

The Kapers

Issue #36 Tuesday 10th September 2024

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MEETING

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WORKSHOP

KOORDA SHOW

WATTLE WEEK BUS
TOURS

STOP AND REST
MURAL PAINTING

RURAL ROAD SAFETY
MONTH

CONSUMER WATCH

NATIONAL WILLS
WEEK

LIPTEMBER
..AND MORE



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Fertilizer, Lime, Gypsum
Wool, Hay and General Carting
Spraying and Spreading
Water Carting*



Chris - 0427 088 173 / Steve - 0429 662 033



The Kapers is produced by the Kalannie Community Resource Centre

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Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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

Submission deadline for advertising is Monday 1.00pm

Email submissions to: kapers@kalannie.com.au

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

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Regional Development

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Advertising

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Quarter Page \$20

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available

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CBH Pre-Harvest Meetings

The pre-harvest meetings are an opportunity to get involved in planning for your local sites and hear about any important changes for the coming harvest. We encourage and welcome everyone to come along and provide input.

| Date | Time | Location | Sites |
|------|------|--------------------------|--------------------------|
| 16/9 | 9am | BENCUBBIN CRC | BENCUBBIN |
| 16/9 | 2pm | BEACON COUNTRY CLUB | BEACON / WIALKI / CLEARY |
| 16/9 | 4pm | KALANNIE HALL | KALANNIE / GOODLANDS |
| 17/9 | 2pm | MUKINBUDIN REC CENTRE | MUKINBUDIN / BONNIE ROCK |
| 17/9 | 4pm | DOWERIN COMMUNITY CLUB | DOWERIN |
| 19/9 | 4pm | CADOUX REC CENTRE | CADOUX |
| 20/9 | 4pm | KOORDA SPORTS CLUB | KOORDA |
| 24/9 | 3pm | WYALKATCHEM BOWLING CLUB | WYALKATCHEM |
| 26/9 | 3pm | TRAYNING BOWLING CLUB | TRAYNING / NEMBUDDING |

For more information, contact your local CBH office or visit cbh.com.au/harvest/pre-harvest-meetings



**Rural
Road Safety
Month**

Are you travelling to see the wildflowers this spring?
Follow these tips to keep you and other road users safe:
Pull well off the road in a safe spot
Avoid parking on crests or corners
Be mindful of other drivers and avoid distractions
Take regular breaks or swap drivers if driving long distances

Tips for drivers during wildflower season



Wheatbelt Community Calendar

September

| 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 CBH Growers Meeting 4pm @ Kalannie Town Hall | 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 | | |

Shire Notices

Place of wheat and wattle....

Rubbish & Recycling Calendar 2024 - 2025



Shire of Dalwallinu Recycle Calendar 2024-2025

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

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

| January 2025 | | | | | | | February 2025 | | | | | | | March 2025 | | | | | | |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | 4 | | | | | | | 1 | | | | | | | 1 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | | | | | | | | 30 | 31 | | | | | |

| April 2025 | | | | | | | May 2025 | | | | | | | June 2025 | | | | | | |
|------------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 | | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 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.

Shire Notices



SCHOOL HOLIDAY MULTISPORTS WORKSHOP

**October School Holidays
Tuesday 1st of October and Thursday
3rd of October**

Ages 5-9 session time is 9am-12pm

Ages 10-16 session time is 1pm-4pm

Located at the Rec Centre.

**Bring enclosed running shoes and a
drink bottle.**

A light snack will be provided.

**To sign up, ask question's or leave
any important information please
email**

cdco@dalwallinu.wa.gov.au

**P.S. This workshop
is FREE**



IT'S
SHOW
TIME!

