# THE KULIN UPDATE

3rd October 2023





CONTENT CORNER SHIRE OF KULIN



Mon- Fri 8:30 am - 4:30 pm 38 Johnston Street, Kulin WA 6365 (08) 9880 1021

crccounter@kulin.wa.gov.au
www.kulin.wa.gov.au/crc-home

# THE KULIN UPDATE FAQ

#### Contact

Phone: (08) 9880 1021

Email: marketing@kulin.wa.gov.au

#### How to receive the Kulin Update via Email?

To receive "THE KULIN UPDATE" digitally, please sign up here.

#### How to advertise in the Kulin Update?

- 1. Download the Kulin Update Booking form and fill it in.
- 2. Attach the booking form and the content that you wish to publish to an email and send it to marketing@kulin.wa.gov.au.

#### When are the deadlines?

All articles incl. fully-filled in booking forms are to be submitted no later than **Tuesday, 4pm prior to any publication date.** 

#### When is the next deadline?

The next deadline will be the 17th October 2023.

#### **Advertising costs:**

1/4 page b/w \$20 1/2 page b/w \$25 Front/Back page \$100

Members receive 25% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

#### **Accpeted document formats:**

• PDF • JPEG

#### Have you got news?

If you would like to share news or information with the Kulin community, please email <a href="marketing@kulin.wa.gov.au">marketing@kulin.wa.gov.au</a>

# DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

17th	October	2023
31st	October	2023
14th	November	2023
28th	November	2023
12th	December	2023

#### **HAPPY BIRTHDAY!**

#### October

6th	Jemma Tyson, Peg Argent,
	Holly Sullivan
7th	Tricia Tyson, Ethan Sullivan
8th	Rob Brandis
9th	Hugh Mullan, Tim Barndon Jnr
10th	Gerald Noble, Ian Wilson
11th	
12th	
13th	Joe Carmody
14th	Alecia Robertson, Arthur Major
15th	John Tyson, Tricia Robertson,
	Braden Young
16th	
17th	Shaliegh Saunders



Ruth Dunham, Rex Noble



In town for the Bush Races? Here are the opening hours of local businesses over Race week! Enjoy your stay in Kulin.

