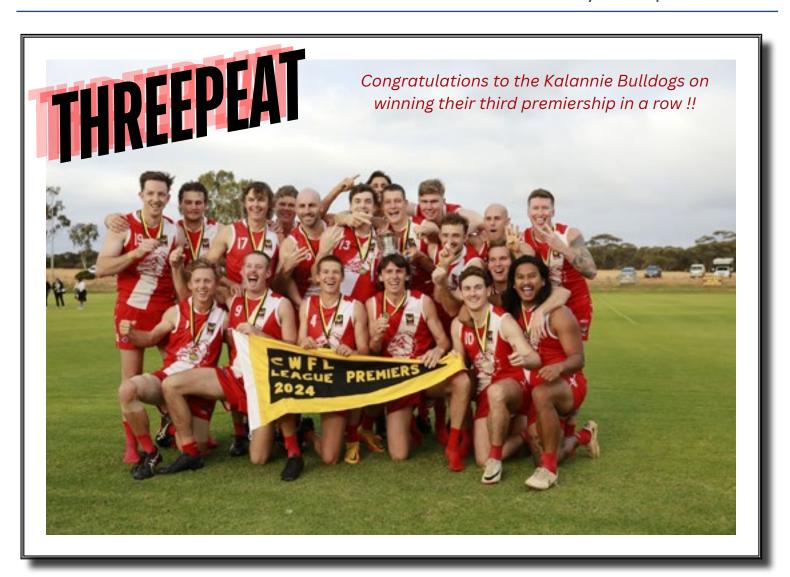
The Kapers

Issue #35 Tuesday 3rd September 2024



NSIDE THIS ISSUE....

Liebe Spring Field Day, Dalwallinu Shire Notice - Close of Enrolments, Wreath Flowers in Bloom, Wattle Week Schedule, New Cultural Centre Opening, Dalwallinu Shire Requests For Tender, Wheatbelt Natural Capital Workshop, Wheatbelt Development Commission Board Nominations SPORT - Grand Final Footy Report, All Grand Final Results, Barefoot Bowls Starts this Thursday, HEALTH - Women's Health Week... 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 https://kalanniecrc.wixsite.com/kalanniecrc/kalannie

The Kapers is supported by the



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Half Page \$25
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Yearly advertising
available

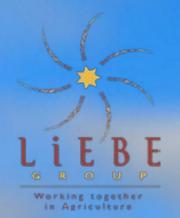
Prices subject to change



SPRING FIELD DAY

THURSDAY 5[™] SEPTEMBER, 2024

MCALPINE PROPERTY | COOROW-MAYA RD, MAYA



FIELD TRIALS & DEMONSTRATIONS

#	TRIAL	RESEARCH PARTNER
1	Efficacy of clethodim based mixes with additives at canola establishment	Spraytec
3	Impact of sowing depth, UAN placement and rate on canola establishment	CSIRO/Living Farm
5	Phosphate fertiliser responses in canola and toxicity risk	CSBP
6	Risks and rewards of early sown canola	Liebe Group
7	Post-em herbicide options on ameliorated soil	Elders Dalwallinu
8	Wheat National Variety Trial	SLR Ag/GRDC
9	Factorial nitrogen x potassium rates and enhanced efficiency fertiliser products for wheat	Summit Fertilizers
10	Barley variety trial	Liebe Group
12	Avoiding yield penalties in wheat when using IBS herbicides	FMC/Agsense
13	Cereal and legume x time of sowing	Liebe Group/GRDC
14	Farmer scale soil amelioration demonstration	Liebe Group
15	Hyola TD Innovation Systems Technology Trial	Pacific Seeds
16	Fenceline weed control	Bayer

COST

Liebe Members/Sponsors Free Non-member growers \$50 \$100 Industry \$20 **Students**

REGISTRATION

8.30am for 9am start Register online



GUEST PRESENTERS



Dr Kate Burke Founder, Think Agri





This initiative is supported by the Grower Group Alliance, through funding from the Department of Primary Industries and Regional Development.



Guy Coleman Researcher, University of Copenhagen



Dr Roger Lawes Principle Research Scientist, CSIRO

Entry ticket also includes morning/ afternoon tea, lunch, dinner and a chance to win a lucky door prize!

