



For all that cancer takes, give hope this Daffodil Day.

Scan to donate



daffodilday.com.au

Give everything you can to support
life-saving cancer research.

Thursday, 22 August 2024.



Dom, Lou, Noah and Evie

The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: kalanniecrc@kalannie.com.au

Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

The Kapers is a free electronic weekly newsletter and runs for 50 weeks.

Submission deadline for advertising is Monday 1.00pm

Email submissions to: kapers@kalannie.com.au

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<https://kalanniecrc.wixsite.com/kalanniecrc/kalannie>

The Kapers is supported by the



Department of
Primary Industries and
Regional Development

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Half Page \$25

Quarter Page \$20

Yearly advertising
available

Prices subject to change



PLANT *Sale*

**CASH
ONLY**



**Outside the Kalannie CRC,
from 11am Tuesday 20th August**

Gayle, the plant guru from Mitre 10 in Wongan Hills, is making a greenery-filled journey to Kalannie!

Swing by for a chat and coffee at the Kalannie Coffee Trailer and soak up Gayle's plant wisdom.

Discover a variety of plants that thrive in our local climate.

Contact Gayle: 0407 070 221



Wheatbelt Community Calendar

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3 Kalannie BYE CWA Cabaret @ 6pm
4	5	6	7	8	9	10 Kalannie v Muckinbudin Winter Sports Windup
11	12	13	14	15	16	17 Semi Finals in Bencubbin Dally Ag Show
18	19	20	21 CWA Meeting Kalannie Golf Club 4 Person Ambrose	22	23	24 Preliminary Final in Muckinbudin
25	26 Kalannie Church AGM @3pm	27	28	29	30	31 Grand Final in Koorda

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

Wheatbelt Community Calendar

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	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					

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
pm Mondays

\$2.00 PRINTED
online version Free to subscribers
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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
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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.

Community Notices

NOTICE OF MEETING

KALANNIE COMMUNITY CHURCH INC.

ANNUAL GENERAL MEETING

At 3pm Monday 26th August 2024

AGENDA

1. Opening
2. Apologies
3. Minutes of previous Meeting. December 7th, 2023
4. Business arising.
5. Correspondence
6. Presidents report
7. Secretary/Treasurer's Report.

Notice of Motions

1. Election of Office Bearers
- 2.

KALANNIE COMMUNITY CHURCH INC.

Minutes of Annual General Meeting

7 December 2023

Present: R Nixon, H. Nixon, N Smith, P Roach, A Nixon, M Walsh.

Apologies: M Nixon, D Nixon, T Moore, K Roach, J Hathway.

Acceptance of the previous minutes - moved by N Smith, Seconded by A Nixon.

No business arising

Correspondence relating to the transfer of land.

Presidents Report: Transfer of land from Landgate eventually!

Acknowledgements to Kevin Smith and the Hathway Family.

Positions declared vacant.

President: Robert Nixon nominated by Amanda Nixon - accepted/carried

Vice President: Helen Nixon nominated by Mandy Walsh - accepted/carried

Secretary/Treasurer: Julie Hathway - Nominated by Helen Nixon - accepted/carried

Motion: That additional local membership be promoted. Moved: Amanda Nixon, seconded Naomi Smith.

Motion: That the Secretary forward meeting records to the Commissioner for Consumer Protection.

General Business:

There will be a Christmas Service with local music on Christmas Eve.

Meeting Closed 5.25pm

Keeping Up WITH THE KALANNIE CRC

KALANNIE MEMORIAL WALL UPDATE



The Kalannie Memorial Wall has had a couple more updates to it since it was first installed. The Dalwallinu Shire have put new curbing around the front of the memorial wall and the CRC has had the QR code that will be used to access online memorials put in, and which is now operational.

When the memorial wall was first installed we put out a survey regarding how people wanted to display memorials and name plaques on a wall was a popular option. The CRC has been looking into how we can secure funding to install this and welcome any community contributions to the project.

The CRC would like to invite community members who are interested in placing family memorials online to please get in touch with us and we will arrange that for you.

Please email kalanniecrc@kalannie.com.au or phone 9666 2194 to register your interest or for more information on how the QR code memorials will work.

PARAKEELYA MERINOS



A & G DUNNE

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On property Ram sale - **Wednesday 11th September** 425 Beacon
Backroad, Beacon

60 Rams on offer with comprehensive fleece reports and ASBVs

See us at the 2024 Dowerin Field Days

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

Nutrien
Ag Solutions

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

AWN

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

DALWALLINU DISTRICT
TOURISM INC.

Dalwallinu's WATTLE WEEK

Festival 2024

7TH- 14TH
SEPTEMBER



There are 185 species of Acacia (Wattles), the largest number to be found in the world, within 100km's of Dalwallinu.



ACTIVITIES & EVENTS

Bush Breakfast | Fun in the Park |
Lion's Club Cancer Van | Bonfire |
Soup Night | Pinoy BBQ | Dance Concert |
Daily Bus Tours | Shire of Dalwallinu's
Community Celebration Day

PROUDLY SUPPORTED BY:



Enquiries & Bookings:

Kiera at the
Dalwallinu Discovery Centre
E: cdco@dalwallinu.wa.gov.au
Ph: 9661 1805

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& RECEIVE

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ORDERS

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STORE

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MANUFACTURER PRICES SUBJECT TO CHANGE

****SOME PARTS MAY NOT BE ELIGIBLE FOR DISCOUNT****

CONTACT BOEKEMAN MACHINERY

BROOKTON	DALWALLINU	DOWERIN	NORTHAM	WONGAN HILLS
9642 1108	9661 1002	9631 1006	9622 6344	9671 1211



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

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

Shop Hours

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

Nutrien
Ag Solutions



Kochii Eucalyptus Oil has rebranded to become Fasera.

