainability Victoria

[keepaustraliableautiful](https://www.facebook.com/keepaustraliableautiful)
[@KABNAHQ](https://www.instagram.com/keepaustraliableautiful)

Landcare Week

3-9 AUGUST 2026

WWW.LANDCAREWEEK.ORG.AU



Experience Landcare

Caring for our land and waterways



Rural
Road Safety Month



Australian
Road Safety
Foundation

Get Involved!

Rural Road Safety Month

Join the
Journey

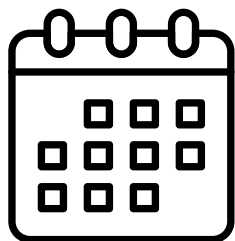




**Rural
Road Safety
Month**

ROAD DEATHS

1 January – 31 December 2025



906

people were killed on
Australian roads in
2025.



69%

of 2025 fatalities
happened in a rural area



472 Drivers



163 Passengers



160 Motorcyclists



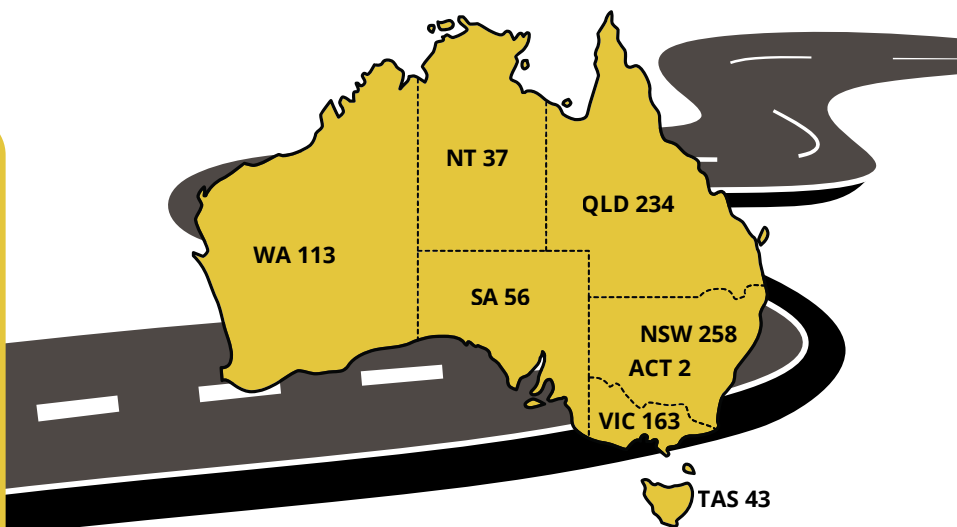
73 Pedestrians



23 Cyclists



15 Other



18%

Involved a heavy
vehicle

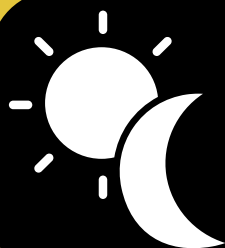


683

more than 75%
of fatalities in
2025 were
male



223



588

road deaths
occurred during
the day

318

road deaths
occurred at
night

512 road deaths were from
single vehicle crashes and
393 road deaths were
from multiple-vehicle
crashes.



66%

road deaths
occurred on a
weekday

If you have been impacted by this information, we encourage you to seek support. Support services can be found at www.arsf.com.au
Data sourced from BITRE as at 15 May 2026



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After Hours **Service**: 0427 084 214

After Hours **Sales**: 0427 084 210

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Service Foreman Steve Eaton - 9661 1002

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Community Sport Notices

KALANNIE GOLF CLUB

Wish to invite teams to the
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And nearest the pin competition

Friday 21st August Nearest the pin starts at
10:30

Names in by 11.30 am for a 12.30pm Start.



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Great range of prizes to be won



Win \$600 in the nearest the pin competition

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Entry fee \$30 per golfer

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Text teams to: Paul Burrridge 0429 370 208

Grant Hudson 0427 697 366

Community Sport Notices

Kalannie Women's Winter Sports

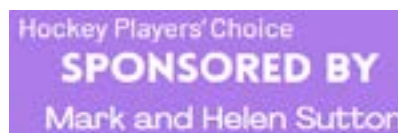
Hockey Wrap Up

The girls took on ladder leaders Mukinbudin on Saturday, with an end result of 5-8 in a game that had everyone on the edge of their seats. It was goal for goal throughout the first half, and with Muka sitting on top of the ladder, our girls certainly had them on their toes! Everyone played their hearts out and should be proud of how far we've come as a team. Congratulations to Lucille on Players' Choice and Meg on the Coaches' Award. A special shout-out to Beth, who celebrated her 50th game for the club - and made it one to remember after taking a ball to the face! We're currently sitting 3rd on the ladder and looking forward to giving Koorda a run for their money next weekend!



