

The Kapers

Issue #2 13th January 2026

School Holiday Activities Kalannie CRC Thurs 29 Jan 9.30am - 1.30pm



Join us at Kalannie CRC for some arty and fun activities this school holidays:

- message sticks
- floor ball
- badminton
- giant games:
(jenga, connect 4, dominoes, fish)

cost:
\$5 per child



****Morning tea included****

contact CRC to book:
9666 2194
kalanniecrc@kalannie.com.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

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

The Kapers is supported by the



Department of
Primary Industries and
Regional Development

Welcome to
KALANNIE

Kapers Editions

Free online at

www.kalannie.com.au

\$2 for a printed copy or become
a yearly print subscriber

Email us at

kapers@kalannie.com.au for all
your Kapers requirements

Advertising

Full Page \$30

Half Page \$25

Quarter Page \$20


Yearly advertising
available

Prices subject to change



protective behaviours workshop

**19 Feb 5-7pm
Kalannie Town Hall**



The Parent Protective Behaviours Workshop equips parents and carers with practical skills and knowledge to help keep children safe. The session focuses on building children's resilience, understanding and early warning signs, developing safety networks and fostering open communication.

**Contact the CRC to
secure your place -
kids activities and
childminding can
be arranged:**

9666 2194

or

kalanniecrc@kalannie.com.au



Wheatbelt Community Calendar


January

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 New Years Day 	2	3
4	5 Kalannie CRC Reopens 	6 First Edition of the Kapers	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Australia Day Public Holiday 	27	28	29 School Holiday Activities @ the CRC 9.30- 1.30	30	31

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

Wheatbelt Community Calendar

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
1	2 Schools Back 	3	4	5	6	7
8	9	10	11	12	13	14 
15	16	17	18	19 Protective Behaviour Workshop @ CRC 5-7pm	20	21
22	23	24	25	26	27	28 Wheatstock 

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
1pm Mondays

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

Shire Notices



Shire of Dalwallinu Recycle Calendar 2025-2026

July 2025						
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 2025						
S	M	T	W	T	F	S
					1	2
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24	25	26	27	28	29	30
31						

September 2025						
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28	29	30				

October 2025						
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26	27	28	29	30	31	

November 2025						
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23	24	25	26	27	28	29
30						

December 2025						
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28	29	30	31			

January 2026						
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25	26	27	28	29	30	31

February 2026						
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22	23	24	25	26	27	28

March 2026						
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22	23	24	25	26	27	28
29	30	31				

April 2026						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 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						

June 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				

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.



**FREE
BASIL !!**



Our community wicking bed gardens are full of basil.

So please come and help yourself it is completely free !!

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

AUSTRALIA



DAY

**ENJOY YOUR AUSTRALIA DAY
WITH A FREE BREAKFAST –
MONDAY 26 JANUARY 2026**



**DALWALLINU
AQUATIC CENTRE**

**FROM 8:00AM TO
9:30AM**

Happier January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

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Grain Tippers, Side Tippers
Fertilizer, Lime, Gypsum
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Water Carting
Spraying*



Chris - 0427 088 173 / Steve - 0429 662 033



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 supplying 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

GRDC Grains Research Update – Kalannie

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

Event Name

GRDC Grains Research Update – Kalannie

Start Date

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

End Date

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

Duration

7 hours and 30 minutes

Description

SAVE THE DATE!

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

Region

West

Location

The Club
Kalannie
WA 6468

Contact name

Nadia Chiang

Contact email

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

Contact phone

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

Cost

Cost (in AUD\$): Free

Environment

SAVE THE DATE NOT JUST DIRT: A HIDDEN ECOSYSTEM FORUM

18 FEBRUARY 2026
IRWIN 10AM-2PM

This event will provide farmers and landholders practical knowledge & solutions to improving our biggest asset – soil!

Hear from experts including **Kevin Elmy** of **Cover Crops Canada** and learn about soil health, biodiversity, microbiology, multi-species farming, intercropping and more.

Register on email & keep an eye out on NACC NRM's Facebook and Instagram pages for more details to come.



