Issue #34 Tuesday 27th August 2024

KALANNIE FOOTY CLUB'S GRAND FINAL TRAINING

THURSDAY, 29TH AUGUST





BEERS
AND
BBO

EVERYONE IS WELCOME TO THURSDAY'S GRAND FINAL TRAINING FOLLOWED BY BEERS AND BBQ

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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Prices subject to change





Upgrade to the nbn Fixed Wireless network in Kalannie

Work will commence the week starting Monday 26 August on upgrades to the nbn Fixed Wireless network in Kalannie for approximately a week.

These upgrades will benefit many local households and businesses by providing access to faster speeds and extending the coverage of the existing nbn Fixed Wireless network.

The upgrade program aims to expand the reach of the existing Fixed Wireless footprint by up to 50%, as well as enabling many of our existing fixed wireless users to achieve faster and more consistent speeds during busy periods (like the evening).

Impacted homes and businesses will be notified of these outages via their retail internet service provider.

Information is also available via the network status page on the nbn website nbn.com.au/outages

NOTE: The Fixed Wireless tower works will not impact nbn fixed line (FTTN) or nbn Sky Muster satellite services.



Wheatbelt Community Calendar

August

August	august — — — — — — — — — — — — — — — — — — —								
Sun	Mon	Tue	Wed	Thur	<i>Fri</i> 2	Sat 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

Sun	Mon	Tue	Wed	Thur	Fri	Sat
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

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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									
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April 2025									
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May 2025									
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June 2025									
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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.





WITH THE KALANNIE CRC

ROAD SAFETY ART MURAL

Coming up on Sat 12 Oct we have a very exciting activity for the community - we really hope everyone will be able to take part!

Kalannie CRC was successful in their bid to secure funding from the Road Safety Commission for a mural which will be displayed on the fence of the Telstra exchange building across the road from the CRC.

Melski McVee and her sister Tash will collaborate with members of the Kalannie community to paint a bright and dynamic artwork on boards that will be erected on the fence.

The road safety theme is "fatigue", and the mural contains messaging and symbols that relate to our unique experience living and working here in Kalannie.

The artists will create the design on boards using a paint by numbers system. They will then guide us to lay down the colours where indicated. The artists will then come along afterward to add their professional polish and create an amazing piece of street art.

Absolutely everyone is invited, all ages (underline all ages) are welcome. We will actually be painting in the hall so everyone can comfortably add their own touches to create an exciting and collaborative piece of art.

We will be joined by Lara Jensen for afternoon tea, who will share some information on her ongoing campaign to implement minimum lighting standards for train lighting - a road safety issue that is very important in grain growing communities .

Following our afternoon of artistic adventures everyone is invited to finish up up at the Kalannie Sports Club for an early dinner (free) and a road safety info session from Abbey Turner. Abbey has a unique perspective on driver fatigue since her recovery from a traumatic road accident a few years ago. She has graciously agreed to share her story with us.

We will be sharing updates and reminders about the event in the lead up, but in the mean-time if you have any questions please don't hesitate to get in touch with us here at the CRC.









and take a break in...

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

Afternoon tea inc! Followed by dinner:

sausage sizzle at KSRC

Key note speakers: Lara Jensen & Abbey Turner

Artists: Melski McVee & Tash Alibegovic

Regional Development





Badimia Bandi Barna Aboriginal Corporation is pleased to announce the opening of the Badimia Cultural Centre on Sunday 1 September @ 10am

Come and see us at the old Dalwallinu Town Hall to learn more about Badimia barna (country), culture and what our Corporation does.

Featuring a pop-up art exhibition by Badimia Artists from Wirnda Barna Art Centre (based in Mount Magnet).

Join us during Wattle Week to work on a community art canvas with us!

Watermark artwork by Ms Acacia Collard, Acacia Cultural Designs

WHAT'S ON

DALWALLINU WINDMILLS

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



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 (\$10/head) Old School Site at Sam Dalwallinu West Road



Sunday 8th Sept

ofinu Creative Arts Bidg. Corpork

Monday 9th Sept

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

Tuesday 10th Sept

Bus Tour of the morning looking of local wonders. 9:00am - 1:00pm willing Discovery Centre

Wednesday 11th Sept

Bus Tour

Enjoy a visit to some of our local hotspots!