Kalannie Komets

Putting together another outstanding performance, the Komets came away with a 63-20 win. The muggy conditions made for a tough game, but the girls didn't let the weather slow them down, playing with plenty of intensity from the first centre pass to the final whistle. With strong defensive pressure, smooth passages of play and accurate shooting, it was a great team effort, with everyone stepping up and playing their part. Well done to Lexi on taking home Players' Choice, while Bella earned the Coaches' Award after another standout performance in defense. The win sees the girls continue to hold top spot on the ladder, with only Koorda standing between them and a well-earned bye, the countdown to finals is on!



Save the Date
NIGHT UNDER
THE STARS



DATE	EVENT	VENUE	TIME
18 APR	OPENING ROUND/DELTA AG ROUND - KALANNIE VS BENCUBBIN (AWAY KOORDA)		
25 APR	ANZAC ROUND - KOORDA VS KALANNIE		
2 MAY	BEACON VS KALANNIE		
9 MAY	KALANNIE VS MUKINBUDIN		
23 MAY	BENCUBBIN VS KALANNIE		
6 JUN	10 YEAR REUNION 2016 PREMIERSHIP KALANNIE VS KOORDA		
13 JUN	THINK MENTAL - KALANNIE VS BEACON		
27 JUN	MUKINBUDIN VS KALANNIE		
18 JULY	KALANNIE VS BENCUBBIN		
25 JULY	BENDIGO ROUND - BEACON VS KALANNIE		
1ST AUG	SPONSORS DAY - KALANNIE VS MUKINBUDIN		
8 AUG	CLUB WIND UP - KOORDA VS KALANNIE		
22 AUG	LEAGUE WIND UP - SEMI FINALS - KALANNIE		
29 AUG	PRELIM FINAL - KOORDA		
5 SEPT	GRAND FINAL - BENCUBBIN		

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BUNGE

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Community Sport Notices



CENTRAL WHEATBELT WINTER SPORTS

RESULTS—ROUND 13 Saturday, 1st August 2026

Koorda: 2.1, 4.4, 6.6, 9.9 (63) def by Bencubbin: 4.4, 5.8, 9.11, 12.12 (84)

GOALS:

Koorda: T. Longmuir 3, T. Fuchsbichler 2, M. Foote 1, H. Cooke 1, B. Ward 1, C. McKinlay 1

Bencubbin: J. Brooks 4, J. Richardson 4, J. Allen 2, D. Patat 2

BEST:

Koorda: T. Longmuir, L. McWha, M. Foote, T. Fuchsbichler, D. Hyde, L. Jordan

Bencubbin: D. Campbell, J. Richardson, J. Brooks, S. Reynolds, C. White, M. Holden

Kalannie: 2.0, 6.4, 6.9, 8.14 (62) def by Mukinbudin: 4.1, 5.3, 9.6, 12.7 (79)

GOALS:

Kalannie: K. Ramsay 3, Z. Sanderson 1, C. Stedman 1, T. MacDonald 1, M. Dinsdale 1, B. King 1

Mukinbudin: E. Brooks 7, L. Shadbolt 1, T. Paterson 1, D. Farmer 1, W. Dobson 1, Z. Byfield 1

BEST:

Kalannie: Z. Sanderson, T. MacDonald, K. Reynolds, D. Donovan, A. Credlin, T. Giles

Mukinbudin: Z. Alvaro, E. Brooks, Z. Byfield, W. Dobson, T. O'Brien, E. Walker

TEAM	P	PTS	%	W	L	D	BYE
Bencubbin Football Club	10	40	173.51	10	0	0	3
Mukinbudin Football Club	11	24	101.22	6	5	0	2
Kalannie Football Club	11	20	97.43	5	6	0	2
Koorda Football Club	10	16	96.18	4	6	0	3
Beacon Football Club	10	4	61.57	1	9	0	3