REGISTER

KATRINA SASSE

SUSTAINABLE AGRICULTURE FACILITATOR, NACC NRM
E KATRINA.SASSE@NACC.COM.AU | M 0447 361 335



Australian Government

Sustainable Agriculture Facilitators are supported by the Australian Government through funding from the Natural Heritage Trust under the Climate-Smart Agriculture Program. Events funded and supported by the NACC Future Farm Foundations project funded and supported by the Australian Government as part of the Climate-Smart Agriculture Program (CSAP) under the Natural Heritage Trust.

Resilient Farming Event Series

NACC NRM is excited to support farmers and landholders in improving their farming systems and soil health through the Future Farm Foundations Project's *'Resilient Farming Event Series'*.

In early 2026, as part of the 'Resilient Farming Event Series', we are hosting international and local guest speakers who will visit the region to share ideas and inspire you to implement practical solutions to become resilient in the face of change.

Don't miss your opportunity to register for these events, connect with people who inspire your mind and to give back to the land and the soil that was so giving in 2025. This is your chance to ask questions, connect with a level of sustainable agriculture expertise that doesn't come around this neck of the woods too often!

'Not Just Dirt: A Hidden Ecosystem'

18th February 2026 | Irwin (Location TBC)

Key note speaker: Kevin Elmy of Cover Crops Canada

Beneath our feet lies a vibrant, living ecosystem essential to farming and life on Earth. Soil is far more than dirt – it's a complex network of microbes, insects, fungi and organisms that support plant growth, regulate water and sustain our planet.

Led by Canadian agronomist and regenerative agriculture educator Kevin Elmy, this forum explores the science and practical application of soil health. With over 20 years' experience, Kevin helps producers restore soil ecology, improve resilience and rethink conventional farming systems.

This session delivers practical, actionable strategies farmers can take home, supporting low-input, resilient systems that work with nature, not against it.

Designed for anyone who works with soil – from backyards to paddocks – the forum unpacks the hidden soil landscape, exploring plant interactions, functional plant groups, key soil principles and how everyday decisions impact life below ground.

Together with other expertise, the forum will focus on:

- Soil microbes: bacteria, fungi
- Earth worms and termite action
- Cover and companion cropping
- Livestock integration
- Nutrient cycling
- Soil organic matter
- Practical tips for soil management

Register your interest today Katrina.sasse@nacc.com.au and stay connected through NACC NRM Facebook and Instagram pages for updates and further information.

Supported by Future Farm Foundations project under the Natural Heritage Trust's Climate-Smart Agriculture Program



MARCH 28-29
HIF HEALTH
INSURANCE OVAL

COUNTRY FESTIVAL of FOOTBALL



**SATURDAY 28TH
MARCH**



E.D.F.L

FORMAT

Each day will feature
3 x 1-hour games
(back-to-back-to-back)

To register - contact Joe
jmccarthy@falconsfc.com.au

**SUNDAY 29TH
MARCH**





MARCH 28-29

**HIF HEALTH
INSURANCE OVAL**

COUNTRY FESTIVAL OF FOOTBALL



PRE-SEASON COMP

SATURDAY
28TH MARCH

||  ||
E.D.F.L.

SUNDAY
29TH MARCH



FORMAT

Each day will feature
3 x 1-hour games
(back-to-back-to-back)

To register - contact Joe
jmccarthy@falconsfc.com.au



DALWALLINU

Harvest Branch Hours 2025



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



HARVEST OPENING HOURS

7:00am – 6:00pm

From 13th of October

SATURDAY MORNINGS

8:00am – 12:00pm

From October 4th 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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MARK: 0407 640 614
JULIE: 0400 722 790
SHOP: 9666 2179
admin@kalannieagquip.com.au

Shop Hours

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

Nutrien
Ag Solutions



Kochii Eucalyptus Oil has rebranded to become Fasera.