Shire of Kulin and CRC- Monday - Friday 8:30am-4:30pm

Kulin Community Bank- Monday -Thursday 9:30am-4:30pm

Friday- 9:30am- 5:00pm

Kulin Community Hub- Monday -Sunday 10:00am- Late

Wednesday 9am - Late

Kulin Post Office- Monday - Friday 9:00am - 5:00pm

Closed 12:30-1:30pm

Kulin Fuel Facility- Open 24/7

IGA Local Grocer Kulin- Monday- Friday 6:30am- 5:30pm

Saturday 8am- 11:30am

Sunday 8:00am- 9:00am

Acres of Taste Café- Monday - Friday 8:30am - 3:00pm

Saturday 8:30am -12:00pm

Sunday 8:00am-12:00pm

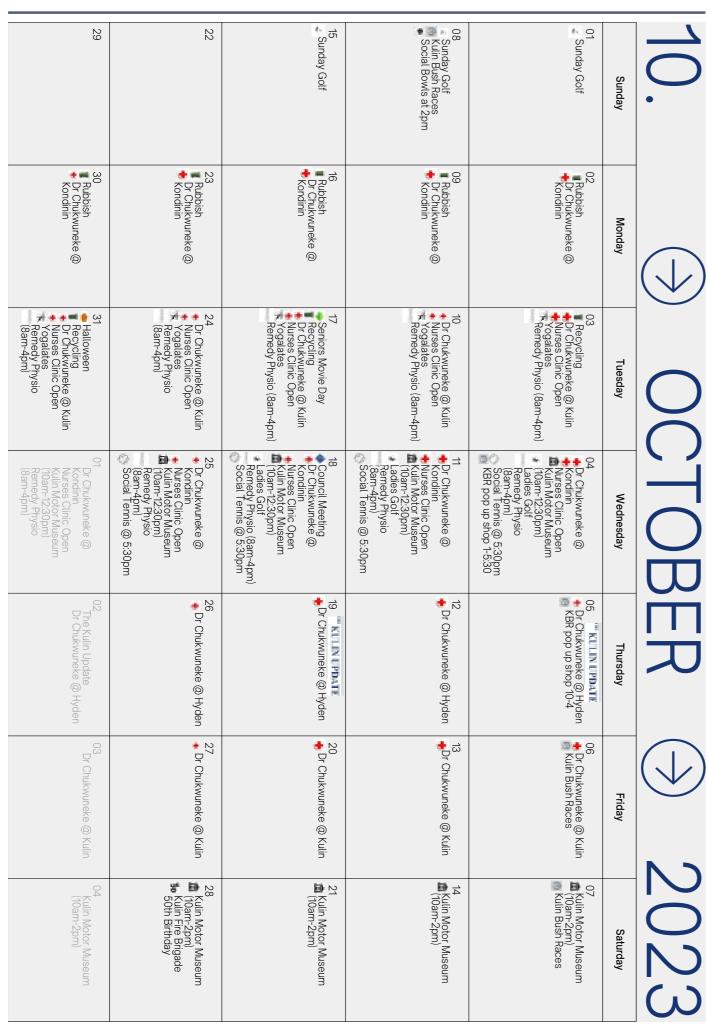
Kulin Hardware & Rural- Monday - Friday 8:00am- 5:00pm

Saturday 8:30am- 11:30am

Woolshed Collective- Monday- Friday 9:00- 2:00pm

Sunday-Sunday 9:00am- 12:00pm

COMMUNITY CALENDAR SHIRE NOTICES





#### Form 4

[reg. 74]

Local Government Act 1995

Local Government (Financial Management) Regulations 1996

Notice pursuant to Schedule 6.3 of the Local Government Act 1995 requiring payment of outstanding rates or service charges

TO: The Owner of 53 Johnston Street, Kulin WA 6365

Bendigo Bank Limited (ACN 068 049 178) of 190 St Georges Terrace, Perth WA 6000

Fines Enforcement Registry

The interest holder(s) of the Restrictive Covenant T10366/1957 registered on Certificate of Title Volume 1204 Folio 428 and the property Lot 600 on Deposited Plan 301659 more commonly known as 53 Johnston Street, Kulin, WA 6365

Notice is hereby given that the sum of \$3,127.70 has been owing to the Shire of Kulin for a period of 3 years for rates and/or service charges in respect of the land described below and unless payment is made of the sum of \$19,664.32 plus any costs and expenses incurred in the interim related to these proceedings, after 3 months from the date of this notice the local government will, pursuant to section 6.64 of the Local Government Act 1995, offer the land for sale by public auction at a time and place appointed by the local government.

Signed for and on behalf of the Shire of Kulin

this 4th day of September 2023:



#### Description of Land etc.

Names of owners and all other persons appearing to have an estate or interest in the land	Description of land referred to, including title references		
Ailsa Krpan  Bendigo Bank Limited (ACN 068 049 178)  Fines Enforcement Registry  The interest holder(s) of the Restrictive Covenant T10366/1957 registered on Certificate of Title Volume 1204 Folio 428 and the property Lot 600 on Deposited Plan 301659 more commonly known as 53 Johnston Street, Kulin, WA	Lot 600 on Deposited Plan 301659, being the whole of the land contained in Certificate of Title Volume 1204 Folio 428, with street address 53 Johnston Street, Kulin WA 6365.		

SHIRE NOTICES
SHIRE NOTICES



# LOCAL GOVERNMENT ORDINARY POSTAL ELECTION NOTICE OF RESULTS Shire of Kulin

The result of the Ordinary Election conducted as a postal vote on Saturday, 21 October 2023 is as follows:

#### **CANDIDATES ELECTED UNOPPOSED**

DistrictExpiry of TermNOBLE, Jarron16 October 2027BOWEY, Robbie16 October 2027MILLER, Brad16 October 2027ROBINS, Grant16 October 2027

Jarron Kim NOBLE is elected as Councillor for the Shire of Kulin and will hold office until 16 October 2027.

