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**HARMONY  
WEEK**

## INSIDE THIS ISSUE...

FOOTY REPORT - KALANNIE TRAVELS TO BANNOCKBURN, BOOTSCOOTING IN KALANNIE, SPORTS CLUB  
OPENING HOURS, NEW RETAIL ITEMS IN THE CRC, CONSUMER WATCH, BACKYARD BUDDIES, ST PATRICKS  
DAY RECIPE, HARMONY WEEK. BREASTSCREEN WA IN DALLY.....AND MORE

# The Kapers is produced by the Kalannie Community Resource Centre

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## 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](mailto:kapers@kalannie.com.au)

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The Kapers is supported by the



Department of  
Primary Industries and  
Regional Development

Welcome to  
**KALANNIE**

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# KALANNIE TRAVELS TO BANNOCKBURN

This is an AFL story like no other, It is about 2 clubs, Kalannie in the Central Wheatbelt Comp in WA and Bannockburn 20klm out of Geelong in Victoria 3300klm apart.

In 1990 a group of lads from Bannockburn arrived in Kalannie to work on local farms, all handy footballers who would play a major role in keeping Kalannie football Club going as they were struggling for numbers They came for a year and stayed for 10.

Kalannie eventually won a game and the lads were horrified Kalannie had no club song, so they plagiarised the Bannockburn song added some local content which remains the song today.. Eventually the lads went their own ways.

Sadly one, Jack Satchell passed away unexpectedly in 2023, his family and friends travelled from Victoria to Kalannie for an emotionally charged ANZAC day game played in Jacks honour, with a massive crowd in attendance Jacks Dad did the match coin toss. Kalannie won, but more importantly a special bond was formed between Jacks family, his Victorian mates and the Kalannie locals, it was a wonderful day of tears, laughter and beers.

12 months later, we received a very merry phone call from a couple of Kalannie and Bannockburn crew at Marvel Stadium in Victoria suggesting we bring the team over to play Bannockburn, we thought what an awesome idea, it's David vs Goliath but why not and how good would that be for Jacks family, friends and the Bannockburn footy club.

To understand what a game like this means is probably best summed up in that 100 people are traveling from Kalannie, a town of 200 people, to the game at Bannockburn on March 22nd 2025.

These 2 clubs united by a group of mates that have stayed mates since 1990 and are about to meet each other for the first time, football is a wonderful part of our lives and this trip an unexpected opportunity for Kalannie to thank the lads that made the journey in 1990, a wonderful football story.

We can't help but feel another chapter is about to be written. Vale Jack Satchell

For a complete overview of the documentary, trip and to watch the game via live stream on Saturday, visit [The Classic Clashes](https://www.theclassicclashes.com.au) website.



# Wheatbelt Community Calendar

March




<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
30	31					1
2	3 Labour Day Public Holiday	4	5 Tiny Tots First Aid @ the CRC	6	7	8
9	10 Move With Ashlee Classes Start	11	12	13 Kalannie Women's Winter Sport General Meeting @5.30pm the Kennel	14 Breastscreen WA in Dally	15 Dally Community Celebration Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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



# Wheatbelt Community Calendar

April

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5 Bootscooting @ the Kalannie Hall 
6	7	8	9	10	11	12 Round One Winter Sports @ Kalannie  Kalannie BYE
13	14	15	16	17	18 Good Friday	19 Easter
20 Easter Sunday 	21 Easter Monday	22 Dally Shire Council Meeting in Kalannie@ KSRC 4.00pm	23	24	25 ANZAC Day 	26 Mukinbudin vs Kalannie
27	28	29	30			

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

*Place of wheat and wattle....*

## Rubbish & Recycling Calendar 2024 - 2025



### Shire of Dalwallinu Recycle Calendar 2024-2025

July 2024						
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 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
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		

November 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
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				

January 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	

February 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	

March 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					

April 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			

May 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

June 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					

#### 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 general waste service in Buntine, Wubin and Kalannie over the Christmas Period.

*Proudly Supported by:*



Kalannie Sports and Recreation Club brings to you a fun morning of Bootscooting!!

