

# The Kapers

Issue #12 25th March 2025



As part of the “No one plans a crash” road safety campaign, the CRC will have a crashed car on display in the main street with our stop and rest mural.

Making a visual impact to people driving past as a reminder to slow down and to stop and take breaks when working long hours or traveling long distances.



## INSIDE THIS ISSUE...

BOOTS COOTING EVENT, YARRA YARRA CATCHMENT SUMMER NEWSLETTER, CONCUSSION STUDY, CONSUMER WATCH - ASSOCIATION REPORTING RESPONSIBILITIES, WYALCATCHEM STREET PARTY, WARRIOR WELLBEING - UNDERSTANDING OUR PROSTATE.....AND MORE

# The Kapers is produced by the Kalannie Community Resource Centre

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## Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

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

Submission deadline for advertising is Monday 1.00pm

Email submissions to: [kapers@kalannie.com.au](mailto:kapers@kalannie.com.au)

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The Kapers is supported by the



Department of  
Primary Industries and  
Regional Development

Welcome to  
KALANNIE

## ***Kapers Editions***

Free online at

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a yearly print subscriber

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Full Page \$30

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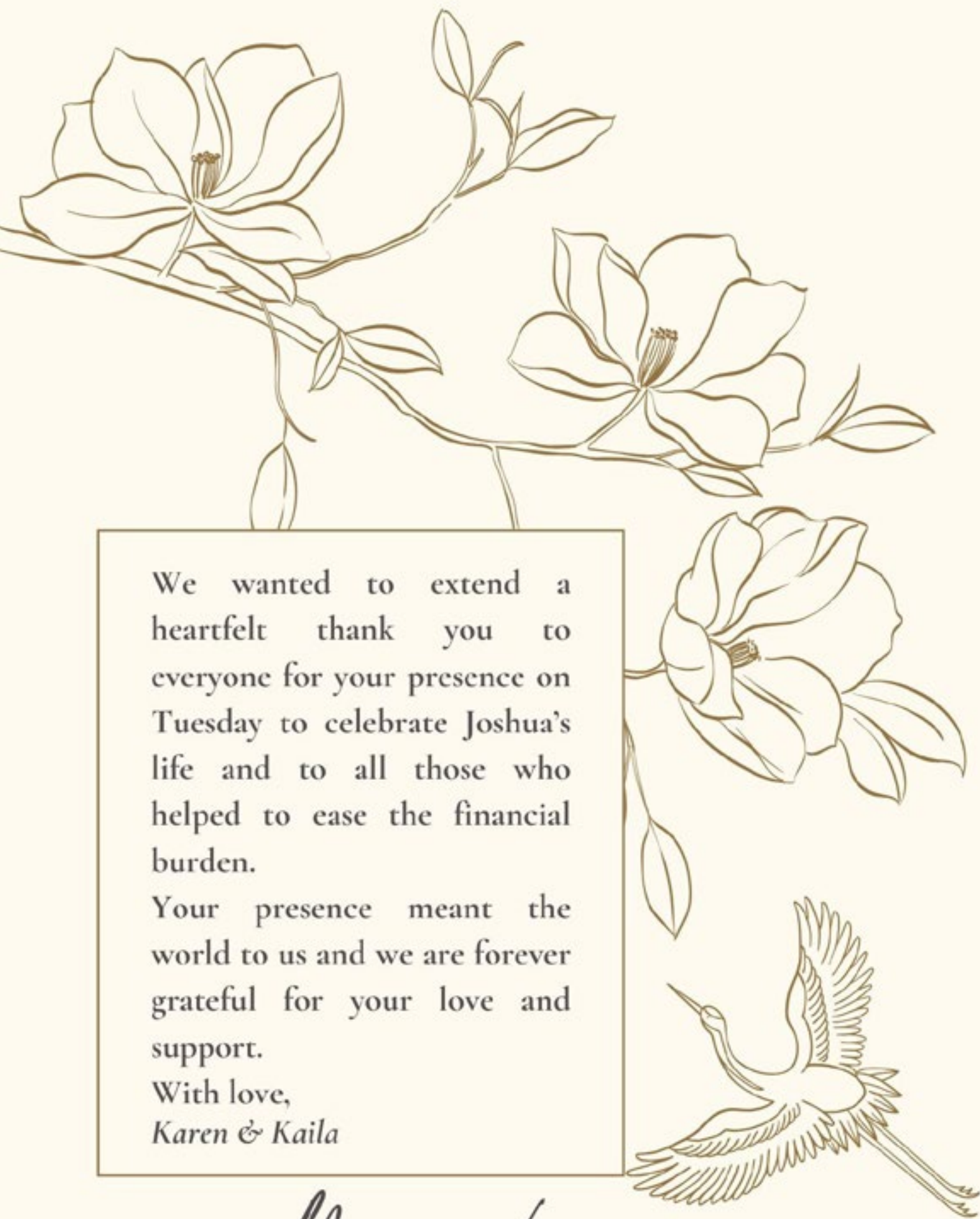
Quarter Page \$20

Yearly advertising  
available

\*Prices subject to change\*







We wanted to extend a heartfelt thank you to everyone for your presence on Tuesday to celebrate Joshua's life and to all those who helped to ease the financial burden.

Your presence meant the world to us and we are forever grateful for your love and support.

With love,  
*Karen & Kaila*

*Thank you*

# Wheatbelt Community Calendar

March




<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
30	31					1
2	3 Labour Day Public Holiday	4	5 Tiny Tots First Aid @ the CRC	6	7	8
9	10 Move With Ashlee Classes Start	11	12	13 Kalannie Women's Winter Sport General Meeting @5.30pm the Kennel	14 Breastscreen WA in Dally	15 Dally Community Celebration Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**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

April

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5 Bootscooting @ the Kalannie Hall 
6	7	8	9	10	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	22 Dally Shire Council Meeting in Kalannie@ KSRC 4.00pm	23	24	25 ANZAC Day 	26 Mukinbudin vs Kalannie
27	28	29	30			

kapers@kalannie.com.au  
Phone: 9666 2194

Submissions to be received prior to  
1pm Mondays

\$2.00 PRINTED  
online version Free to subscribers  
Click [HERE](#) to Subscribe

# Shire Notices

*Place of wheat and wattle....*

## Rubbish & Recycling Calendar 2024 - 2025



### Shire of Dalwallinu Recycle Calendar 2024-2025

July 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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28	29	30	31			

August 2024						
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September 2024						
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29	30					

October 2024						
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November 2024						
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December 2024						
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March 2025						
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30	31					

April 2025						
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May 2025						
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June 2025						
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22	23	24	25	26	27	28
29	30					

#### Recycle Days

Wubin, Buntine &  
Kalannie

Dalwallinu & Pithara

Christmas Day



#### WHAT CAN GO INTO YOUR RECYCLE BIN

- Glass - All glass and ceramics, whole and broken
- Plastic - All plastic containers and plastic wraps (empty with lids off)
- Paper - All paper, junk mail and glossy magazines
- Cardboard - All cardboard products
- Aluminium & Steel - All metals, steel & aluminium excluding aerosol cans
- Liquid Paperboard - Milk, juice and laundry detergent cartons.