We've changed our name, not our vision.

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

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



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



fasera



HAZLETT CORNER STORE

Now stockists of Market City Meats, freshly cryovaced packs of, beef, lamb, pork, poultry and a variety of butcher made sausages.

Really well priced

Fresh into store every Wednesday afternoon, along with our fresh fruit and Veg from Country Pak at the Markets.

Trading Hours

Monday – Friday 6.00am - 5.30pm

Saturday - 7.00am -12.00pm

Sunday – 9.00am - 12.00pm

Public holidays 9.00am-12.00pm



BOEKEMAN MACHINERY DALWALLINU FOR ALL YOUR FARMING NEEDS TRADING HOURS

MONDAY TO FRIDAY

8:00am to 5:00pm

DALWALLINU BRANCH PHONE - 9661 1002

AFTER HOURS SUPPORT:

PARTS - 0427 084 216

SERVICE - 0427 084 214

AFTER HOURS CALL OUT FEE MAY APPLY

SALES AND PRODUCT SUPPORT:

MATT - 0437 611 725

DOMINIC - 0459 214 350

www.boekemans.com.au | sales@boekemans.com.au

BRANCH MANAGER: JOHAN - 0427 084 210



**DALWALLINU
HAULAGE**

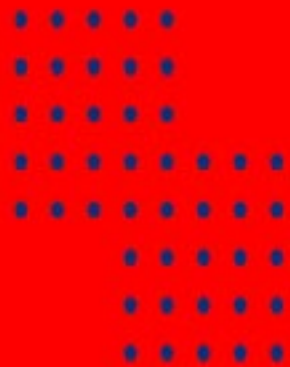
HARVEST GRAIN CARTAGE

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

BOOK NOW

 0429 922 592

 Shannon@dallyhaulage.com.au



ONLINE FARM SAFETY SHORT COURSE

This workshop has been proudly subsidised by CBH Group from its 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/>

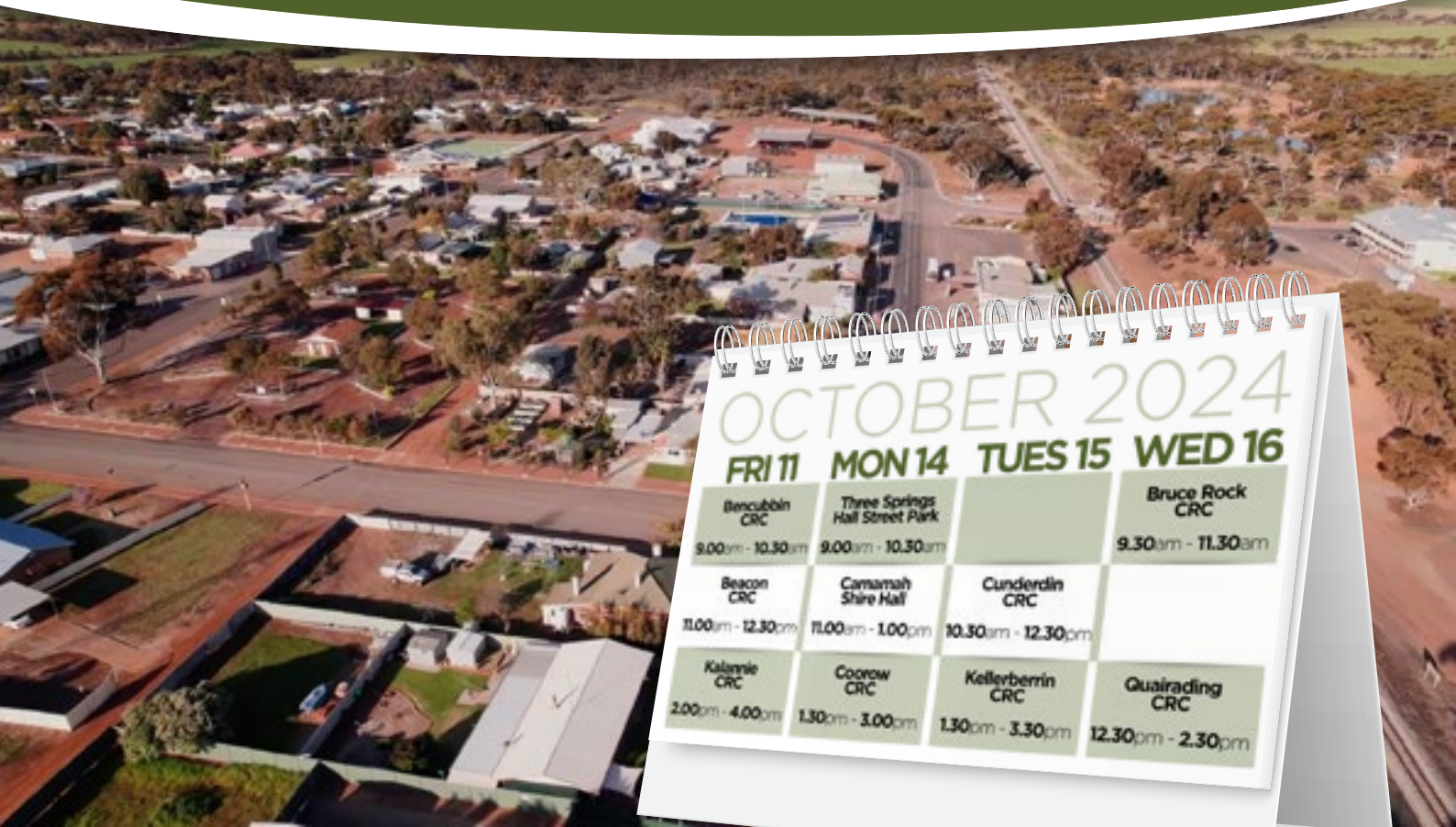
What's on the agenda?

