

The Kapers

Issue #4 27th January 2026

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Your productivity, our priority

Our team make sure you get the right solutions for better yields and returns. From soil testing to fertilizer recommendations, we'll get every hectare to work harder for your farm.

- Soil & Plant Tissue sampling & interpretation.
- Product recommendations and nutritional requirements.
- Access to local Field Research trials & data.
- Fuel & SAT Gauges.
- Summit Connect - Customer Portal.

Saritha Williams | Wongan Hills Area Manager
0429 579 541 | swilliams@summitfertz.com.au



INSIDE THIS ISSUE...

REGIONAL TECH HUB - SUPPORTING STUDENTS DIGITAL LEARNING, KEEPING UP WITH THE KALANNIE CRC, SCHOOL HOLIDAY ACTIVITIES, KALANNIE MEMORIAL WALL PLAQUES, PROTECTIVE BEHAVIOURS WORKSHOP, CONSUMER WATCH - BUYING A HOME, KIDS PUZZLES, RURAL AID ARTICLE, MINDSPOT ONLINE MENTAL HEALTH CARE.....AND MORE

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



WHO WE ARE

The Regional Tech Hub (RTH) is a federally funded, independent telecommunications advisory service for rural, regional and remote Australians.

The RTH provides free, independent phone and internet connectivity advice and support for rural, regional and remote individuals, businesses and communities.



Get connected Stay connected

Visit RTH website



Fill in a 'contact us' form



Call 1300 081 029



regionaltechhub.org.au



Improve your internet
experience for home learning

Online study
ready?

Supporting Students' Digital Learning in Regional Australia

Free advice, tools and resources to help families get connected

Many students in regional, rural and remote areas rely on digital tools to participate fully in school and training. These tools need suitable and reliable connectivity. Whether it's downloading assignments, joining online classes, or simply researching for a project, having a reliable internet connection at home makes a big difference.

The Regional Tech Hub is here to help. We provide free, independent and practical advice for families needing support with their home internet or digital learning setup.

Set up your home for online learning

Did you know a strong connection isn't just about internet speeds. Simple steps can make a big difference:

- Positioning your modem correctly
- Using a Wi-Fi booster in larger homes or older buildings
- Ensuring devices are updated
- Creating a quiet, well-lit space for video classes

The Regional Tech Hub website also includes a quick video guide to help families create an effective home learning setup.

Where to find support

If your family, or someone in your community needs help getting connected for education, the Regional Tech Hub team is ready to assist.

Call: 1300 081 029

Visit: www.regionaltechhub.org.au

Explore the Education Resource Hub [here](#)

We're here to help people in rural, regional and remote Australia get the most out of their internet and digital tools, so every student can learn, create and thrive.

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
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August 2025						
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31						

September 2025						
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October 2025						
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March 2026						
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April 2026						
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31						

June 2026						
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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.



JOIN US FOR A MORNING OF FUN



If you've got some bored kids at home, then make sure you drop them off at the CRC this Thursday. We are looking forward to having a fun morning of activities.

Starting off with painting a spot on our message sticks. This is a creative way to mark your connection to Kalannie through a design that represents you and your family.



We begin the design with a recreation of how Indigenous people show each member of their family sitting around a fire. Then it is completely up to you what else you would like to paint. Maybe your favourite animal, bird or family pet? Do you have a favourite colour or flower? Or you can even leave your handprint.



After our art activity we will be getting active with a variety of indoor sports to play and some games like connect 4 and dominoes. Followed by morning tea.

If you have yet to register for our school holiday activities, you still have time!



We also still have plenty of places available for our upcoming Protective Behaviours workshop. Being run by the WA Child Protection Society.

A great opportunity for both parents and grandparents to take part in an important subject helping to keep children safe.

So please get in touch with the CRC to register your name kalanniecrc@kalannie.com.au or phone 9666 2194

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



Kalannie MESSAGE STICKS

School Holiday
ART ACTIVITY
Thurs 29th January
(9.30am - 1.30pm)

The Kalannie community are invited to decorate a section of the bush poles erected across from the CRC in the main street.



Ideas for designs should consider inclusion of symbols and forms that represent you and/or your family.

- in the picture above each “U” shape represents a person sitting around a fire
 - how many in your family?
 - what about pets?
 - what about grandparents, aunties/uncles/cousins, close family friends (that are like family to you). Will they be included in your circle or will they have a circle that represents them separate from yours?