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

*Proudly Supported by:*



Kalannie Sports and Recreation Club brings to you a fun morning of Bootscooting!!

Put on your boots and join the Geraldton Bootscooters at the TOWN HALL

Saturday 5th April from  
11:30am

2x45 minute sessions

Light refreshments and

Late BBQ lunch supplied at the Club afterwards

Please RSVP by 1st April to

Caroline 0407 629 469 for catering purposes

\*\*\*This is a free event\*\*\*





# YARRA YARRA ECO NEWS



Summer 2024/25

Yarra Yarra Catchment Management Group Inc. Quarterly Newsletter

## Environment | Agriculture | Community

*Welcome to the Summer 2025 edition of Yarra Yarra Eco News! There's plenty going at YYCMG at the moment, as we continue our Cyclone Seroja recovery project, our new "salinity and soil health project" is getting up and running, feedback has been coming in from the community through our Community Landcare survey, and planning is underway for several community workshops over the next six months, starting with nest-box making at the end of March. Read on to find out more.*

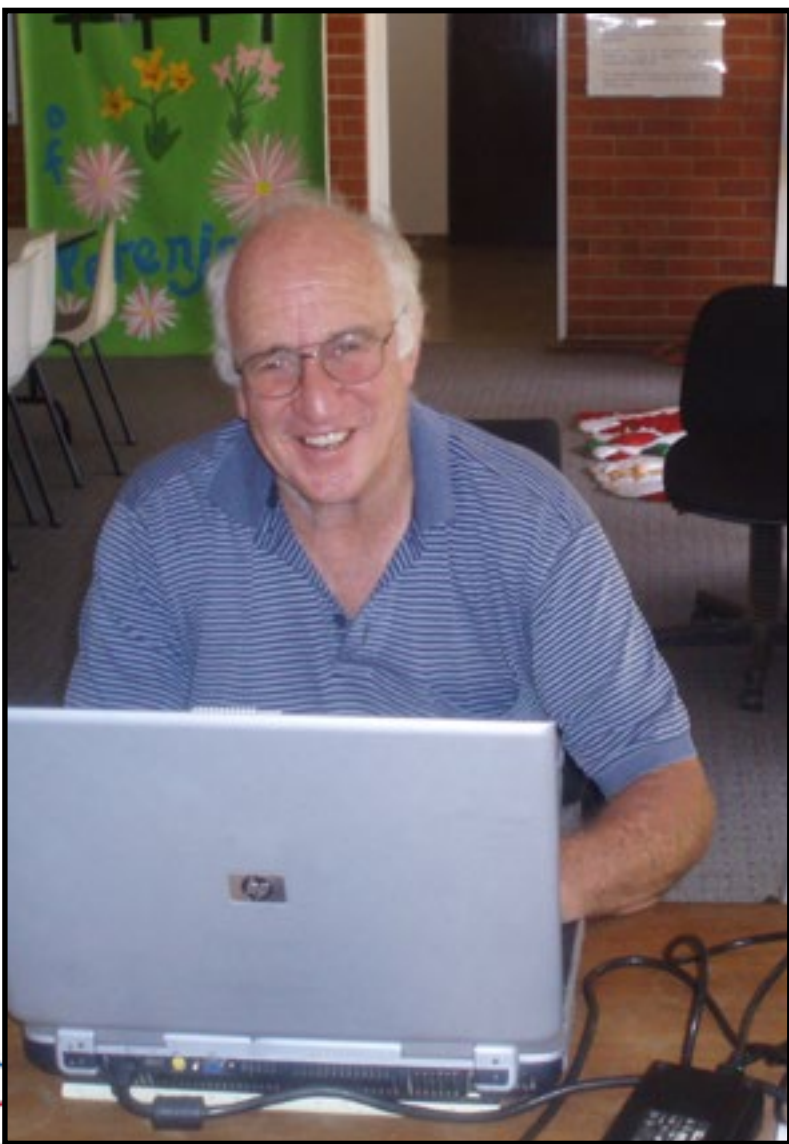
### Vale Max Hudson

We lost a landcare legend at the end of 2024, when Max Hudson passed away just before Christmas.

Max was a founding member of the YYCMG and instrumental in getting the group up and running. Max remained involved for the next 30 years. Max threw his considerable energy and passion into landcare, and worked tirelessly on plans and projects to try and reduce and reverse the effects of salinity throughout the catchment, and beyond. Max had a great understanding of the need to work at a landscape scale, to effect change and he had an amazing ability to engage landholders and get things happening no matter what obstacles were put in the way!

At our meeting a few days before Max passed away, Max was nominated for a life membership of the group, our inaugural life member. We wish we had had the opportunity to publically celebrate and honour Max for his huge contributions to the group. Thank you Max, you will be remembered as one of the greats.

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Max at the Perenjori office, in 2008

# Project Updates

## Seroja Recovery Project

The first year of planting has went well in 2024. A further 100,000 seedlings are growing nicely in the nursery, ready to go out in June - August across 16 properties.

As usual the weather plays a huge part in the success of our revegetation efforts. We have been pleased to see some fantastic results at some sites, but will be infill planting at some others, due to a hot dry summer, some damage from kangaroos and mice, and unfortunately some seedling losses, as they were planted when it was too wet! Hard to win, but if we don't make the efforts to plant every year, we will definitely lose!

Our first bush recovery workshop is fast approaching - Simon Cherriman of the Re-Cyc-Ology project will be coming up to Carnamah at the end of March to show us how to build nest boxes for our native species, and talk about the importance of biodiversity on farms, and how to support it. We can't wait, it's shaping up to be a great day.



## New funding for salinity and soil health

Salinity, Soil health and landscape hydrology are all inter-linked. We are very please to have been successful in a funding application to State NRM for a new project that focuses on all three. We will be working with Adele Killen (Geraldton Ag Department) to get a clearer picture of the landscape and what is exacerbating the salinity at each of our 13 revegetation sites, allowing us to plant more strategically for greater effect.

We will establish 190 hectares of biodiverse revegetation, working with 13 landholders across the catchment, and guided by the findings of our previous saltland project that investigated how to maximise the habitat value of revegetation sites.



There are great opportunities for the wider community, as we work with the Mulloon Institute to deliver two field days providing a masterclass in reading the landscape, learning about water in the landscape and making appropriate management decisions suited to our unique hydrology here in the Midwest Wheatbelt.

We will also be welcoming farmers and gardeners to bring in their soil samples, and learn how to analyse these under the microscope, and learn more about soil biology and its vital role in soil health. Please get in touch for further information.