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



Northern Wheatbelt

10 OCTOBER '24 to 16 OCTOBER '24



OCTOBER 2024			
FRI 11	MON 14	TUES 15	WED 16
Bencubbin CRC 9.00am - 10.30am	Three Springs Hall Street Park 9.00am - 10.30am		Bruce Rock CRC 9.30am - 11.30am
Beacon CRC 11.00am - 12.30pm	Camamah Shire Hall 11.00am - 1.00pm	Cunderdin CRC 10.30am - 12.30pm	
Kalannie CRC 2.00pm - 4.00pm	Coorow CRC 1.30pm - 3.00pm	Kellerberrin CRC 1.30pm - 3.30pm	Quairading CRC 12.30pm - 2.30pm

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

DISASTER ASSISTANCE

- 🌾 Fodder
- 🚰 Domestic water
- 🏠 Domestic water tanks
- 💰 Disaster Financial Assistance
- 👨‍🌾 Farm recovery Events

FARM ARMY JOBS

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

MENTAL HEALTH & WELLBEING

- 🧠 FREE mental health & wellbeing counselling services ruralaid.org.au/mhwb

SUSTAINABLE AG EDUCATIONAL RESOURCES

- 🌱 Helping farmers focus on agri sustainability or resilience building ruralaid.org.au/educational-funding

COMMUNITY DEVELOPMENT PROGRAMS

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

Call Roger on **0460 310 661** to find out how Rural Aid can help you

Rural Aid Education Funding

Rural Aid's commitment to **sustainable agriculture** is achieved through:



At Rural Aid, we champion sustainable and resilient agriculture, collaborating with farmers and stakeholders to prioritise locally informed practices. We believe in the power of sustainable and regenerative agriculture practices to improve the livelihoods and well-being of farmers and rural communities, promote food security, and protect the environment. Supporting sustainable and regenerative agriculture practices is key to mitigating the impact of disasters and building resilience in rural communities.

Are you a farmer who wants to learn more about sustainable agricultural practices?

Rural Aid provides funding to support primary producers, across all agricultural sectors, attendance at impactful education courses. Reimbursement of 50% of the course cost up to a maximum of \$1000 per farmer will be available. Applications will be accepted until funding for this initiative is exhausted.

The course you attend must:

- Be future dated. Funding will not be provided for courses already attended.
- Be facilitated by an organisation with a registered ABN.
- Be facilitated by a recognised training body or endorsed by an industry body (The organisation must not be owned by yourself or a family member.)
- Be attended in person (currently no webinar/online courses will be funded)
- Have a website where information about the course you wish to attend is displayed. The website must provide information on the expected outcomes of the course.
- Have an aspect or focus on increasing the agri sustainability and resilience of your farming business.
- Have publicly accessible pricing.

For more information and to apply visit [rural aid](#)



15 August 2024

With Senior Regional Officer Kevin Collard

Tenant termination: Breaking your lease

Ending a tenancy agreement early, or 'breaking lease' can be stressful, but renters should find it easier in the current tight rental market given it probably won't take long to find new tenants.

While there are potential costs involved with breaking lease, you cannot be asked to pay the usual end of tenancy expenses such as the final inspection fee that an agent may charge and the landlord cannot impose other additional fees.

Landlords are also not entitled to be compensated for losses that could have been avoided, such as lost rent via a delay in reletting the property because they decide to undertake some renovations. They must do everything reasonable to find a new tenant as quickly as possible and keep their losses to a minimum.

Additionally, your bond should be returned to you as normal, minus any costs for repairs, and you will need to leave the property clean and tidy.

It's best to notify your landlord in writing as soon as possible that you intend to break lease. This will help reduce any costs you may have to pay.

But what costs will you be liable for? You must continue paying rent until your lease officially ends (even if you've moved out), or until a replacement tenant is able to move in, whichever happens first.

If you can, give a specific moving out date as this can make it easier to secure a new tenant. You are entitled to stay in the property as long as you're paying rent as per your tenancy agreement.

Besides the lost rent, you may be asked to cover other costs as a result of you breaking lease, for example the cost of advertising the property. However, the landlord must do what they can to reduce these costs, including advertising the property quickly.

There are circumstances where you can end a tenancy agreement early without breaking lease or incurring costs, such as if the property is destroyed in a natural disaster or circumstances of family violence. Check the Consumer Protection website for the specific conditions that need to be met in these cases.

What about if your landlord wants to break lease? You don't have to agree with the request to break lease but if you do agree, you can ask the landlord to cover some costs of having to move house unexpectedly. Landlords can also apply to the Magistrates Court for an order to end the tenancy.

Consumer Protection wants landlords to appreciate that tenants breaking lease can be experiencing a lot of stress, which can include a need to relocate at short notice for work or a change in financial circumstances. In a tight rental market, landlords are unlikely to experience much of a loss of income and it's always best to address these situations amicably.

If the situation cannot be resolved, Consumer Protection may be able to help – go to consumerprotection.wa.gov.au or call 1300 30 40 54.

Environment



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

September 2024

A picture's worth a thousand mouldy samples



Photos demonstrating a range of features in focus, thumb for scale, close-up of flowers as well as most of the plant. The only thing missing is a picture in situ - it's important to see how and where the plant is growing. This is an aquatic plant but you wouldn't guess it!

Weird plant, who do you call? DPIRD!

Imagine if we could turn back the clock and stop some of WA's worst weeds from becoming established, saving millions in eradication costs and lost agricultural revenue, not to mention the financial and mental burden of management for landholders.

Well, biosecurity is everybody's concern and here at DPIRD we rely on eagle-eyed members of the public to raise the alarm when they see something out of place. Whether that's a weedy looking, unfamiliar plant growing in your paddock, a patch of plants you've never seen before rapidly overtaking a roadside, or just something suspicious being traded online.