You could also use totems to tell the story of you and your family.

- Are there places or things that you identify with that represent who you are, and your place in your family, friends, school or community?
 - hobbies, sport, work
 - do you love bushwalking and flowers
 - do you play in a sports team
 - your house, car or farm.

Can you think of images of things that symbolise who you and your family are? If you had to tell a story about you and your family using pictures alone, what would that story or design look like?

Kalannie Memorial Wall



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

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

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

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



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Department of
Primary Industries and
Regional Development

TO REMEMBER

A SPACE

COUNTRYSIDE MEMORIALS

OXTER SERVICES

MONUMENTAL MASONS, MEMORIAL DESIGN, RESTORATIONS, MEMORIAL PLAQUES

9 Yilgarn Avenue, Northam WA 6401


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

Date:		
Customer Contact:	Name: Address: Phone No: Email:	
Deceased Details:	Surname: Given Names: Cemetery:	
Bronze Plaque: To be attached to the Kalannie Memorial Wall	300mm x 200mm Includes 6 Lines of Text & 1 Motif Border to Plaque Extra Lines are \$51.00 + GST each, Extra Motif \$69.00 + GST each	<div style="border: 1px solid green; padding: 5px; text-align: center;"> \$605.00 plus GST </div>
Inscription Details: Please print (no layout required, we will do that for you) Once inscription received a proof will be typeset and emailed back to the customer to check that the information is correct. When approval is received from Customer, plaque will be ordered and the customer will receive an invoice.		
Instructions:	Fill out above details and email to oxter@westnet.com.au .	



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



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





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

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WWW.BOEKEMANS.COM.AU

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Machinery**
Est 1968

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8am - 5pm**

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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Contact

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

Shop Hours

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

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Ag Solutions



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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





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Spraying*



Chris - 0427 088 173 / Steve - 0429 662 033



Hazlett Corner Store

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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

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

22 January 2026

The material fact of the matter when it comes to buying a home

Buying a home is a big decision often tied to a lot of emotion. You might fall in love with the spacious kitchen, picture summer barbecues with friends in the lush backyard, or imagine raising kids in the friendly, quiet neighbourhood. But beyond what you can see at the home open, there may be things about the property that aren't so obvious and could influence your decision to buy.

These are known as material facts.

In Western Australia, real estate agents must make every effort to find out and pass on information that could influence a buyer's decision. This is part of the industry's Code of Conduct and your friend, the Australian Consumer Law, also makes it illegal to mislead or deceive, including by leaving important information out.

So what exactly is a material fact? There's no fixed definition, but generally it's anything that would matter to a reasonable person deciding whether to buy or how much to offer for a property.

Material facts can include things like unapproved structures, non-visible structural damage, asbestos, past use of the property that could affect health (such as a drug lab), access issues, or significant changes planned nearby - think major road projects, high-rise developments or airport expansions. In some cases, psychological stigma attached to the property could be considered material if it would likely affect a reasonable buyer's decision. This could be a serious crime, such as a murder, occurring in the house.

While WA does not require sellers to fill out a form called a 'Seller Disclosure Statement', that doesn't mean buyers are on their own. Sellers are still expected to disclose material facts to their agent, and agents must pass that information on. Importantly, if you ask a direct question, the agent must answer honestly and tell you about any relevant facts they're aware of or make every effort to find out.

This is why asking the right questions matters. Before making an offer, you should raise any concerns you have and specifically ask for a Seller Disclosure Statement. You can also make your own enquiries, such as checking building approvals, reviewing available reports from Landgate, or seeking professional inspections.

If a failure to disclose material facts leads to financial loss or other damage, you may be able to take civil action or ask to terminate the contract. Consumer Protection can also investigate complaints where an agent may have breached their legal obligations to disclose material facts.

The bottom line for WA home buyers is simple: don't assume "no news is good news". Ask questions early, get information in writing, and even though real estate agents are acting in the best interest of the seller, they still have a legal obligation to you when it comes to material facts.

GRDC Grains Research Update – Kalannie

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

Event Name

GRDC Grains Research Update – Kalannie

Start Date

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

End Date

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

Duration

7 hours and 30 minutes

Description

SAVE THE DATE!