## Going Batty for Micro-bats

As part of our new State NRM funding, we will be working with Kelly Sheldrick from the Conservation Council of WA later in the year, to collect micro-bat data from agricultural land. We will also be holding a community workshop to learn more about our tiny flying friends, learn about the different species in this area, and their important role in the ecosystem. Micro-bats are voracious insect eaters and play a part in integrated pest management, and we should be doing what we can to encourage them in our environment.



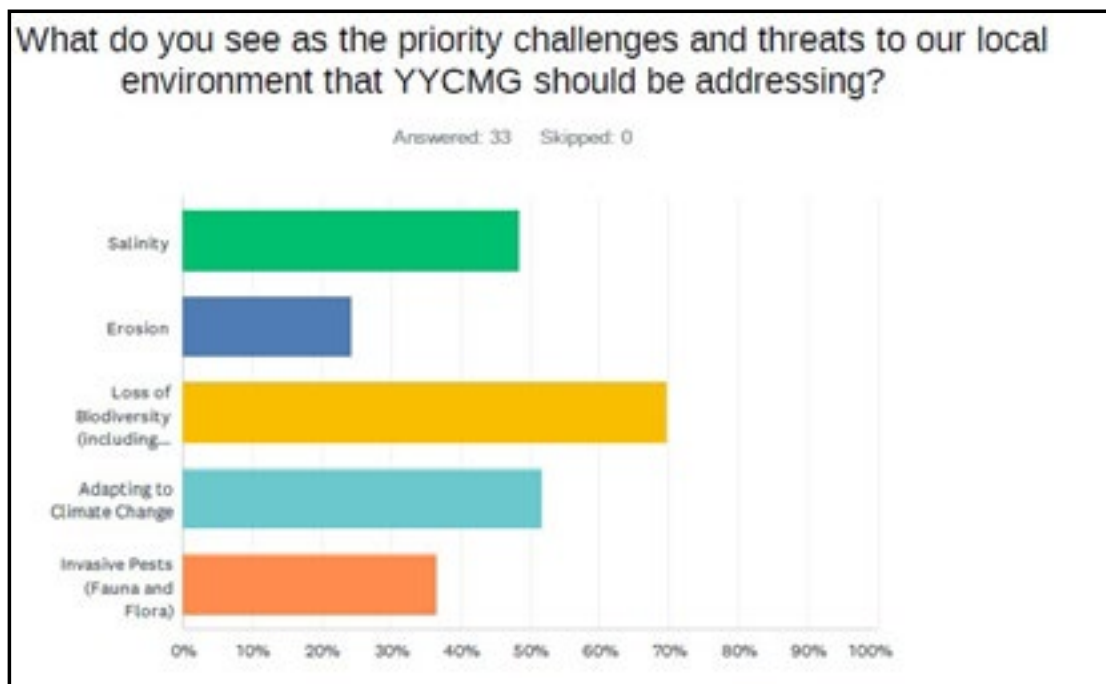
If you would be keen for audio equipment to be set up on your property to passively capture bat activity, please get in touch. Each species has a distinctive call, and the data collected will be analysed to give a clearer picture of which species we have out here, and their relative abundance.

More details coming soon.

## Landcare Survey

A big thankyou to all of those who filled out our Landcare survey. It really helps us justify and show to any potential funders, that we have strong community support for the projects we want to deliver.

The online survey has now closed, but if you missed out and would like to add your thoughts, we can email a copy out to you, or even go through it with you by phone. All the data collected will help us prioritise our efforts on the landcare topics that the community see as the most important.



A snapshot above of one of the questions. We will be analysing all of the feedback and putting it to good use over the next few years.

This survey was made possible as part of support from FRRR and NACC through their project from the Future Drought Fund program "Helping Regional Communities Prepare for Drought".



# Dates for your Diary



**Bird Nest-Box Making Workshop**  
Join YYCMG, The Re-Cyc-Ology Project and the Carnamah Men's Shed as we make nest-boxes and learn how we can help support our native wildlife.

**When:** Saturday 29th March  
8.30am - 12.30pm  
**Where:** Carnamah Men's Shed  
10 Forrester Ave, Carnamah

Learn how to build, install, monitor and maintain nest-boxes for hollow-dependent wildlife, including cockatoos, parrots, ducks, owls, nightjars, some reptiles, possums and other small marsupials.

Meet Simon Cherriman, author of *Hollowed Out* and passionate WA wildlife conservationist.

From waste to wildlife habitat  
<http://www.re-cyc-ology.com.au/>

This workshop is free to attend but places are limited.  
Please RSVP to Lizzie - 0408 934153  
A delicious morning tea from One L will be provided.

You will need to wear closed-in shoes.  
Children under 12 must be accompanied by an adult.

This project is supported by funding from the Western Australian Government's State NRM Program.

natural resource management program

## **Nest-Box Making Workshop**

Saturday 29th April, Carnamah Men's Shed

## **YYCMG General Meeting**

To Be Confirmed—Wednesday 9th April

Perenjori Office 10.00am - 12pm

Followed by a light lunch. All welcome

## **YYCMG Committee**

We held our AGM on 19th December and are really pleased to welcome Barb Smeeton to our committee.

Elizabeth Blyth and Ange Dring have also stayed on as committee members.

Our committee positions are filled as follows:

Chair: Peter Syme

Vice-Chair: Jude Sutherland

Treasurer: Stacey Hudson

Secretary: Lizzie King



## **Thirty Years of Landcare for the YYCMG!**

2025 marks an incredible 30 years since YYCMG was started. We will be organising a celebration of this milestone later in the year and would love to see everybody there who has ever been involved with a YYCMG project, big or small.

A big shout out to our committee who haven't let YYCMG go the way of many other landcare groups in the state, despite the ongoing struggle to finance projects and staff, and who see the value in having a local landcare group!

**Other Funding Updates:** We have been successful in securing a number of small grants this year, and we're looking forward to delivering the following projects/events in 2025:

### **FRRR - Small and Vital Grants \$9570**

This grant will go towards updating our office equipment, with the purchase of two new laptops. We will also be able to purchase YYCMG banners to use at our events, and staff uniforms, as well as provide training opportunities for our staff and committee members.

### **RegenWA Farm Demo Project: \$5000**

We have helped Perenjori farmer Pete Bestry source some funding from RegenWA, which will go towards a farm demo this season. Pete will be trialling the addition of various amendments to his fertiliser program, including humic and fulvic acids. The funding will cover some comprehensive soil testing as well as collecting yield data at harvest. Field Walk will be held during the growing season.