Put on your boots and join the Geraldton Bootscooters at the TOWN HALL

**Saturday 5th April from  
11:30am**

2x45 minute sessions

Light refreshments and

Late BBQ lunch supplied at the Club afterwards

Please RSVP by 1st April to

Caroline 0407 629 469 for catering purposes

**\*\*\*This is a free event\*\*\***





# Community Notices



THE CLUB  
KALANNIE

## Opening Hours

The Club will have altered hours for the next couple of weeks, keep an eye out for the time changes

Thursday 20th March 5:30pm-9:30pm

Friday 21st March 5:30pm-9:30pm

Saturday 22nd March 5:00pm-9:30pm

Sunday 23rd March 4:00pm-9:00pm

\*kitchen will be open normal hours\*

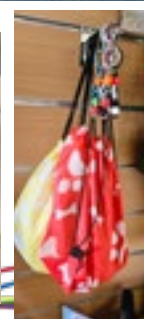
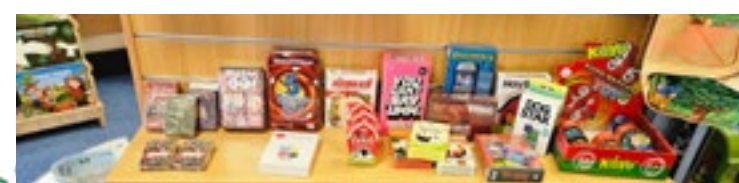




We have some new items in the CRC including puzzles, games and Kelpie Kids dogs and showbags.

Plus Kalannie Homecraft & Gifts have a 50% off rack.

Drop in, take a look and grab a bargain !







# KALANNIE AGQUIP

**Farming & Livestock**  
**General Hardware**  
**Home & Garden**  
**Automotive & Hydraulics**  
**Industrial & Household Gas**  
**Ask us to order something in for you!**

## 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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To find out more about our offerings and to purchase Eucalyptus Oil products go to [fasera.com](https://fasera.com)



**fasera**







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Spraying*



**Chris - 0427 088 173 / Steve - 0429 662 033**



# Consumer Watch



Department of **Energy, Mines,  
Industry Regulation and Safety**



## **REGIONAL COLUMN**

[www.demirs.wa.gov.au](http://www.demirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

14 March 2025

**With Senior Regional Officer for Midwest – Natasha Pirrottina**

### **Repairs and maintenance in a rental home – who does what?**

Finally secured yourself a rental to call home only to discover there's a few issues that weren't mentioned on the property condition report before you moved in? Or maybe the hot water system busted a leak and you've got sweaty kids coming home from footy training soon?

Both tenants and landlords have rights and responsibilities when it comes to repairs and maintenance in a rental home.

When it comes to normal wear and tear around the property, the landlord is responsible. For example, curtains that have faded in the sun would not be the tenant's fault. However, the tenant is responsible for damage they cause by not looking after the home. If there were chunks of paint and plaster missing from the walls where kids had been tearing around, this would be the tenant's job to fix.

Landlords are required to promptly attend to any maintenance or repair issues, as well as provide a safe and healthy environment for their tenants. Time limits apply with certain types of issues. Those that could damage the property or cause someone harm or undue hardship require landlords and property managers to initiate urgent repairs within 48 hours. For damage to essential services, like water supply, gas, electricity, hot water or sewerage, the time limit is 24 hours. If the issue has reduced the facilities available, tenants may be entitled to a rent reduction but it's important they continue paying rent even while waiting for the repair.

When it comes to urgent repairs, if the tenant cannot reach the landlord or if, the landlord fails to act a reasonable time, then the tenant can employ a suitably qualified repairer to fix the issue to the minimum standard, with the landlord being required to reimburse them for the costs.

Tenants should keep receipts and a record of contact with the landlord.

Mould can appear in most households. For health and safety reasons, it's important it's dealt with quickly. Mould or mildew caused by faults in gutters or other fixtures such as exhaust fans should be fixed by the landlord. The tenant may be responsible for mould caused by not cleaning, not using the fan or not opening windows in the bathroom.

With non-urgent repairs, the tenant should let the landlord know in writing or raise it at a routine property inspection. The issue must be repaired in a reasonable time, or the landlord can give the tenant permission to arrange their own repairs using a suitable tradie.

The landlord must reimburse the tenant for any reasonable expense when it comes to repairs and maintenance, otherwise they could be taken to the Magistrates Court.

# Consumer Watch



Department of **Energy, Mines,  
Industry Regulation and Safety**



The only time a landlord is not required to fix an issue is if it was noted as not working in the rental agreement.

Tenants should not accept living in homes that are falling into disrepair, have mould or safety issues, and they should not be worried about asking for repairs and maintenance.

Laws introduced last year mean a tenant can take action in the Magistrates Court if they believe their landlord has taken action against them for exercising their rental rights.

For example, this might be if a tenant thinks their rent was deliberately increased, or their lease agreement not renewed, just because they asked for some basic maintenance.

Tenants should have the confidence to stick up for their rights and apply to the Magistrates Court to have decisions by the landlord or agent reversed.

