The Kapers

Issue #15 15th April 2025

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.....AND MORE



The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: kalanniecrc@kalannie.com.au

Opening Hours

Mon - 9.30am - 4.30pm

Tues -9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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

Submission deadline for advertising is Monday 1.00pm Email submissions to: kapers@kalannie.com.au

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UPDATE

The CRC is happy to announce that we have been successful in aquiring funding to put a stone plaque wall next to the current wall and QR code.

While the online memorial wall is still under construction. Please take a look at the screenshots below of what it will look like once ready. We are still seeking people to add to our ANZAC Day memorial post.

If you would like to register an expression of interest to place a plaque on the stone wall. Or if you would like to memorialise a family member by sharing stories through photos and videos through the QR code. Please get in touch with the CRC staff at kalanniecrc@kalannie.com.au or 96662194





Wheatbelt Community Calendar

April

1						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5 Bootscooting @ the Kalannie Hall
6	7	8	9	10 KCA AGM 7.00pm @ KSRC	11	12 Round One Winter Sports @ Kalannie Kalannie BYE
13	14	15	16	17	18 Good Friday	19 Easter
20 Easter Sunday	21 Easter Monday	Dally Shire Council Meeting in Kalannie@ KSRC 4.00pm	23	24	25 ANZAC Day	26 Mukinbudin vs Kalannie
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

May

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3 Kalannie vs Koorda
4	5	6	7	8	9	10 Bencubbin vs Kalannie
11	12	13	14	15	16	17 Beacon vs Kalannie
18	19	20	21	22	23	24 Kalannie BYE
25	26	27	28	29	30	31 CWNA Country Week BYE

kapers@kalannie.com.au Phone: 9666 2194 Submissions to be received prior to 1pm Mondays

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Shire Notices

Place of wheat and wattle....

Rubbish & Recycling Calendar 2024 - 2025



Recycle Days

29

Wubin, Buntine &

Kalannie

28

27

Dalwallinu & Pithara

30

Christmas Day



25

26

27

28

WHAT CAN GO INTO YOUR RECYCLE BIN

31

· Glass - All glass and ceramics, whole and broken

30

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

29

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

29

30

· Liquid Paperboard - Milk, juice and laundry detergent cartons.

There will be changes to the general waste service in Buntine, Wubin and Kalannie over the Christmas Period.

Shire Notices



KALANNIE COMMUNITY MEETING

Tuesday 22 April 2025

5:00pm

Kalannie Sport & Recreation Club Hathway Drive, Kalannie



Friday 25th April 2025 From 6:00am

Lest we forget

Memorial Park, Johnston St, Dalwallinu





Celebrate

Join our vibrant community for a special Mother's Day Market full of fun, local stalls, workshops, food & loads more.

When - Wed 7th May

Where - Cadoux Rec Centre

Workshops have limited spots, please pre-book via cadouxmarkets@gmail.com to avoid dissappointment.

Basket Weaving & Macrame Hat Hanger

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Monday – Friday 6.00am - 5.30pm Saturday - 7.00am -12.00pm Sunday – 9.00am - 12.00pm Public holidays 9.00am-12.00pm





BECOME A CRC MEMBER

Sign up for a family or personal membership All Kalannie CRC members get:

- Free computer use
- 2 x 1 hour free conference room hire
- Free video conferencing

Email the CRC for a membership form at kalanniecrc@kalannie.com.au or drop in to pick up a form



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Media Release



MELISSA PRICE MP BACKS DURACK WITH REGIONAL FUTURE FUND Saturday, 12 April 2025

The Hon. Melissa Price MP, Liberal Member for Durack, has welcomed the Liberal Party's commitment to establishing a Regional Australia Future Fund, a \$20 billion investment that will guarantee long term, secure funding for regional, rural and remote communities across Durack.

"As the Member for Australia's largest regional electorate, I know first-hand the significant contribution the people of Durack make to the national economy, from agriculture and mining to tourism and trade," Ms Price said. "This fund is about putting Durack first. It's about recognising the hard work of our regional families and businesses and ensuring they're no longer left behind by a city-centric Labor Government."

A future Dutton Liberal Government will preserve a portion of commodity windfall revenues to build the Fund, which will be legislated in perpetuity. The Fund will deliver a guaranteed funding stream to support the long-term economic and social growth of regions like Durack.

"This is about leaving a legacy, a real, lasting investment to our future generations," Ms Price said. "Labor continues their attack on our regions, whether it's the live sheep export ban, cuts to infrastructure, or diminishing regional health services. The Liberals will always look after regional Australia, it is simply in our DNA."

Once established, the Fund will reinvest the benefits of Durack's hard work, from the Pilbara to the Kimberley, the Gascoyne to the Wheatbelt, directly back into local communities through targeted, long-term infrastructure and services.

"The days of fighting for scraps are over. This fund means Durack won't be at the mercy of political cycles or short-term decisions. Instead, we'll see enduring investment in local roads, regional health services, industry development, childcare, tourism, and better connectivity," Ms Price said.