**Roberta Jayne BOWEY** is elected as Councillor for the Shire of Kulin and will hold office until 16 October 2027.

Brad Wayne MILLER is elected as Councillor for the Shire of Kulin and will hold office until 16 October 2027.

**Grant Stephen ROBINS** is elected as Councillor for the Shire of Kulin and will hold office until 16 October 2027.

Carol MOURITZ RETURNING OFFICER 0472 750 454



#### **PUBLIC TENDER**



# **OUTRIGHT PURCHASE**

The Shire of Kulin offers for sale by way of Public Tender a 2022 Toyota Hilux SR5 Diesel 2.8L Dual Cab Utility 4x4 - automatic

- -(VIN# MR0BA3CD400065425)
- -Licensed to 14 July 2024
- -Approx kilometres 25,000 km's
- -Reserve price \$65,000
- -Glacier white, alloy wheels, bull bar, tow bar, front & rear seat covers, LED light bar, enclosed canopy (side windows), internal Toyota bed slide
- -Near new condition
- -Availability early November
- -Vehicle available for inspection until 31 August 2023



# JUDD HOBSON EXECUTIVE MANAGER OF WORKS

For more information 0427 801 241

works@kulin.wa.gov.au
Tenders will be accepted until 4pm Wednesday, 18th October 2023

# Shire of Kulin Bush Fire Information 2023/2024



#### **Restricted & Prohibited Burning Times**

#### **Restricted**

19 September - 31 October Permit Required

#### **Prohibited**

1 November - 15 February

No burning allowed - permits will not be issued

#### Restricted

16 February - 15 March Permit Required

Restricted and Prohibited Burning Periods may be extended at the discretion of the Council, and/or Chief Bush Fire Control Officer.

#### Fire Control Officers 2023/2024

Position Name Contact		
Chief Bush Fire Control Officer (CBFCO) Rod Diery	0427 037 705 Deputy CBF	CO Evan Wyatt
0417 914 442 Fire Weather Officer Alan Leeson 049	7 801 204	
Deputy Fire Weather Officer John Waters 0429 898	030	
All of the above have also been appointed as Autho	rised Harvest Ban Officers	

#### **Bush Fire Brigades and Brigade FCO's**

#### **Brigade Fire Control Officer Contact**

brigade Fire Control Officer Contact		
Rod Diery 0427 037 705		
Kulin Town Craig McInnes 0429 801 15	52	
Judd Hobson 0427 801 241		
Donald Bradford 0427 801 252		
David Lewis 0429 809 041		
Kulin North Brendan Sloggett 0427 08	1 925	
John Bowey 0429 801 331		
Michael Wilson 0429 801 298		
John Waters 0429 898 030		
Darren Kirby 0429 831 009		
Kulin South Clinton Mullan 0429 001 6	51	
Lachlan Siviour 0419 449 008		
Evan Wyatt 0417 914 442		
Jilakin / Pingaring Sean Scadding 0429	080 907	
Michael Lane 0427 004 701		
Brent Hyde 0427 773 314		
Holt Rock / Little Italy Cameron Mudg	0429 700 123	

#### **Burning Permits**

Permits for burning will only be issued during the restricted burning period and are available from your local Fire Control Officer.

Permits will only be issued if the Fire Control Officer is of the opinion that the weather conditions are suitable, and may apply restrictions. Failure to comply with the restrictions is an offence.

When a Fire Control Officer refuses to issue a permit, he must advise the Chief Executive Officer that the permit has been refused and details of the grounds for refusal to ensure that a permit is not obtained from another officer.

#### **Protective Clothing**

Do you require Protective Clothing for the Bush Fire Season?

A duty of care exists for a Fire Control Officer to ensure that persons attending an incident has appropriate PPE (personal protective equipment), the same responsibility rests with those attending so please ensure you wear the required clothing, otherwise insurance issues may arise.