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

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



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



fasera



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

12 January 2026

With Senior Regional Officer for Midwest – Natasha Pirrottina

Time is running out for short-stay and vacant property owners to make the switch

As another busy holiday season draws to a close, many Western Australian short-term rental accommodation owners will be looking forward to a break of their own. If you've spent summer juggling bookings, cleaning schedules and last-minute changes, you may be wondering whether having a holiday home is still worth the effort. The good news is there is still an opportunity to switch the property to the long-term rental market and receive a financial incentive to do it. But time is running out.

After a final extension, phase three of the Short-Term Rental Accommodation (STRA) Incentive Scheme will close for good on **28 February 2026**. The Vacant Property Rental (VPR) Incentive Scheme will also end on this date.

Both programs offer cash grants to encourage property owners to bring homes into the long-term rental market. STRA owners can receive \$10,000, while eligible vacant property owners can receive \$5,000. In return, owners agree to rent their property to new tenants for a minimum of 12 months, providing stability for WA renters while enjoying the certainty of a longer lease.

Eligibility for both schemes was expanded in Phase Three, meaning your property could now qualify. Even if you purchased a property for short-stay use after the scheme first began you could now be eligible. Houses, units, villas, apartments and even granny flats could all be eligible depending on the scheme.

For STRA owners, there's also a practical reason to think about your next move. Since 1 January 2026, some short-term rentals require a development approval. This could be another good reason to consider making the move to the long-term rental market now. If you're unsure if this does affect you, check with your local government to confirm any development approval requirements.

Since the schemes first launched, more than 830 properties across the State have been converted from short-term accommodation or prolonged vacancy into long-term rental homes. That's meant more families, couples, retirees and regional workers have been able to secure a place to live, and it's happened with the help of property owners who chose to make the switch.

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



To receive a grant, you'll need to meet each scheme's eligibility criteria and have an Australian bank account so payments can be made by Consumer Protection's Grants team.

If you have a property sitting vacant, or you're feeling worn out after another peak holiday season of short-stay hosting, this is your last chance to become part of the solution for easing WA's housing pressures.

To find out which scheme may be right for you and check your eligibility, head to wa.gov.au and search for the [Short-Term Rental Accommodation](#) or [Vacant Property Rental](#) incentive schemes.

If you have questions, the Grants team at Consumer Protection can be contacted on 1300 30 40 54 or via email at cpgrants@lgirs.wa.gov.au.



Bridgestone Service Centre

Firestone

GOODYEAR



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
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- Assorted tubes
- Full range of compressor nitro fittings and industrial brass fittings
- We also sell rubber matting

Supporters of Kalannie Football Club



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Understanding**

DALWALLINU

H A U L A G E

Contact: Shannon Dawson

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

GENERAL FREIGHT & LOGISTICS



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

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

BULK END & SIDE TIPPERS

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

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



LIQUID FERTILISER



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

Wheatstock

ANOTHER ONE
BITES THE DUST

SATURDAY, 28TH OF FEBRUARY 2026

KALANNIE TOWN OVAL

Performances by:

PROUD MARY, BOHEMIAN RHAPSODY,

PIGRAM BROTHERS KINTET WITH RICHARD ROSE

JOSÉ AND THE ROMEROS, DUMB AND DRUMMER

Get your tickets now!



www.trybooking.com/DFYTG



Large Garden Games

The Kalannie CRC currently has large outdoor garden games for hire.



**\$25 FOR THE SET OF THREE
CONNECT FOUR, JENGA AND DOMINOES**

For more information or to hire, contact the CRC
on 9666 2194 or kalanniecrc@kalannie.com.au