Key priorities identified for the Regional Australia Future Fund include:

- Fixing local roads and transport networks to save lives and boost productivity
- Growing the regional health and aged care workforce so locals can access services close to home
- Supporting the development of new industries and regional jobs
- Delivering more flexible childcare for rural families
- Enhancing tourism and export opportunities
- Improving mobile and internet services across country WA
- Upgrading local infrastructure, facilities and essential community services

"The Liberal Party has always backed the bush, and we always will," Ms Price said. "This is a game-changing opportunity for Durack. The Regional Australia Future Fund is our commitment to ensuring regional WA gets its fair share, now and into the future."

ENDS. Media Contact: Jackie Perry 0427 587 395, jackie.perry@aph.gov.au

Media Release



Liberals to Increase Regional Road Funding to 80 Per Cent 9 April 2025

An elected Dutton Liberal Government will reinstate the 80:20 federal funding model for nationally significant road projects in regional and remote Australia, ensuring more roads and highways across Durack receive the investment they need.

Liberal Member for Durack, Melissa Price MP, said regional WA had missed out due to the Albanese Labor Government's decision to slash funding for regional road projects by 30 per cent.

"While country roads across Durack - from the Kimberley to the Wheatbelt - have been deteriorating, the Albanese Labor Government has cut or delayed more than \$30 billion in infrastructure projects and abolished key programs like the Bridges Renewal and Roads of Strategic Importance," Ms Price said.

"Only a Liberal Government will stand up for regional Western Australians. Around 600,000 people live outside Perth, and they deserve their fair share of infrastructure funding. That's why we will restore the 80 per cent Commonwealth contribution from day one."

Labor's cuts mean critical freight and tourism routes across Durack will continue to miss out on the upgrades needed to support safety, productivity and growth.

"Regional roads are far less safe than those in our cities. People in the bush are five times more likely to die in a road crash," Ms Price said.

"The Labor Government ignored expert warnings that scrapping the 80:20 model would reduce investment in regional roads, and that's exactly what we've seen."

Ms Price said restoring the 80:20 funding split would encourage state investment and deliver long-overdue upgrades across Durack.

"Whether it's farmers, freight operators, or families driving hours to see loved ones, regional Australians deserve safer roads. In Durack, long drives are a part of life. Reliable, well-maintained roads are essential for safety, food security and emergency responders. Without proper investment, we are leaving WA's north exposed."

This critical investment, along with the game-changing fuel excise tax cut is part of the Liberals' plan to grow the economy, strengthen our domestic supply chains, and get Australia back on track.

ENDS.

Media Contact: Jackie Perry 0427 587 395, jackie.perry@aph.gov.au

Consumer Watch



Department of Energy, Mines, Industry Regulation and Safety



REGIONAL COLUMN

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

11 April 2025

With Senior Regional Officer for Midwest - Natasha Pirrottina

Gas safety for campers

The Easter break and school holidays are a wonderful opportunity to spend time with family and friends, so what could be better than a camping trip in our great State?

The range of creature comforts you can take on the road with you – like portable gas cookers, heaters, fridges and barbecues – means there's no need to rough it. It's just important to take a few simple steps to ensure everyone stays safe.

Portable gas appliances are safe to use, as long as they are in good condition and operated correctly.

The number one tip from WA's gas safety regulator, Building and Energy, is to never use these appliances inside tents, caravans or other enclosed spaces, even if the doors or windows are open.

Portable gas appliances need a lot of air to burn cleanly and efficiently. If the appliances are not used outdoors in the open air, carbon monoxide can build up and, worryingly, because this potentially lethal gas is colourless and odourless, you may not even be aware you've been exposed until it's too late. It's sometimes called the "invisible killer".

Symptoms of carbon monoxide poisoning include headaches, dizziness, weakness, nausea and confusion. If you experience these, try to move to a well-ventilated area and seek medical attention immediately.

Remember, portable gas appliances are great outdoors, but potentially lethal indoors.

If you are purchasing a new appliance, make sure it carries a compliance badge that shows it has been approved for sale in Australia. When you install or set it up, always follow the manufacturer's instructions and take note of any safety warnings.

It's important to know that two types of LPG cylinder and appliance connections are now available. The older Type 21 (POL) is being phased out in favour of a safer design called LCC27.

Older Type 21 (POL) gas appliance connectors can be used with either cylinder type, but new gas appliances purchased since April 2022 must only be connected to an LCC27 gas cylinder. If you try to connect an LCC27 appliance to a Type 21 (POL) cylinder, it can cause gas to leak.

People have suffered serious burns after using incompatible cylinders and connectors with their barbecue. Adapters have also been banned for safety reasons.

Consumer Watch



Department of Energy, Mines, Industry Regulation and Safety



Building and Energy also recommend having gas appliances serviced regularly by a licensed gas fitter and checking the equipment before use. Your LPG cylinder should be in good condition and its most recent test date should be within the past 10 years. If not, the cylinder should be replaced.

A soapy water test can detect gas leaks. Apply soapy water to the cylinder, hose and appliance connections. Open the cylinder valve, but don't turn on the appliance. Bubbles or gas smells can indicate a leak. Turn the cylinder valve off immediately and don't use it until the leak is fixed.

During travel, transport cylinders in an upright position, secured firmly and outside the passenger area. Don't carry cylinders in the car boot or any unventilated space for extended periods.