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

Region

West

Location

The Club
Kalannie
WA 6468

Contact name

Nadia Chiang

Contact email

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

Contact phone

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

Cost

Cost (in AUD\$): Free



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Firestone

GOODYEAR



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9661 1206

Matt Wilson

After Hrs 0467 492 576

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- We also sell rubber matting

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DALWALLINU

H A U L A G E

Contact: Shannon Dawson

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

GENERAL FREIGHT & LOGISTICS



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

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

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- General Business Advice
- GST Compliance & Advice
- Succession Planning
- Personal Taxation

Office Hours:

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PO Box 27

Wongan Hills 6603

Phone: 9671 1655

Mobile: 0428 415 089

Email: eion@what.net.au

Website: www.what.net.au



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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.

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Clare
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Monique
0456 161 063

(08) 9661 2000
dalwallinu@elders.com.au

Find us on Facebook - Elders Dalwallinu



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



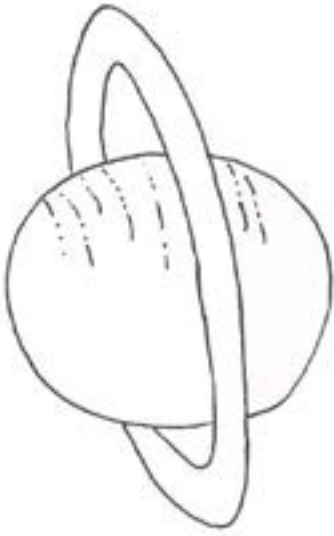
Kalannie

Community Resource Centre

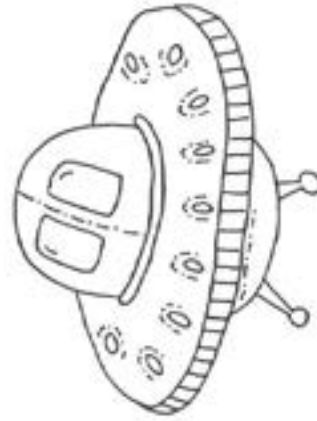
your local connection