How to take quality pictures

You've found something of concern but what then? A few well taken photos offer advantages; they can be easily submitted from anywhere, allow for a rapid assessment and often negate the need to submit a sample. When photographing, remember the three F's, **Features**, **Framing**, **Focus**.

Features – try to capture as many as you can, **fruit** and **flowers** are especially helpful, but so are the leaves, their arrangement, whether they

are hairy or smooth, differences between the top and bottom surface, any thorns or spines, aim to include as much detail as possible.

Framing – try to also capture the whole plant, it's great to have close ups of leaves etc but what are they from? Is it a tree, is it shrub, is it a vine? Stand back, snap a pic and show us.

Focus – the most important F of them all, there's no point diligently documenting these features if they aren't in focus!

These photography tips will hopefully prevent wasted efforts in submitting inadequate or mouldy samples, which will be unusable for identification.

If a sample is needed, we will advise on how to collect the most useful material (whole plants, flowers, fruit, seeds etc) and how to package and post it to maintain its freshness for our diagnosticians.

How to submit your photos

You can contact our Pest and Disease Information Service (PaDIS) or report to the MyPestGuide team. Remember to include your contact details, the location of the plant(s) and your concerns when you are reporting. Our teams will review and provide identification and advice.



Report your observations

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

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

Media Release



Free and low-cost support for regional small businesses

The Cook Government is proud to announce the relaunch of a free advisory service for regional WA businesses, as part of a more than \$18 million investment to bolster the sector.

- The Small Business Development Corporation (SBDC) has relaunched its advisory service in regional Western Australia
- SBDC Regional will now provide free advice and low-cost services to business owners across regional WA
- It's part of an \$18.1 million Cook Government investment over six years to ensure businesses across the State thrive

The Cook Government is proud to announce the relaunch of a free advisory service for regional WA businesses, as part of a more than \$18 million investment to bolster the sector.

The Small Business Development Corporation will now provide more accessible support through SBDC Regional, which replaces Business Local regional.

It means small business owners can easily seek free advice on a range of topics from scaling up and digital marketing, to cyber security and dispute resolution. There is also support for those looking to start a new business.

A network of SBDC Regional business advisers who are part of the local community and have the expertise and resources are right now standing by ready to help either online, over the phone or in person.

In addition, business owners can take advantage of low-cost skills development workshops on topics tailored to the unique needs of their area, as well as the SBDC's range of business tools and templates.

Altra Fine Foods in Karratha is just one regional business that has benefitted from SBDC Regional services, with the owners accessing specialist commercial tenancy advice in order to secure their lease.

Almost a quarter, or 57,337 of the State's small businesses, are located outside the Perth metropolitan area.

The Cook Government is focused on continuing to help small businesses thrive.

SBDC Regional will operate in East and West Kimberley, the Pilbara, the Mid West and Gascoyne, the Wheatbelt, Peel, South West, Great Southern, Esperance and Kalgoorlie-Boulder/Goldfields.

For more information visit: www.smallbusiness.wa.gov.au/regional

Comments attributed to Small Business Minister Jackie Jarvis:

"Regional small businesses are well known for being the heart of their communities, and important economic generators for our State that create local jobs and diversify the economy.

Media Release



Free and low-cost support for regional small businesses

"We know just how important it is for business owners to receive high quality advice from people who understand small business at key stages of their business lifecycle.

"This advice may not be as readily accessible in regional areas and we know that money can be tight in the start-up phase, and businesses may not prioritise paying for the advice.

"This is why the Cook Government is investing more than \$18 million over the next six years, to ensure that regional small business owners can continue to access free small business advice from providers focused on their region, to set them on the right track."

Comments attributed to Small Business Commissioner David Eaton PSM:

"From the Great Southern and Esperance regions in the south, to the Pilbara and Kimberley in the north and every town in between, there are thousands of small businesses that create the fabric of each community.

"Running a small business is a big commitment, and we know that receiving the right advice at the right time, on matters from business planning and feasibility assessments to financials and sales and marketing, can make a significant difference to their success.

"Rebranding our service outside of Perth to SBDC Regional demonstrates that we are creating pathways for regional small business to tap into the best of both worlds - allowing them to obtain trusted, local business advice in their region and gaining access to specialist advice from our central office.

"I look forward to working with our regional providers to help support our fantastic small businesses in WA's regions to start well, survive and thrive with the SBDC."

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Email: eion@what.net.au

Website: www.what.net.au



RSM

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Keiran Sullivan
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210 Fitzgerald Street, Northam
rsm.com.au/northam

Nutrien Harcourts



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& Sporting Clubs in our area