Community Sport Notices

Central Wheatbelt Netball Association



Koorda (45) def Bencubbin (22)

Koorda: **Player of the Day:** Maddi West & Lucy Turner **Coach's Award:** Laura Chandler
Bencubbin: **Players' Choice:** Harper Walker & Sally Putt **Coach's Award:** Abbie Harken

Kalannie (63) def Mukinbudin (20)

Kalannie: **Players' Choice:** Lexi Campbell **Coach's Award:** Bella Reeves
Mukinbudin: **Players' Choice:** Ellen White **Coach's Award:** Zoe Vernon

Community Bank
Mukinbudin

Bendigo Bank

DELTA
AGRIBUSINESS

TEAM	P	PTS	%	W	L	D	BYE
Kalannie Netball Club	11	38	193.55	9	1	1	2
Koorda Netball Club	10	34	163.33	8	1	1	3
Mukinbudin Netball Club	11	24	110.97	6	5	0	2
Bencubbin Netball Club	10	4	74.15	1	9	0	3
Beacon Netball Club	10	4	33.04	1	9	0	3

Central Wheatbelt Ladies Hockey Association



Koorda (8) def Bencubbin (0)

GOALS:

Koorda: S. Pladdy 3, R. Fuchsbichler 3, L. Bear 1, K. Ward 1

Bencubbin: NIL

AWARDS:

Koorda: **Players' Choice:** Rebecca Fuchsbichler **Coach's Award:** Sian Pladdy
Bencubbin: **Best Player:** Savannah Gillett **Coach's Award:** Ruby Haggerty
Best Defender: Debbie Wallwork

Kalannie (5) def by Mukinbudin (8)

GOALS:

Kalannie: C. Lobwein 3, M. Ryder 1, S. Ellis 1

Mukinbudin: L. Scari 2, J. Graham 2, H. Paterson 1, I. Vernon 1, S. Graham 1, D. Cronje 1

AWARDS:

Kalannie: **Players' Choice:** Lucille Joubert **Coach's Award:** Meg Couper
Mukinbudin: **Player of the day:** Jack Graham **Coach's Award:** Ashleigh Garlett

2026 CWLHA 2026 CWLHA Point Score

DELTA
AGRIBUSINESS

Community Bank
Mukinbudin

Bendigo Bank

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Mukinbudin	10	1	0	2	62	15	47	21
2. Koorda	6	2	2	3	44	13	31	14
3. Kalannie	3	1	7	2	21	47	-26	7
4. Beacon	2	2	6	3	19	38	-19	6
5. Bencubbin	1	2	7	3	7	40	-33	4

Community Sport Notices

CENTRAL WHEATBELT 2026 WINTER SPORTS FIXTURES



ROUND ONE

18th April 2026 ALL SPORTS TO BE PLAYED IN KOORDA Mukinbudin v Beacon Kalannie v Bencubbin Koorda BYE	25th April 2026 Koorda v Kalannie Bencubbin v Beacon Mukinbudin BYE	2nd May 2026 Beacon v Kalannie Mukinbudin v Koorda Bencubbin BYE	9th May 2026 Koorda v Bencubbin Kalannie v Mukinbudin Beacon BYE	16th May 2026 Beacon v Koorda Bencubbin v Mukinbudin Kalannie BYE
DELTA AGRI-BUSINESS	DELTA AG ROUND	ANZAC ROUND		BELT UP ROUND

ROUND TWO

23rd May 2026 Mukinbudin v Beacon Bencubbin v Kalannie Koorda BYE	30th May 2026 CWNA Country Week BYE	6th June 2026 Kalannie v Koorda Beacon v Bencubbin Mukinbudin BYE	13th June 2026 Kalannie v Beacon Koorda v Mukinbudin Bencubbin BYE	20th June 2026 CWLHA Country Week BYE	27th June 2026 Bencubbin v Koorda Mukinbudin v Kalannie Beacon BYE	4th July 2026 Koorda v Beacon Bencubbin v Mukinbudin Kalannie BYE
			THINK MENTAL			