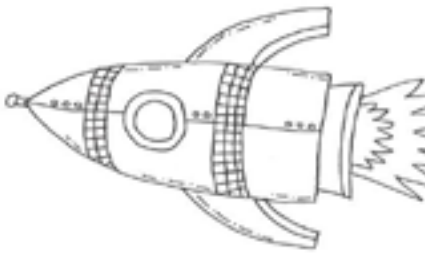
KIDS PUZZLES



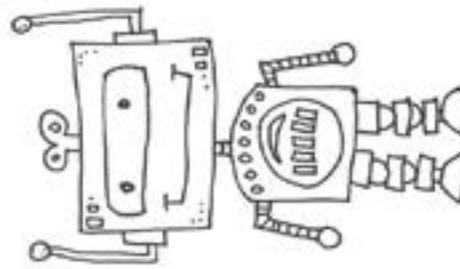
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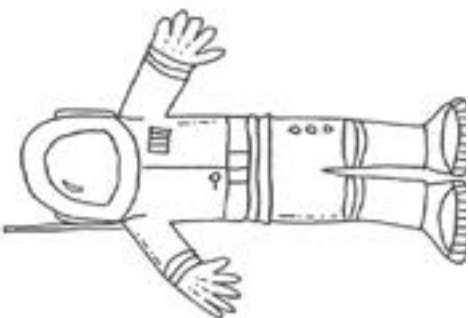
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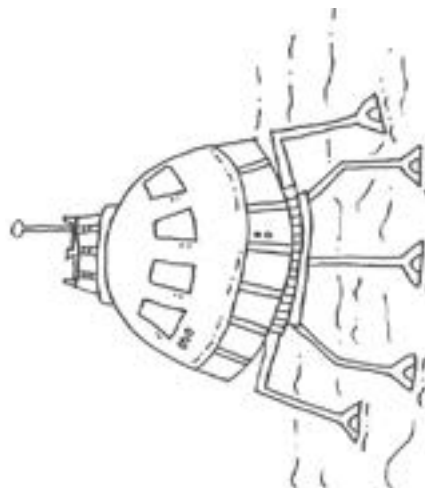
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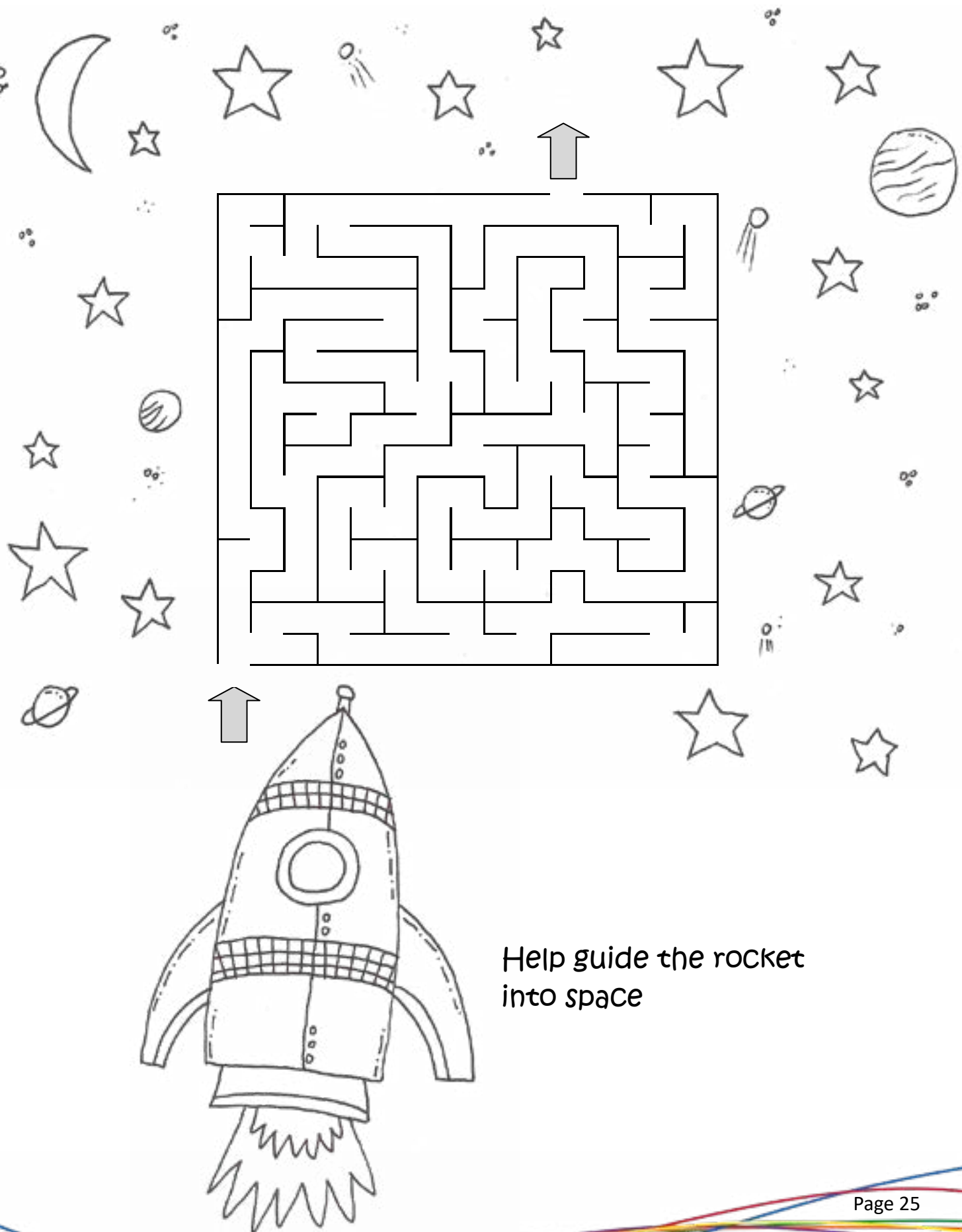
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lunar lander



Rocket Maze



Help guide the rocket
into space



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- Soil & Plant Tissue sampling & interpretation.
- Product recommendations and nutritional requirements.
- Access to local Field Research trials & data.
- Fuel & SAT Gauges.
- Summit Connect - Customer Portal.

Saritha Williams | Wongan Hills Area Manager
0429 579 541 | swilliams@summitfertz.com.au



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 .



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

Happier · Kinder · Together

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



TRACTUS
AUSTRALIA
a gripping service

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

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

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

 FOLLOW US ON FACEBOOK TO KEEP UP WITH OUR SPECIALS!

Business hours:

7am – 5pm Mon – Fri

Open by appointment Saturday & P/H's

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

Now that's "a gripping service"

Health and Wellness

TIPS TO ENJOY A HEART-HEALTHY EATING PATTERN



1

We hope you enjoy our new collection of heart-healthy 30 minute or less recipes. Heart-healthy Eating Patterns are based on a combination of foods, chosen regularly, over time.