2024 *Koorda Show*

PROUDLY SPONSORED BY THE SHIRE OF KOORDA
SATURDAY 14TH SEPTEMBER

GATE OPEN AT 10 AM

KIDS ENTRY AND RIDES ARE FREE

MEMBERS FREE - ADULTS \$25

AGED PENSIONERS \$10



WATTLE WEEK FESTIVAL 2024

GUIDED BUS TOURS

| DATE / TIME | LOCATIONS |
|--|--|
| Mon, 9th Sept Bus Tour Day 1 (9AM – 1PM) | Xantippe Tank Reserve, Petrudor Rocks |
| Tue, 10th Sept Bus Tour Day 2 (9AM – 1PM) | Jibberding Reserve, Cailbro Mudbrick School, Wreath flowers, Wubin Rocks |
| Wed, 11th Sept. Bus Tour Day 3 (9AM – 1PM) | Dave and Jeff Roach - Tractors and Machineries |
| Thurs, 12th Sept Bus Tour Day 4 (9AM – 1PM) | Miamoon Reserve, Wubin Museum |
| Fri, 13th Sept Bus Tour Day 5 (9AM – 1PM) | Coerco, Five Graves, The Old Well, Richardson Park, Windmill Museum |
| Sat – 14th Sept Bus Tour Day 6 (9AM – 3PM) | Mystery Bus Tour to places unknown. |

WHAT'S ON

DALWALLINU WINDMILLS

Spend an 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 8am
Dalwallinu West Road



Fun in The Park
By the Baptist Church
8:30am - 12pm
Johnston Street, Dalwallinu

Sunday 8th Sept

FREE Skin Cancer Screening
Van by The Lion's Cancer Institute Inc.

From 8:45am at the Dalwallinu Creative Arts Bldg Carpark

Monday 9th Sept

Bus Tour
Be guided by local experts
9:00am-12:00pm
Dalwallinu Discovery Centre

Barfire / Live Music / Soup Night
\$5/head
5:00 - 9:00pm
Dalwallinu Caravan Park

Tuesday 10th Sept

Bus Tour
Spend the morning looking at local wonders
9:00am - 10:00pm
Dalwallinu Discovery Centre

Wednesday 11th Sept

Bus Tour
Enjoy a visit to some of our local hotspots!
9:00am - 10:00pm
Dalwallinu Discovery Centre



Thursday 12th Sept

Bus Tour
Explore some of our community's favorite destinations!
9:00am - 10:00pm
Dalwallinu Discovery Centre

Friday 13th Sept

Bus Tour
Discover one of our local gems!
9:00am - 10:00pm
Dalwallinu Discovery Centre

Piney BBQ + Karaoke Night
\$10/head 5:00 - 9:00pm at Dalwallinu Caravan Park

Saturday 14th Sept

Mystery Bus Tour to places unknown
9:00am - 3:00pm
Dalwallinu Discovery Centre

Dance Concert Night
"Dance Through the Decades"
From 8:00pm at Rec Centre



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 own vehicle.

No pets in bus. BYO food and drinks.

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



STOP AND

REST

and take a break in...

Kalannie

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

**Afternoon tea inc!
Followed by dinner:**
• sausage sizzle at
KSRC

**Key note speakers:
Lara Jensen & Abbey
Turner**

**Artists: Melski McVee
& Tash Alibegovic**



FATIGUE OVER LONG DISTANCES

WA is 2.5 million square kilometres. The distances between towns may be a lot further than you think.

- Use a detailed, recent road map.
- Plan your journey based on distances you intend to travel, taking into account road conditions and the weather.
- Keep track of the distance you have travelled.
- Drink water to help to prevent fatigue.
- Carry at least four to five litres of water per person, per day.
- Carry spare fuel.
- Rest the night before a long trip.
- Do not drive if you feel tired.
- Take regular breaks. Stop regularly to relax – and to admire the sights.
- Refuel every time you see a fuel station.
- Share the driving with a relative or friend.
- Only resume driving when you feel refreshed.



**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

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Wednesday, September 11

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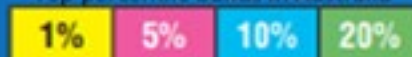


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exceptional visual
carcase and wool
traits that reflect in
his ASBV indexes.*

*ASBVs accurate as
of 7/8/24 data run.*

Top percentile bands in Australia



| POLL | WP | SM | FW | ML | YEMD | YFAT | YCFW | YFD | YWT |
|------|-------|-------|-----|-------|------|------|-------|-------|-------|
| PP | 200.5 | 162.7 | 200 | 147.2 | 1.63 | 0.56 | 32.87 | -1.03 | 10.75 |

Contact Matt Dunne 0447 412 876
Andrew Dunne 0428 861 095



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



Tony Douglass 0447 717 930 :: Greg Tilbrook 0407 303 721



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SAT: 7.30AM - 12.00PM

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



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



fasera





WHEATBELT NATURAL CAPITAL WORKSHOP

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

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.