QUERIES

For more information, contact The Liebe Group office Ph: 08 9661 1907 E: admin@liebegroup.org.au

BONA PIZZA VAN | BAR RUN BY DALLY FOOTY CLUB SUNDOWNER FROM 5PM

EVENT PARTNER



DIAMOND PARTNERS









Wheatbelt Community Calendar

September

осртстист.						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5 Liebe Spring Field Day Barefoot Bowls 5.30-6.30pm @ KSRC	6	7 Wattle Week Begins
8	9	10	11	12	13	14
15	16	17	18 CWA Meeting	19	20	21
22	23 Kings Birthday Public Holiday School Holidays	24	25	26	27	28
29	30					

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

October

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7 Schools Back	8	9	10	11	12 Stop & Rest Mural Painting @ CRC with Meski McVee
13	14	15	16 CWA Meeting	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

\$2.00 PRINTED
online version Free to subscribers
Click HERE to Subscribe



Place of wheat and wattle....

Rubbish & Recycling Calendar 2024 - 2025



Recycle Days

29

Wubin, Buntine &

Kalannie

28

27

Dalwallinu & Pithara

30

Christmas Day



25

26

27

28

WHAT CAN GO INTO YOUR RECYCLE BIN

31

· Glass - All glass and ceramics, whole and broken

30

- · Plastic All plastic containers and plastic wraps (empty with lids off)
- · Paper All paper, junk mail and glossy magazines
- · Cardboard All cardboard products

29

Aluminium & Steel - All metals, steel & aluminium excluding aerosol cans

29

30

· 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.



LOCAL GOVERNMENT EXTRAORDINARY ELECTION

CLOSE OF ENROLMENTS

ROLL CLOSES: 5.00pm, Friday 20 September 2024

You may be eligible to be enrolled to vote in the in-person Local Government Extraordinary Election on **9 November 2024**, if you live in or are an owner or occupier of rateable property in the Shire of Dalwallinu.

Residents

You are automatically enrolled to vote if you are on the State Electoral Roll as at 5.00pm 25 August 2023. If you are not already on the State Electoral Roll but meet the eligibility criteria for this roll, you can enrol online via the WA Electoral Commission website https://www.elections.wa.gov.au/enrol.

Non-Resident Owners and Occupiers

If you are a non-resident owner or occupier of rateable property in the Shire of Dalwallinu and are on the State or Commonwealth Electoral Roll, you are eligible to vote. If you are not on the State or Commonwealth Electoral Roll and own or occupy rateable property in the Shire of Dalwallinu you may be eligible to enrol to vote. This applies if you were on the last electoral roll for the Shire of Dalwallinu prior to May 1996 and have owned or occupied rateable property in the district continuously since this time. Please contact the Shire of Dalwallinu for details.

Owners of land who were on the last Local Government roll continue to retain that status until they cease to own the rateable property to which the enrolment relates. Occupiers do not have continuous enrolment and should contact the Shire of Dalwallinu to confirm their enrolment status. To be eligible to enrol as an occupier, you need to have a right of continuous occupation under a lease, tenancy agreement or other legal instrument for at least the next three (3) months following the date of the application to enrol.

Joint Owners and Occupiers

If a rateable property is owned or occupied by more than two (2) people, a majority of the owners/occupiers may nominate two persons from amongst themselves who are on either the State or Commonwealth Electoral Roll, to enrol as owner/occupier electors.

Corporations

A body corporate that owns or occupies rateable property may nominate two (2) people who are on either the State of Commonwealth Electoral Roll to enrol as owner/occupier electors.

Enrolment Forms – Non-Resident Owners and Occupiers Only

Enrolment forms can be obtained from local governments and must be lodged with the Chief Executive Officer by 5.00pm, Friday 20 September 2024. Further information can be obtained from the Shire of Dalwallinu.

Jean Knight

CHIEF EXECUTIVE OFFICER/RETURNING OFFICER

Tel: 9661 0500

Wreath Flowers

The wreath flowers are in bloom!
These ones were found on the Goodlands
Road 4 km from the Emu Proof Fence grid.
Thank you to Joy Sanderson for sharing
these photos with us.