Tenants who believe their landlord or agent has failed to initiate repairs or maintenance within a reasonable timeframe are encouraged to contact Consumer Protection on [consumer@demirs.wa.gov.au](mailto:consumer@demirs.wa.gov.au) or by calling 1300 30 40 54.

Otherwise, information about tenant and landlord responsibilities can be found on [consumerprotection.wa.gov.au](http://consumerprotection.wa.gov.au)





April 2025

## Annual Ryegrass Toxicity (ARGT)

### What is it?

Annual Ryegrass Toxicity (ARGT) is a disease present in parts of Western Australia that typically occurs in animals grazing on pasture or cereal stubble containing annual ryegrass infected with a nematode (*Anguina sp*) and a bacterium (*Rathayibacter toxicus*) between late spring and the end of summer. The disease can also occur in animals given feed containing infected ryegrass. The disease results from the ingestion of a toxin produced by the bacterium.

### How does it happen?

The toxin producing bacterium are carried into the ryegrass by the nematode. The nematode invades the developing seeds of the ryegrass, replacing it with nematode galls (abnormal growth on plants). Nematode galls are not toxic and cause no resulting disease when consumed by animals. However, if the bacterium is attached to the nematode it will begin to grow and produce a bacterial gall with subsequent production of the toxin that causes ARGT.

### What does it do?

The toxin that causes ARGT has a cumulative effect, continued consumption of infected feed will increase levels in the animal over time until symptoms develop. Symptoms can become visible within a week or two after introduction of animal to toxic feed or pasture but can take up to 12 weeks. Typically, affected animals show signs of muscle tremors, convulsions, grinding of teeth, nystagmus (rapid, repetitive, uncontrolled movements of the eyes), lateral recumbency (unable to rise from lying on their sides), jumping or swaying gait, aimless wandering and ataxia (poor muscle control that causes clumsy movements), followed by death. Signs are provoked when animals are driven or moved.



Horse eating feed purchased from a supplier that tests for ARGT.

### What can I do?

The Department of Primary Industries and Regional Development Diagnostics and Laboratory Services (DDLS) can carry out testing to detect the bacterium and provide a potential risk rating of feed, with the aim to prevent and limit exposure of the toxin to animals. For sampling and submission instructions please visit <https://www.agric.wa.gov.au/livestock-biosecurity/testing-hay-annual-ryegrass-toxicity-argt-risk>

### Steps to prevent annual ryegrass toxicity ARGT

1. Have your feed (hay, pasture, processed feed and silage) tested for the presence of ARGT.
2. If you are buying in feed, always check the seller has a laboratory report to show the hay sample tested is "No Risk" or "Low Risk" for ARGT.
3. Observe your animals daily when they are on pasture containing ryegrass or being fed hay, as early removal from the toxin can allow animals to recover.

The Department of Primary Industries and Regional Development (DPIRD) Diagnostics and Laboratory Services (DDLS).



Report your observations

MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](https://mypestguide.agric.wa.gov.au)

Pest and Disease Information Service (08) 9368 3080 | [padis@dpiird.wa.gov.au](mailto:padis@dpiird.wa.gov.au)





# Bird Nest-Box Making Workshop

Join YYCMG, The Re-Cyc-Ology Project and the Carnamah Men's Shed as we make nest-boxes and learn how we can help support our native wildlife



When: Saturday 29th March

8.30am - 12.30pm

Where: Carnamah Men's Shed

10 Forrester Ave, Carnamah

Learn how to build, install, monitor and maintain nest-boxes for hollow-dependent wildlife, including cockatoos, parrots, ducks, owls, nightjars, some reptiles, possums and other small marsupials.

Meet Simon Cherriman, author of *Hollowed Out* and passionate WA wildlife conservationist



From waste to wildlife habitat  
<http://www.re-cyc-ology.com.au/>

This workshop is free to attend but places are limited.

Please RSVP to Lizzie - 0408 934153

A delicious morning tea from One L will be provided

You will need to wear closed-in shoes.  
Children under 12 must be accompanied by an adult

This project is supported by funding from the Western Australian Government's State NRM Program.



natural resource  
management program







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### TRADING HOURS

Monday – Friday 6.00am - 5.30pm

Saturday - 7.00am -12.00pm

Sunday – 9.00am - 12.00pm

Public holidays 9.00am-12.00pm



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Community Resource Centre**  
*Your local connection*