Thursday 12th Sept

Friday 13th Sept Bus Tour

emat 9:00am - 1:00pm rollinu Discovery Centre Piney 88Q + Kareeke Night \$10/head 5:00 - 9:00pm or

Saturday 14th Sept

Mystery Bus Tour to places allinu Discovery Cent

Donce Concert Night



Bus tours are \$10 per ride

BUS TOURS Important Information

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

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

If the bus is full you may follow in

No pets in bus. BYO food and drinks.

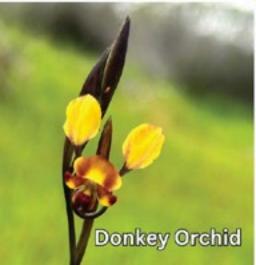
Bookings Essential with "Kiera" Dalwallinu Discovery Centre E: cdco@dalwallinu.wa.gov.au Ph: 9661 1805 due to the amount of rain that we have with a very sufficient and large rain fall. received this season. There is a handful of Due to this rain we can expect and see in awesome wildflower loop.

Just north of Petrudor is the Xantippe Water The Old Well which is located here in town go for a picnic and a scenic walk.



Wubin Rocks is still in the very early stages of our wildflower season with only a few patches of white everlastings. There has been many sightings of different orchid varieties coming through which is a good sign for the later weeks of the season.

The wattle trees are coming along nicely giving Wubin Rocks some lovely pops of colour throughout the area. Wubin rocks is a great place to take your 4WD and park it up for a good lunch spot with a view. While in the Wubin area, I would strongly suggest heading to the Wubin Museum. The people who have put this together have done an amazing job at preserving and displaying the shires history.



Petrudor Rocks is the another great hotspot After what we thought was going to be to check out this season. The rock pools are another terrible year of no rain has turned full and displaying such beautiful scenery around and become such a blessed year

different wattles, everlastings and orchids certain places already that this will be a scattered around the area. As some of the beautiful blooming season. Dalwallinu has rocks are quite wet from the rain and water the largest variety of wattle (acacia) species we advise to be very careful when exploring found than anywhere else in the world. The this area. This spot could be a great lunch different species of wattle add such a spot with a view and the start to an vibrant pop of colour to the entirety of the

Tank. This spot is home to many orchids and is showing a couple of the blue fairy orchids wattle species that we are seeing the and a couple everlastings come through sprouting's for. This is another great place to which should only improve as the season in the Discovery Centre to direct you to the

> Buntine Rock is another location that is expecting to improve as the season progresses. The road going into Buntine is good for any vehicle. There is a sign that indicates "no caravans past this point" and from then onwards it is advised that AWD or 4WD are the only vehicles to go on.

> Please ensure you take your rubbish away with you. The Shire provides free outback packs to help Keep Australia Beautiful. They can be collected from the Dalwallinu Discovery Centre.



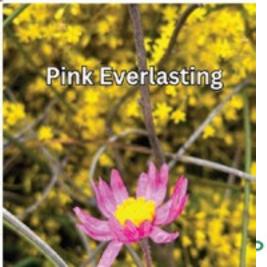
Jibberding Nature Reserve is showing the whole rainbow with the array wildflowers it has growing there this season. This reserve has the ability for you to park and walk around to see the different wildflowers or it has a small drive around track you can follow and see just as much. A lot of the orchids are quite small and like to grow under a lot of the tree's. be sure to watch your step and look carefully. The Jibberding Reserve is very close to Wasley road which is where we have seen a few of our wreath flowers starting to bloom.



Mia Moon was covered in an abundance of orchids, wattle and everlastings, making this spot one of our best for this season. Walking around Mia Moon will show you the beauties that this wildflower country has to offer. Majority of the spider, snail and fairy orchids were spotted under the base of trees.

Walking around the reserve there are patches of pink candy orchids, bee orchids and donkey orchids.

Located near the old school site there was a large number of the yellow and white everlastings as well as a couple of Bacon and Egg bushes. 150m up from the old school site, located near the second sign, there is a turn circle. In and around that turn circle there are heaps of the spider orchids.







PLAIN BODIED AND FERTILE SHEEP. HONEST, UNMULESED RAMS THAT WILL HELP BOOST
THE PROFITABILITY OF YOUR WOOL CLIP



On property Ram sale - <u>Wednesday 11th September</u> 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



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

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

Kalannie Primary School

Newsletter

Volume 7 - 20th August 2024



Thank you to Mrs Lang for organising another wonderful Bookweek. Huge thank you also to the P&C for funding the wonderful books and goodie bags for our children.