LOCAL INFORMATION



Springtime brings a profusion of flowers, however numbers and varieties are dependent upon seasonal conditions. There are many great places of historical interest and natural sites to visit and when a good season is experienced wildflowers abound throughout the countryside.

Dalwallinu is situated on the Great Northern Highway, 254km's North of Perth. The Dalwallinu Shire includes the five towns of Buntine, Dalwallinu, Kalannie, Pithara and Wubin.

The main industry of the area is broad acre farming (wheat and sheep).

Information brochures are available all year round from the Dalwallinu Discovery Centre, accommodation providers, Shire Office and online at:

www.dahvallinu.wa.gov.au/explore/what-todo/tourism.aspx

USEFUL INFORMATION

ACCOMMODATION

DALWALLINU

Dalwallinu Caravan Park - 08 9661 1253 Dalwallinu Hotel Motel - 08 9661 1102 The Old Convent - 08 9661 1551 Wheatland Motel - 08 9661 1600

KALANNIE

Kalannie Caravan Park - 08 9666 2051

WUBIN

Wubin Motel - 08 9664 1040

Bus tours are \$10 per ride

PLEASE NOTE: ALL DETAILS ARE CORRECT AT THE TIME OF PUBLICATION ALTHOUGH SUBJECT TO CHANGE

WHAT'S ON

DALWALLINU DISTRICT TOURISM INC.



ocia (Wattles), the largest umber to be found in the world, within 100kms of

Daily bus tours to local destinations and family friendly events and activities!

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RINKAZ

DALWALLINU WINDMILLS

Spend on afternoon visiting the many iconic windmills around Dalwallinu. A little piece of farming history...

Days and times of guided visits TBA.



Windmills were originally used to mill grain or pump groundwater - and without them, early agriculture in the arid outback would've been near impossible.

Saturday 7th Sept

Lions Club Bush Breakfast (\$10/head)

Old School Site at Barn Dalwallinu West Road



Fun in The Park By the Baptist Church 8.30am - I2pm Johnston Street, Dalwallinu

Sunday 8th Sept

FREE Skin Concer Screeni Van by The Lien's Conc Institute Inc.

Ivom 8.45am at the calinu Creative Arts Bidg. Corpork

Monday 9th Sept

Bus Tour suided by local experts shadom-halipm ralinu Discovery Centre

nfire / Live Music / Soup Night \$5/head

5:00 - 9:00pm Dateofina Caravan Park

Tuesday 10th Sept

thus Your no marning looking

Spend the morning looking of local wonders. 9:00sm - 1:00pm Delwelling Discovery Centr

Wednesday 11th Sept

Bus Tour

Bryoy a visit to some of our local hotspots? 9:00am - 1:00pm watinu Discovery Ce



Thursday 12th Sept

Bus Tour

svants destinational 9:30am - £30pm attinu Discovery Cen

Friday 13th Sept

Bus Tour

Discover one of our local gernal 9:00am - 1:00pm Daterolina Discovery Centre

Piney 88Q + Kareeke Night \$10/head 5:00 - 9:00pm or

Saturday 14th Sept

Mystery Bus Tour to places

unknown 9.00am - 3.00pm Dahvalfinu Discovery Cents

Donce Concert Night

Bus tours are \$10 per ride

BUS TOURS

Important Information

All tours except 14th Saturday will return to Dalwallinu approximately 1:00pm

Bus leaves at 9:00am sharp. All tours will be morning only.

If the bus is full you may follow in

No pets in bus. BYO food and drinks.

Bookings Essential with "Kiera" Dalwallinu Discovery Centre E: cdco@dalwallinu.wa.gov.au Ph: 9661 1805



We will be closed on the 23rd
P/Holiday, 24th & the 25th of
September for Building
Renovations

Call Carolynne on 0427662021 on the 24th & 25th

for urgent products
yard & sheds only, as I wont be
able to get inside the office

Sorry for any inconvenience





and take a break in...