Kalannie

Community Resource Centre

your local connection



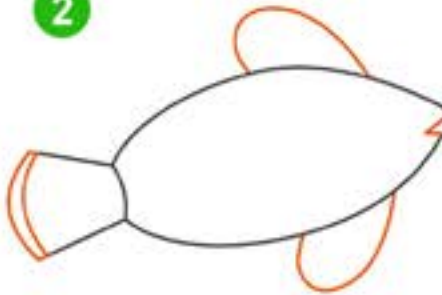
Learn to Draw a Clownfish

Follow the steps to draw your own clownfish

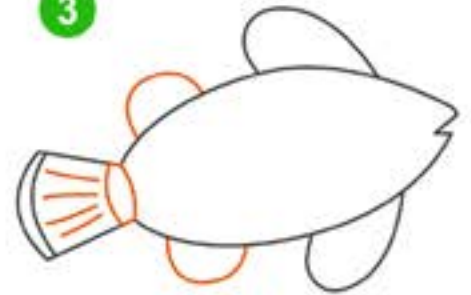
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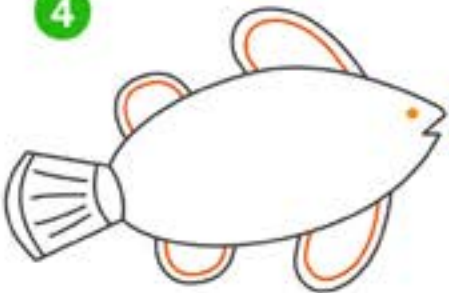
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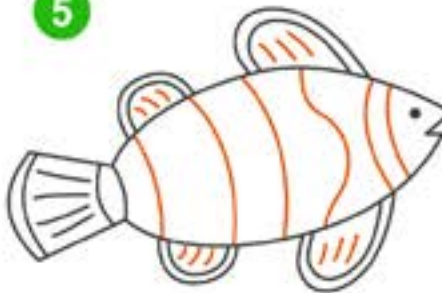
3



4



5



6





KIDS PUZZLES



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Office Hours:

9.00am - 5.00pm Monday to Friday

PO Box 27

Wongan Hills 6603

Phone: 9671 1655

Mobile: 0428 415 089

Email: eion@what.net.au

Website: www.what.net.au



RSM

Empowering you for
the future.

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

THE POWER OF BEING UNDERSTOOD
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RSM

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Reagan Manns

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rsm.com.au/moora

Northam

Keiran Sullivan

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210 Fitzgerald Street, Northam

rsm.com.au/northam



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



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

Just use our scheme ID number:

C10350369

Bring your eligible containers to:

KALANNIE IGA CARPARK

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

PLEASE NOTE:

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

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

ELIGIBLE CONTAINERS



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





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

Easy, Reliable and Tasty



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




Kalannie Kapers

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



Scan QR Code for an email subscription



ELDERS DALWALLINU FOR EXPERT AGRIBUSINESS ADVICE

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available

Prices subject to change

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

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

Talk to one of our expert team today.

Tom 0417 253 586	Clare 0447 500 525	Monique 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!**



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



19 HUGGETT DRIVE, DALWALLINU, WA, 6609
08 9661 2222 INFO@TRACTUS.COM.AU

 FOLLOW US ON FACEBOOK TO KEEP UP WITH OUR SPECIALS!

Business hours:

7am – 5pm Mon – Fri

Open by appointment Saturday & P/H's

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

Now that's "a gripping service"

THAI CHICKEN LETTUCE CUPS



4 SERVES



10 MINS



15 MINS

INGREDIENTS

2 teaspoons sunflower oil

500g chicken breast mince

2 cloves garlic, crushed

¼ cup Thai chilli jam

1½ tablespoons salt-reduced soy sauce

1 tablespoon lime juice

1½ cups cooked brown rice (see tip)

½ cup coarsely chopped roasted unsalted peanuts

2 carrots, peeled, coarsely grated

250g punnet cherry tomatoes, quartered

2 small Lebanese cucumber, cut into 1cm pieces

1½ cups coarsely chopped fresh coriander leaves

8 large iceberg lettuce leaves

METHOD

Heat oil in a large non-stick wok or frying pan over a high heat. Add chicken and garlic. Stir-fry for 4-5 minutes, breaking up mince, until chicken is cooked.

Combine chilli jam, soy sauce, lime juice and 2 tablespoons water in a jug. Add to wok with rice. Stir-fry for a further 2-3 minutes or until well combined and hot. Remove from heat.

Add peanuts, carrot, tomatoes, cucumber and coriander leaves. Toss well to combine. Spoon into lettuce leaves to serve.