From the Principal

Cross Country

Congratulations to all our students who competed in the Meckering Interschool Cross-Country event last Friday. Everyone tried their best, running fast with some impressive finishes. Thank you to those parents who attended for your support and assistance on the day.

Assembly

Congratulations to all students on a wonderful assembly yesterday, it was great to see you present some of the work you have completed in class.

Congratulations to our awards winners.

Merit Certificates – Dylan Sawyer, Annabel McCreery, Charlize Onn and Noah Whyte.

Aussie of the Month – Flynn McCreery and Bohdi Onn

100 nights reading – Bohdi Onn, Harper McCreery, Dylan Sawyer, Nash Whyte, Flynn McCreery, Livinia Cail, Annabel McCreery and Noah Whyte

Athletics Carnivals

Our NEDSSA Carnival will be held at the Kalannie Town Oval this Friday 23rd of August 2024.

All students are required to be in the bay by 8.45am, marching will begin at 9.00am.

Parents and younger siblings are not permitted to be in the bays, please remain in the spectator area unless you are fulfilling an Official's job.

THANKYOU!! A huge thank you to Jorden McCreery, Todd Fulwood and Josh Smith for taking the time to mark and prepare the oval for the NEDSSA Carnival this Friday. It is a massive job, we really appreciate all your hard work.

Interschool Athletics Carnival

Our Interschool Athletics Carnival will be held on Friday 6th of September at Toodyay District High School.

Parents of children selected in the interschool team will be responsible for transporting students to and from Toodyay for this event. Parents will be notified next week if your child has been selected to compete in this carnival.

School Development Day

We have a School Development Day this term on Wednesday 28th August. Students will not attend school on this day.

Feedback following School Culture Survey

As you know, we recently distributed a School Culture Survey to parents and received 15 responses, which is encouraging. I appreciate and thank everyone who took the time to provide honest and open feedback. The survey results have been carefully analysed by both staff and the school Board. We've identified areas where we are performing well and will continue to strengthen these aspects, as well as areas that need improvement.

Based on the survey feedback, staff and the Board have pinpointed five specific questions that we want to focus on. We invite all parents, whether or not you participated in the initial survey, to provide additional feedback on these topics. Your responses will remain confidential, so please be candid to help us better understand where you feel improvements are needed.

It would be most helpful if we could please receive your feedback by Friday 6th September 2024.

Again, I encourage all parents and partners to complete this survey.

The link for the feedback form is below. Please do not hesitate to contact me if you have any questions.

https://forms.office.com/Pages/ResponsePage.aspx?id=-RaA4P3Ru0yDsLdutDYWJ18EC0hjCAdEsLC4uLN28TBUN1JEUIZXUEZJVU1VV0pQWjNMRFdER1A2TS4u

Assembly and Learning Journey

We will have our K-2 Assembly and whole school Learning Journey on Tuesday 17th September. Classrooms will be open for Learning Journey from 1.40pm with the Assembly beginning at 2.30pm. We hope many parents and community members can attend.

Students illness

It is that time of year where lots of colds and flus seem to do the rounds. If your child is unwell, please keep them home to rest and recover and ensure they are well before sending them back to school.

Term 3 Principal Changes

I wish to inform you that for week 7 - 10 this term, I will be acting principal at Dowerin District High School while the current principal is on long service leave. Mrs Shelly Sutherland will be acting principal at Kalannie during this time.

Classes will be uninterrupted and lessons will continue in their current format.

Please do not hesitate to contact my if you have any questions or concerns.

Absentee notification

We no longer that the Skool Bag platform at school, (you can delete the app from your phones.)

If you child is away from school, please use one of the following processes to inform the school;



Email kalannie.ps@education.wa.edu.au with reason for absence. This can be before, on the day or after the absence has occurred. Phone the Office on 08 9666 2400

Reply to the SMS you receive on the morning your child is not at school. Please only use the SMS number for absentee notification only, these messages are not monitored throughout the day, so please DO NOT send urgent messages to this number)

Talking with our school

As a parent or carer you play a vital role in your child's learning. Building a positive relationship between home and school plays an important part in the education of your child. Effective communication is the key to the success of this relationship. We love to hear the positives about how our school is going as well as letting us know when you have any concerns or an enquiry

Discuss your enquiry or concern with the class teacher first if it is about your child's:

- academic progress
- general behaviour
- homework
- assessment
- attendance
- social or emotional wellbeing.