Mural Painting by the community 12 Oct 12:30pm Kalannie

Afternoon tea inc! Followed by dinner:

sausage sizzle at KSRC

Key note speakers: Lara Jensen & Abbey Turner

Artists: Melski McVee & Tash Alibegovic

Regional Development





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Contact: Andrew Dunne 0428 861 095 or Matt Dunne 0447 412 876



Danny Nixon: 0427 333 907 and Steve Wright: 0427 794 500

Tony Douglas: 0447 717 930 and Greg Tillbrook: 0407 303 721





CULTURAL CENTRE OPENING



On the 1st of September, the Dalwallinu Town Hall was reopened to the public, with a renewed purpose. The space has been transformed into a Badimia Cultural Centre. The centre presents information about the Badimia People, Barna (country), culture and the work of the Badimia Bandi Barna Aboriginal Corporation (BBBAC).

BBBAC are driving the set up and development of the centre, which is in its initial stages and are looking forward to connecting to the community. BBBAC Chairperson and Badimia Elder, Darryl Fogarty says, 'We hope that the Badimia Cultural Centre will resonate with the people in the Dalwallinu District and those travelling through.'



The centre will be open throughout Wattle Week. BBBAC invite everyone to take part in a community art canvas, which will go on display in the centre. It will represent us all walking and working together.



For the opening of the centre, BBBAC are hosting a special pop-up art exhibition featuring Badimia artists from the Wirnda Barna Art Centre. There is also an exhibit of amazing Badimia artifacts courtesy of Badimia Elder Ashley Bell. It includes boomerangs, tapping sticks, baskets and more.

Visitors can sit and wanggaya (to talk) around the wajun (fire). Or read about all the work the BBBAC does through their partnerships that support cultural and conservation priorities.





RFT2425-02 – DRAINAGE SERVICES

The Shire of Dalwallinu is seeking experienced Civil Drainage Contractors to assist with annual drainage works.

All requests for tender documentation can be directed to Marc Bennett via email mws@dalwallinu.wa.gov.au.

All tenders must be received prior to the tender deadline, contained in a sealed envelope, clearly marked with the tender number and tender name and lodged in the tender box situated in the office of Shire of Dalwallinu, 58 Johnston Street, Dalwallinu WA 6609, by post to PO Box 141 Dalwallinu 6609 or emailed to tenders@dalwallinu.wa.gov.au.

Tenders close at 2pm, Monday 16 September 2024.

Jean Knight
Chief Executive Officer



RFT2425-03 – WET MIX AND STABILISATION

The Shire of Dalwallinu is seeking an experienced contractors to provide approx. 59,050^{m2} of wet mixing and 16,380^{m2} of foam bitumen stabilisation works for the 24-25 capital works program.

All requests for tender documentation can be directed to Marc Bennett via email mws@dalwallinu.wa.gov.au.

All tenders must be received prior to the tender deadline, contained in a sealed envelope, clearly marked with the tender number and tender name and lodged in the tender box situated in the office of Shire of Dalwallinu, 58 Johnston Street, Dalwallinu WA 6609, by post to PO Box 141 Dalwallinu 6609 or emailed to tenders@dalwallinu.wa.gov.au.

Tenders close at 2pm, Monday 16 September 2024.

Jean Knight
Chief Executive Officer



RFT2425-04 – CARTAGE OF ROAD BUILDING MATERIALS FOR 24-25 WSFN ROAD PROJECTS

The Shire of Dalwallinu is seeking experienced contractors to provide the cartage of road building materials for the 24-25 WSFN Road projects.

All requests for tender documentation can be directed to Marc Bennett via email mws@dalwallinu.wa.gov.au.

All tenders must be received prior to the tender deadline, contained in a sealed envelope, clearly marked with the tender number and tender name and lodged in the tender box situated in the office of Shire of Dalwallinu, 58 Johnston Street, Dalwallinu WA 6609, by post to PO Box 141 Dalwallinu 6609 or emailed to tenders@dalwallinu.wa.gov.au.

Tenders close at 2pm, Monday 12 September 2024.

Jean Knight
Chief Executive Officer



Join a discussion about grower collaboration to develop collective natural capital that attracts at-scale investment.