Check out the GGA calendar to register

www.gga.org.au/calendar/



wheatbelt
natural resource
management



Australian Government
Department of Agriculture,
Fisheries and Forestry



Future
Drought
Fund



GROWER
GROUP
ALLIANCE
Together we grow



South-West WA
Drought Resilience Adoption
and Innovation Hub



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THE UNIVERSITY OF
WESTERN
AUSTRALIA



Consumer Watch



Department of Energy, Mines,
Industry Regulation and Safety



REGIONAL COLUMN

www.demirs.wa.gov.au www.wa.gov.au

5 September 2024

How can something so tiny kill in a matter of hours?

These days, stimulating toys are all about interactivity, lights, and movement. To activate, a button sized battery generally needs to be inserted, but if swallowed by a child has the power to cause severe injury in less than two hours and can even kill.

Button batteries are a small power source used not just for toys but for an increasing number of common household items such as remote controls, watches, clocks, and hearing aids.

A University of Sydney-led research study showed batteries 20mm or more in diameter are the most dangerous. They are small enough to be easily swallowed but not small enough to reliably pass through a child's throat.

What happens next will shock you, literally!

An electrical current is immediately triggered by saliva, causing a chemical reaction to cause severe burns to the child's throat and major internal organs within as little as two hours and the results can be fatal.

The study, which examined over 400 cases of button battery injuries and fatalities worldwide, shows while Australia has introduced the world's first mandatory safety standards with child-resistant packaging, the industry still needs to do more.

Once the packaging is open there is a vital need for safe storage, safe use, and safe disposal of batteries.

When buying button battery operated products, parents should look for products where the battery compartment can't be opened without the use of a tool.

If the compartment is not securely fastened with a screw or similar fastener, the product may not comply and could be added to the product recall list.

Even when old or used, button batteries can still be a threat, so safely dispose of them by wrapping them in sticky tape and putting them in a child resistant container, out of reach of children until you can recycle them safely. Recycle collection points can be found at www.bcycle.com.au.

YOU HAVE THE WILL-POWER!

JOHN MADE HIS TO ENSURE HIS LEGO LEGACY LIVES ON...

MAKE YOUR WILL AND BE THE SUPERHERO IN YOUR STORY.

[Q MY LOCAL PUBLIC TRUSTEE](#)

NATIONAL WILLS WEEK
9-15 SEP 2024

Making a Will is easy and should be at the top of your to-do list! You have the WILL-POWER! Start making those lists — one for physical and one for digital assets. Future-proof your wishes and safeguard your family's future. Make a Will and be the superhero in your story this National Wills Week.

#NWW2024 #Will-Power #NationalWillsWeek #AussieWillsWeek #PublicPurpose

NEWSLETTER CONTENT

YOU HAVE THE WILL-POWER!

Research is telling us that many 40–65 year olds know that making a Will is something everyone should do! So why is it so hard to just get it done?

This National Wills Week (9-15 September 2024) is about acting now! Making a Will is an easy thing to do, and it's important to find the time to get it done to save possible hardship in the future.

It's very simple to be an everyday superhero, just by starting your Wills journey today, you have the power to...

- plan ahead for your family's future,
- safeguard your family if you're gone tomorrow,
- save your loved one's time and money,
- avoid family feuds.

MAKE A WILL AND BE THE SUPERHERO IN YOUR STORY!

3

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

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Saturday - 7.00am -12.00pm

Sunday – 9.00am - 12.00pm

Public holidays 9.00am-12.00pm



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| 9642 1108 | 9661 1002 | 9631 1006 | 9622 6344 | 9671 1211 |

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



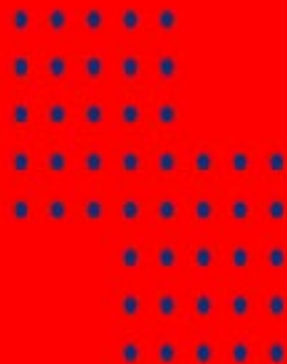
HARVEST GRAIN CARTAGE

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

BOOK NOW

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 Shannon@dallyhaulage.com.au



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RSM

Empowering you for the future.