The Kulin Shire cover the full cost of protective clothing (jackets and trousers) and pay 50% of the cost of Full Face Respirators & Filters (full cost is approx. \$330). Supply of jackets and trousers is only to *registered members of a bushfire brigade* within the Shire of Kulin, and if you have not placed an order in the past 5 years.

Please email eso@kulin.wa.gov.au to place your order by 16 October 2023



Trouser T540 sizes: 77L to 97L 77R to 117R 87S – 132S





In Case of Fire Call

SHIRE NOTICES
SHIRE NOTICES

#### Cr Lucia Varone

Council took the opportunity after their September Council meeting to thank Cr Varone for her service as a Kulin Shire Councillor for the past 7 1/2 years. This was Cr Varone's last meeting as she chose not to seek re-election in the 2023 Local Government Elections.

The role of a Councillor is largely in a voluntary capacity and Council, on behalf of the wider community, took the opportunity to acknowledge Lucia's years of service to the East Ward and the Kulin Shire since her election to back in March 2016.

Lucia has been a fantastic advocate for the East Ward, representing this area, with passion and consistently raising awareness of issues and offering idea's for improved services. Her work in the health and medical portfolio space, in fostering a link for Council with the Varley community and her unwavering commitment to the improvement of local roads in the East Ward was acknowledged by President Robins.

Lucia was presented with a Council plaque, flowers and a gift as a thank you for her service, and a token of appreciation.





#### FREEBAIRN RECREATION SPORTING COUNCIL MEETING

Meeting Agenda – Thursday 26th October 2023 6:00pm at Freebairn Recreation Centre

Minutes - Caroline Carrie

#### Agenda Items

- 1. Present/ Apologies
- 2. Previous Sporting Council minutes 27<sup>th</sup> October 2022
- 3. Matters arising from previous minutes.
- 4. General Business.
  - 4.1 Feedback/ Issues from Clubs
- 5. Meeting Close

# CONGRATULATIONS CR WEST

#### **EMINENT SERVICE AWARD**

Congratulations to Cr Barry West on receiving an Eminent Service Award as part of the 2023 WALGA Local Government Honours Program. Cr West received this award on Sunday 17 September at a function held at the start of the Local Government Convention.

This award recognises Barry's significant contribution to the Kulin Shire Council over many years.

"With an outstanding 24 years of continuous service to the Shire of Kulin, Barry West is a passionate community representative who is respected for being hard working, fair and objective and always willing to listen to others. With an awareness for the importance of stakeholder engagement Barry is an articulate communicator and often meets with politicians to lobby for improvements to local infrastructure and services."

"Elected to Council in 1989, Barry served as Deputy President from 2003 until 2015, and was Shire President for six years from 2015 to 2021."

"Given his long and dedicated service, Barry has been instrumental in many innovative community initiatives, including the Kulin Bush Races and the Tin Horse Highway. He was the Shire's representative on the Roe Reginal Organisation of Councils from 2013 until 2021 and he was a member of the Cultivating Kulin Committee from 2019 until 2021. He was integral in the completion of the Freebairn Recreation Centre and was the Shire's representative on the Central Country Zone for nine years."

"Barry is a passionate advocate for the re-opening of the Tier 3 rail lines and is a long-term member of the Wheatbelt Railway Retention Alliance. He has represented Council on many road-related committees such as the Lakes Regional Road Group and has attended interstate National Local Roads and Transport Congresses."

"He was the inaugural chair of both the Kulin Development Co-operative and the Kulin Land Care Development Committee and has been member of the Great Southern Rail Interest Group, the Skeleton Weed Action Group, the CBH Growers' Advisory Council the Newdegate Research Station Advisory Board."

**Congratulations Barry** 



# BEING A RESPONSIBLE PET OWNER

#### PLEASE READ BELOW INFORMATION

Owning a pet is great fun, but is something that requires a lot of time, love and responsibility.

Much of being a responsible pet owner is understanding your pet's needs and being aware of community expectations about responsible pet management.

As an animal owner, it is your responsibility to provide for your animal's general welfare, as a matter of priority.