# KALANNIE AGQUIP

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JULIE: 0400 722 790  
SHOP: 9666 2179  
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SAT: 7.30AM - 12.00PM

**Nutrien**  
Ag Solutions



## Kochii Eucalyptus Oil has rebranded to become Fasera.

### We've changed our name, not our vision.

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

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



To find out more about our offerings and to purchase Eucalyptus Oil products go to [fasera.com](https://fasera.com)



**fasera**





# BOEKEMAN TOYOTA

## PRE OWNED VEHICLES

**FOR SALE**

19/03/25

<b>2020 TOYOTA LANDCRUISER PRADO VX (4x4) WAGON</b> Travelled 100,300Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, Driver assistance, Adaptive Cruise Control, Bluetooth Connectivity, 5 Star ANCAP Safety Rating.	<b>1HBV380</b> \$ 68,900
<b>2020 TOYOTA FORTUNER GX (4x4) WAGON</b> Travelled 41,500Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, 5 Star ANCAP Safety Rating, Power Assisted Steering.	<b>AS9627</b> \$ 48,950
<b>2021 TOYOTA HILUX SR (4x4) DOUBLE C/CHAS</b> Travelled 44,000Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, Air Cond, Android Auto & Apple Car Play, Active Traction Control, Active Drive Control, Stability Control.	<b>1IMK324</b> \$ 48,500
<b>2021 TOYOTA KLUGER GX 2WD V6 WAGON</b> Travelled 65,000Kms, 3.5Ltr Petrol Engine, 5 Star ANCAP Safety Rating, 8 Speed Auto Transmission, Android Auto and Apple Car Play, 18 Inch Alloy Wheels.	<b>1HTR791</b> \$ 42,990
<b>2022 MITSUBHISI TRITON GLX (4x4) DOUBLE C/CHAS</b> Travelled 110,268Kms, 2.4Ltr Turbo Diesel, 6 Speed Auto Trans, 3ton Braked Towing Capacity, 5 Seat Interior, Power Assisted Steering.	<b>1IEU439</b> \$ 36,750
<b>2016 TOYOTA LANDCRUISER PRADO GXL (4x4) WAGON</b> Travelled 291,700Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, 7 Seats, 5 Star ANCAP Safety Rating, Cruise Control, Sat Nav, Power Windows and Mirrors.	<b>1ILZ418</b> \$ 31,500
<b>2019 TOYOTA KULGER GXL AWD WAGON</b> Travelled 184,500Kms, 3.5Ltr V6 Petrol, 6 Speed Auto Trans, 7 Seat Interior, Air Cond, Cruise Control, Power Windows and Mirrors.	<b>1ILZ407</b> \$ 27,850
<b>2020 TOYOTA HILUX 2WD WORKMATE SINGLE CAB (HI-RIDER)</b> Travelled 56,740Kms, 2WD Turbo Diesel, 5 Speed Man Trans, Dual Front Airbags, Cruise Control, Bluetooth Connectivity, Central Locking, Lane Assist.	<b>1IAV870</b> \$25,990
<b>2013 TOYOTA HILUX SR (4x2) EXTRA CAB</b> Travelled 191,330Kms, 4.0Ltr V6 petrol, 5 Speed Auto Trans, Air Cond, Power Assisted Steering, 2ton Braked Towing Capacity.	<b>1ILZ423</b> \$ 16,350
<b>2007 TOYOTA HILUX 2WD WORKMATE SINGLE CAB</b> Tipping Tray, Set up for Pilot with Roof Mount Sign and Wig Wag Lights.	<b>1DYX760</b> \$ 9,490

**\*ALL PRICING INCLUDES GST AND EXCLUDES GOVERNMENT STAMP DUTY**

### COMING IN TO STOCK

- 2019 TOYOTA HILUX (4x2) SINGLE C/CHAS- 2.7Ltr Petrol, 5 Speed Manual, 40,000Kms
- 2014 LANDCRUISER PRADO GXL (4x4) WAGON- 3Ltr Turbo Diesel, Manual
- 2019 TOYOTA PRADO VX- Diesel, 100,000Kms, 1 Owner, Full Service History
- 2009 TOYOTA PRADO- 3.0Ltr Turbo Diesel, SWB, 3 Door

**Matt Read** 0427 530 687

**Stuart Boekeman** 0427 777 105

ABN: 92 6130 700 90

DL 25985

[boekemantoyota.com.au](http://boekemantoyota.com.au)

### WONGAN HILLS

131 - 139 Wongan Rd  
PO Box 125, WA 6603  
Tel: (08) 9671 1211

### DALWALLINU

1A Johnston Street  
PO Box 160, WA 6609  
Tel: (08) 9661 1002

### DOWERIN

Cottrell Street  
PO Box 99, WA 6461  
Tel: (08) 9631 1006



# Health and Wellness

AUS  
mTBI



The Australian  
Mild Traumatic  
Brain Injury Study

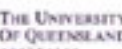
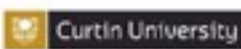
## Concussion Study



**Have you, or someone you care  
for, had a concussion?**

Download **HeadCheck** for personalised  
concussion recovery support

**WIN 1 OF 5 PREPAID GIFT CARDS\***



AUS-mTBI Jan 2025. This study has been approved by the Alfred Hospital Ethics Committee [ID 95470] and is funded by the Australian Government Medical Research Future Fund, Mission for Traumatic Brain Injury (APP2015762).

\*Conditions apply see website for details.



PERTH  
SYMPHONY  
ORCHESTRA



# MOORA HAY BALES CONCERT

PRESENTING PARTNER LAING O'ROURKE

*Join the harmony...experience the magic  
of community at the grand finale of our  
Green Shoots Moora program!*

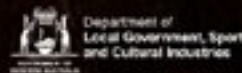
**SAT 29 MARCH, 2025  
7:00pm**

**New McIntosh Site  
8523 Bindoon-Moora Rd  
Moora WA 6510, Australia**

**Join us under the stars as we  
watch regional talent performing  
alongside the professionals of  
Perth Symphony Orchestra**



**HAY BALES PRESENTING  
PARTNER**



**PSO PRINCIPAL PARTNER**





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.

**New Phone  
Number  
9666 2040**

#### TRADING HOURS

Monday – Friday 6.00am - 5.30pm

Saturday - 7.00am -12.00pm

Sunday – 9.00am - 12.00pm

Public holidays 9.00am-12.00pm



**Kalannie  
Community Resource Centre**  
*Your local connection*



## 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](mailto:kalanniecrc@kalannie.com.au) or drop in  
to pick up a form



## ELDERS DALWALLINU FOR EXPERT AGRIBUSINESS ADVICE

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Talk to one of our expert team today.

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Clare  
0447 500 525

Monique  
0456 161 063

(08) 9661 2000

[dalwallinu@elders.com.au](mailto:dalwallinu@elders.com.au)

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# Job Vacancies



## TRAINEESHIPS

BUILD SKILLS. GAIN EXPERIENCE. GET AHEAD.