This optimal combination is outlined in our Heart-healthy Eating Patterns which encourage people to eat:

1

Plenty of fruit, vegetables and wholegrain cereals.

2

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

3

Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.

4

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

5

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



2



3



4



5

HOW TO USE THE HEART-HEALTHY EATING PATTERN

- Aim for 5 servings of vegetables a day. To help meet this goal fill half the main meal plate with vegetables, use as snacks, add to salads, soups and casseroles.
- Incorporate fresh fruit and unflavoured yoghurt into breakfast, snacks or dessert.
- Go for wholegrains. Replace white bread, and rice with seeded breads, brown rice and high fibre breakfast cereals.
- Include fish and seafood two to three times per week.
- Eat more legumes like lentils, chickpeas and beans. Use dried and cooked or canned varieties either alone or added to meat dishes to reduce the amount of meat.
- Try introducing at least one meat-free day a week and limit red meat to 1-3 times per week.
- Trim fat off meat, remove skin from chicken and avoid processed meat (like sausages, ham and salami).
- Cook with oils like olive, canola, avocado, peanut and sunflower oil.
- Add a sprinkle of unsalted nuts and seeds to your breakfast, salads and stir-fry's or enjoy a small handful as a snack.
- Flavour foods with herbs and spices, instead of salt.

For heart health information and support, visit heartfoundation.org.au



COLOURFUL VEGETARIAN STIR-FRY

SERVES: 4
PREP: 10 MINS
COOKING: 20 MINS

INGREDIENTS

Spray olive oil

1 small red onion

1 clove garlic

1 teaspoon ginger

250g pre-cooked Hokkien noodles

1 medium head broccoli, chopped into small florets

1 medium carrot, cut into small batons

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

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

6 pieces baby corn, sliced

2 bunches bok choy

680g extra firm tofu, chopped into large cubes

1 tablespoon oyster sauce

¼ teaspoon chilli flakes

2 tablespoons unsalted cashews, to serve

2 teaspoons sesame seeds, to serve

Fresh coriander leaves, to serve

METHOD

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

Health and Wellness

Rural Aid Article by Roger Hitchcock



Firstly happy New Year everyone.

Winston Churchill is quoted as saying 'Attitude is a little thing that makes a big difference'. Attitudes towards life, challenges and beliefs held can be altered and, in some cases, should be altered to reflect what is happening at that moment. But usually aren't.

Our attitudes are influenced by our beliefs. Our beliefs stem from observing our world from the time we can walk. What we hear and see result in ourselves adapting to our own attitudes to conform, fit in. We accept this attitude is the correct way to react so we meet our perceived expectations of who we should be. What society says is right. So often this is at the expense of who we really are. We accept these learnt behaviours and when we are in a challenging situation we react accordingly.

Learnt behaviours are shaped from the past generations, societal beliefs, family values and what our Culture we are born into expect. Some behaviours are important so that we treat each other with respect and in a morally acceptable manner. But not all learnt behaviours historically perceived as correct are correct. The idea that we learn from an early age, especially as young boys, what a 'real man' is has resulted in a silent crisis, an instilled belief that to speak about strong emotions is a weakness. Nothing could be further from the truth but as an auto pilot response it is rarely challenged by the individual. This is not unique to men, women also are wired by their own personal learnt behaviours, and some do the same.

Learnt automatic response or beliefs can be challenged and the attitude, we take changed. We can all be agents of change. Asking for help when not feeling OK should be an automatic accepted reaction. Not something to fear judgement from. Changing our attitude that asking for help takes strength. Asking RUOK also takes strength. Openly encouraging others to seek help sets a very positive example to others. We can be a part of breaking down the stigma one person at a time by setting an example displaying and encouraging a more accurate belief and attitude.

If a new attitude is adapted now and that small child sees hears and learns that asking for help is being strong then the learnt attitude becomes an automatic way to respond. We each can start this change today changing the crisis of silence, breaking down the stigma one person at a time our attitude making a big difference.

Health and Wellness



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



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

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

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

**Our counsellors
are really good
listeners too!**

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

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

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



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

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

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

Health and Wellness



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

Access online psychological support with MindSpot GP.