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

THE POWER OF BEING UNDERSTOOD
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Nutrien Harcourts



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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.

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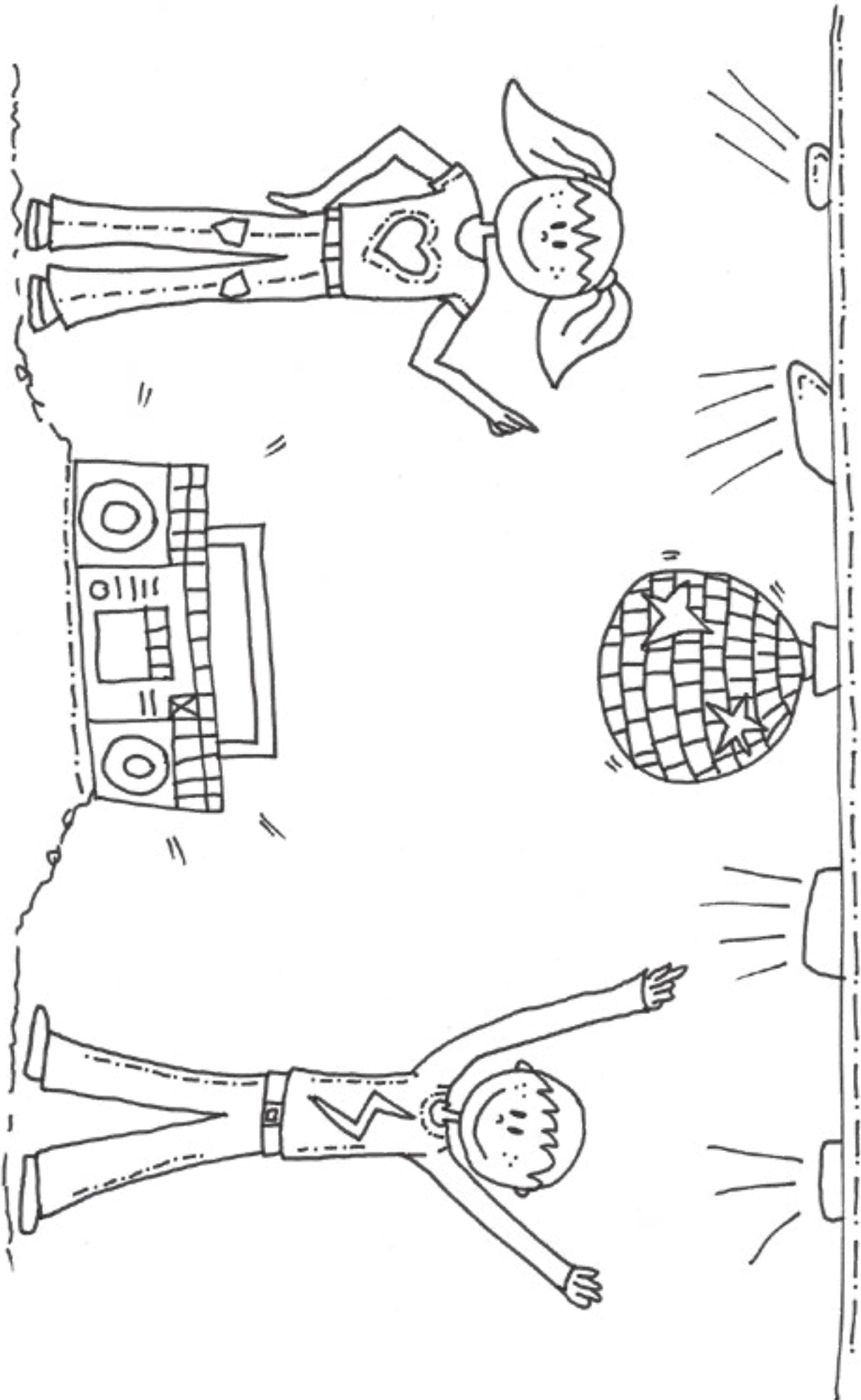