More information, including a handy brochure on <u>Camping Safely with LP Gas</u> is available at the Building and Energy website (wa.gov.au/organisation/building-and-energy)

Happy Easter and safe travels!













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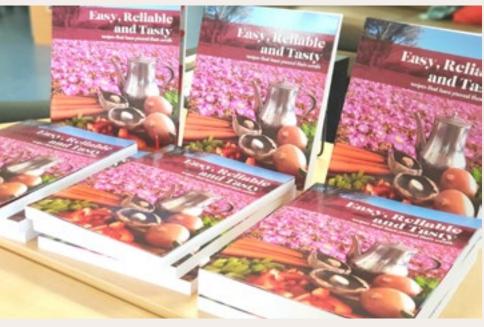


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Holiday closures

This Services Australia Access Point will be closed on: Friday 18 April 2025
Monday 21 April 2025
Friday 25 April 2025

Your reporting and payment dates may change. We may even pay you early.

To find out when you need to report or will get paid, go to servicesaustralia.gov.au/holidays

You can still use your myGov account, Express Plus mobile apps and phone self service during this time.

Information in other languages

For Centrelink payments and services, you can call **131 202** to speak with someone in your language.

For help with Medicare, you can call **132 011** and let us know if you need an interpreter. We'll arrange one for free.

For help with Child Support, you can call 131 272 and let us know if you need an interpreter. We'll arrange one for free.







Payment date changes

- Good Friday, Friday 18 April 2025
- Easter Monday, Monday 21 April 2025
- Anzac Day, Friday 25 April 2025.

If you don't report to get your Centrelink payment

New dates for these payments:

- Austudy
- Farm Household Allowance
- JobSeeker Payment

- Special Benefit
- Status Resolution Support Services Payment
- Youth Allowance.

Normal payment date	Revised payment date	Next payment date
Wednesday 16 April 2025	Tuesday 15 April 2025	Wednesday 30 April 2025
Thursday 17 April 2025	Wednesday 16 April 2025	Thursday 1 May 2025
Friday 18 April 2025	Wednesday 16 April 2025	Friday 2 May 2025
Monday 21 April 2025	Thursday 17 April 2025	Monday 5 May 2025
Thursday 24 April 2025	Wednesday 23 April 2025	Thursday 8 May 2025
Friday 25 April 2025	Thursday 24 April 2025	Friday 9 May 2025

New payment dates for these payments:

- · a families payment
- ABSTUDY
- Age Pension
- Assistance for Isolated Children
- Carer Allowance

- Carer Payment
- Disability Support Pension
- Double Orphan Pension
- Parenting Payment
- Pensioner Education Supplement.

Normal payment date	Revised payment date	Next payment date
Thursday 17 April 2025	Wednesday 16 April 2025	Thursday 1 May 2025
Friday 18 April 2025	Thursday 17 April 2025	Friday 2 May 2025
Monday 21 April 2025	Thursday 17 April 2025	Monday 5 May 2025
Friday 25 April 2025	Thursday 24 April 2025	Friday 9 May 2025



Reporting and payment date changes

- Good Friday, Friday 18 April 2025
- Easter Monday, Monday 21 April 2025
- Anzac Day, Friday 25 April 2025.

If you report to get your Centrelink payment

New dates for these payments:

- Austudy
- Farm Household Allowance
- JobSeeker Payment

- Special Benefit
- Status Resolution Support Services Payment
- Youth Allowance.

Normal reporting date	New reporting date	Revised payment date	Next payment date
Tuesday 15 April 2025	Monday 14 April 2025	Tuesday 15 April 2025	Wednesday 30 April 2025
Wednesday 16 April 2025	Tuesday 15 April 2025	Wednesday 16 April 2025	Thursday 1 May 2025
Thursday 17 April 2025	Tuesday 15 April 2025	Wednesday 16 April 2025	Friday 2 May 2025
Friday 18 April 2025	Wednesday 16 April 2025	Thursday 17 April 2025	Monday 5 May 2025
Monday 21 April 2025	Thursday 17 April 2025	Tuesday 22 April 2025	Tuesday 6 May 2025
Wednesday 23 April 2025	Tuesday 22 April 2025	Wednesday 23 April 2025	Thursday 8 May 2025
Thursday 24 April 2025	Wednesday 23 April 2025	Thursday 24 April 2025	Friday 9 May 2025
Friday 25 April 2025	Thursday 24 April 2025	Monday 28 April 2025	Monday 12 May 2025

New payment dates for these payments:

- a families payment
- ABSTUDY
- Age Pension
- Assistance for Isolated Children
- Carer Allowance

- Carer Payment
- Disability Support Pension
- Double Orphan Pension
- Parenting Payment
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Normal reporting date	New reporting date	Revised payment date	Next payment date
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Thursday 17 April 2025	Tuesday 15 April 2025	Thursday 17 April 2025	Monday 5 May 2025
Friday 18 April 2025	Wednesday 16 April 2025	Tuesday 22 April 2025	Tuesday 6 May 2025
Monday 21 April 2025	Thursday 17 April 2025	Wednesday 23 April 2025	Wednesday 7 May 2025
Wednesday 23 April 2025	Tuesday 22 April 2025	Thursday 24 April 2025	Friday 9 May 2025
Thursday 24 April 2025	Wednesday 23 April 2025	Monday 28 April 2025	Monday 12 May 2025
Friday 25 April 2025	Thursday 24 April 2025	Tuesday 29 April 2025	Tuesday 13 May 2025

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Community Notices



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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.