**CERTIFICATE III IN AUTO SALES (AUR31016)**

- Traineeship in Parts
- Traineeship in Precision Farming

Online, 'on the job' & CNH OEM  
Training included

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**ENQUIRE NOW**

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🌐 [www.boekemans.com.au](http://www.boekemans.com.au)

**CASE II**

2024 DEALER OF THE YEAR WINNER!



# Consumer Watch



Department of **Energy, Mines,  
Industry Regulation and Safety**



## **REGIONAL COLUMN**

[www.demirs.wa.gov.au](http://www.demirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

21 March 2025

**With Senior Regional Officer for Midwest – Natasha Pirrottina**

### **Stay compliant: is your association at risk of being shut down?**

If you're involved in running an incorporated association, it's really important you're aware of the reporting responsibilities. Understanding these responsibilities reduces the risk of the association being cancelled. Given the role associations often play in communities, this could be a devastating loss due to a simple oversight.

An incorporated association can be something like a sport club, a citizens or rate-payers group, a car club, an animal rescue volunteer group, a school P&C ... or maybe an environmental group. There's lots of reasons people want to form an association.

The key point is the group is not-for-profit and any money it does make goes back into the association.

Incorporated not-for-profit groups in Western Australia are administered by Consumer Protection and are required to submit an annual information statement (AIS) every year. This simple online form asks a few questions about the association's activities, the annual general meeting (AGM) and basic financial information.

Information statements must be submitted within six months after the end of an association's financial year. Associations and clubs can choose their own financial year, so the due date for submitting will differ between groups.

When an association does not submit its AIS, Consumer Protection may believe it is no longer operating and take action to cancel its incorporation.

Around 2,000 associations are currently at risk of being cancelled after not submitting their AIS. Consumer Protection has attempted to contact them over a number of years, but often the mail is returned meaning the contact information is not up-to-date. The Department has made attempts to find contact details for these clubs, which have been unsuccessful. This is one reason it's crucial associations keep these details current.

Consumer Protection will never cancel an association without plenty of warnings and attempts to contact committee members, but it's important this contact is not ignored.

The quickest way to complete the AIS and submit forms on behalf of an incorporated association is via AssociationsOnline. If you are responsible for an incorporated association



# Consumer Watch



Department of Energy, Mines,  
Industry Regulation and Safety



you can register for access to AssociationsOnline to manage its registration and other obligations at – [www.demirs.wa.gov.au/associationsonline](http://www.demirs.wa.gov.au/associationsonline).

The Consumer Protection website has a tonne of information to help people start and run an efficient association. It's also worth subscribing to the Associations Newsletter for the latest updates on laws, events, news and reminders.

Consumer Protection has published a list of associations that are at immediate risk of being cancelled. Check if your association is listed by visiting - [consumerprotection.wa.gov.au/AIS](http://consumerprotection.wa.gov.au/AIS)

Please contact our team on 1300 30 40 74 or email [associations.branch@demirs.wa.gov.au](mailto:associations.branch@demirs.wa.gov.au) for any further information and advice.







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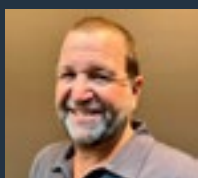
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P | (08) 9631 1006

### NORTHAM

A | 29 York Road  
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P | (08) 9622 6344

### WONGAN HILLS

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PO Box 125, WA 6603  
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[www.boekemans.com.au](http://www.boekemans.com.au) | [sales@boekemans.com.au](mailto:sales@boekemans.com.au)





## Bridgestone Service Centre

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Mobile: 0428 415 089

Email: [eion@what.net.au](mailto:eion@what.net.au)

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Keiran Sullivan

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210 Fitzgerald Street, Northam

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**Saritha Marais**

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# Community Notices



**DONATE THE CASH  
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CONTAINERS TO  
**KALANNIE P&C****

Just use our scheme ID number:

**C10350369**

**Bring your eligible containers to:**

**KALANNIE IGA CARPARK**

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

## **PLEASE NOTE:**

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

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

### ELIGIBLE CONTAINERS

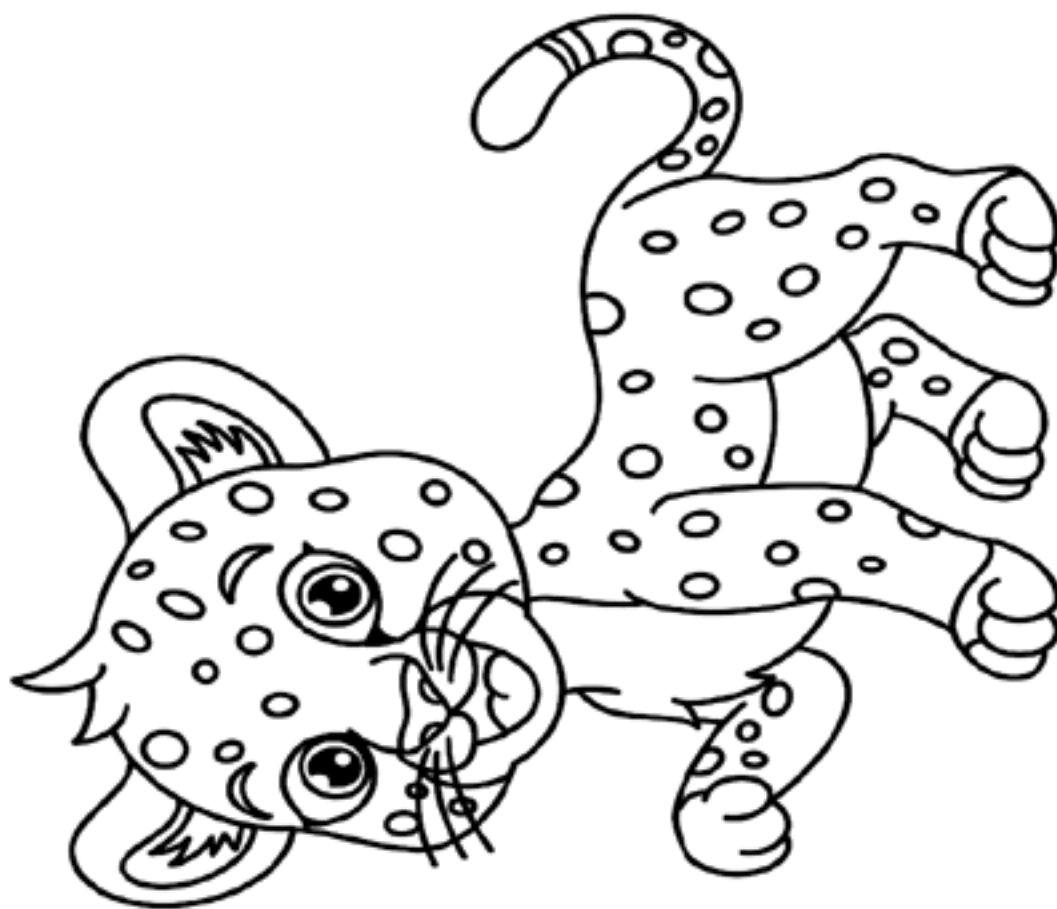


Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L .