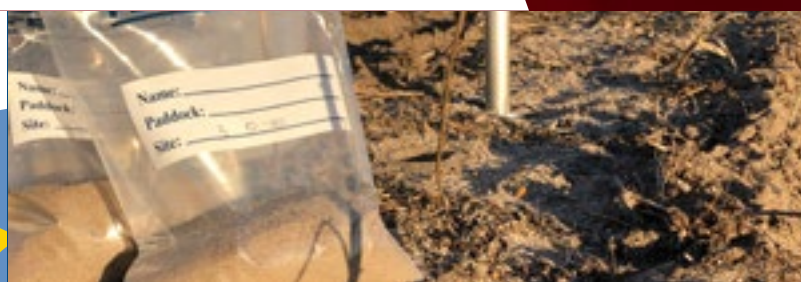
## BECOME A CRC MEMBER

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](mailto:kalanniecrc@kalannie.com.au) or drop in to pick up a form



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**Saritha Marais**  
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**CASE II**

2024 DEALER OF THE YEAR WINNER!





# CENTRAL WHEATBELT 2025 WINTER SPORTS FIXTURES



## ROUND ONE

<b>12th April 2025</b> <b>ALL SPORTS TO BE PLAYED IN KALANNIE</b> Bencubbin v Koorda Beacon v Mukinbudin Kalannie BYE <b>DELTA AG ROUND</b>	<b>26th April 2025</b> Mukinbudin v Kalannie Beacon v Bencubbin Koorda BYE	<b>3rd May 2025</b> Kalannie v Koorda Mukinbudin v Bencubbin Beacon BYE	<b>10th May 2025</b> Koorda v Beacon Bencubbin v Kalannie Mukinbudin BYE	<b>17th May 2025</b> Beacon v Kalannie Koorda v Mukinbudin Bencubbin BYE <b>BELT UP ROUND</b>
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## ROUND TWO

<b>24th May 2025</b> Koorda v Bencubbin Mukinbudin v Beacon Kalannie BYE	<b>31st May 2025</b> CWNA Country Week BYE	<b>7th June 2025</b> Kalannie v Mukinbudin Bencubbin v Beacon Koorda BYE	<b>14th June 2025</b> CWLHA Country Week BYE	<b>21st June 2025</b> Koorda v Kalannie Bencubbin v Mukinbudin Beacon BYE <b>THINK MENTAL</b>	<b>28th June 2025</b> Beacon v Koorda Kalannie v Bencubbin Mukinbudin BYE	<b>5th July 2025</b> Kalannie v Beacon Mukinbudin v Koorda Bencubbin BYE <b>NAIDOC ROUND</b>
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## ROUND THREE

<b>12th July 2025</b> CWFL Country Week BYE	<b>19th July 2025</b> Bencubbin v Koorda Beacon v Mukinbudin Kalannie BYE	<b>26th July 2025</b> Mukinbudin v Kalannie Beacon v Bencubbin Koorda BYE <b>BENDIGO ROUND</b>	<b>2nd August 2025</b> Kalannie v Koorda Mukinbudin v Bencubbin Beacon BYE	<b>9th August 2025</b> Koorda v Beacon Bencubbin v Kalannie Mukinbudin BYE	<b>16th August 2025</b> Kalannie v Beacon Koorda v Mukinbudin Bencubbin BYE
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CBH Group  
Finals Series

**23rd August 2025**  
Semi-Finals - Mukinbudin

**30th August 2025**  
Preliminary Final - Kalannie

**6th September 2025**  
Grand final - Beacon



Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>1</b> Set on intention to live with awareness and kindness	<b>2</b> Notice three things you find beautiful in the outside world	<b>3</b> Start today by appreciating your body and that you're alive	<b>4</b> Notice how you speak to yourself and choose to use kind words	<b>5</b> Bring to mind people you care about and send love to them	<b>6</b> If you find yourself rushing, make an effort to slow down	<b>7</b> Take three calm breaths at regular intervals during your day
<b>8</b> Eat mindfully. Appreciate the taste, texture and smell of your food	<b>9</b> Take a full breath in and out before you reply to others	<b>10</b> Get outside and notice how the weather feels on your face	<b>11</b> Stay fully present while drinking your cup of tea or coffee	<b>12</b> Listen deeply to someone and really hear what they are saying	<b>13</b> Pause to watch the sky or clouds for a few minutes today	<b>14</b> Find ways to enjoy any chores or tasks that you do
<b>15</b> Stop. Breathe. Notice. Repeat regularly	<b>16</b> Get really absorbed with an interesting or creative activity	<b>17</b> Look around and spot three things you find unusual or pleasant	<b>18</b> Have a 'no plans' day and notice how that feels	<b>19</b> Cultivate a feeling of loving-kindness towards others today	<b>20</b> Focus on what makes you and others happy today	<b>21</b> Listen to a piece of music without doing anything else
<b>22</b> Notice something that is going well, even if today feels difficult	<b>23</b> Tune into your feelings, without judging or trying to change them	<b>24</b> Appreciate your hands and all the things they enable you to do	<b>25</b> Focus your attention on the good things you take for granted	<b>26</b> Choose to spend less time looking at screens today	<b>27</b> Appreciate nature around you wherever you are	<b>28</b> Notice when you're tired and take a break as soon as possible
<b>29</b> Choose a different route today and see what you notice	<b>30</b> Mentally scan your body and notice what it is feeling	<b>31</b> Discover the joy in the simple things of life				