In your discussion with the teacher:

- give all relevant information
- discuss all possible outcomes for addressing your enquiry/ concern
- settle on an option that can be achieved with input from you, the teacher
- and your child.

Please remember we are here to work with you for the best outcomes for your children.

Next Newsletter

Our next Newsletter will be in Week 10, Term 3.

REBECCA CHOWN PRINCIPAL

JUNIOR ROOM NEWS



In science we are looking very closely at some of our smaller sized creatures which live in our schoolyard. We have learnt lots of facts about worms and have made worm viewers, so that we can really see how worms enrich and benefit our soil. We are now studying ants and are interested to find out why and how some of them bite us.

Last week we carefully chose the best looking cauliflower and 3 of our straightest carrots to enter in the Dalwallinu Show. Unfortunately we didn't receive a placing, but will definitely enter some of our produce again next year.







Athol & Sandie Ventris

Fast Growing Wool Fast Growing Sheep

RAM SALE

1.00 pm Start Tuesday 3rd September 2024 Mukinbudin Ram Pavilion















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admin@kalannieagquip.com.au

Shop Hours

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



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.





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



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AFTER HOURS CALL OUT FEE MAY APPLY

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PROGRAMS 2024/2025



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PLACE ORDERS BY 31ST AUGUST 2024 & RECEIVE

7.5% **DISCOUNT ON ORDERS**

FREE FREIGHT INTO STORE

DELIVERY JAN-FEB 2025 *MANUFACTURER PRICES SUBJECT TO CHANGE*

SOME PARTS MAY NOT BE ELIGIBLE FOR DISCOUNT

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BROOKTON DALWALLINU

DOWERIN

NORTHAM WONGAN HILLS

9642 1108 9661 1002

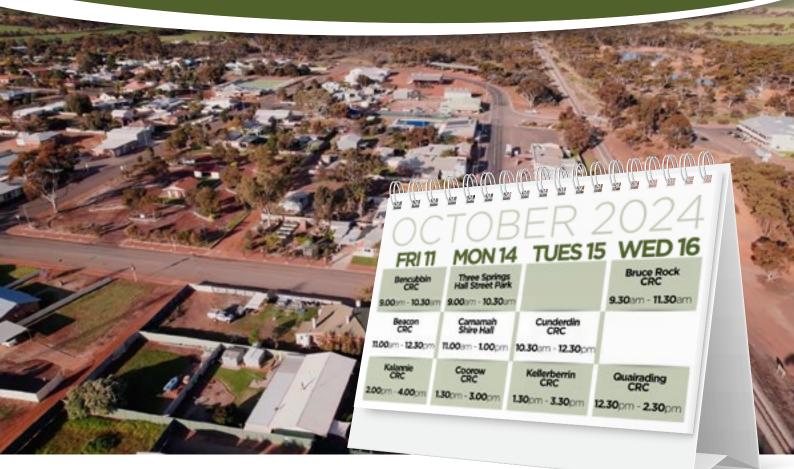
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9671 1211



Northern Wheatbelt 10 OCTOBER '24 to 16 OCTOBER '24



Rural Aid Counsellor. ROGER HITCHCOCK.

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

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



1300 327 624 ruralaid.org.au

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

A 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

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



HARVEST GRAIN CARTAGE

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

BOOK NOW

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







Consumer Watch



Department of Energy, Mines, Industry Regulation and Safety



REGIONAL COLUMN

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

23 August 2024

With Senior Regional Officer Kevin Collard

Happy Father's Day: Give the gift of safety

In 2021, Grandfather Maurice Wayne Matthews died of mechanical asphyxia from being crushed under a car.

He had decided to work on his car that morning but was killed due to the jack becoming unstable on a sloped surface, causing the vehicle to shift.

Repairing a vehicle at home carries the risk of death. While preventable, incidents continue to occur.

Over 100 Australians have died due to DIY car maintenance accidents since 2000, with many more hospitalised for injuries. Most fatalities occur when victims are working under a vehicle or using equipment incorrectly.

Don't let your Father's Day be ruined by a DIY car job gone wrong. Consumer Protection's Product Safety team wants you to protect yourself, your friends and family by using the following tips.