ROUND THREE

11th July 2026 CWFL Country Week BYE	18th July 2026 Beacon v Mukinbudin Kalannie v Bencubbin Koorda BYE	25th July 2026 Beacon v Kalannie Mukinbudin v Koorda Bencubbin BYE	1st August 2026 Koorda v Bencubbin Kalannie v Mukinbudin Beacon BYE	8th August 2026 Koorda v Kalannie Bencubbin v Beacon Mukinbudin BYE	16th August 2025 Beacon v Koorda Mukinbudin v Bencubbin Kalannie BYE
		BENDIGO ROUND Community Bank Mukinbudin Bendigo Bank			

Community Bank
Mukinbudin
Bendigo Bank

BENDIGO BANK
Finals Series

22nd August 2026
Semi-Finals – Kalannie

29th August 2026
Preliminary Final - Koorda

5th September 2026
Grand final - Bencubbin



Community Sport Notices



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GYM**

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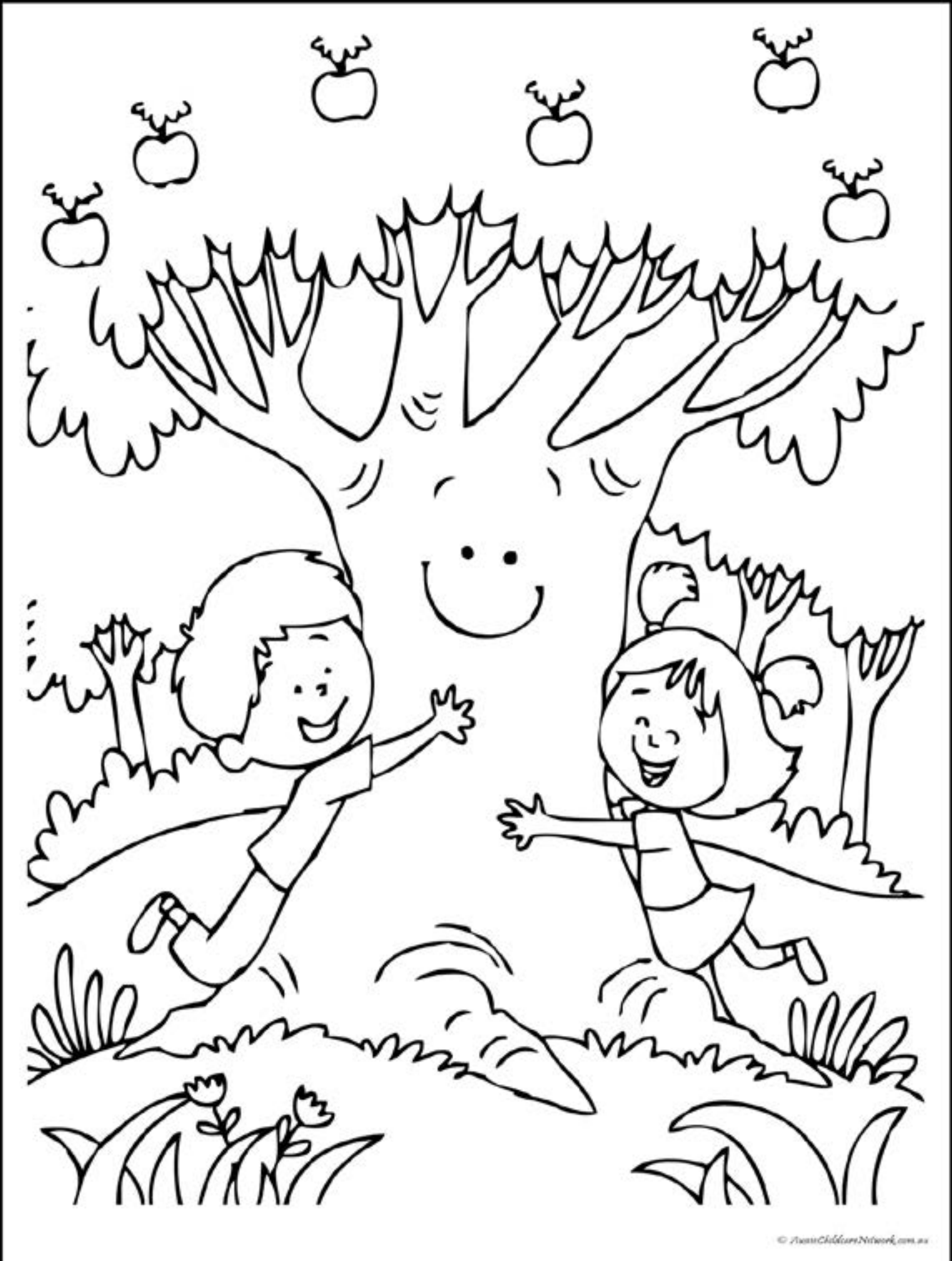
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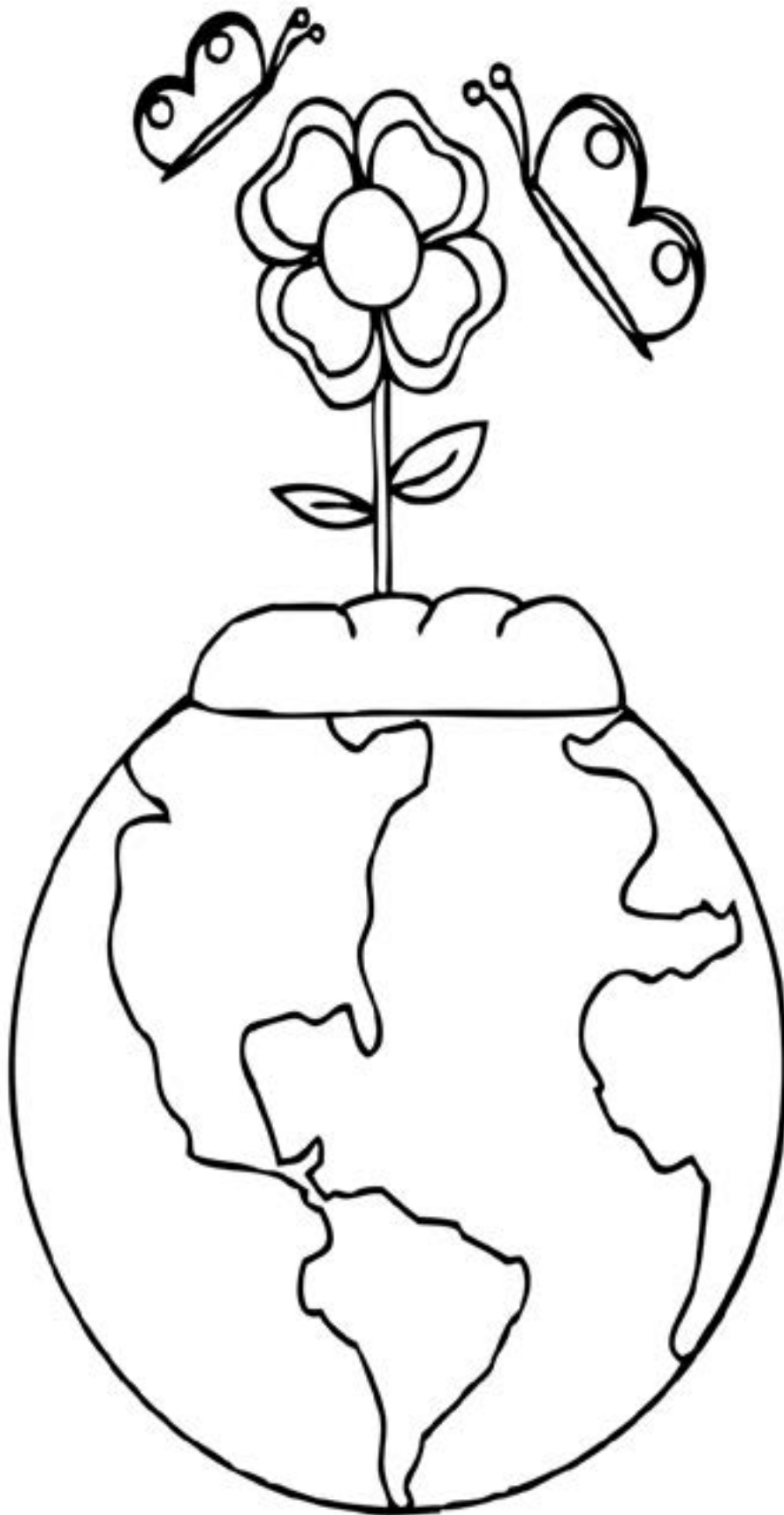
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Community Notices



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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



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DALWALLINU

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Health and Wellness

Roger H Rural Aid July August article 2026



In your life: What has been the most beautiful place you have seen so far? What is the achievement that makes you the proudest so far? What is your most defining moment in life so far?