ACTION FOR HAPPINESS

Happier · Kinder · Together



# ST PATRICKS DAY RECIPE

## SHAMROCK SHAKE

Prep	5 mins
Thaw Time	15 mins
Total	20 mins
Serves	2

### Ingredients

- 4 cups ( 2 pints) vanilla ice cream
- 1/2 cup whole milk
- 1/4 teaspoon peppermint extract
- 5 drops green liquid food coloring, optional
- Pinch salt
- Homemade or store-bought whipped cream, for serving
- Maraschino cherries, for serving



### Directions

1. Let ice cream soften on counter until softened and easily scoopable, about 15 minutes. Combine ice cream, milk, peppermint extract, food coloring, if using, and salt in food processor and process, scraping down sides of bowl as needed, until smooth, about 1 minute. Pour into 2 chilled glasses. Top each shake with whipped cream and a cherry. Serve.





Australian Government

# HARMONY WEEK



## Harmony celebrations

Harmony Week is an annual celebration of Australia's cultural diversity and the benefits it brings to the Australian community. This year Harmony Week will be held from 17 to 23 March. This includes the United Nations International Day for the Elimination of Racial Discrimination (IDERD) on Friday 21 March. It is an Australian Government initiative led by the Department of Home Affairs.

Since 1999, more than 80,000 Harmony Week events have been held across Australia in:

- childcare centres
- schools
- community groups
- churches
- businesses and
- federal, state and local government agencies.

## Harmony Week

Harmony Week is a time to celebrate that Australia is one of the most successful multicultural societies in the world. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

## Our cultural diversity

Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. Building on over 65,000 years of First Nations cultures, Australia has become home to migrants from nearly 300 different ancestries. Australia's immigration history has helped build our modern nation.

An integrated multicultural Australia is an integral part of our national identity. All people who migrate to Australia bring with them some of their own cultural and religious traditions. They also take on many new traditions. Collectively, these traditions have enriched our nation.



Australian Government

# HARMONY WEEK



## Facts and figures

There are some fascinating statistics about Australia's diversity that can be good conversation-starters:

- More than half (51.5 per cent) of Australian residents were born overseas or have at least one parent who was.
- Since 1945, more than 7.6 million people have migrated to Australia.
- Nearly every single country from around the world was represented in Australia's population in 2020.
- More than 150 Aboriginal or Torres Strait Islander languages are spoken in Australia
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Vietnamese, Cantonese and Punjabi.
- We identify with over 300 ancestries.

This information has been taken from ABS 2021 Census Data. For more information visit the [Australian Bureau of Statistics website](https://www.abs.gov.au).

## Celebrating our diversity

Let's come together with friends and family and through schools, workplaces and our wider communities to celebrate our diversity.

Getting involved can be as simple as hosting an event or attending a local celebration. For more information visit [Get involved](#) and [free resources](#). To show your support for cultural diversity and an inclusive Australia you can also wear something orange, the official colour of Harmony Week.

## Orange for Harmony Week

Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity and an inclusive Australia.



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PO Box 27

Wongan Hills 6603

**Phone: 9671 1655**

Mobile: 0428 415 089

Email: [eion@what.net.au](mailto:eion@what.net.au)

Website: [www.what.net.au](http://www.what.net.au)



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0456 161 063

(08) 9661 2000

[dalwallinu@elders.com.au](mailto:dalwallinu@elders.com.au)

Find us on Facebook - Elders Dalwallinu



**RSM**

### Moora

Reagan Manns

T 0437 165 489

13 Dandaragan Street, Moora

[rsm.com.au/moora](http://rsm.com.au/moora)

### Northam

Keiran Sullivan

T 0419 965 015

210 Fitzgerald Street, Northam

[rsm.com.au/northam](http://rsm.com.au/northam)

# Community Notices



**DONATE THE CASH  
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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 .