TIPS: Thai chilli jam is available from the Asian food section in supermarkets. Replace with any type of Thai-style curry paste, if preferred. Check labels and choose the brand lowest in sodium.

You'll need to cook ½ cup raw brown rice to make 1½ cups cooked rice. For a shortcut, use a 250g packet microwave brown rice and heat following packet instructions.

Health and Wellness



Health and Wellness

community engagement



Celebrating Connection at the Narrogin NAIDOC Event

The Wheatbelt Prevention Team proudly participated in the NAIDOC Week Celebrations held at Alby Park in Narrogin on 22 October. The event brought together local schools, families, and community members to celebrate Aboriginal culture, connection, and community spirit.

Holyoake hosted a community artwork activity, inviting everyone to contribute their creativity to a shared piece that represented the theme of the day. The finished artwork is a vibrant reflection of community pride and collaboration.

Our team also shared a range of alcohol and other drug (AOD) and mental health resources, encouraging conversations about wellbeing and healthy choices. It was wonderful to connect with local students and community members throughout the day and to celebrate culture, learning, and togetherness.



We All Play a Part: Promoting Healthy Pregnancies during FASD Awareness Month

Throughout September, the Wheatbelt Prevention Team proudly joined the national effort to raise awareness about Fetal Alcohol Spectrum Disorder (FASD) and the importance of alcohol-free pregnancies.

This year the Campaign "We All Play a Part" was developed with funding from the Mental Health Commission. Holyoake partnered with WA Country Health Service and WANSLEA to deliver the campaign to netball associations across the Wheatbelt and promote key prevention messages through the FASD Shirt Initiative. Clubs received campaign shirts and a media kit featuring posters and social media materials encouraging everyone to support alcohol-free pregnancies. Netball clubs were a natural fit for this initiative, providing a positive, community-based space to share health messages with women, families, and supporters.

To further extend awareness, the team rolled out nine days of social media posts across Holyoake's platforms, each focused on simple, evidence-based messages to promote healthy pregnancies.

In addition, Jess Daniels, Wheatbelt AOD Prevention Coordinator, delivered a presentation to Holyoake clinical staff on FASD, exploring its prevalence, impacts, and practical ways to support individuals and families living with FASD.

Together, these activities highlight the important role that local sport, community, and education play in supporting prevention and wellbeing, because we all play a part in creating healthy beginnings for every child.



Health and Wellness

community
engagement
contd...

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Whenever you're ready.

FASD Awareness Month



SEPTEMBER IS INTERNATIONAL FASD Awareness Month

Fetal Alcohol Spectrum Disorder (FASD) is the leading preventable developmental disability in Australia.

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There is no safe time or amount of alcohol to drink during pregnancy.

Alcohol crosses the placenta.
The placenta is not a barrier to alcohol.

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Developing brains are extra sensitive to the effects of alcohol.

The baby's brain continues to develop throughout the 9 months of pregnancy.

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Alcohol-free pregnancies are everyone's responsibility - family & community

Not drinking alcohol is more manageable when others are not drinking.

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FASD can impact a child's behaviour, health and ability to learn.

With the right support, people living with FASD can thrive.

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Exposure to alcohol through breastmilk can have effect a baby's development.

The concentration of alcohol in your blood and breastmilk is the same.

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Support is available for everyone. Help is only a call away.

You're not alone.

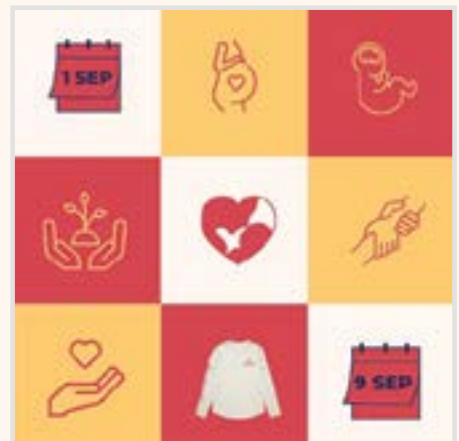
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Have you seen these shirts around? Raising awareness of alcohol-free pregnancies.