Wednesday, 18th September

Main Presentation: 10:00 AM - 10:30 AM

Q&A Session: 10:30 AM - 11:00 AM

Morning Tea & Discussion: 11:00 AM - 12:00 PM

Conference Room 1, DPIRD 75 York Road, Northam

Check out the GGA calendar to register www.gga.org.au/calendar/ This project is supported by the South-West WA Drought Resilience Adoption and Innovation Hub, through funding from the Australian Government's Future Drought Fund.



wheatbelt natural resource management



















Athol & Sandie Ventris

Fast Growing Wool Fast Growing Sheep

RAM SALE

1.00 pm Start Tuesday 3rd September 2024 Mukinbudin Ram Pavilion















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Sunday - 9.00am - 12.00pm

Public holidays 9.00am-12.00pm



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BROOKTON DALWALLINU

DOWERIN

NORTHAM WONGAN HILLS

9642 1108 9661 1002

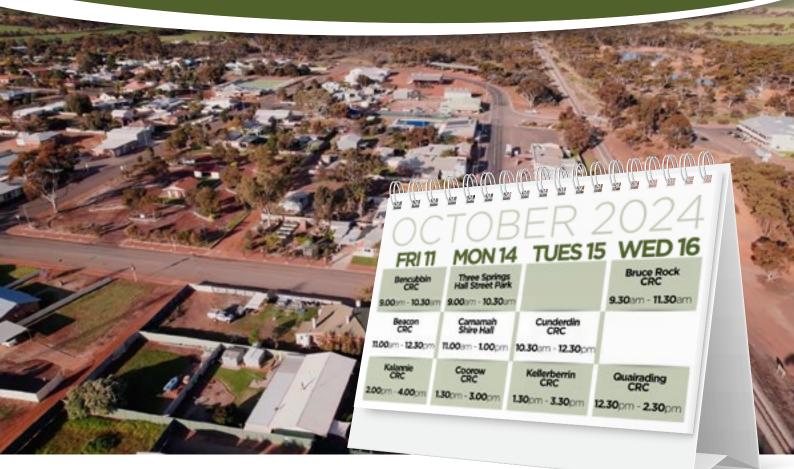
96311006

9622 6344

9671 1211



Northern Wheatbelt 10 OCTOBER '24 to 16 OCTOBER '24



Rural Aid Counsellor. ROGER HITCHCOCK.

is heading your way and will be available to chat, provide information and help farmers apply for assistance.

Registering with Rural Aid is free and can help farmers access these services:



1300 327 624 ruralaid.org.au

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Domestic water tanks

Disaster Financial Assistance

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RA's free job hosting platform for farmers farmarmy.com.au

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SUSTAINABLE AG EDUCATIONAL RESOURCES

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ruralaid.org.au/educational-funding

COMMUNITY DEVELOPMENT PROGRAMS

B Helping rural & regional communities prosper ruralaid.org.au/community-development



HARVEST GRAIN CARTAGE

Contact Shannon at Dalwallinu Haulage for your grain cartage in the 2024-2025 harvest season.

BOOK NOW

- 0429 922 592
- Bhannon@dallyhaulage.com.au











Board Membership – Call for nominations

A vacancy exists for appointment to the Board of the Wheatbelt Development Commission.

The Wheatbelt Development Commission is a Statutory Authority established under the *Regional Development Commissions Act 1993.* Its purpose is to promote balanced economic and social development in the Wheatbelt region.

Its objectives include maximising job creation, broadening local economies, identifying the need for infrastructure and services, providing information and advice to business and ensuring equitable access to government services. The Wheatbelt Development Commission also promotes and facilitates effective partnerships between government and regional communities.

The Commission is seeking nominations from highly motivated and enthusiastic people, with the following experience:

- Understanding of key issues impacting the development of the Region;
- Demonstrated involvement in the economic and/or social development of the Region;
 and
- The ability to work cooperatively to achieve agreed goals across a wide range of issues and stakeholders.

People may nominate themselves or others, organisations may also nominate individuals. Terms of appointment will be from one to three years. The Minister for Regional Development, Hon Don Punch MLA will make the appointment to the Board after consultation with WA State Cabinet.

Further information and nomination forms are available from Anita Swift, Acting Executive Officer, on 9622 7222 or email anita.swift@wheatbelt.wa.gov.au.

Closing date: 30 September 2024 at 4:00pm. Nominations received after this date will not be accepted.