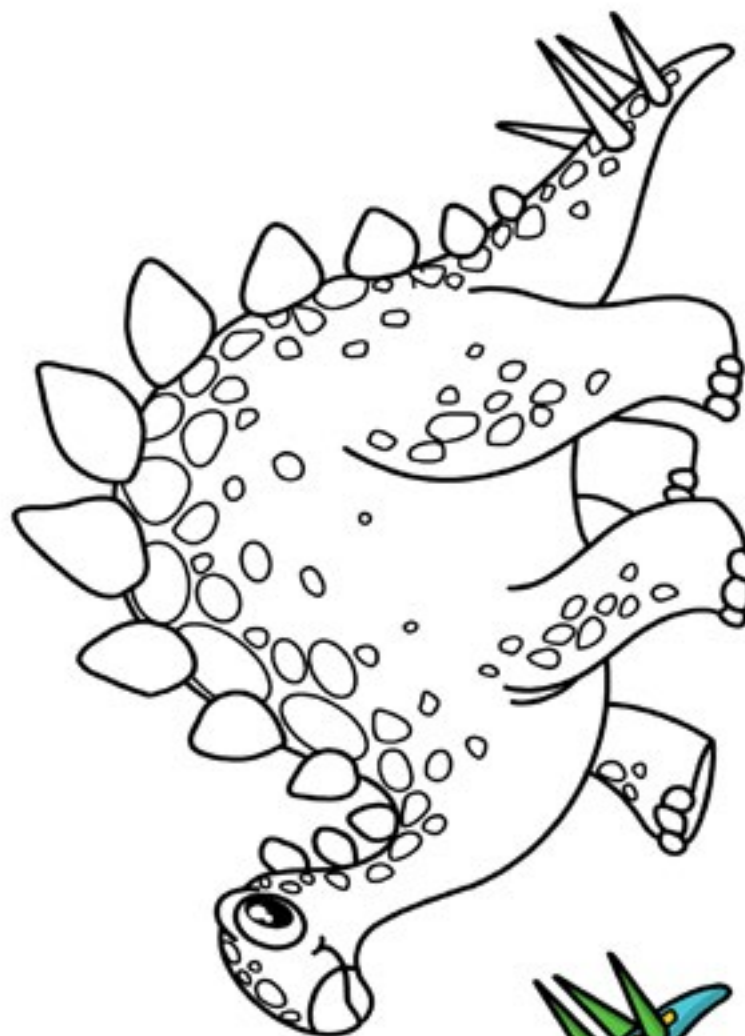
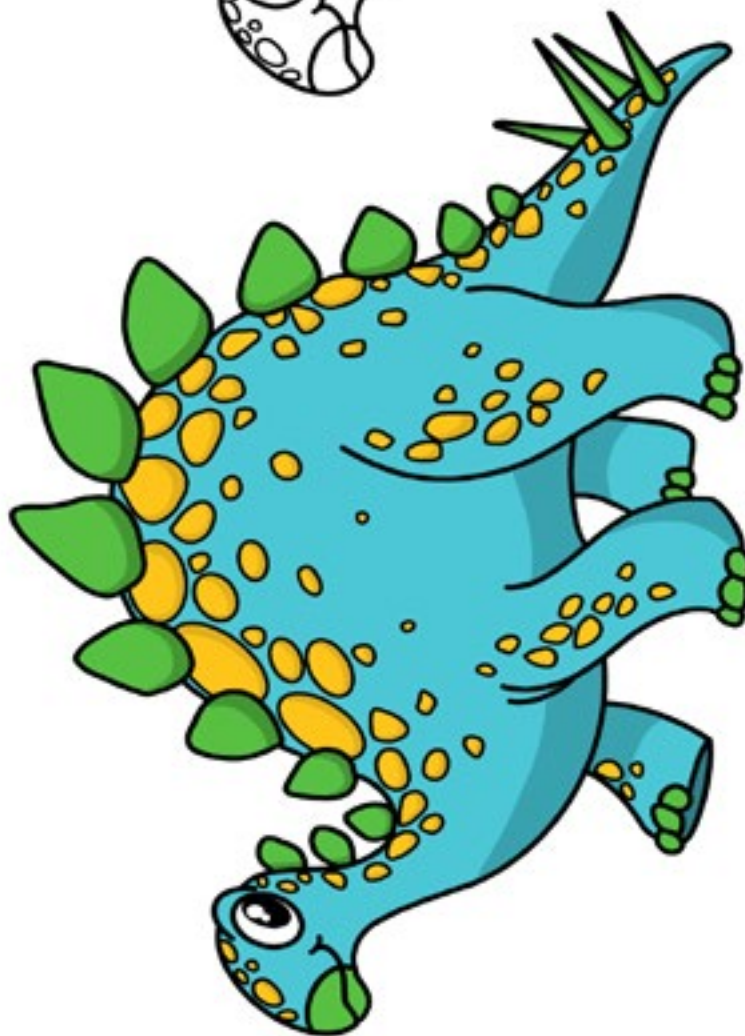