It is important to have multiple safety measures in place. Use a trolley jack to lift the car before lowering it onto vehicle support stands. Make sure these stands are not makeshift, for example don't use blocks of wood or bricks. Also ensure that you don't exceed the weight capacity of the jack.

Never get under a car that is only supported by a jack. Ensure it is sitting securely on support stands or ramps.

Make sure you apply the handbrake properly, and always perform maintenance on steady, level ground, not sand or a sloped surface.

Lastly, always follow product instructions and report faulty products. Equipment such as trolley jacks and ramps have been recalled over the years due to faults that can contribute to an accident. Take a moment to check productsafety.gov.au to see if your equipment has been recalled, even if you've had it for a while.

RURAL EDGE

ONLINE FARM SAFETY SHORT COURSE

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





DATES:



Fri 16th August



Thurs 12th Sept



Fri 4th Oct

TIME: 11.00am - 1.00pm

Via Zoom

What is included?

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

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

Friday 16th August

11am – 1pm (online via Zoom)

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

Thursday 12th September

11am – 1pm (online via Zoom)

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

Friday 4th October

11am - 1pm (online via Zoom)

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

What's on the agenda?

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



Countryside **Memorials**

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Granite

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Specialising in: • Business Taxation & Planning

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

Office Hours:

9.00am - 5.00pm Monday to Friday

PO Box 27

Wongan Hills 6603

Phone: 9671 1655

Mobile: 0428 415 089

Email: eion@what.net.au

Website: www.what.net.au

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

RSM

Moora Judy Snell

T 0427 973 884 13 Dandaragan Street, Moora 210 Fitzgerald Street, Northam rsm.com.au/moora

Northam

Keiran Sullivan **T** 0419 965 015

rsm.com.au/northam

Nutrien Harcourts



Rural Property Professional Pty Ltd **Your Local Real Estate Specialists**

Supporting Local Communities & 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



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.







KIDS

PUZZLES





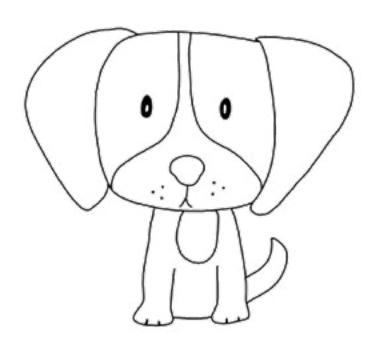


PUZZLES



Dog Word Search

b k t а u C а n e r n e e f j S S p e C h n a e a S d d e S 0 0 0 e r 0 a b b n n 0 n 0 0 W e У d d g e u C a a a u S C b d t p k W 0 g a h p a n k į b p W n e e r W m S a e e t k b h p 0 k p a n n k į У S r C a 0 a a u p a d S 0 u e n n b e r r a p d b b k a b b C h C 0 a r i I d I b Ī e a e n n C t k k e n 0 a n 0 S p 0 C a d e p n n 0 e u p p e 0 p u p a a 0 p



Dog Bone Lead Basket

Kennel Puppy

Food Bowl

Collar Barking

Train Canine

Pooch Walks

Playful



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(08) 9661 2000

dalwallinu@elders.com.au

find us on Facebook - Elders Dalwallinu





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Speak with your local Area Manager, Saritha Marais - 0429 579 541.



www.summitfertz.com.au



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11-13 Huggett Drive Dalwallinu



Bridgestone Service Centre

Firestone





DALWALLINU
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Matt Wilson
After Hrs 0467 492 576
1A Johnston St

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Chris - 0427 088 173 / Steve - 0429 662 033









DON'T STRESS,

we're here to keep things rolling!



Business hours:

7am – 5pm Mon – Fri

Open by appointment Saturday & P/H's

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

Now that's "a gripping service"



Community Sport Notices

BARDES TO TO THURSDAYS 5.30 - 6.30



Starting 5th September KSRC

for more info ring or text Dave on 0427 427 307

Hosted by the Kalannie Bowling Club

Community Sport Notices

FOOTY REPORT



DOGGIES GRAND FINAL 2024

Kalannie Footy club heads to Koorda this Saturday to defend its title, once again against Beacon.

With the team due to be named on Thursday it is expected to be the same as that which won the semi final two Saturday's ago In Bencubbin.

Pleasingly the weather looks good with no wind or rain forecast, which should make for a fantastic Grand Final. Beacon have once again come from 4th spot to make the GF, but it's fair to say they have pushed the doggies every minute of the way in their last 2 encounters, with the doggies digging deep to get home on both occasions.