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KSRC

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Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

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

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

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

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

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



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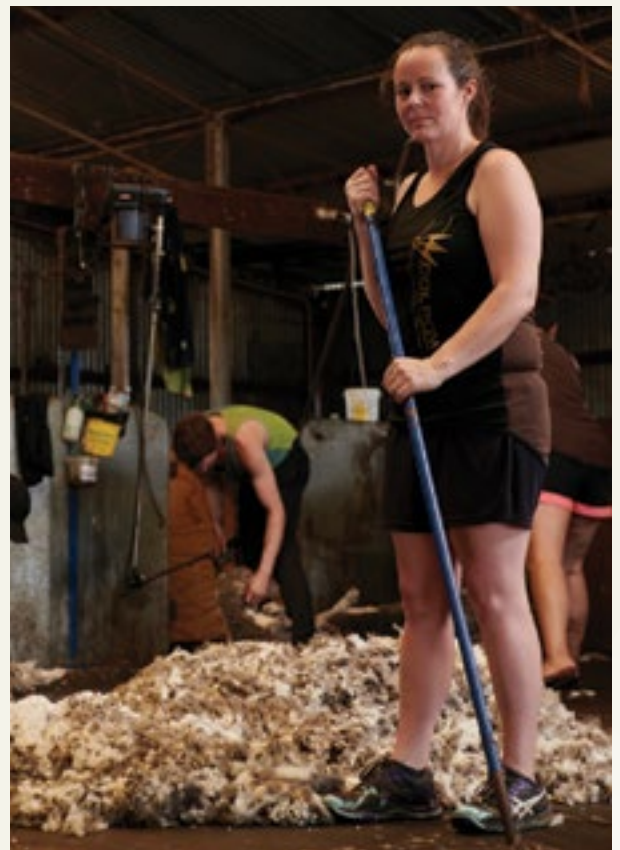


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We wish everyone a prosperous year for the season to come.

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Health and Wellness



FULL OF VEG PASTA SAUCE



Traffic light category: **Green**

Serves: 30

Ingredients

- 2 tablespoons olive oil
- 2 small brown onions, diced
- 1 small leek, washed, sliced
- 2 sticks of celery, trimmed, diced
- 2 red capsicums, diced
- 2 medium zucchinis, grated
- 2 medium carrots, peeled, grated
- ¼ teaspoon dried oregano
- 2 bay leaves
- 4 x 400g tinned tomatoes
- 1 small butternut pumpkin, peeled, seeded, grated
- 500mL water
- Freshly ground black pepper

Method

1. Heat a large saucepan over medium heat
2. Add oil then onions, leek, celery, capsicums, zucchini, carrots and herbs
3. Cook slowly for 20 minutes with the lid on, until vegetables are soft but not browned. Stir occasionally to ensure vegetables do not stick
4. Add the tomatoes and grated pumpkin, water and a good pinch of pepper
5. Bring to the boil and simmer gently for about 30 minutes or until pumpkin is soft
6. Remove the bay leaves, allow to cool slightly before blitzing with a hand held blender until smooth.

Recipe adapted with permission from the Western Australian School Canteen Association Inc. Original recipe from Margaret River Primary School.

Hungry for more?

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



Health and Wellness

READY TO MAKE AN **IMPACT?**

Each year, the Liptember Foundation undertakes its Annual Women's Mental Health Research. Funds are also donated to a range of Impact Partners who deliver carefully selected women's mental health programs, initiatives, support services and research.

Liptember Foundation Working Mothers' Program

Liptember Foundation is developing a first-of-its-kind, online education program that supports the psychological wellbeing of working women and their families in their transition through maternity leave and return to work. The focus will be on successful adaptation to pregnancy and birth, forming a healthy relationship with baby, and optimising the integration of early parenthood and early infancy with a mother's professional life.