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



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

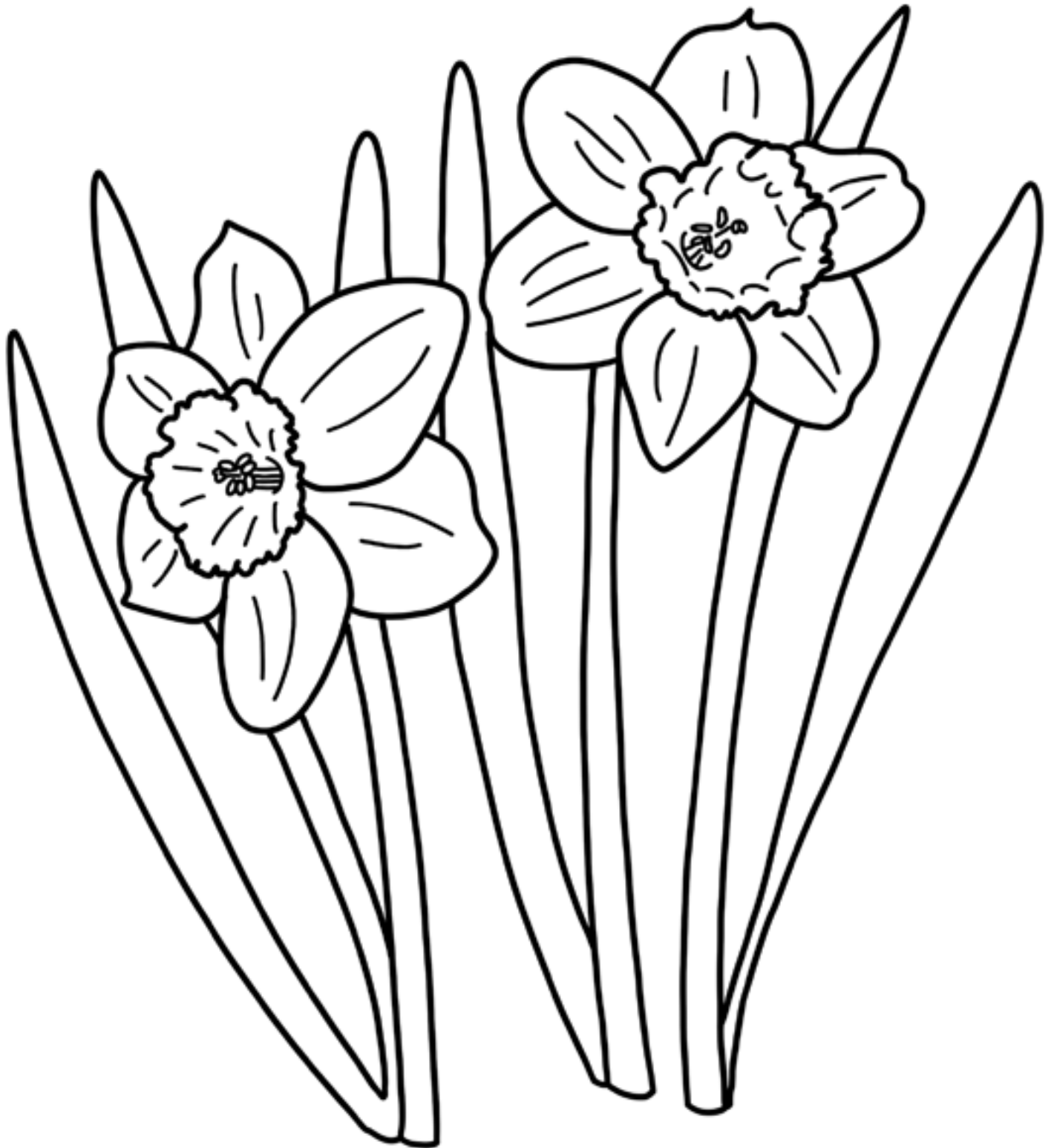


Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L .



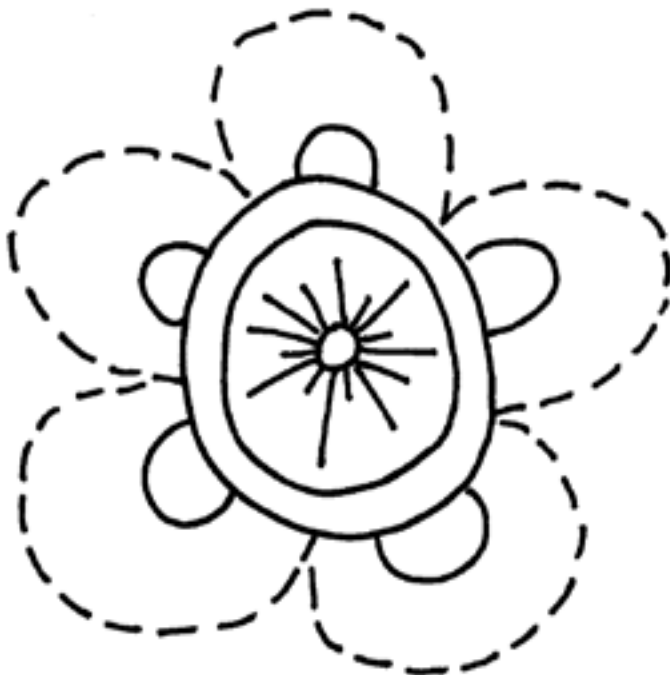
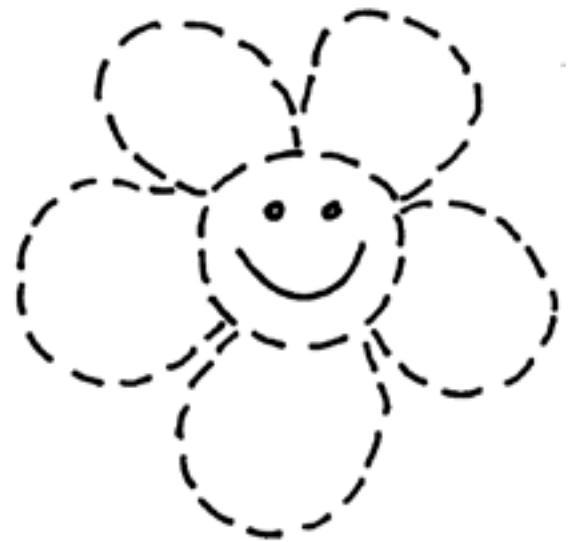
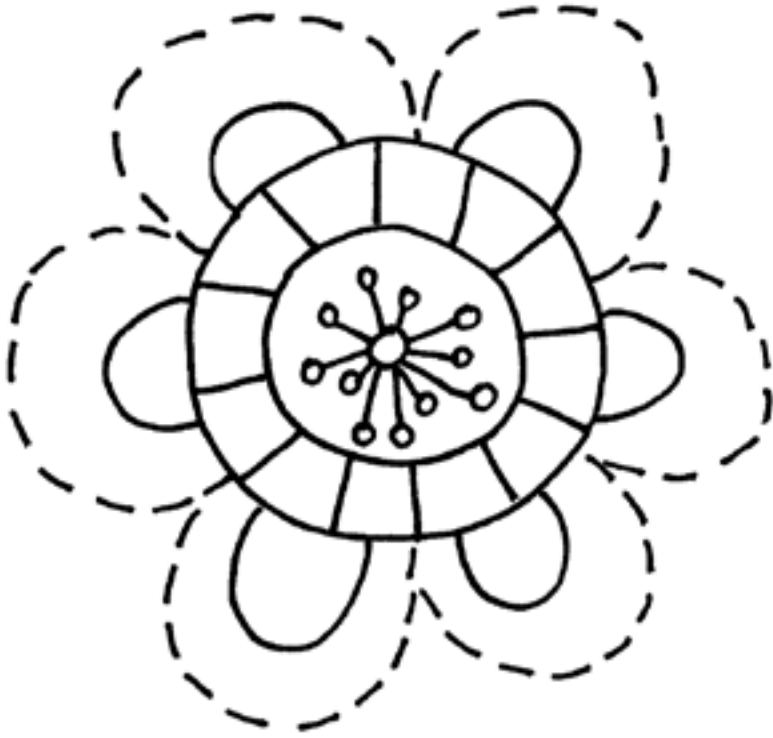