## Dinosaur Colour Copy

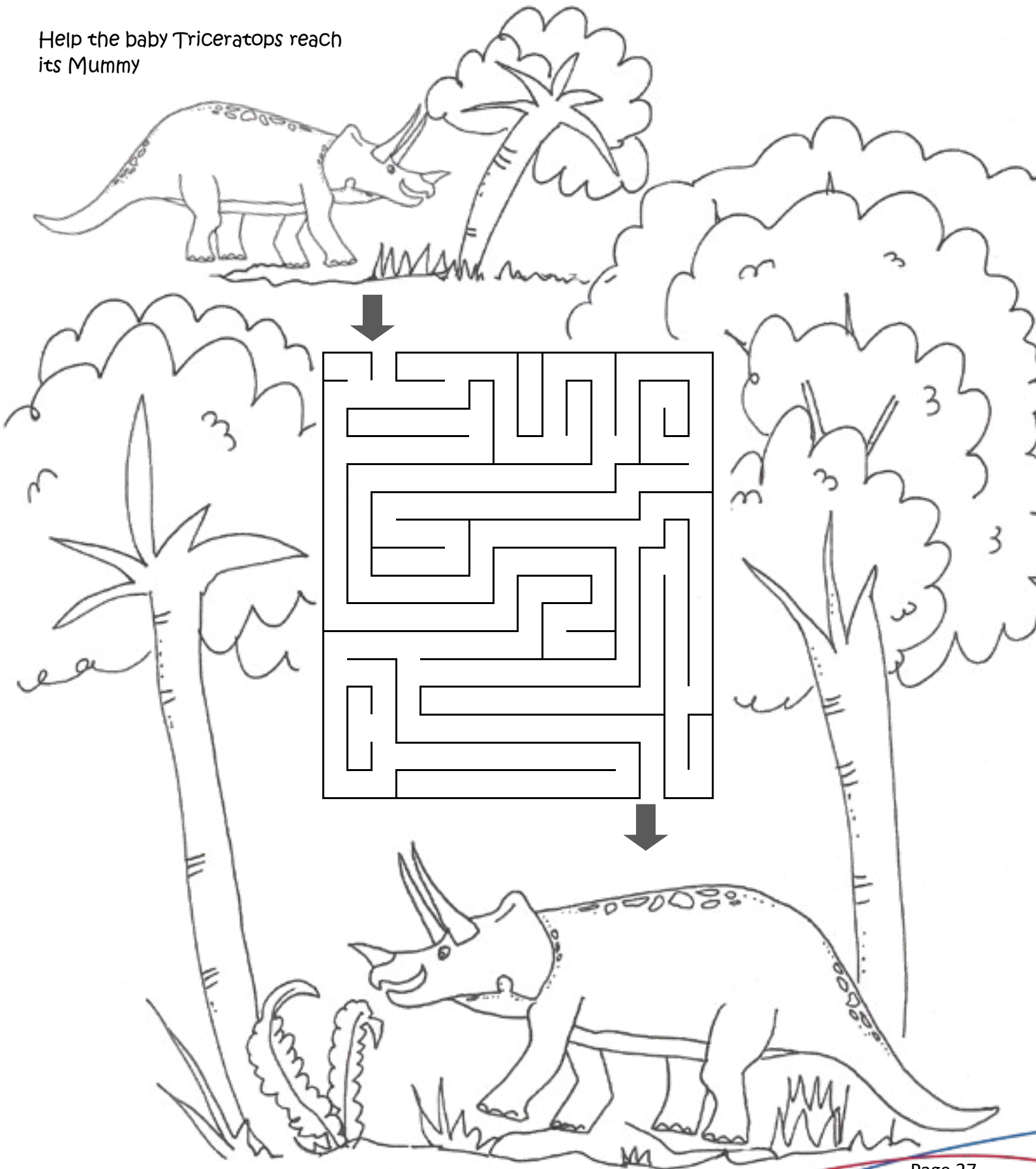
Colour the Dinosaur to match the one on the left.





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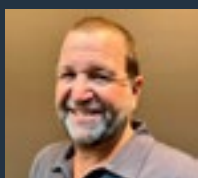
Available now  
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# Health and Wellness



Government of Western Australia  
North Metropolitan Health Service



Have a **FREE** screening mammogram every two years. **Once is not enough.**



Women 40 years and over with no symptoms are eligible for a **FREE** screening mammogram.