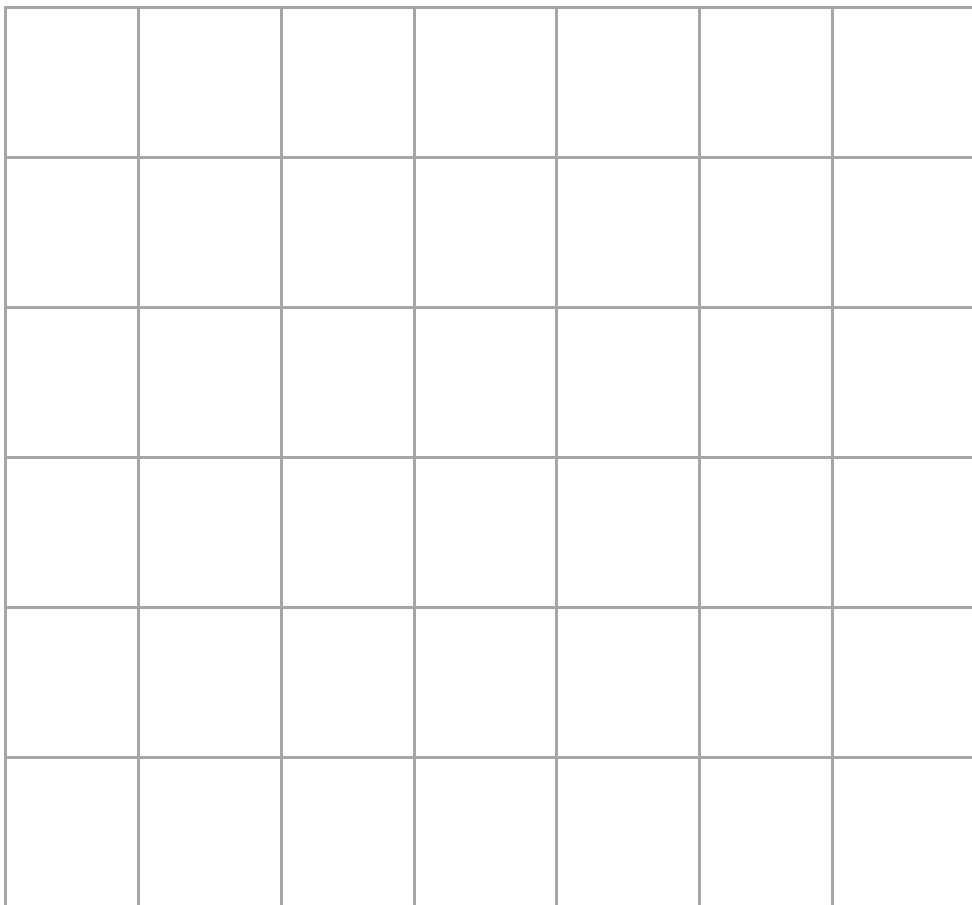
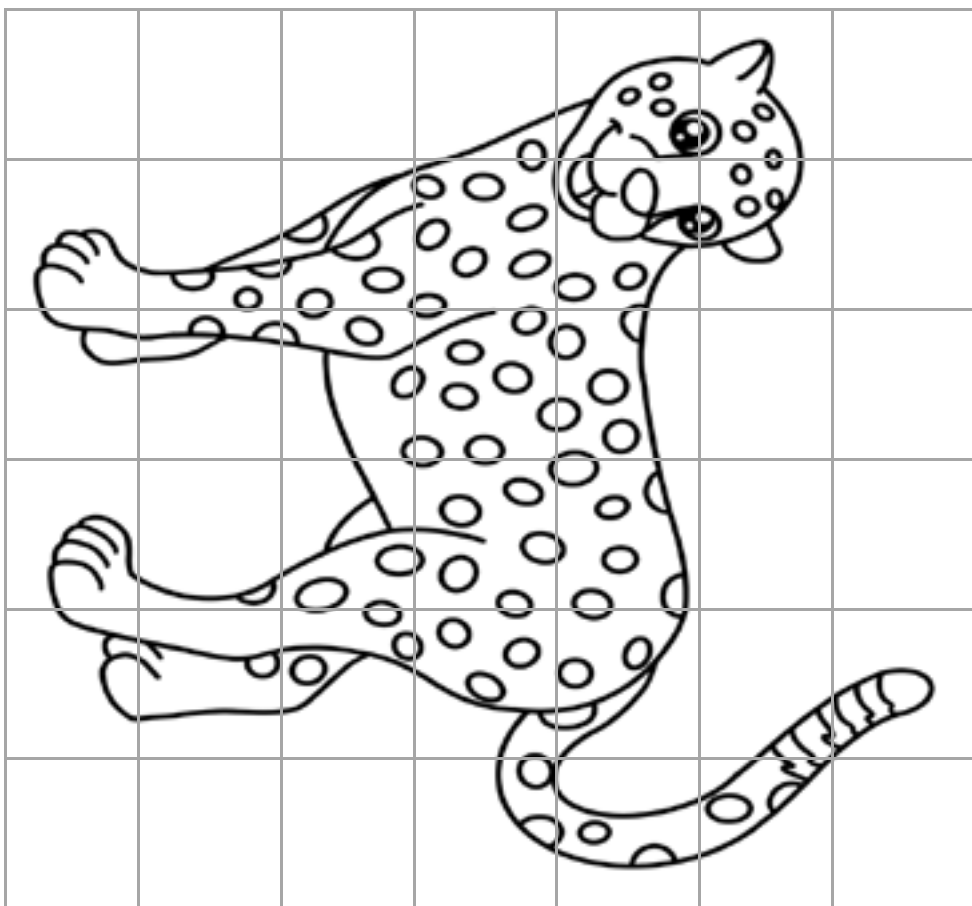




## Cheetah Colour Copy







Cheetah Grid Copy

# CENTRAL WHEATBELT 2025 WINTER SPORTS FIXTURES



## ROUND ONE

<b>12th April 2025</b> <b>ALL SPORTS TO BE PLAYED IN KALANNIE</b> Bencubbin v Koorda Beacon v Mukinbudin Kalannie BYE <b>DELTA AG ROUND</b>	<b>26th April 2025</b> Mukinbudin v Kalannie Beacon v Bencubbin Koorda BYE	<b>3rd May 2025</b> Kalannie v Koorda Mukinbudin v Bencubbin Beacon BYE	<b>10th May 2025</b> Koorda v Beacon Bencubbin v Kalannie Mukinbudin BYE	<b>17th May 2025</b> Beacon v Kalannie Koorda v Mukinbudin Bencubbin BYE <b>BELT UP ROUND</b>
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## ROUND TWO