Dog owners, or anyone contemplating becoming a dog owner, should do a few simple things to keep their dog out of trouble and their neighbours happy:

- Make sure your dog is properly fenced in at home
- Use a leash when you are out
- Exercise your pet daily
- Provide adequate bedding
- Provide a balanced diet and access to drinking water at all times
- Provide veterinarian care when required
- Train them not to bark excessively
- Stop them from roaming or being aggressive
- Desex their animal if it is not required for breeding
- Pick up after them in public (you may be fined if your animal's excrement remains on any road, street, nature strip, reserve, and public or Council land)
- Make sure they are registered and identified so they can be returned easily if they do get out.









# FREEBAIRN RECREATION CENTRE CLUB ANNUAL GENERAL MEETING

Meeting Agenda- Thursday October 26th 2023

6pm at Freebairn Recreation Club

**Chairperson**- Travis McAdam **Attendees**-

Apologies -

Minutes - Caroline Carrie

- Reading & Confirmation of Minutes
  - o Annual General Meeting 27th October 2022
- Chairperson's Report
- Centre Manager's Report
- Statement of Accounts
- Election of Office Bearers
- Election of Club Auditor
- General Business
  - o Food Safety Standard 3.2.2
  - o Funding Opportunities
  - Constitution
  - o Tennis Court
  - o Changing Room
  - Other Business

Closure of Meeting

#### The Freebairn Recreation Club Inc. Notice of Annual General Meeting

In accordance with the Clubs Constitution the Annual General Meeting of the Freebairn Recreation Club Inc is scheduled to be held on

#### Thursday 26th October 2023 Commencing at 6 pm

The order of business for the meeting will be:

- Reading & Confirmation of Minutes
  - Annual General Meeting 27<sup>th</sup> October 2022
- Chairperson's Report
- Centre Manager's Report
- Statement of Accounts
- Election of committee for the Freebairn Recreation Club Inc.
- Special Business of which Notice of Motion has been given.
- General Business

#### Call for Nominations for FRC Management Committee

The Freebairn Recreation Club Management Committee is a sub-committee of the Kulin Shire Council. The committee exists to provide a link between the Kulin Community and the Kulin Shire Council to ensure that our fantastic facilities are maintained to enable the effective use by its Members as required.

Any person wishing to become a member of the Management Committee must nominate in writing, signed by the <u>Proposer and Nominee</u> who must <u>both be full financial adult members</u>, and hand it into the Manager by closure date.

NOTE: NOMINATIONS CLOSE 19th October 2023.

A nomination list will be displayed on the notice board in the Recreation Centre 7 days prior to the AGM.

Members unable to attend the AGM may lodge a vote on an approved ballot paper obtainable from the Centre Manager 7 days prior to the AGM.

NOTE: Voting forms must be returned to the Centre Manager by 3pm Thursday October 19th, 2023.

Nomination forms are available from the Centre Manager.

Centre Manager: Caroline Carrie PH: 9880 1000 reccentre@kulin.wa.gov.au



# FREEBAIRN RECREATION SPORTING COUNCIL MEETING

Thursday 26th October 2023

6:00pm (followed by FRC AGM at 6.30 pm)

Freebairn Recreation Centre

\* at least one representative from every Club to be in attendance

3pm to 4pm

Kulin Bush Races Bouncy Castle Attendant Roster 2023					
Coordinator: Maddie Earle-Sadler 0452 434 636					
Saturday 7th Oct	ober				
10am to 11am	Tate Robertson (& Harry, Oliver)				
11am to 12pm	Seanna Savage & Eliza Jury				
12pm to 1pm	Van Jasper				
1pm to 2pm	Hamish Omodei & Fraser Robertson				
2pm to 3pm	Deacon Mullan & Will Mullan				