RURAL EDGE

ONLINE FARM SAFETY SHORT COURSE

This workshop has been proudly subsidised by CBH Group from it's RRP of \$149 to just **\$99.**





DATES:



Fri 16th August



Thurs 12th Sept



Fri 4th Oct

TIME: 11.00am - 1.00pm

Via Zoom

What is included?

- Brief overview of the laws & regulations
- Risk management & register
- Induction checklist
- Q & A Session
- Access to templates & tools in the Rural Edge participant portal

Learn how to develop and easily implement a Farm Safety Risk Register in under 2-hours.

Friday 16th August

11am – 1pm (online via Zoom)

https://ruraledgeaustralia.glueup.com/event/rural-edge-farm-safety-short-course-114923/

Thursday 12th September

11am – 1pm (online via Zoom)

https://ruraledgeaustralia.glueup.com/event/rural-edge-farm-safety-short-course-114924/

Friday 4th October

11am - 1pm (online via Zoom)

https://ruraledgeaustralia.glueup.com/event/rural-edge-farm-safety-short-course-115950/

What's on the agenda?

- Brief overview of the WHS laws
- Risk management & development of risk register
- Farmer sharing of information and experience
- A & O



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Northam

Keiran Sullivan **T** 0419 965 015

rsm.com.au/northam

Nutrien Harcourts



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Kevin Manuel - 0428 954 795 kevinmanuel@wn.com.au

Merle Manuel - 0407 933 379 merlemanuel1950@gmail.com

PO Box 19, Bolgart WA 6568

Co-Agents for Nutrien Harcourts



Looking to buy or sell your farm, home, or commercial property Call Kevin or Merle with "Confidentiality Assured"

Community Notices



Just use our scheme ID number:

C10350369

Bring your eligible containers to:

KALANNIE IGA CARPARK

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

PLEASE NOTE:

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

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

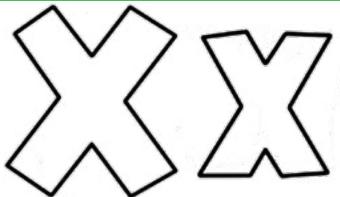






PUZZLES





I Spy...

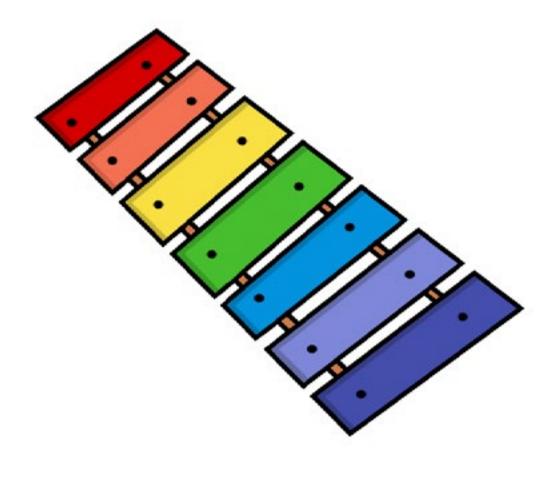
Put a circle around the two items beginning with the letter X.

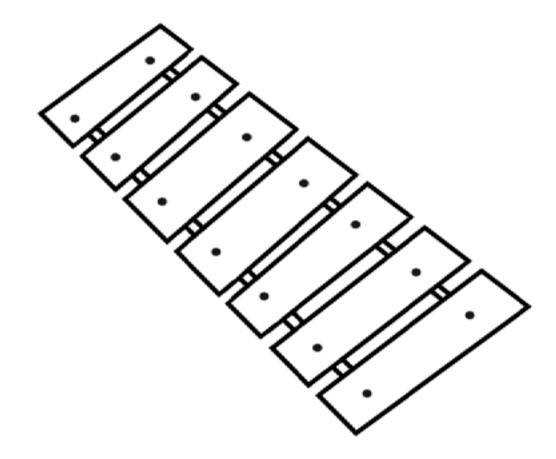




PUZZLES







Xylophone Colour Copy



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dalwallinu@elders.com.au

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we're here to keep things rolling!