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Flower Tracing





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rescue! Don't hesitate to call 9661 2222.**

Now that's "a gripping service"

Community Sport Notices

KALANNIE GOLF CLUB

Wish to invite teams to the

4 Person Ambrose Day

And nearest the pin competition

Wednesday 21st August

Names in by 11.30am 12pm Start. Nearest the pin starts at 10:30 am

Proudly Sponsored By



Great range of prizes to be won

Novelties on every hole

Entry fee \$30 per Golfer

Lunch and dinner included

Win \$600 in the nearest the pin Competition

Will run from **10:30 Until 11:30**

Sponsored By



To help with catering text teams to:

Paul Burrage - 0429370208

Grant Hudson - 0427 697 366

Community Sport Notices

BEACON - BENCUBBIN - KALANNIE - KOORDA - MUKINBUDIN - NUNGARIN & TOWNS -



CENTRAL WHEATBELT



WINTER SPORTS



PRELIMINARY FINALS

MUKINBUDIN RECREATION COMPLEX

24th August 2024

NETBALL

11:00am Koorda vs. Mukinbudin

HOCKEY

1:00pm Mukinbudin vs. Beacon

FOOTBALL

CBH GROUP FINAL SERIES

2:40pm Beacon vs. Bencubbin



All teams involved in finals are asked to bring four or more plates of afternoon tea to assist the host town with catering.

ADMITTANCE

Adults \$10

Students/Seniors \$5

Community Sport Notices

FOOTY REPORT



Kalannie Vs Beacon Major Semi Final

The Kalannie bulldogs travelled to Bencubbin to play Beacon last Saturday, the prize, winner going straight into the Grand Final.

Expected to be a tough and close encounter and with a storm due to hit mid game those expectations were well and truly met. The doggies won the toss and played with a very strong wind at their backs, Beacon however came out firing and played excellent footy into the wind and had the doggies rattled for most of the quarter.

Beacon lead 24-7 at the first break. The doggies regrouped nicely in the second quarter at trailed Beacon 33-31 at the major break.

The third quarter was played in howling conditions and although the weather was at their backs it did little to help the doggies at times. The boys played well though and managed to keep Beacon scoreless to get their nose in front by the third break to lead 50-33.

The last quarter was a slog with the weather pushing the game into, basically, one corner. Beacon were only able to kick 1 goal 3 and the doggies 2 behinds in the last term, but it was enough to see Kalannie through to their 3rd straight Grand Final.

DJ Acres was superb down back, stifling many Beacon attacks and kicking safely away each time. Ben Cowdray had a huge game and was rewarded with 2 goals, our mid field was slow out of the blocks, but once they settled, they controlled things as much as the weather would allow. Unfortunately Tommy Edwards rolled an ankle in the second quarter and took no further part, but Rueben Cail, Zac Sanderson and Nic Bowe made sure the mid field was in much more control. Matt Murray was super solid as well, overall though a solid team effort in what was another wonderful display of team footy especially in the last quarter

The doggies now have a week off, whilst Beacon and Bencubbin will meet in Mukinbudin to decide the other spot in the grand final to be played at Koorda August 31st.

Congratulation to Reuben Cail and Nic Bowe who tied for second place in the leagues Best and Fairest. Matt Murray picked up the Country week Fairest and best, while Mitch Cameron and Ryan Ekert were the leagues leading goal kickers, a pretty good night for the doggies I thought.

Well done Bec Chown on receiving the netball umpires award and to Sally Ellis Fairest and best Country week netball, awesome achievements for our town. Well done to Gabby and the netball ladies for playing finals.

Thank you to our dug out crew, runners and trainers for their efforts, unbelievably cold and windy, you did an enormous job to get the boys through, well done.

To the supporters who braved the weather a special thanks, Kalannie remains the best supported club in the league and its a credit to you all especially on days like last Saturday.

Let's get the town to Koorda in a couple of weeks to cheer the local side on and hopefully win another flag for our town, supporters play a massive part in these big games.

Go the mighty doggies, great bunch of blokes, great team.



Community Sport Notices



**KALANNIE KOMETS
NETBALL CLUB**

Kalannie Komet's Report

And that's a wrap!