The online education program will be evidence-based, accessible and practical for working new mothers – filling the current gap that exists with employer-sponsored programs that don't acknowledge and respond to the gendered risk to women's and family wellbeing in the transition to parenthood and a woman's ongoing professional life.

Program content will focus on optimising a mother's mental wellbeing in the following areas: pregnancy and birth, adapting to motherhood and a new

relationship with baby and oneself, and maternal and family wellbeing in the context of returning to their professional life.

The working mother's program will complement existing childbirth education (usually focused on safe pregnancy, labour, birth and baby care) as well as psychological assessment and therapy for individual women where appropriate, and to promote accessing such support if needed.



BodyKind Women Awareness Campaign

With Body image issues being a main contributor to the decline in women's mental health in recent years and eating disorders disproportionately impacting women, there is an acute need to reduce the prevalence of these complex and costly illnesses in a population that is historically overlooked, especially in relation to public health.

Eating disorders have serious medical, psychiatric, and psychosocial consequences, with the highest mortality rate of all major psychiatric disorders. Yet less than one-third of people with eating disorders are currently seeking help.

The creation of the national BodyKind Women Awareness Campaign (in joint collaboration between the Liptember Foundation and Butterfly Foundation) will specifically target women and girls aged 13-65, educating and empowering them to identify risks and protective factors relating to eating disorders or body image issues – breaking down stigma and encouraging help-seeking.

This campaign will build on the success of the Butterfly Foundation's evidence-based BodyKind

suite of prevention programs; consisting of a series of videos, blogs, and other digital resources that include lived experience storytelling and peer-led learning opportunities.



Liptember Foundation Mental Health Promotion & Awareness Campaign

Each year, our annual women's mental health research uncovers some alarming statistics. Notably in 2023, the barriers to women seeking support highlighted issues such as the cost of living crisis and the stigmas that still exist in society around mental illness.

In 2023:

33% of women feel their mental health issues aren't serious enough to seek help.

31% of women cannot afford to seek help for their mental health issues.

22% of women are embarrassed or ashamed to seek help.

So, it was important that the Foundation continued its work to raise awareness of the importance of seeking help for their mental health.

In October 2023, the Liptember Foundation developed a mass, mental health promotion and awareness campaign targeting women around Australia using traditional media like Out of Home (OOH) and Radio as well as digital and social media channels.

The theme of the campaign focused on the cost of living crisis, reducing stigma and encouraging women to prioritise their mental health. Highlighting simple

phrases like 'you don't need permission to look after yourself', the campaign struck an emotional chord and resonated with women across the country. This campaign was essential in creating an informed, supportive, and stigma-free environment that encourages women to seek and receive the mental health support they need and deserve.

The campaign had a powerful impact around Australia, reaching over 6 million women with this important message.



Emergency Shelter, Crisis Intervention and Counselling Programs for Women Fleeing Domestic Violence

Domestic and family violence against women in Australia is a critical issue profoundly impacting women's mental health. This violence includes physical, sexual, emotional, psychological and financial abuse. Women subjected to such violence often suffer from psychological trauma, including PTSD, anxiety, and depression; with continuous exposure to leading to an increased risk of severe mental health disorders. The mental health effects can interfere with daily functioning, work, and relationships, leading to social isolation and higher risks of suicidal thoughts and self-harm. Concerns about children's safety and well-being add further stress.

Every woman deserves a chance to break free from the cycle of violence. Liptember Foundation is partnering with Dawn House in the Northern Territory to support and empower women to regain control over their lives and futures. Expanding and further

developing the emergency shelter, crisis intervention and counselling programs will equip even more women with the tools and resources needed to build a secure and independent future after suffering domestic and family violence.



Who is the Liptember Foundation?

We are the trusted source and respected leader when it comes to women's mental health. Working alongside a community of experts, advocates and allies we raise and distribute funds towards the most critical women's mental health outcomes, including women's mental health programs, initiatives, support services and research.

Since 2010, the "Liptember" flagship fundraising campaign has encouraged people to wear lipstick throughout the month of September as a light-hearted and fun way to raise awareness and vital funds for women's mental health.

We do all this so that every woman can achieve their optimal mental health.