This is part of the 'We All Play A Part' campaign.

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Health and Wellness

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Spotlight on FASD Prevention in the Wheatbelt

Holyoake's Wheatbelt AOD Prevention Coordinator, Jess Daniels, recently joined a field of experts at the WA FASD Prevention Symposium held in Boorloo (Perth) on the 17 and 18 September 2025.

Jess presented on the importance of engaging community through fun and inclusive community activities, including the series of family fun days organised by her and WA Country Health Service. Her presentation highlighted how prevention work doesn't just involve giving information, it's about creating safe, welcoming spaces where families can connect, learn and build healthier communities together.

Some of the key take-aways from Jess's presentation included:

- The power of community-based events (like family fun days in 2024 - see poster) in reaching a broad audience and normalising conversations around alcohol, other drugs and parenting.
- How fun, creative formats and inclusive activities reduce barriers and help engage across age groups, cultures and contexts.
- The role of local relationships and partnerships in making prevention activities relevant and meaningful in regional settings.

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whenever you're ready.

Family Fun Days 2024

It's for Mum, Bub & Us

A Southern Wheatbelt FASD Prevention Initiative

Events delivered in:

1. Narrogin
2. Pingelly
3. Boddington

Background
It was identified that there was an increase in AOD use during pregnancies, especially in the Southern Wheatbelt.

Key Message
Alcohol-free pregnancies. It's for Mum, Bub & Us.

Merchandise
We created the Family Fun Day 2024. Alcohol-free pregnancies. It's for Mum, Bub & Us.

Events
200 attendees across 3 events.
• Still with alcohol-free pregnancy information, merchandise and referral information
• Face painting & messy play
• Blisout decorating & coffee van
• Cultural art

Aim
To reduce stigma associated with FASD and raise awareness of the Australian Alcohol Guidelines to community.

Message Promotion
Example Radio ad: Visit the community Family Fun Day, at Pingelly PRACC on Wed Sept 18 between 10am and midday - let fun, free activities for kids, and information on healthy pregnancies. If you're worried about drinking now, or before you know you were pregnant, it's never too late to ask for help. Alcohol-free pregnancies - It's for Mum, Bub & Us.

Promotional Poster
Family Fun Day 2024. Alcohol-free pregnancies. It's for Mum, Bub & Us.

All events were in collaboration with Early Years Networks, who prioritise the development of all children (pre-birth to 4 years) through the provision of services, activities, facilities and healthy environments.

This initiative was led by Holyoake in collaboration with WA Country Health Service, Narrogin, Boddington and Pingelly Early Years Networks and the WA Men's Health Commission.

Health and Wellness

Agriculture & Agri-Business Wellbeing Factsheet

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

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

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING

HEALTHY

SURVIVING

STRUGGLING

CRISIS

THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
<i>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
← ○	○	○	○	○ →
Growth mindset	Calm and steady with minor mood fluctuations	Nervousness, sadness, increased mood fluctuations	Persistent fear, panic, anxiety, anger, sadness and hopelessness	Disabling distress and loss of function
High levels of performance	Able to manage stressors in life	Inconsistent performance	Exhaustion	Panic attacks, nightmares or flashbacks
Fully realising potential	Consistent performance	More easily overwhelmed or irritated	Poor performance and difficulty making decisions or concentrating	Unable to fall or stay asleep
Actively seeking connections	Able to take advice and to adjust to changes and plans	Increased need for control and difficulty adjusting to changes	Avoiding interaction with family, friends and colleagues	Intrusive thoughts
Solution focused	Able to communicate effectively	Disrupted sleep and eating	Fatigue, aches and pains	Thoughts of self-harm or suicide
Confident and curious	Normal sleep patterns and appetite	Activities and relationships you use to enjoy seem less interesting or even stressful	Restless and disturbed sleep	Easily enraged or aggressive
Clear and energised	Good impulse control	Muscle tension, low energy & headaches	Self-medicating with alcohol and/or other drugs or food	Careless mistakes and inability to focus
Optimal self-awareness	Mood recovers quickly from stress	Low motivation and energy	Inability to problem solve	Feeling numb and lost
High levels of motivation	Good self-awareness			Withdrawing from relationships
Energised by challenges				Dependence on alcohol, other drugs, food or other numbing activities to cope.
				Physical and emotional exhaustion