Last Saturday, the Komets travelled to Bencubbin to face the Mukinbudin Storm in the Semi-Final. From the start, Mukinbudin Storm came out strong, capitalizing on a couple of turnovers to score quickly. Despite being on the back foot, the Komets didn't let this deter them; they raised their intensity and played the game out with determination. Although the final outcome wasn't in our favour, there are many positives for the Komets to take from both the game and the season.

A special congratulations to Kayla Moore, who played her 50th game for the Komets. Kayla's steady and composed presence on the court makes her an invaluable asset to our team.

We also had a delightful time at the Central Winter Sports wind-up, hosted by Bencubbin. Congratulations to Sally Ellis for being named Fairest and Best for Div 4 at Country Week, and to Bec Chown, who received the Umpire of the Year Award.

Best of luck to the Kalannie Bulldogs in the Grand Final!



Community Sport Notices

CENTRAL WHEATBELT WINTER SPORTS RESULTS

SEMI-FINALS

Saturday, 17th August 2024

1st Semi - Final

Bencubbin: 2.2, 4.4, 6.6, 8.7 (55) def Koorda: 0.2, 0.4, 3.5, 6.7 (43)

GOALS:

Bencubbin: R. Atkinson 2, J. Barker 1, R. Daniels 1, K. Gillett 1, B. Matera 1, D. Patat 1, J. Richardson 1.

Koorda: L. McWha 2, J. South 2, J. Trainor 1, R. Wells 1.

BEST:

Bencubbin: M. Bonuda, J. Richardson, D. Murphy, C. Morgani, Ba. Matera, Br. Matera

Koorda: T. Stanicich, J. South, R. Wells, H. Warren, K. South, M. Foote.

2nd Semi-Final

Kalannie: 1.2, 4.7, 7.8, 7.10 (52) def Beacon: 4.1, 5.3, 5.3, 6.6 (42)

GOALS:

Kalannie: B. Cowdray 2, N. Bowe 1, M. Cameron 1, T. Edward-Baldwin 1, L. Meldrum 1, A. Swaine 1.

Beacon: M. Warrell 2, B. Dunne 1, J. Hart 1, J. Poole 1, E. Taylor 1

BEST:

Kalannie:

Beacon: S. Morton, N. Dunne, B. Poole, J. Poole, A. Munns, A. Solomon

PRELIMINARY FINAL - 24th August 2023 - Mukinbudin Recreation Complex

Bencubbin vs Beacon

CENTRAL WHEATBELT FOOTBALL LEAGUE AWARDS 2024

Jeffries Medal - Fairest & Best - Jake South

Runner-Up Fairest & Best - Reuben Cail & Nicholas Bowe

Syd Maddock Medal - Leading Goal Scorer - Mitchell Cameron & Ryan Ekert

Rising Star Award - Nathan Dunne

Golden Whistle - Dion Bidner

Nutrient Ag Country Championship Fairest & Best - Matt Murray

PHOENIX
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Community Bank
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Community Sport Notices

Central Wheatbelt Netball Association



1st Semi-Final

Mukinbudin (51) def Kalannie (20)

2nd Semi-Final

Bencubbin (47) def Koorda (41)

PRELIMINARY FINAL - 24th August 2024 - Mukinbudin Recreation Complex

Koorda vs Mukinbudin

CENTRAL WHEATBELT NETBALL ASSOCIATION AWARDS 2024

Fairest & Best - Chloe King

Runner-Up Fairest & Best - Kayla Butcher

Umpire Whistle - Rebecca Chown

Best Club Award - Koorda Netball Club

Div 3 Country Week Fairest & Best - Lois Kowald & Lucy Turner

Div 4 Country Week Fairest & Best - Sally Ellis

Div 4 Country Week Runner-up Fairest & Best— Charli West & Lauren Yates

Community Bank
Mukinbudin
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RURAL BANK



Central Wheatbelt Ladies Hockey Association



1st Semi-Final

Beacon (1) def Bencubbin (0)

GOALS:

Beacon: Louise Pomykala

Bencubbin: NIL

2nd Semi-Final

Koorda (2) def Mukinbudin (1)

GOALS:

Koorda: Carolina Doyle 1, Sian Pladdy 1

Mukinbudin: Jess McCartney

PRELIMINARY FINAL - 24th August 2024 - Mukinbudin Recreation Complex

Mukinbudin vs Beacon

CENTRAL WHEATBELT LADIES HOCKEY ASSOCIATION AWARDS 2024

Fairest & Best - Dale Cronje

Runner-Up Fairest & Best - Amber Cooke

Highest Goal Scorer - Carissa Lawrence

Country Week Masters 1 Fairest & Best - Amber Cooke

Country Week Masters 1 Runner-Up Fairest & Best - Dale Cronje

Country Week Division 3 Fairest & Best - Lauren Ilich

Country Week Division 3 Runner-Up Fairest & Best - Carolina Doyle

CBH Country Week Overall Masters 1 Division Fairest & Best - Dale Cronje

CBH Country Week Overall Division 3 Fairest & Best - Carolina Doyle



JL Agtech



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

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

Easy, Reliable and Tasty



Available now
at the Kalannie CRC
\$35



Altruistic August 2024



MONDAY



5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

TUESDAY



6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

WEDNESDAY



7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

FRIDAY

2 Send an uplifting message to someone you can't be with

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

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

SATURDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

SUNDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need



ACTION FOR HAPPINESS

Happier · Kinder · Together

Health and Wellness



HEARTY MINESTRONE



Traffic light category: **Green**

Serves: **12**

Ingredients

- 250g minced beef
- 1 garlic clove, crushed or finely diced
- 1 red onion, diced
- 2 carrots, peeled & diced
- 2 stalks celery, sliced
- 1 small zucchini, grated
- 1 small leek, finely sliced
- ½ teaspoon dried oregano
- 1 bay leaf
- 1 large potato, peeled & cut into 1cm cubes
- 1 x 400g can cannellini beans, rinsed and drained
- 2 x 400g cans crushed tomatoes
- 1 litre reduced salt chicken stock
- 100g small pasta such as risoni
- Small bunch fresh basil finely grated
- Parmesean cheese to serve