- ✓ **Free**
- ✓ **Clinically-proven**
- ✓ **Convenient**



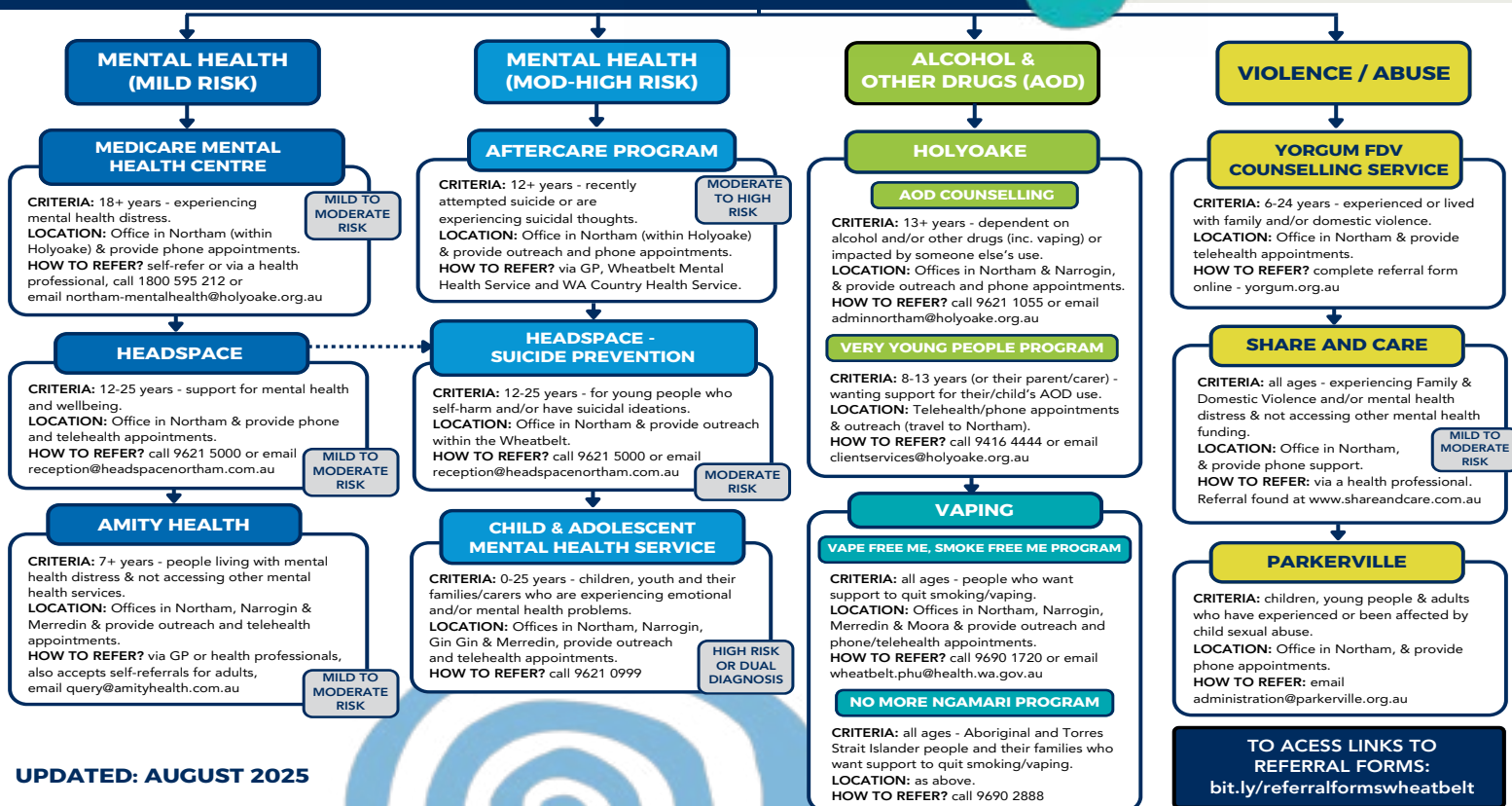
Speak to your GP for a referral to MindSpot GP

mindspot.org.au/mindspot-gp



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

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



UPDATED: AUGUST 2025

Health and Wellness

Agriculture & Agri-Business Wellbeing Factsheet

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

HOLYOAKE

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

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING

HEALTHY

SURVIVING

STRUGGLING

CRISIS

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 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

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**

**PRIMARY
INDUSTRIES**

SCIENCE

SECURITY

**SPORT AND
RECREATION**

TOURISM

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SEARCH

**CLICK ON A
BUTTON TO
READ MORE**