<b>24th May 2025</b> Koorda v Bencubbin Mukinbudin v Beacon Kalannie BYE	<b>31st May 2025</b> CWNA Country Week BYE	<b>7th June 2025</b> Kalannie v Mukinbudin Bencubbin v Beacon Koorda BYE	<b>14th June 2025</b> CWLHA Country Week BYE	<b>21st June 2025</b> Koorda v Kalannie Bencubbin v Mukinbudin Beacon BYE <b>THINK MENTAL</b>	<b>28th June 2025</b> Beacon v Koorda Kalannie v Bencubbin Mukinbudin BYE	<b>5th July 2025</b> Kalannie v Beacon Mukinbudin v Koorda Bencubbin BYE <b>NAIDOC ROUND</b>
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## ROUND THREE

<b>12th July 2025</b> CWFL Country Week BYE	<b>19th July 2025</b> Bencubbin v Koorda Beacon v Mukinbudin Kalannie BYE	<b>26th July 2025</b> Mukinbudin v Kalannie Beacon v Bencubbin Koorda BYE <b>BENDIGO ROUND</b>	<b>2nd August 2025</b> Kalannie v Koorda Mukinbudin v Bencubbin Beacon BYE	<b>9th August 2025</b> Koorda v Beacon Bencubbin v Kalannie Mukinbudin BYE	<b>16th August 2025</b> Kalannie v Beacon Koorda v Mukinbudin Bencubbin BYE
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CBH Group  
Finals Series

**23rd August 2025**  
Semi-Finals - Mukinbudin

**30th August 2025**  
Preliminary Final - Kalannie

**6th September 2025**  
Grand final - Beacon



Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>1</b> Set on intention to live with awareness and kindness	<b>2</b> Notice three things you find beautiful in the outside world	<b>3</b> Start today by appreciating your body and that you're alive	<b>4</b> Notice how you speak to yourself and choose to use kind words	<b>5</b> Bring to mind people you care about and send love to them	<b>6</b> If you find yourself rushing, make an effort to slow down	<b>7</b> Take three calm breaths at regular intervals during your day
<b>8</b> Eat mindfully. Appreciate the taste, texture and smell of your food	<b>9</b> Take a full breath in and out before you reply to others	<b>10</b> Get outside and notice how the weather feels on your face	<b>11</b> Stay fully present while drinking your cup of tea or coffee	<b>12</b> Listen deeply to someone and really hear what they are saying	<b>13</b> Pause to watch the sky or clouds for a few minutes today	<b>14</b> Find ways to enjoy any chores or tasks that you do
<b>15</b> Stop. Breathe. Notice. Repeat regularly	<b>16</b> Get really absorbed with an interesting or creative activity	<b>17</b> Look around and spot three things you find unusual or pleasant	<b>18</b> Have a 'no plans' day and notice how that feels	<b>19</b> Cultivate a feeling of loving-kindness towards others today	<b>20</b> Focus on what makes you and others happy today	<b>21</b> Listen to a piece of music without doing anything else
<b>22</b> Notice something that is going well, even if today feels difficult	<b>23</b> Tune into your feelings, without judging or trying to change them	<b>24</b> Appreciate your hands and all the things they enable you to do	<b>25</b> Focus your attention on the good things you take for granted	<b>26</b> Choose to spend less time looking at screens today	<b>27</b> Appreciate nature around you wherever you are	<b>28</b> Notice when you're tired and take a break as soon as possible
<b>29</b> Choose a different route today and see what you notice	<b>30</b> Mentally scan your body and notice what it is feeling	<b>31</b> Discover the joy in the simple things of life				

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# WARRIOR WELLBEING ARTICLE



## Understanding Our Prostate

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
April 2025

Recent ABS data indicates prostate cancer is the 2<sup>nd</sup> most common cancer to cause death in Aussie males, with around 3700 deaths each year. In the work we do, great importance is placed on educating men and hearing their individual stories around early detection & diagnosis, treatment options, post-surgery & other treatment recovery, and most importantly being a prostate cancer survivor.

However, there is also a much broader and holistic conversation that needs to be had at the same time about this little gland that makes up an important part of our manhood. Because along with prostate cancer there are two other major issues that can affect the prostate:

- Prostate enlargement (BPH: benign prostatic hyperplasia) – the most common prostate disease in men is enlargement of the prostate gland
- Prostatitis (inflammation of the prostate gland that can cause pain)

The prostate gland is an important part of our reproductive system, it is about the size of a walnut (in a young man) and makes the fluid that protects, transports and feeds the sperm produced.

This little gland is shaped like a donut and the tube we pee with (the urethra) passes right through its centre. The problem is that as part of the ageing process the prostate keeps growing, trebling in size over our life, and as the prostate enlarges it can restrict the urethra, inhibiting our ability to urinate properly.

Most of us know that some older men have trouble emptying their bladder. Sometimes this means getting up often during the night and not being able to urinate when they need to, which is a nuisance and can be embarrassing. Something more serious could be happening such as a blockage, which can cause repeated urinary tract infections or result in bladder or kidney problems, or it could be prostate cancer. Unfortunately, the symptoms of several prostate conditions are similar.



As men, we need to act on any prostate issue that is affecting us and find out if it is part of the natural ageing process or something else. If troubled by urination problems, see a doctor (no matter what our age). If the doctor agrees that our symptoms need further investigation, we may need to undergo a few tests.

Diet is important to prostate health, we know that eating about 150 grams of nuts a week and incorporating natural red foods such as beetroot, tomato and watermelon into our diet, helps keep our prostate and the rest of our body in good condition. Regular low to moderate intensity exercise also plays a big role, a brisk 30min walk can not only make us feel great but can help reduce the risk of prostate problems. Exercises that strengthen our pelvic floor (yes, we do have one!) are not only important for dealing with issues surrounding our prostate health, but also the bowel, bladder and even our sexual function.

@RMHI\_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au





# Health and Wellness

## WOMENS HEALTH GP VISITS

### DALWALLINU MEDICAL CENTRE

**2025**

**Dr Irene Dolan**

**2025**

**April** 2nd & 3rd

**May** 14th & 15th

**June** 11th & 12th

Please book your appointment with Dalwallinu Medical Centre receptionist on (08) 9661 1203

Appointments are for Womens' Health and Mental Health issues.

NB This service is free to patients. Funding is provided by Rural Health West and the Department of Health.

# Health and Wellness

## WHAT TO EAT AND DRINK



### BEFORE EXERCISE

#### 3-4 hrs prior:

Fuel up with foods with healthy carbohydrates which are low in fat;

- ✓ porridge
- ✓ spinach and eggs on toast
- ✓ chicken burrito

#### 1-2 hrs prior:

Prioritise carbohydrate rich snacks;

- ✓ yoghurt and fruit
- ✓ small bowl of cereal
- ✓ small pikelets with honey
- ✓ English muffins with cream cheese and fruit



### DURING EXERCISE

If required, keep the tank topped up with healthy snacks;

- ✓ water
- ✓ fresh fruit
- ✓ muesli bar
- ✓ yoghurt pouches
- ✓ flavoured milk



### AFTER EXERCISE/RECOVERY

Rehydrate with water, Refuel with carbohydrates, Rebuild with protein, and Revitalise with fruit and vegetables!