Method

1. Heat a large saucepan over a medium heat. Add mince and cook for 4 minutes, or until brown
2. Add garlic, onion, carrots, celery, zucchini, leek, oregano and bay leaf, cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally
3. Add potato, cannellini beans, tomatoes and vegetable stock
4. Cover with a lid and bring to the boil, simmer for about 30 minutes, or until the potato is cooked through
5. Add pasta to the pot, cook for a further 10 minutes, or until the pasta is al dente
6. Add a splash more stock or water to loosen, if needed
7. Roughly tear the basil leaves and stir through
8. Season to taste with pepper, then serve with a grating of Parmesan (approximately 1 teaspoon).

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

Hungry for more?

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltogether@education.wa.edu.au



Health and Wellness



For all that cancer takes, give it your all.

Run around your 'hood, cycle around your suburb, dye your hair yellow: there's so many ways to fundraise to support life-saving cancer research.

Host an event

Events are great for fundraising. You can host in person or online and be as creative as you like. Think quizzes, morning teas, baking competitions, karaoke nights, garage sales, yellow-themed dinner parties, video game challenges - the possibilities are endless!

Dress up, down, or yellow!

Hold a 'dress yellow' day at your school or workplace, or even run a yellow-themed dress-up competition online. Ask those taking part for a donation.

Gifts that give back

Use your creative talents for a good cause. Raise money in exchange for poems, songs, crafts, paintings, drawings or whatever you can turn your hand to. Deliver your gifts in person or send them online.

Daffodil Day Dip

Join the Daffodil Day Dip Facebook challenge and do a cold plunge in August.

Virtual get together

Working from home? Instead of socialising with your colleagues after work, get together for a video chat and donate what you would otherwise have spent. Perhaps add in the commuting costs you've saved as well!

Share cancer support information

Cancer Council has a range of information about our support services available to anyone affected by this disease. Contact us and we can send you resources.

daffodilday.com.au/fundraising
Thursday, 22 August 2024

Share your fundraiser snaps using
#DaffodilDay2024

Health and Wellness



Cancer Council
Daffodil Day



For all that cancer takes, give hope.



\$25

Can help equip researchers with essential lab equipment needed to conduct life-saving research.



\$30

Enables us to collect, and store gut microbiome DNA to use in our studies helping us to understand how we can better prevent cancer.



\$50

Can help pay for the collection and processing of a blood sample to enable us to discover more about how cancer develops.



\$100

Can help fund up to two hours of a research assistant's time to work on research we fund.



\$250

Supports scholarship funding for a PhD research student, enabling them to gain experience in a lab and provide critical support to a research team.



\$500

Could support a clinical trial to test new cancer treatments, ensuring the best treatments are available to those who need them most.

Thursday, 22 August 2024

daffodilday.com.au

WHEATBELT MEN,

you are invited to participate in a consultation (individually or in a group) to develop 'calls to action' for the **4ME & MEN EVERYWHERE** localised male campaign.

We are seeking input to develop 'calls to action' that promote healthy, positive and help seeking behaviours.

**MON 15th July -
FRI 16th August**

**WED 28th
August - WED
5th September**

- CONSULTATIONS WILL RUN OVER A PERIOD OF 4 WEEKS AND CAN BE VIA MS TEAMS, OVER THE PHONE OR VIA EMAIL.
- SHORTLISTED 'CALLS TO ACTION' WILL BE CONCEPT TESTED AT THE DOWERIN & NEWDEGATE FIELD DAYS.

4ME & MEN EVERYWHERE.

If you are interested in participating in the consultations, please contact Jo Drayton (JDrayton@holyoake.org.au).

**Males involved in the consultation will be given a
4ME & MEN EVERYWHERE merch pack.**



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
<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>
<ul style="list-style-type: none"> Growth mindset High levels of performance Fully realising potential Actively seeking connections Solution focused Confident and curious Clear and energised Optimal self-awareness High levels of motivation Energised by challenges 	<ul style="list-style-type: none"> Calm and steady with minor mood fluctuations Able to manage stressors in life Consistent performance Able to take advice and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite Good impulse control Mood recovers quickly from stress Good self-awareness 	<ul style="list-style-type: none"> Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Disrupted sleep and eating Activities and relationships you use to enjoy seem less interesting or even stressful Muscle tension, low energy & headaches Low motivation and energy 	<ul style="list-style-type: none"> Persistent fear, panic, anxiety, anger, sadness and hopelessness Exhaustion Poor performance and difficulty making decisions or concentrating Avoiding interaction with family, friends and colleagues Fatigue, aches and pains Restless and disturbed sleep Self-medicating with alcohol and/or other drugs or food Inability to problem solve 	<ul style="list-style-type: none"> Disabling distress and loss of function Panic attacks, nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes and inability to focus Feeling numb and lost Withdrawing from relationships Dependence on alcohol, other drugs, food or other numbing activities to cope. Physical and emotional exhaustion

Health and Wellness

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

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



SCHEDULE TIME FOR THINGS YOU ENJOY

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



BE ACTIVE AND EAT WELL

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



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

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



MAKE A 'TASKS LIST'

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



FOCUS ON WHAT YOU CAN CONTROL

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



BRING OTHERS TO THE TABLE

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



KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



PARTAKE IN HELP SEEKING BEHAVIOURS

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



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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

JDrayton@holyoake.org.au or Jordyn.Drayton@holyoake.org.au

Health and Wellness

CRISIS LINES

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

PLACE-BASED SUPPORTS

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

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.



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Media Release

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