So complacency will not be an issue for the bulldogs as they are well aware of how good Beacon are.

This Grand Final will be a cracker make no mistake, the Doggies are ready and will complete final preparations this week.

Everyone is welcome to this Thursday's Grand Final training at the kennel, Beers and BBQ as the lads undertake their final training for season 2024.

We invite the whole town of Kalannie to Koorda this Saturday, by 2.40pm, to help get the boys over the line against Beacon, it will be tough, it will be close.

Go the mighty Doggies and all the best for a threepeat lads, you've done the town proud once again.



Community Sport Notices

BEACON - BENCUBBIN - KALANNIE - KOORDA - MUKINBUDIN





CENTRAL WHEATBELT WINTER SPORTS





GRAND FINAL



KOORDA RECREATION GROUND

31st August 2024

NETBALL

11:00am Bencubbin vs Koorda

HOCKEY

Koorda vs Mukinbudin 12:45pm

FOOTBALL

CBH GROUP FINAL SERIES

2:40pm Kalannie vs Beacon



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

CWFL

CENTRAL WHEATBELT WINTER SPORTS RESULTS

PRELIMINARY FINAL

Saturday, 24th August 2024

Beacon: 2.4, 4.6, 6.8, 9.10 (64) def Bencubbin: 2.1, 5.3, 7.3, 8.4 (52)

GOALS:

Beacon: E. Taylor 3, N. Cole 2, B. Dunne 1, R. Farmer 1, K. Indich 1, W. Munns 1.

Bencubbin: J. Allan 3, R. Atkinson 1, D. Manuel 1, Br. Matera 1, C. Morgani 1, D.Patat 1.

BEST:

Beacon: W. Munns, S. Morton, E. Taylor, T. Wingrave, C. Junk, T. Weibel.

Bencubbin: Ba. Matera, C. Morgani, Br. Matera, D. Manuel, J. Richardson, J. Allan.

GRANDFINAL

Kalannie vs Beacon - 31st August 2024, Koorda Recreation Ground













Koorda (47) def Mukinbudin (42)

GRANDFINAL

Bencubbin vs Koorda- 31st August 2024, Koorda Recreation Ground







Central Wheatbelt Ladies Hockey Association

Mukinbudin (2) def Beacon (0)

GOALS:

Mukinbudin: Dale Cronje 1, Sarah-Kate Graham 1.

Beacon: NIL

GRANDFINAL

Koorda vs Mukinbudin - 31st August 2024, Koorda Recreation Ground









Who do you turn to for insurance in Kalannie?

Talk to your local broker about all things insurance today.



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Insurance for your industry, tailored to your business.

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 - Transport
- Manufacturing
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- eople · Clubs













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

Agri-Stock offers support on the following:

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

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

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

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

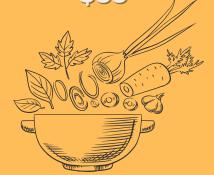


Support a great cause to improve train lighting through the following cookbook,





Available now at the Kalannie CRC \$35







COCONUT PORRIDGE CAFÉ STYLE



Traffic light category: Green Serves: 12

Ingredients

- 750g oats
- 1.5 litres unsweetened coconut milk (from milk carton not can)
- 3 tablespoons honey
- 1.5 tablespoons cinnamon

Method

- 1. Turn pot to 12 or highest heat
- 2. Heat coconut milk in microwave or on stove top until hot but not boiling, stir through the cinnamon
- 3. Pour milk into pot
- 4. Add oats and honey, stir until combined
- 5. Leave on 12 until oats are soft, turn heat down to 9
- 6. Once oats are done add more hot milk as required to keep the porridge smooth
- 7. Top with fruit of your choice such as strawberries, blueberries and banana.

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





FAST Stroke Campaign Survey

AHCWA is seeking your voluntary participation in an anonymous survey to examine the public's knowledge, opinions and ideas of stroke and stroke resources.

Your responses will be an important step in identifying what health promotion resources and messaging are put forward in the consultation process. This will ensure that the campaign is culturally appropriate and effective, as well as aligning with the National Agreement on Closing the Gap Priority Reforms one and two (shared decision making and building the ACCHS sector).