BreastScreen WA's mobile will be at:

## **Dalwallinu**

Dalwallinu District Hospital, Meyers Street

14/03/2025 - 19/03/2025

Dates may be subject to change. If visit dates are not suitable, participants are welcome to book at the clinic in a different town or at any of our [permanent clinics](#).

**Book online**

[www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

**or call 13 20 50**

# Health and Wellness

## WOMENS HEALTH GP VISITS

### DALWALLINU MEDICAL CENTRE

**2025**

**Dr Irene Dolan**

**2025**

**April**      2nd & 3rd

**May**        14th & 15th

**June**        11th & 12th

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

Appointments are for Womens' Health and Mental Health issues.

NB This service is free to patients. Funding is provided by Rural Health West and the Department of Health.





## Beef Burger

Serves: 6

### Ingredients

#### **Beef Patties**

375g lean beef mince  
½ large brown onion, peeled and grated (or finely diced)  
¼ cup parsley, chopped  
1 zucchini, grated, squeeze to remove excess moisture  
125g button mushrooms, grated or chopped  
½ large carrot, grated  
1 tablespoon Worcestershire (or BBQ sauce)  
Black pepper to taste  
Olive oil spray

#### **Burgers**

6 wholemeal/wholegrain rolls  
6 slices of cheese  
24 slices cucumber  
12 slices tomato  
1 ½ cups shredded lettuce  
Condiments of choice

### Method

#### **Beef Patties**

1. Place all ingredients (except oil) in a large bowl. Mix well with your hands
2. Shape into 6 flat patties
3. Heat a griddle plate, BBQ or non-stick pan over high heat
4. Use a small amount of olive oil spray if required
5. Cook on each side for 4-5 minutes, serve with your favourite salad ingredients.

#### **To assemble the burger**

1. Cut bread roll, place cooked patty inside bread roll
2. Add cheese and salad vegetables
3. Add condiments.

# Health and Wellness

## WATER WINS!



### IT'S IMPORTANT TO DRINK WATER BEFORE, DURING AND AFTER SPORT TO STAY HYDRATED

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you to perform at your best.



### A WORD ON SPORTS DRINKS

Sports drinks are very high in sugar and not recommended for the general population, especially children.

Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

**DID YOU KNOW THE AVERAGE 600ML SPORTS DRINK CONTAINS 9 TEASPOONS OF SUGAR?!**



This means if a person drinks **1 x 600mL** sports drink each week over a year, from sports drinks alone they will consume:

**2.3 KGS OF SUGAR**  
(approx.)

### STAY HYDRATED

Fluid requirements vary from person to person and depends on a number of factors including the weather, type of exercise and sweat loss.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Aim for the following amounts of water per day and extra during exercise;

4-8 year olds = **1.2L or 5 cups**

9-13 year olds = **1.5L or 5-6 cups**

14-18 year olds = **1.8L or 6-8 cups**

Adults = **2L or 8-9 cups**

### WARNING SIGNS OF DEHYDRATION

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

### HUNGRY FOR MORE HEALTHY TIPS?

Visit [fueltoGo.com.au](http://fueltoGo.com.au) or email [fueltoGo@education.wa.edu.au](mailto:fueltoGo@education.wa.edu.au)

National Health and Medical Research Council. (2013). Eat for health. Australian dietary guidelines.





# 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](mailto:JDrayton@holyoake.org.au) or [Jordyn.Drayton@holyoake.org.au](mailto:Jordyn.Drayton@holyoake.org.au)

# Health and Wellness

## CRISIS LINES

<b>Lifeline</b> 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.	<b>13 11 14</b> <a href="#">Lifeline WA</a>
<b>Suicide Call Back Service</b> Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.	<b>1300 659 467</b>
<b>Beyond Blue</b> Beyond Blue as a reliable source of mental health information, support, and hope.	<b>1300 224 636</b> <a href="#">Beyond Blue</a>
<b>MensLine Australia</b> MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	<b>1300 789 978</b> <a href="#">MensLine Australia</a>
<b>Drought Response Hotline</b> 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.	<b>1300 489 832</b> <a href="#">Drought Response WA</a>
<b>Kids Helpline</b> Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	<b>1800 551 800</b> <a href="#">Kids Helpline</a>

## PLACE-BASED SUPPORTS

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

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

#### For information in other languages:

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

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

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	Rowan McCreery	rowanmaccreeery@hotmail.com
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	Rebecca Chown	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](mailto:kapers@kalannie.com.au) so we can include it in the next edition.



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