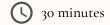




Easy no bake bunny biscuits







INGREDIENTS

250g packet milk arrowroot biscuits 150g Baking milk chocolate, melted 150g Baking white chocolate, melted ½ cup bright sprinkles

 $\frac{1}{2}$ x 300g packet Clinkers, halved

DIRECTIONS

- 1. Line 2 baking trays with baking paper. Place biscuits on prepared trays. Spread biscuits with either melted milk or white chocolate. Scatter with sprinkles
- 2. Dip ends of Clinkers halves into matching melted chocolate. Stick 2 Clinkers onto each biscuit to form ears. Refrigerate for 15 minutes or until chocolate is set. Serve



Easter marshmallow bubble slice





Makes 16



() 30 minutes

INGREDIENTS

110g jar confetti sprinkles

5 cups puffed rice cereal

125g packet speckled milk chocolate Easter eggs, chopped

100g butter, chopped

200g vanilla marshmallows



DIRECTIONS

- 1. Grease a 20cm x 30cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan on all sides.
- 2. Reserve 2 tablespoons of the confetti. Place puffed rice, chopped chocolate eggs and remaining confetti in a large bowl. Stir to combine. Place butter in a medium saucepan over low heat. Heat until butter is melted. Remove from heat. Stir in marshmallows. returning to low heat until smooth and combined. Stir marshmallow mixture into puffed rice mixture. Stir to coat well.
- 3. Press mixture firmly and evenly into the prepared an. Scatter with reserved confetti. Refrigerate for 2 hours or until set.
- 4. Cut into 16 bars. Serve.



RIDS PUZZLES



Easter Egg Colour by Number

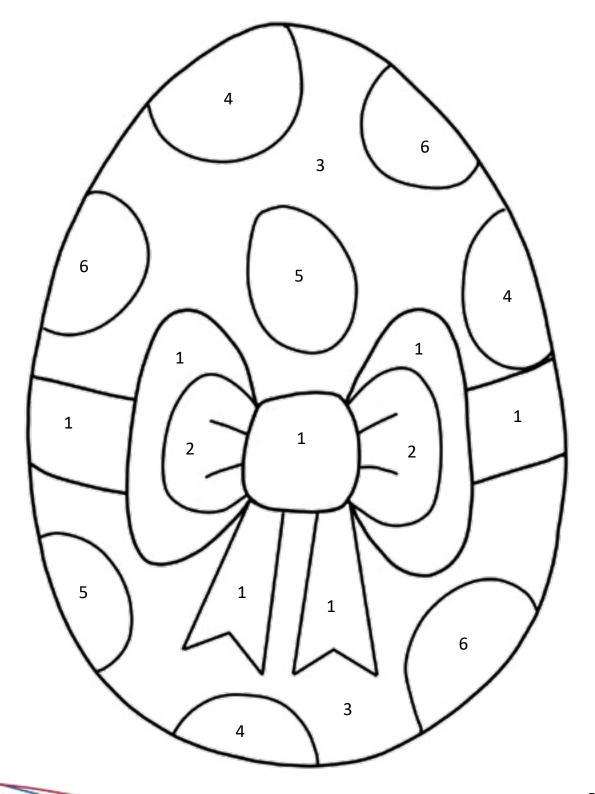
1 Red

Orange

2

- 3 Yellow
- 4 Green

- 5 Blue
- 6 Purple





RIDS

PUZZLES



Easter Word Search



resp ring easterl gate b y b oeggsah u lgaolsc ichicknn n y d s h c t e i e ocetk t S h t u n n e a



Easter Bunny
Eggs Chick
Hunt Basket
Chocolate Spring
Bonnet Holiday





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Community Sport Notices



CENTRAL WHEATBELT WINTER SPORTS RESULTS





ROUND ONE—Saturday, 12th April 2025

Bencubbin: 5.2, 9.3, 13.3, 15.6 (96) def Koorda: 2.2, 5.5, 9.8, 11.10 (76)

GOALS:

Bencubbin: J. Richardson 3, J. Stivey 3, B. Rhodes 2, K. Beagley 2, C. Thompson 1, D. Patat 1, C.

Ravlich 1, B. Matera 1, B. Matera 1,

Koorda: J. Applegate 3, R. Wells 3, J. South 2, K. South 1, L. McWha 1, R. Edwards 1,

BEST:

Bencubbin: D. Patat, C. Ravlich, C. Morgani, W. Wiringi, J. Richardson, B. Matera,

Koorda: R. Greaves, J. South, T. Stanicich, J. Applegate, K. South, R. Wells,

DELTA AG Best of Ground—Daniel Patat

Beacon: 3.3, 6.4, 10.5, 14.6 (90) def Mukinbudin: 4.1, 5.1, 7.1, 7.2 (44)

GOALS:

Beacon: N. Cole 5, W. Munns 2, L. Dunne 1, X. Kickett 1, N. Dunne 1, T. Weibel 1, B. Dunne 1, J.