Why gender matters

There is no doubt that mental health is important for all genders; however, as a result of both biological and gender-related differences, women can suffer from certain mental health conditions at higher rates than men.

A range of factors can lead to a woman experiencing poor mental health – psychological, biological and social – all of which can change over a woman's life.

Biological factors like menstruation, menopause, pregnancy and birth; as well as certain experiences such as miscarriage, ovarian or cervical cancer, can each present unique and diverse mental health conditions specifically for women.

But it is not only biological factors that impact a woman's mental health; there are different life stages, socioeconomic, political and cultural factors associated with being female that have a significant impact on the prevalence of mental illness among those who identify as women/womxn.

We know that tailored support services are vital to preventing and managing mental illnesses and increasing the overall well-being of women living with existing mental health conditions.

Because of this, we are committed to undertaking gender specific mental health research that will pave the way for female-centric (or womxn-centric) methodologies when developing new approaches to mental illness prevention, diagnosis, treatment, support services and programs.

"With a gender lens placed on mental health, research is more accurate and tailored support programs experience higher success rates."

– Luke Morris (CEO & Founder)



Health and Wellness

Approaching Mental Health Conversations

September

How can you help someone struggling with their mental health?

We all experience difficult times when navigating our lives, and are often exposed to other people whom we care about who are struggling with mental health problems and need our support. Worrying about our loved ones is a natural response. However, a more beneficial approach is to be proactive and talk to the person in an effort to find out what is troubling them and what you can do to support them.

Arrange a convenient time and place without any distraction to talk to that person.

What are some helpful things to say to someone struggling vs unhelpful things to say?

Useful strategies to support someone struggling with mental health issues:

- Ask the person how they are feeling and let them know that you are there for them and available to listen.
- Validate their feelings and listen without being judgemental to build trust.
- Acknowledge and suggest practical, professional support or resources available (e.g., National and Community resources available online, linking up with GP or other mental health professional services).
- Ask the person what you can do to support them, if they would like you to contact someone or to make an appointment for them to see a mental health professional.
- Encourage help-seeking behaviours and give hope by reminding them that their mental health condition is treatable and that with the right support, they will likely get better.
- Make suggestions for practical self-care strategies that promote mental health and wellbeing (e.g., exercising, healthy eating habits, sleep hygiene and having a good night's sleep).
- Beyond Blue recommends the following phrases that have been found to be helpful with someone suffering from depression or anxiety:
 - "I am here for you"
 - "I can see this is a really hard time for you"
 - "What can I do to help? Just tell me how"



Health and Wellness

Approaching Mental Health Conversations

liptember.

Unhelpful things:

- Being dismissive of their experiences or how they feel.
- Telling the person that - it's all in their head, to stop focussing on the bad stuff, just be positive and/or that things could be worse.
- Diagnosing or undermining their feelings (remember that you are probably not a trained medical professional).
- Taking away that person's independence or control and making decisions on their behalf.
- Coming across as confrontational by asking too many questions.

Why can saying certain things be harmful?

It can be challenging to know what to say to someone experiencing mental health issues. Even with well-meaning intentions, some comments or things we say can do more harm than good. Unhelpful comments can hurt people by implying that they shouldn't be feeling this way. For example, saying things like "It's all in your head" could imply that the person's feelings or experiences are imaginary and invalidate or trivialise the emotional burden and physical symptoms of a mental health problem.

Additionally, saying things like "Things could be worse" could bring up feelings of guilt about their mental health condition when compared with other people with a much harder life situation. Such unhelpful things tend to exacerbate the harmful effects of stigma around mental illness such as feelings of shame, hopelessness, and self-doubt.

If you need to talk to someone about mental illness or a crisis in your life, please consider calling Lifeline on 13 11 14.

For advice and support contact beyond blue on 1300 22 4636.



Responses by Professor Navjot Bhullar

Liptember Foundation Mental Health Advisory Panel Member



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Your local access point is:

Kalannie Community Resource Centre
67 Roche Street
Kalannie WA 6468



Australian Government
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Access Point

At a Services Australia Access Point you can:



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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**

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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

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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**

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| 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

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