- ✓ small flavoured milk
- ✓ fresh fruit and yoghurt
- ✓ wraps or sandwiches
- ✓ cheese on crackers
- ✓ chicken with rice and vegies
- ✓ baked beans on toast
- ✓ healthy hamburger
- ✓ rice paper rolls
- ✓ toastie
- ✓ sushi



### HUNGRY FOR MORE HEALTHY TIPS?

Visit [fueltogo.com.au](http://fueltogo.com.au) or email  
[fueltogo@education.wa.edu.au](mailto:fueltogo@education.wa.edu.au)

healthway





# Health and Wellness



## MEXICAN PIZZA POCKETS



Traffic light category: **Green** Serves: 4

### Ingredients

- 250g lean beef mince
- 1 cup frozen corn
- 1 capsicum, diced
- 1 brown onion, diced
- 2 garlic cloves, crushed and diced
- 1 tsp of paprika, cumin, garlic powder & onion powder
- 3/4 cup Greek yoghurt
- 1 1/2 cups flour
- 1 tsp baking powder
- 50g cheddar, grated

### Method

1. Fry off beef mince for 1-2 minutes, then add all other vegetables and spices and fry until cooked through
2. Combine yoghurt, flour, and baking powder in a bowl and mix until combined
3. Keep adding flour as needed to avoid a very wet mixture, and knead dough on bench top until it is stretchy but holds together
4. Cut dough into quarters, then roll out each quarter into a rough circle
5. Fill each circle with vegetable mixture and top with shredded cheese
6. Fold each pocket and flatten slightly
7. Fry until brown and crispy, serve with a basic salad or have one by itself as a snack!

### Hungry for more?

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fuelto go@education.wa.edu.au](mailto:fuelto go@education.wa.edu.au)



# Health and Wellness

## MENTAL HEALTH AND WELLBEING TIPS:



### GET ENOUGH SLEEP AND REST

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



### SCHEDULE TIME FOR THINGS YOU ENJOY

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



### BE ACTIVE AND EAT WELL

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



### NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

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



### ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

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



### MAKE A 'TASKS LIST'

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



### FOCUS ON WHAT YOU CAN CONTROL

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



### BRING OTHERS TO THE TABLE

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



### KEEP THE LINES OF COMMUNICATION OPEN

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



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

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



### PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



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

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



### TAKE TIME TO PAUSE, BREATHE AND REFLECT

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



### PARTAKE IN HELP SEEKING BEHAVIOURS

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



### ORGANISE AN INFORMATION SESSION OR WORKSHOP:

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



# Health and Wellness

## CRISIS LINES

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

## PLACE-BASED SUPPORTS

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

## Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

**1800 612 004**

[Rural West](#)

## Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

**9621 0999**

[WA Country Health Service](#)

## Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

**9842 2797**

[Amity Health](#)

## Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

**9621 5000**

[Headspace Northam](#)

## WEBSITES FOR INFORMATION & RESOURCES

### ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

### National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via:  
[Managing Stress on the Farm Booklet](#)

### TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

**0488 846 988 (Mon-Fri 8am-10pm AEST)**

[TIACS](#)

### Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information  
**Scan the barcode**  
**or CALL 9416 4444**

Find us on social media @holyoake  





# We're closer than you think

Use the free self service facilities at our Access Points to connect with Centrelink, Medicare and other government programs and services.

At our Access Points you can:

- use our computer to access my.gov.au and other government programs and services and to search for jobs
- use the telephone to access our self service options or to speak to us
- access free Wi-Fi 24/7 to connect to government services—no password required
- scan, print, fax and photocopy documents
- have your identity documents certified
- pick up brochures.

## Your local access point is:

Kalannie Community Resource Centre  
67 Roche Street  
Kalannie WA 6468



Australian Government  
Services Australia



servicesaustralia.gov.au



# Access Point

## At a Services Australia Access Point you can:



use our computer to access **my.gov.au** and other government programs and services and to search for jobs



use the telephone to access our self service options or speak to us



access free Wi-Fi 24/7 to connect to government services. No password required



scan, print, fax and photocopy documents



have your confirmation of identity documents certified

There are no Services Australia staff at Access Points. If you need more help, use the telephone provided to call us directly.

## Your local Access Point is:

### Kalannie Community Resource Centre

**Address:** 67 Roche Street

#### Hours of business:

Monday 9.30am - 4.30pm, Tuesday 9.30am-3.30pm,  
Wednesday 9.30am - 3.30pm, Thursday 9.30am - 4.00pm,  
Friday 9.30am - 3.30pm

To find other Access Point locations go to **servicesaustralia.gov.au**

## Self service

You can use your myGov account to access your Centrelink, Medicare and Child Support online accounts. Go to **my.gov.au**

You can also access our services through the Express Plus mobile apps.

For more information go to **servicesaustralia.gov.au/selfservice**

## Centrelink phone self service

Phone self service	136 240
To report your income and changes to your circumstances	133 276

## How to contact us

Go to **servicesaustralia.gov.au** for more information about payments and services or call the listed '13' or '1800' number most relevant to your situation.

ABSTUDY	<b>Freecall™ 1800 132 317</b>
Assistance for Isolated Children	<b>132 318</b>
BasicsCard balance enquiry	<b>Freecall™ 1800 057 111</b>
Centrelink debt repayment	<b>Freecall™ 1800 076 072</b>
Child Support	<b>131 272</b>
Disability, Sickness and Carers	<b>132 717</b>
Families	<b>136 150</b>
Farmers and their partners	<b>132 316</b>
Financial Information Service	<b>132 300</b>

#### For information in other languages:

- Centrelink **131 202**
- Medicare and Child Support **131 450**

Grandparent Advisers	<b>Freecall™ 1800 245 965</b>
Income Management and BasicsCard	<b>Freecall™ 1800 132 594</b>
Indigenous Call Centre	<b>Freecall™ 1800 136 380</b>
Indigenous debt repayment	<b>Freecall™ 1800 138 193</b>
Job seekers	<b>132 850</b>
Low Income Health Care Card	<b>132 490</b>
Medicare	<b>132 011</b>
Medicare Aboriginal and Torres Strait Islander Access Line	<b>Freecall™ 1800 556 955</b>
National Redress Scheme	<b>Freecall™ 1800 737 377</b>
Older Australians	<b>132 300</b>
Students and trainees	<b>132 490</b>
<b>TTY* enquiries</b>	<b>Freecall™ 1800 810 586</b>
Complaints and feedback	<b>Freecall™ 1800 132 468</b>

Call costs from your home phone to a:

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

\* TTY is only for people who are deaf or have a hearing or speech

impairment. A TTY phone is required for this service.



Australian Government  
Services Australia



servicesaustralia.gov.au



# 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	rowanmaccreeery@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	lexiwasman@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





# 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@hazlettcornestore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornestore.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@hazlettcornestore.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](mailto:kapers@kalannie.com.au) so we can include it in the next edition.

# Media Release

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