Munns 1, B. Beard 1,

Mukinbudin: B. Harbour 3, T. Brown 1, W. Dobson 1, Z. Puzey 1, B. Naylor 1,

BEST:

Beacon: N. Dunne, N. Cole, H. Sinclair, C. Junk, B. Poole, L. Dunne,

Mukinbudin: J. Mcintosh, W. Dobson, C. Hughes, L. Britz, E. Brooks, Z. Alvaro,

DELTA AG Best of Ground—Nathan Cole

TEAM	Р	PTS	%	W	L	D	BYE
Beacon Football Club	1	4	204.55	1	0	0	0
Bencubbin Football Club	1	4	126.32	1	0	0	0
Koorda Football Club	1	0	79.17	0	1	0	0
Mukinbudin Football Club	1	0	48.89	0	1	0	0
Kalannie Football Club	0	0	0	0	0	0	1

















CBHGROUP

Community Sport Notices

Central Wheatbelt Netball Association

Bencubbin (34) def by Koorda (38)

Best Player: Amelia Sherry Coach's Award: Megan Davis **Bencubbin:** Koorda:

Player of the day: Kirby Brooks Coach's Award: Maya Nicholls

DELTA AG Best of Ground—Lois Kowald

Beacon (14) def by Mukinbudin (41)

Best Player: Georga Munns Coach's Award: Becca Irons **Beacon:** Mukinbudin: Players' Choice: Zoe Vernon Coach's Award: Krystal Olsson

DELTA AG Best on Ground—Jessica Collins

ТЕАМ	Р	PTS	%	W	L	D	BYE
Mukinbudin Netball Club	1	4	292.86	1	0	0	0
Koorda Netball Club	1	4	111.76	1	0	0	0
Bencubbin Netball Club	1	0	89.47	0	1	0	0
Beacon Netball Club	1	0	34.15	0	1	0	0
Kalannie Netball Club	0	0	0	0	0	0	1

Central Wheatbelt Ladies Hockey Association

Bencubbin (0) def by Koorda (7)

GOALS:

Bencubbin: NIL

Koorda: Carissa Lawrence 3, Carolina Doyle 2, Amber Cooke 1, Sian Pladdy 1

AWARDS:

Bencubbin: Player of the day: Lucy Gibson Coach's Award:

Defender of the day: Debbie Hurley

Players' Choice: Carolina Doyle Coach's Award: Kiri-Lee Ward Koorda:

DELTA AG Best on Ground—Amber Cooke

Beacon (1) def by Mukinbudin (5)

GOALS:

Beacon: Louise Pomykala 1

Mukinbudin: Ellen White 2, Carrie Cooper 1, Lucia Scari 1, Sarah-Kate Graham 1

AWARDS:

Beacon: Best Player: Louise Pomykala Coach's Award: Bella Champman-Cohen

Mukinbudin: Players' Choice: Lara Silinger Coach's Award: Lucia Scari

DELTA AG Best on Ground—Ursina Gringer

CWLHA 2025 CWLHA Point Score

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Koorda	1	0	0	0	7	0	7	2
2. Mukinbudin	1	0	0	0	5	1	4	2
3. Kalannie	0	0	0	1	0	0	0	0
4. Beacon	0	0	1	0	1	5	-4	0
5. Bencubbin	0	0	1	0	0	7	-7	0

munity otices port N

2025 WINTER SPORTS FIXTURES CENTRAL WHEATBELT







ROUND ONE

Mukinbudin v Kalannie 26th April 2025

ALL SPORTS TO BE PLAYED

IN KALANNIE

12th April 2025

Beacon v Mukinbudin Bencubbin v Koorda

Kalannie BYE

Beacon v Bencubbin Koorda BYE

Kalannie v Koorda 3rd May 2025

Mukinbudin v Bencubbin Beacon BYE

10th May 2025

Bencubbin v Kalannie Koorda v Beacon Mukinbudin BYE

Beacon v Kalannie 17th May 2025

Koorda v Mukinbudin Bencubbin BYE

BELT UP ROUND

ROUND TWO

Koorda v Bencubbin 24th May 2025

31st May Country CWNA 2025 Week Mukinbudin v Beacon

Kalannie BYE

Kalannie v Mukinbudin Bencubbin v Beacon 7th June 2025 Koorda BYE

Bencubbin v Mukinbudin Koorda v Kalannie 21st June 2025 Beacon BYE 14th June Country CWLHA Week