Some people will be able to answer these questions fairly quickly. Some will not. Because of our uniqueness each answer will be different even if similar. But in each question asked, there is the same two last words, "so far".

How do you know that the most beautiful place you will ever see and what the best thing you will do is yet to be realised? At this point you have what is the best at this moment in time, you cannot say that there won't be something better unless you can read your own future. Even later in life the same stands. During hard challenging times the same stands. Maybe the best is still yet to come. An unknown person quoted, 'Life is not measured by the number of breaths we take, but by the moments that take our breath away.'

Every person has challenging times, times when we wonder if we will get through. Life is not easy and life in the future holds no promises. But the fact that we may also be yet to experience the best moment in our life is a great philosophy to help us get through hard times. We can ground ourselves and live in the moment, But it's also important to have aspirations for our future even though not guaranteed. Reminding ourselves that life has also included some good times, beautiful places and happiness assists us to stop pause reflect. Hard times are nature's way of pushing our reset button, to reset our priorities, move to get back to who we really are and to what is important to us personally. We can't undo our past but we can learn from our past. Our past also lets us know that we have got through hard times before and will get through again. But this time we have knowledge gained from previous experience of what we need to do to get through. We know what works for us. If how we reacted at the time we now know is wrong we now know how not to react differently.

When at the crossroads choose to take the path towards your true self not the path your negative thoughts want to go. Accept we are having negative thoughts because we know what has happened and what is challenging us. These protective emotional responses surface bringing thoughts of what may transpire. We do not dismiss these thoughts because our brain through our past hard times is now doing its best to protect you from harm now. The thoughts and emotions created are not always helpful, but we know why they are present. We have the freedom to choose how we react and can choose to take the path towards our true selves. This enables us to better able to control our emotional responses. If to difficult we can choose to ask for help. Knowing that asking for help is a strength and also what our loved ones would want us to do. We remind ourselves that we maybe yet to, in the future, experience the best moment in our life.

Health and Wellness



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



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Health and Wellness

Women's Health GP Visits- Dalwallinu Medical Centre- July to December 2026

Dr Irene Dolan Price

30th and 31st July 2026

27th and 28th August 2026

22nd and 23rd October 2026

19th and 20th November 2026

17th and 18th December 2026

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

Appointments are for Women's Health and Mental Health issues



*The Outreach programs are delivered by
Rural Health West on behalf of the Australian
Government Department of Health.*

Health and Wellness

Community Wellbeing Program

Providing support for communities impacted by the phase-out of live sheep exports by sea through community wellbeing and mental health activities across regional Western Australia

* The Community Wellbeing Program is funded through the Australian Government's Sheep Industry Transition Assistance Package and administered by the Department of Primary Industries and Regional Development.



Free, confidential counselling in person or by phone for farmers, their families and farm workers impacted by the phase out.

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www.ruralaid.org.au/mental-health-wellbeing/

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bluetreeproject.com.au/communityevents/



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www.ruralwest.com.au/

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SATAY CHICKEN STIR-FRY



4 SERVES



10 MINS



20 MINS

INGREDIENTS

1½ tablespoons reduced salt soy sauce

1 tablespoon Thai chilli jam

2 tablespoons crunchy or smooth peanut butter (see tip)

1 tablespoon lime juice

1 teaspoon brown sugar

500g chicken breast fillets, thinly sliced

1½ tablespoons sunflower oil

1 onion, sliced

1 large carrot, halved lengthways, thinly sliced

1 large red capsicum, chopped

200g green beans, trimmed, halved

200g brown rice vermicelli

Lime wedges, to serve

METHOD

Combine soy sauce, chilli jam, peanut butter, lime juice, sugar and 2 tablespoons water in a small jug. Mix well. Set aside.

Place chicken in a bowl. Add oil and toss to coat. Heat a large non-stick wok over a high heat. Stir-fry chicken in hot wok in 2 batches for about 3 minutes or until lightly browned and just cooked. Remove and set aside.