Scan the QR code below with your phone's camera to access the survey



teuguA oitei

Spend time wishing for

MONDAY

WEDNESDAY

THURSDAY

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

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

and really listen

to their reply

Ask someone how they feel

SUNDAY

SATURDAY

Check in with supportive to everyone you nteract with Be kind and

nspire others news story to encouraging Share an

may be lonely or feeling anxious someone who

Thank someone

you're grateful

for someone

to help a project

friendly to the

other people

to be happy

people you

see today

Smile and be

Give time

or cause you

care about

who will

Make some tasty food to and tell them why

appreciate it

someone else to make life something easier for Today do

thoughtful gift

Make o

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and care for

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13

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charity

unused items,

Donate

full attention

Give people

22

the post

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people today Happiness with other Action for Share

Happier · Kinder · Together

ACTION FOR HAPPINESS

you don't know

try to brighten

their day

very well

with someone

friendly chat

when someone

pay it forward'

or support a

good cause

Find a way to

Notice

is down and

Have a

Do something in your local kind to help community

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

Agriculture & Agri-Business Wellbeing Factsheet

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

HOLYOAKE

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

HELP IS ALWAYS AVAILABLE.

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING

HEALTHY

SURVIVING

STRUGGLING

CRISIS

THRIVING

"I don't have any stressors in my life"

Growth mindset

High levels of

Fully realising potential

Actively seeking connections

Solution focused

Confident and curious

Clear and energised

Optimal self-awareness

High levels of motivation

Energised by challenges

HEALTHY

"I have minimal stressors in my life and can easily manage them"

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 recevers quickly from stress

Good self-awareness

SURVIVING

"I'm managing the stressors of life"

Nervousness, sadness, increased mood

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

STRUGGLING

"I don't know if I can continue to manage the stressors"

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

CRISIS

"I feel like I can no longer manage the stressors"

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

Dependance on alcohol, other drugs, food or other numbing activities to cope.

Physical and emotional exhaustion

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

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



SCHEDULE TIME FOR THINGS YOU ENJOY

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



BE ACTIVE AND EAT WELL

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



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

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



MAKE A 'TASKS LIST'

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



FOCUS ON WHAT YOU CAN CONTROL

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



BRING OTHERS TO THE TABLE

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



KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



PARTAKE IN HELP SEEKING BEHAVIOURS

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



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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

CRISIS LINES		D I West	1800 612 004
Lifeline Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.	13 11 14 <u>Lifeline WA</u>	Rural West Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.	Rural West
Suicide Call Back Service Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.	1300 659 467	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
Beyond Blue Beyond Blue as a reliable source of mental health information, support, and hope.	1300 224 636 Beyond Blue	Amity Health Amity Health provide a range of funded health and community programs across the Wheatbelt region.	9842 2797 Amity Health
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978 MensLine Australia	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
Drought Response Hotline The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.	1300 489 832 <u>Drought</u> <u>Response WA</u>	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.	<u>ifarmwell</u>
Kids Helpline Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25. PLACE-BASED SUPPORTS	1800 551 800 <u>Kids Helpline</u>	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	National Centre for Farmer Health
Holyoake Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.	9621 1055 Holyoake	Campfire; and support services including a farmer health trained online psychology platform. 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	Free to download via: Managing Stress on the
Head to Health (co-located with Holyoake) Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	6383 8040 Head to Health Northam	individuals manage their mental health with practical, valuable steps.	0488 846 988
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance	1300 327 624 Rural Aid	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.	(Mon-Fri 8am-10pm AEST) TIACS
wellbeing and fodder assistance. The Regional Men's Health Initiative The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.	9314 1436 The Regional Mens Health Initiative	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



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.

roi illioillation ill 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		

Call costs from your home phone to a:

Older Australians

TTY* enquiries

Students and trainees

Complaints and feedback

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

impairment. A TTY phone is required for this service.





132 300

132 490

Freecall™ 1800 810 586 Freecall™ 1800 132 468

Media Release

Civic Aboriginal Business Communica-INFRASTRUC-**A**FFAIRS **SUPPORT TIONS TURE** EDUCATION Cultural **ECONOMIC C**OMMUNITY **A**FFAIRS MANAGEMENT AND TRAINING Services HEALTH CARE **IMMIGRATION** Environment **EMPLOYMENT** MARITIME Natural **P**RIMARY **Services** Resources **INDUSTRIES** SPORT AND SCIENCE **Tourism SECURITY** RECREATION CLICK ON A SEARCH **TRADE TRANSPORT B**utton to **READ MORE**