THINK MENTAL

BYE

Kalannie v Bencubbin Beacon v Koorda Mukinbudin BYE 28th June 2025

Mukinbudin v Koorda Kalannie v Beacon Bencubbin BYE 5th July 2025

NAIDOC ROUND

ROUND THREE

Bencubbin v Koorda 19th July 2025 12th July CWFL

Beacon v Mukinbudin Kalannie BYE

Neek BYE

Country

BENDIGO ROUND Beacon v Bencubbin Koorda BYE

Bencubbin v Kalannie Mukinbudin BYE

Koorda v Mukinbudin Kalannie v Beacon 16th August 2025 Bencubbin BYE

Koorda v Beacon

Mukinbudin v Bencubbin

Beacon BYE

Kalannie v Koorda 2nd August 2025

Mukinbudin v Kalannie

26th July 2025

9th August 2025



CBH Group Finals Series

Semi-Finals - Mukinbudin 23rd August 2025

Preliminary Final - Kalannie

6th September 2025 Grand final - Beacon 30th August 2025

Active April 2025



starting today more active this month, to being Commit

today

much time as possible Spend as outdoors

what it can do be grateful for your body and Listen to

and natural food today and drink lats of water Eat healthy

regular activity into a playful game today מתוחו

and really notice scan meditation Do a body-

how your body

5

with less screen time and more Have a day movement

the day. Dim

the evening the lights in

someone laug

light early in Get natural

body a boos

Give your

Turn your

by laughing

chores into a housework or

fun form of

exercise

or making

Set yourself on exercise challenge

goal or sign up to an activity

H

Move as much even if you're stuck inside as possible,

> a priority and go to bed in Make sleep good time

20 Focus on eating a

today, Get up

more often

and move

time sitting

Spend less

multi-coloured rainbow' of vegetables today

exercise to do while waiting Find a fun

body & mind Relax your meditation with yoga. tai chi or

you think you today (even if can't sing!) by singing Get active

Go exploring around you new things and notice local grea

some seeds and

new exercise

D and Ass

activity or

dance class

encourage

growth

outside, Plant

Be active

16

for a loved one or neighbour do an errand Go out and

breathe during

favourite music moving to your

Really go for it

the day

stretch and

pause to

Regularly

in nature. Feed go wildlifethe birds or **Get active** spotting

time to recharge night and take no screens yourself Have a

walk outside for extra break in your day and 15 minutes Take on

for the kettle to boil



cause you really

dance, cycle or

to run, swim.

Make time

stretch today

believe in

activist for a

Become on



events & awareness dates contd...





AgriBalance Project



Thanks to the support of COGCO and Holyoake, Farmanco has now introduced AgriBalance to the Western Australian Agribusiness market. AgriBalance is a program developed for Agribusiness professionals, in consultation with Agribusiness professionals, to give them the mental health knowledge, confidence & skills they require for the industry they work in.

The focus of the program is to upskill client-facing agribusiness professionals to be able to communicate effectively with clients who are experiencing situational distress and have the knowledge and competence to provide them with the helpful resources along with information on referral pathways to support. The program does not increase the workload on individuals or turn them into trained counsellors; it has been strategically designed to give participants the skills and confidence to identify a client's level of psychological distress and be able to provide supportive resources and information on pathways to support. In essence, being the conduit between their clients and the support they require.

Modules covered in the full day training include:

- Understanding the impacts of mental ill-health and situational distress - strategies that support recovery
 - De-escalation techniques and communication strategies

- · Introduction to suicide awareness/prevention
- L.A.N.D.S. practical tool to support clients in distress and yourself
- Professional Wellbeing practical strategies to minimise the negative impacts when supporting our clients and ways to maintain a healthy work/life balance
- Links to Support Services, Helplines, Resources, Websites & Apps

Beyond being able to support clients and community members, the course will also give participants the skills to effectively debrief after a crucial incident, improve their communication skills and give them the ability to compartmentalise conversations and events. In the agricultural sector, it is crucially important to lessen the negative psychological impact of poor seasons, natural disasters, and sector reforms on an employee's mental health. Better skilled, empowered and knowledgeable employees will be more effective in their roles and have longevity in the industry that they are passion about.

If you are an AgriBusiness professional and would like to register for the training, please visit

<u>AgriBalance Registration | Farmanco</u>

events & awareness dates contd...



Northam Head to Health Centre renamed to Northam Medicare Mental Health Centre



Aligning with the national name change, the Northam Head to Health Centre has been renamed to Northam Medicare Mental Health Centre.

The new name will not impact the services currently available, and centres will still provide a welcoming place where everyone can access free and confidential mental health information, services, and supports, including:

- Initial assessment
- One-to-one counselling
- Access to therapy groups
- Peer support
- Care coordination with other services or agencies

Services within the Centre are free, and individuals don't need a referral, appointment, or a Medicare card to access support.

You will notice new signage at our centre and a fresh look to our communication materials reflects the new Medicare Mental Health Centre name and branding.

All Medicare Mental Health Centres will soon also provide enhanced services, including free access to a psychologist and psychiatrist either in person or via telehealth.

Call 08 6383 8040, 1800 595 212 or contact us via nmmhc@holyoake.org.au to talk to one of our team members.

For more information about Medicare Mental Health Centres, please visit the following link: Medicare Mental Health Centres

Mental Health Centres

A safe place to share what's on your mind.

No referral or Medicare card needed for this FREE service.

Whether you're trying to improve your own sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, visiting your nearest Medicare Mental Health Centre is a good place to start.

health.gov.au/medicare-mental-health

On-the-spot care, advice and support.



Mental Health Centres

events & awareness dates contd...



ReachOut: One-on-One Support & Coaching for Parents

REACHOUT

ReachOut are offering free professional coaching for parents and carers of 12–18-year-olds in Australia.

What is One-on-One Support?

One-on-One Support helps parents and carers of teens build skills and confidence through online and phone coaching sessions with skilled parenting professionals.

Our team will work with you to identify effective parenting tools and strategies to suit your child's particular needs and your unique family situation. You will be supported to:

- clarify your goals
- find solutions
- make a plan to move forward
- put your plan into practice.