Business hours:

7am – 5pm Mon – Fri

Open by appointment Saturday & P/H's

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

Now that's "a gripping service"



Community Sport Notices



FOOTY REPORT

KALANNIE BULLDOGS THREEPEAT

The bulldogs won Grand Final #3 in a row last Saturday, at Koorda, in emphatic style against the much fancied Beacon team.

Coming into the final Beacon had strung good wins together and only went down to the doggies by 10points in the Major semi final, after leading until into the third quarter.

Most expected a close hard fought tussle including the doggies, sadly it was not the case.

Whilst Beacon got off to a great start, kicking the first goal within a few minutes, the doggies then took control and played excellent footy in all quarters and in fact right up until the last minute

they simply never let up. The final score reflecting their efforts 14-18-102 to 4-4-28

Many highlights and pieces of individual brilliance, but another solid team effort across the 19, they all contributed, just awesome.

Best on Ground Reuben Cail.

Thank you to all of our supporters who travelled over. Kalannie had massive support as always and it does not go unnoticed. Thank you.

A wonderful community effort and what a great night at the KSRC afterwards, thanks Caroline and committee, just fantastic.



Community Sport Notices

CENTRAL WHEATBELT WINTER SPORTS RESULTS



GRAND FINAL

Saturday, 31st August 2024



Kalannie: 5.3, 8.6, 11.13, 14.18 (102) def Beacon 1.1, 2.3, 2.3, 4.4 (28)

GOALS:

Kalannie: M. Cameron 3, B. Cowdray 3, L. Meldrum 2, M. Cail 1, T. Edward-Baldwin 1, R. Ekert 1,

R. Jefferys 1, L. McCreery 1, V. Oldham 1.

Beacon: K. Indich 1, W. Munns 1, H. Sinclair 1, C. Warrell 1.

BEST:

Kalannie:

Beacon: C. Junk, S. Morton, B Poole, J Ugle, A Solomon.

Best in Grand Final - Reuben Cail (Kalannie)















Central Wheatbelt Netball Association

Bencubbin (31) def by Koorda (32)

Best in Grand Final - Lois Kowald (Koorda)







Central Wheatbelt Ladies Hockey Association

Koorda (3) def Mukinbudin (0)

GOALS:

Koorda: Sian Pladdy 1, Pippa Reilly 1.

Mukinbudin: NIL

Best in Grand Final - Carolina Doyle (Koorda)





Community Sport Notices

BARDES TO TO THURSDAYS 5.30 - 6.30



Starting 5th September KSRC

for more info ring or text Dave on 0427 427 307

Hosted by the Kalannie Bowling Club

about yourself you appreciate

three things

you are enough

yourself that

Remind

just as you are

Write down

MONDAY

SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

not selfish, it's self-care, it's Find time for essential

things you do well, however Notice the Small

yourself kindly self-criticism and speak to Let go of

relaxing activity and make time Plan a fun or for it

Everyone makes things go wrong yourself when mistakes

basics; eat well exercise and go to bed on time Focus on the

permission

yourself

to say 'no

outside and give body a natural your mind and Get active 15000

to a loved one as you would to yourself Be as kind

take a break yourself to pause and busy, allow If you're

Enjoy photos from a time

with happy memories

appear outside Choose

Don't

to how others you feel inside compare how

Free up time

steps to help mistakes as to see your you learn

ptember 2024 elf-Care e

share how you for help when Be willing to feel and ask needed

> enough, rather Aim to be good

remember it's ok find things hard,

When you

not to be ok

you really enjoy

do something

Make time to

than perfect

caring, calming phrase to use when you Find a

feel low

Leave positive messages for regularly

day. Make time

friend to tell you

you are feeling,

without any

Judgement

Notice what

Ask a trusted

ş

what strengths

they see in you

to slow down and be kind

to yourself

25

Avoid saying

yourself to see

23 other people's expectations Let go of of you

Take your time.

Make space to

just breathe

and be still

you are worthy remember that yourself and of love Accept

make time to

strengths or

any unnecessary

plans

by cancelling

talents

one of your way to use

Find a new

do nothing

'i should' and

29













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Real **Understanding**









Seasons greetings to all from the team at Agri-Stock. We hope you had the chance to relax and get ready for 2021.