Add onion, carrot and 1 tablespoon water to wok. Stir-fry for 2-3 minutes, until lightly browned. Add capsicum and beans. Stir-fry for a further 2 minutes.

Return chicken to wok with sauce mixture. Stir-fry until combined and hot.

Meanwhile, cook noodles as directed on packet. Drain. Serve stir-fry and noodles with lime wedges.

TIPS: Choose peanut butter made from 100% peanuts with no added sugar and no added salt.

For a shortcut, replace chicken breast fillets with 500g chicken breast stir-fry strips.

You can use soba noodles instead of brown rice vermicelli or replace noodles with ½ cup cooked brown rice per serving, if preferred.

Health and Wellness



*Serve with
lime for a
tasty zest*

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 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:

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

Health and Wellness

Support Services

Phone & Web-based

HOLYOAKE

000 (emergency)

Rural Link: 1800 552 002

Mental Health Emergency Response Line:
1300 555 788

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Lifeline Text Service:

0477 13 11 14 (only available 6:00 pm to 10:00 pm AEST)

Lifeline WA Grief, Loss & Separation free counselling:
9261 4444

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

headspace (9am till 1am EST): 1800 650 890

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

Crisis Care (Child Protection & Family Support):
1800 199 008

Reachout: www.reachout.com

Mensline: 1300 789 978

13YARN: 13 92 76

Here For You: 1800 437 348

Road Trauma Support: 1300 004 814

Grief Line (midday to 3am AEST): 1300 845 745

Alcohol & Drug Support Line: 1800 198 024 or 9442 5000

Parent and Family Drug Support Line:
1800 653 203 or 9442 5050

Narrogin & Upper Great Southern Domestic Violence Helpline: 1800 007 570

Wheatbelt Domestic Violence Helpline: 1800 353 122

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA: 1300 724 679

Sexual Assault Referral Centre: 1800 199 888

HealthDirect: 1800 022 222

Holyoake

Northam: 9621 1055

Narrogin: 9881 1999

Merredin: 9081 3396

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

Northam Medicare Mental Health Centre:
1800 595 212

WACHS Wheatbelt Mental Health Service:
96210999

For more information
Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake





We're closer than you think

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

At our Access Points you can:

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

Your local access point is:

Kalannie Community Resource Centre
67 Roche Street
Kalannie WA 6468



Australian Government
Services Australia



servicesaustralia.gov.au

Access Point

At a Services Australia Access Point you can:



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



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



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



scan, print, fax and photocopy documents



have your confirmation of identity documents certified

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

Your local Access Point is:

Kalannie Community Resource Centre

Address: 67 Roche Street

Hours of business:

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

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

Self service

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

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

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

Centrelink phone self service

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

How to contact us

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

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

For information in other languages:

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

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

Call costs from your home phone to a:

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

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

impairment. A TTY phone is required for this service.



Australian Government
Services Australia



servicesaustralia.gov.au



Kalannie Community Directory

COMMUNITY GROUP	CONTACT PERSON	EMAIL
Isolated Children & Parents Ass	Jane Lang	bresland.farming@gmail.com
Kalannie Bowling Club	Andrew Moore	andrew.tracy@westnet.com.au
Kalannie Community Ass	Catherine Hudson	kca@kalannie.com.au
Kalannie Community Church	Helen Nixon	rnixon7@bigpond.com
Kalannie CRC	Catherine Hudson	kalanniecrc@kalannie.com.au
Kalannie Cricket Club - Jnr	Kate McCreery	jkmccreery.family@outlook.com
Kalannie CWA	Jodie Lyndon-James	kalanniecwa@gmail.com
Kalannie Fire Brigade	Paul Burrige	cropit2@yahoo.com.au
Kalannie Football Club	Ashley Sanderson	kalanniefc@gmail.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	Ashleigh Haggerty	kalannielittleones@gmail.com
Kalannie Sporting & Recreation Club	Melissa Harms	ksrc@live.com.au
Kalannie St John Ambulance	Stewart Benton	stewartbenton@bigpond.com
Kalannie Tennis Club	Stacey Hudson	shudson@activ8.net.au
Kalannie Young Farmers	Libby Osborne	wildaizy@hotmail.com



Kalannie Business Directory

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

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

Media Release

**ABORIGINAL
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INFRASTRUC-
TURE**

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**COMMUNITY
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**EDUCATION
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