Health and Wellness

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

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



SCHEDULE TIME FOR THINGS YOU ENJOY

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



BE ACTIVE AND EAT WELL

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



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

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



MAKE A 'TASKS LIST'

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



FOCUS ON WHAT YOU CAN CONTROL

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



BRING OTHERS TO THE TABLE

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



KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



PARTAKE IN HELP SEEKING BEHAVIOURS

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



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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

Health and Wellness

CRISIS LINES

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
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
Beyond Blue Beyond Blue as a reliable source of mental health information, support, and hope.	1300 224 636 Beyond Blue
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978 MensLine Australia
Drought Response Hotline 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.	1300 489 832 Drought Response WA
Kids Helpline Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	1800 551 800 Kids Helpline

PLACE-BASED SUPPORTS

Holyoake 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.	9621 1055 Holyoake
Head to Health (co-located with Holyoake) Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	6383 8040 Head to Health Northam
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.	1300 327 624 Rural Aid
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 remote communities throughout WA.	9314 1436 The Regional Mens Health Initiative

Rural West

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

1800 612 004

[Rural West](#)

Wheatbelt Mental Health

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

9621 0999

[WA Country Health Service](#)

Amity Health

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

9842 2797

[Amity Health](#)

Headspace

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

9621 5000

[Headspace Northam](#)

WEBSITES FOR INFORMATION & RESOURCES

ifarmwell

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

[ifarmwell](#)

National Centre for Farmer Health

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

[National Centre for Farmer Health](#)

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

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

TIACS

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

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

[TIACS](#)

Head to Health

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

[Head to Health](#)

For more information
Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake  





We're closer than you think

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

At our Access Points you can:

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

Your local access point is:

Kalannie Community Resource Centre
67 Roche Street
Kalannie WA 6468



Australian Government
Services Australia



servicesaustralia.gov.au

Access Point

At a Services Australia Access Point you can:



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



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



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



scan, print, fax and photocopy documents



have your confirmation of identity documents certified

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

Your local Access Point is:

Kalannie Community Resource Centre

Address: 67 Roche Street

Hours of business:

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

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

Self service

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

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

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

Centrelink phone self service

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

How to contact us

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

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

For information in other languages:

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

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

Call costs from your home phone to a:

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

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

impairment. A TTY phone is required for this service.



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 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	lexiwasman@icloud.com
Kalannie Sporting & Recreation Club	Melissa Harms	ksrc@live.com.au
Kalannie St John Ambulance	Stewart Benton	stewartbenton@bigpond.com
Kalannie Tennis Club	Stacey Hudson	shudson@activ8.net.au
Kalannie Young Farmers	Libby Osborne	wildaizy@hotmail.com



Kalannie Business Directory

BUSINESS	PHONE	EMAIL
Central Wheatbelt Physiotherapy	0413 901 057	centralwheatbeltphysio@gmail.com
Gypsum Supplies	0429 662 004	daniel@gypsumsupplies.com.au
Hathway Farm Equipment	9666 2034	admin@hathwayfarm.com.au
Hazlett Corner Store	9666 2040	admin@hazlettcornestore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornestore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornestore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

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

Media Release

**ABORIGINAL
AFFAIRS**

**BUSINESS
SUPPORT**

**CIVIC
INFRASTRUC-
TURE**

**COMMUNICA-
TIONS**

**COMMUNITY
SERVICES**

**CULTURAL
AFFAIRS**

**ECONOMIC
MANAGEMENT**

**EDUCATION
AND TRAINING**

EMPLOYMENT

ENVIRONMENT

HEALTH CARE

IMMIGRATION

JUSTICE

**MARITIME
SERVICES**

**NATURAL
RESOURCES**

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INDUSTRIES**

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SECURITY

**SPORT AND
RECREATION**

TOURISM

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BUTTON TO
READ MORE**