With parenting concerns around:

- Anxiety and depression
- Communication problems
- School refusal
- · Alcohol and drug use
- Self-harm
- · Aggressive behaviour
- Gender and identity
- Bullying

One-on-One Support consists of four free sessions, each one building on the last. You can opt out at any time.

Parents who have used One-on-One Support report feeling more confident, encouraged and supported around their parenting goals and experiences.

Who is One-on-One Support for?

One-on-One Support is for parents and carers of teens aged 12-18 who are supporting their young person through a tough time.

The service is structured for individual parents or carers, couples, or co-parenting/carer pairs (two people maximum). Sessions don't include your teen, other family members or additional caregivers.

How much does One-on-One Support cost?

One-on-One Support is completely free! This includes all four sessions. You can opt out at any time.

Appointment can be booked, and further information can be accessed via the following link: ReachOut Parents and Carers One-on-One Support



documents & resources contd...



Young Well Beings: A free course for young mums

This course is mainly for young mums. People who work with or support young mums like health professionals and communitybased organisations may also benefit from completing this course.

Young Well Beings is supported by funding from the Australian Government Department of Health and Aged Care under the Perinatal and Mental Health and Wellbeing program and is managed by the School of Health Sciences at Western Sydney University with the support of Western Sydney Local Health District Mental Health Service.

Including 5 modules, doing this course can help you build on what you already know about:

- How to look after yourself
- How to stay well
- How to stay mentally healthy
- How to build your confidence
- How to grow your support networks (people in your community who can help you)
- Where to find professional help
- How to build resilience and strength to counter myths and stereotypes you may face as a young mother

What will I get out of this course?

When you finish the course, you'll get a Certificate of Completion that you cause to show others that you have completed a mental health literacy course endorsed by Western Sydney University and a number of local, state and national mental health organisations.

You'll also get:

- The wellbeing benefits from the learning you have completed
- The opportunity to connect with others doing the course with you, and maybe even make new friends



How much does it cost?

The course is totally free, with no hidden costs. You can access it again if you want to because it will be available to you for 12 months. After that time, you can simply re-enrol into the course if you want to access it again.

How long will it take?

You can do this course in your own time and in sessions as long or as short as you want or need. If you need to take a break, you can come back to it at any time.

Overall, most people will take about 5 hours in total to complete the whole course, but that really varies from person to person.

There is no expectation you will complete this in a certain amount of time. It's all really up to you - you are in charge.

Who made the course?

The people who worked together to make this course were:

- Young mums
- Health and community-based professionals
- Learning designers
- Researchers from different fields of study

"We wanted to help other young mums like us by making the course real, include things that are important to us, and be interesting for us to do."

More information and enrolment information can be accessed via the following link: <u>Young Well Beings</u>

New Orygen Guide: #chatsafe for communities - using social media for suicide prevention and postvention

This guide was developed based on evidence from the #chatsafe guidelines, alongside consultation with suicide prevention and postvention experts across the country.

It's geared to support mental health and suicide prevention services, PHNs, volunteers, sporting clubs and the wider

community to plan prevention initiatives and navigate social media following a suicide in their community.

The guide, and supporting posters, handouts and social media posts can be downloaded via the following link: #chatsafe for Communities

notice board contd...



Media release: Butterfly Foundation welcomes funding announcements for national eating disorder helpline

Butterfly Foundation welcomed an investment of \$9.2 million over three years by the Federal Government for the Butterfly National Helpline. More than 20,000 people in Australia contact the Helpline, 1800 ED HOPE, which provides free phone, email and web support and referral for individuals experiencing an eating disorder, their family and friends, and the professionals who support them such as psychologists, GPs and teachers.

By shedding light on these often-overlooked experiences, we can help drive awareness and deepen understanding of the wide-reaching consequences of appearance ideals and appearance-based discrimination, to work towards creating an Australia where everybody can thrive, regardless of what they look like or how much they weigh."

Anyone needing support with eating disorders or body image issues is encouraged to contact Butterfly's National Helpline on 1800 33 4673 or support@butterfly.org.au

Carer Wellbeing Survey 2025 now open!

We invite carers across Australia to share their experiences in the annual Carer Wellbeing Survey.

Your voice matters! Share your lived experiences with us so we can better advocate for the support services that will improve the lives of carers. This year, in addition to asking about your well-being, we have questions about accessing respite care, being a young carer or a carer in a defence family, and life after a caring role ends. The survey has been developed by the University of Canberra's WellRes Unit, Health Research Institute, Department of Social Services, and Carers Australia.

The survey will close on 18 April 2025. It is voluntary, confidential, and anonymous.

The survey can be accessed via the following link: <u>Carer</u> <u>Wellbeing Survey</u>



Study support in the Wheatbelt: how Lumen can lighten the load

At Lumen Wheatbelt Regional
University Study Hubs, we know that
juggling coursework, family, work, and
the unique aspects of rural life can
be a challenge, but you don't have to
do it alone! We're here to support you
every step of the way, making your
study journey smoother and more
manageable so you can focus on
achieving your goals with confidence.