Agri-Stock offers support on the following:

- Chemical
- Fertiliser
- Wool & Livestock marketing/drafting services
- Insurance
- Finance

Please don't hesitate to call Derek on 0413 003 043.

We wish everyone a prosperous year for the season to come.

PH: (08) 96 841 863 M: 0413 003 043 E: office@agri-stock.com.au 32 Allenby Street, Koorda WA 6475



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





Available now at the Kalannie CRC \$35







WOMEN'S HEALTH WEEK

2-6 September 2024

womenshealthweek.com.au

Monday

Know your body



Tuesday

Courageous conversations

Wednesday **Shame and stigma**



Thursday

Point of difference



Friday

Trust your gut





Health checks for women

Your guide to what you need and when



Blood pressure check

Every two years from age 18 or more often if at increased risk.

Cholesterol check

Every five years from age 45 (age 30 for Aboriginal and Torres Strait Islander women). May be earlier/more frequent depending on family history and personal risk factors – speak to your GP.

STI screening

For sexually active women of all ages, speak to your GP about how often to screen for sexually transmissible infections (STIs). Women under 30 may need screening at least once a year.

Pre-pregnancy care

As needed, when women are of childbearing age.

Breast self-check

Once a month for women of all ages. Get to know the normal look and feel of your breasts. Speak to your GP if you notice any unusual changes.

Breast cancer screening mammogram

Every two years from age 50-74. Women with higher risk or family history of breast cancer may need to screen earlier/more often – speak to your GP.

Heart health check

At least every two years from age 45 (age 30 for Aboriginal and Torres Strait Islander women)

Diabetes screening

At least every three years from age 40. May be earlier/more often for women at higher risk and those who are pregnant – speak to your GP.

Bone health (fracture risk) review

Once a year from age 45 or post-menopause. Depending on bone health and risk of fracture/osteoporosis, your GP may suggest a bone density scan (DXA) every two years.

Cervical screening (formerly Pap smear)

Every five years from age 25 to 70-74. If you started having sex after age 25, screening starts two years after you were first sexually active.

Bowel cancer screening

Every two years from age 50 for the general population. Women at higher risk may need to screen more often and with other tests – speak to your GP.

Skin check

Perform regular self-checks, looking for new/changed spots. Speak to your GP if you notice anything suspicious.

Mental health check

If you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns, speak to your GP.

Dental check

At least once a year for women of all ages. Dentist to advise if more frequent check-ups are needed.

Eye test

From age 65 if you notice vision problems.

Speak to your GP if you have a family history of glaucoma.

Hearing test

Once a year from age 65.

Vaccination review

At least once a year for women of all ages.

Regular health checks help to prevent and detect diseases early, often when they can be more easily treated. This information is provided as a general guide. You may need other or more frequent checks. If you notice blood in your poo or urine; pain or a lump in your breast; nipple discharge; bleeding after sex or between periods; or anything else unusual or concerning, don't delay – speak to your GP.

Who can help?

Your GP

National Cancer Screening Register: **1800 627 701**

BreastScreen Australia: 13 20 50

Your pharmacist, optometrist and dentist





MAC & CHEESE MUFFINS



Traffic light category: Green Serves: 12-18

Ingredients

- 2 cups elbow pasta or macaroni
- ½ cup grated pumpkin
- ½ cup grated carrot
- 2 tablespoons water
- 2 tablespoons self-raising flour
- ¼ cup reduced fat milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated reduced fat cheddar cheese
- 2 tablespoons finely grated parmesan cheese

Optional extras chopped capsicum, chopped spring onion, grated mushroom

Method

- 1. Preheat oven to 180°C
- 2. Boil macaroni for 10 minutes or until al dente, drain well
- 3. Meanwhile, place pumpkin, carrot and water in a microwave bowl and cook on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork
- 4. Sift flour into a large bowl
- 5. In a small bowl or jug whisk milk, mustard and eggs together; add to flour and gently combine
- 6. Add cheddar cheese, corn, mashed vegetables and macaroni, stir until combined
- 7. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan
- 8. Bake for 20-25 minutes until golden brown.
- 9. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.







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



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:

3					
 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				

Call costs from your home phone to a:

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

impairment. A TTY phone is required for this service.





132 490

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Media Release

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