With hubs in Narrogin, Merredin,
York, and Wongan Hills, Lumen offers
Wheatbelt students a supportive
space to stay focused and connected.
Whether you're studying with a
university, TAFE, or another training
organisation, our hubs provide quiet
study areas and the resources you need
to succeed. We also foster a community
where students can connect, share
experiences, and support each other.
Our hubs offer free Wi-Fi and printing
and designated study spaces with

computers and docking stations for your laptop. We provide workshops and one on one face to face and virtual support to help you stay on top of your studies, improve time management, and tackle academic challenges. Our team is here to assist with enrolment, understanding course requirements, or simply offering guidance when things feel tough.

At Lumen, we're passionate about supporting you at every stage of your education journey. Whether you're just starting or nearing the end of your course, you're not alone. We're here to lighten the load, help you stay focused, and ensure you have the tools to succeed.

Let us help light your path to success.

Register for free as a Lumen student, visit our website for more information or pop by one of our hubs.

https://lumenwruc.edu.au

NEW APP: for individuals that use methamphetamine

The S-Check app has been launched to support individuals in understanding the impact of methamphetamine use on their health and wellbeing. Developed by St Vincent's Hospital, the app is based on clinical research and assessments, providing users with a tool to track and assess their substance use. Available for both Android and iOS devices, it is designed to help users make informed decisions about their health. The app empowers individuals to better manage their wellbeing and seek appropriate support when needed.

More information can be accessed via the following link: <u>S-Check App</u>



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"



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:

CRISIS LINES		Rural 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 provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.	Rural West
		Wheatbelt Mental Health	9621 0999
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	Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.	WA Country Health Service
to people affected by suicide.		Amity Health	9842 2797
Beyond Blue as a reliable source of mental health	1300 224 636 Beyond Blue	Amity Health provide a range of funded health and community programs across the Wheatbelt region.	Amity Health
information, support, and hope.	_	Headspace	9621 5000
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978 MensLine Australia	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.	<u>Headspace</u> <u>Northam</u>
Drought Response Hotline	1300 489 832	WEBSITES FOR INFORMATION & RESOURCES	
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.	Drought Response WA	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
Kids Helpline	1800 551 800	National Centre for Farmer Health	NI-4:I
Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	Kids Helpline	The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including	National Centre for Farmer Health
PLACE-BASED SUPPORTS		Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer	
Holyoake	9621 1055	health trained online psychology platform.	
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.	<u>Holyoake</u>	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 Farm Booklet
Head to Health (co-located with Holyoake)	6383 8040	individuals manage their mental health with practical, valuable steps.	Tum Booklot
Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	Head to Health Northam	TIACS	0488 846 988 (Mon-Fri
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial,	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.	8am-10pm AEST) TIACS
wellbeing and fodder assistance.		Head to Health	Head to
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 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.	Health

For more information
Scan the barcode
or CALL 9416 4444





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



7000001

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 illioi illation ill other langi	uages.
 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 S	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 (Freecali™) 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

Services Australia



Kalannie Community Directory

COMMUNITY GROUP	CONTACT PERSON	EMAIL
Isolated Children & Parents Ass	Jane Lang	bresland.farming@gmail.com
Kalannie Bowling Club	Andrew Moore	andrew.tracy@westnet.com.au
Kalannie Community Ass	Catherine Hudson	kca@kalannie.com.au
Kalannie Community Church	Helen Nixon	rnixon7@bigpond.com
Kalannie CRC	Catherine Hudson	kalanniecrc@kalannie.com.au
Kalannie Cricket Club - Jnr	Kate McCreery	jkmccreery.family@outlook.com
Kalannie CWA	Jodie Lyndon-James	kalanniecwa@gmail.com
Kalannie Fire Brigade	Rowan McCreery	rowanmaccreery@hotmail.com
Kalannie Football Club	Garry Crossman	garrycrossman@rocketmail.com
Kalannie Golf Club - Men	Grant Hudson	ghuddo22@gmail.com
Kalannie Ladies Hockey Club	Ricki Fulwood	kalanniehockeyclub@gmail.com
Kalannie Netball Club	Rebecca Chown	kalannienetballclub@gmail.com
Kalannie P&C	Gabrielle Severin	kalanniepandc@gmail.com
Kalannie Playgroup	Lexi Wasmann	lexiwasmann@icloud.com
Kalannie Sporting & Recreation Club	Melissa Harms	ksrc@live.com.au
Kalannie St John Ambulance	Stewart Benton	stewartbenton@bigpond.com
Kalannie Tennis Club	Stacey Hudson	shudson@activ8.net.au
Kalannie Young Farmers	Libby Osborne	wildaizy@hotmail.com

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Kalannie Business Directory

BUSINESS	PHONE	EMAIL
Central Wheatbelt Physiotherapy	0413 901 057	centralwheatbeltphysio@gmail.com
Gypsum Supplies	0429 662 004	daniel@gypsumsupplies.com.au
Hathway Farm Equipment	9666 2034	admin@hathwayfarm.com.au
Hazlett Corner Store	9666 2040	admin@hazlettcornerstore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornerstore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornerstore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

^{*}Don't see your community group or business listed here? Please submit info (inc phone and email details) to kapers@kalannie.com.au so we can include it in the next edition.

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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

TRADE

TRANSPORT

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