Friday 6th October	BUS 1			
3pm to 5pm 5pm to 7pm 7pm to 9pm 9pm to 11pm	Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis			
Saturday 7th October	BUS 1- TOWN to RACE TRACK	BUS 2- TOWN to	RACE TRACK	
Take Bus to Track 8.30am to 10.30am 10.30am to 12.30pm 12.30pm to 2.30pm 4.30pm to 6.30pm 6.30pm to 8.30pm 8.30pm to 10.30pm	John Munro Les Tyson Grant Robins Emily Bastian Tim Barndon Haydn McInnes Haydn McInnes	9am to 11am 11am to 1pm 1pm to 2pm	Grant Robins Christine Tyson Tim Barndon	
Saturday 7th October	Bus 3- CAR PARK to RACE TRAC	:K		
9am to 11am 11am to 1pm 1pm to 3pm 3pm to 5pm	Darren Goode Darren Goode Donna Spurgeon Donna Spurgeon			
5pm to 6.30pm	Tim Barndon Snr			

Kulin Bush Races Coordinator: Simon D			
Friday 6th October	Cart 1	Cart 2	Cart 3
3.00pm to 5.30pm:	Allan Leeson	Owen Rees	Tim Barndon Jnr
5.30pm to 8.00pm		Owen Rees	Francis Meehan
Saturday 7th October			
11.00am to 2.00pm	Ray Hardy	Tim Barndon Jnr	Rodney Duckworth
2.00pm to 5.00pm		Tim Barndon Jnr	Aitor
5.00pm to 8.00pm:	Hooch	Francis Meehan	Rodney Duckworth

cordinator	: Taryn Scadding	g 0.429 630 B42						
	Terminal 1	Terminal 2	Terminal 3	Terminal 4	Terminal 5	Terminal 6	Terminal 7	Terminal 8
10:00am to	Kym Lucetwsi	Janua Lockyer	Simone Lockyer	Aslmon Scadding	Bernie Quade	David Mead	Lorraine Mead	Sharyn MoAdan
12:45pm	Michelle Leene			Tom Clayton	Gerth King		Trish Mahe	
12:45pm	Younge Bowey	Annabel Wilson	Lara Murchei	Fions Murphy	James Wilson	Erin Bailey	Ashley Byres	
3:15pm	Jen Henderer	Jaana Lockyer	Tessa Silver	Gab Quade	Chioe Hanson		Craig Mclanes (2pm)	
3:15pm to	Young Boney	Jenna Lockyer	Scroone Lockyee	Lare Marchei	James Wilson	Erin Bailey	Lorraine Mead	Sharyn McAdam
6:00pm	Oraig Midram (gon)	Ashley Byres			Chioe Hanson		David Mead	
_	SUPPORT	Gerry Noble	Juld Hobson	David Tholstrap	-		-	
	CALCUTTA:						7	

Kulin Bush Ra	ices Bouncy Castle Attendant Roster 2023
Coordinator: Mad	die Earle-Sadler 0452 434 636
Saturday 7th Oct	ober
10am to 11am	Tate Robertson (& Harry, Oliver)
11am to 12pm	Seanna Savage & Eliza Jury
12pm to 1pm	Van Jasper
1pm to 2pm	Hamish Omodei & Fraser Robertson
2pm to 3pm	Deacon Mullan & Will Mullan
3pm to 4pm	

Friday 6th October	BUSI			
3pm to 5pm 5pm to 7pm 7pm to 9pm 9pm to 11pm	Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis Tim Bradford/Nahi Lewis			
Saturday 7th October	BUS 1- TOWN to RACE TRACK	BUS 2- TOWN to	RACE TRACK	
Take Bus to Track 8.30am to 10.30am 10.30am to 12.30pm 12.30pm to 2.30pm 4.30pm to 6.30pm 6.30pm to 8.30pm 8.30pm to 10.30pm 10.30pm to 12.30am	John Munro Les Tyson Grant Robins Emily Bastian Tim Barndon Haydn McInnes Haydn McInnes	9am to 11am 11am to 1pm 1pm to 2pm	Grant Robins Christine Tyson Tim Barndon	
Saturday 7th October	Bus 3- CAR PARK to RACE TRAC	CK .		
9am to 11am 11am to 1pm 1pm to 3pm 3pm to 5pm 5pm to 6.30pm	Darren Goode Darren Goode Donna Spurgeon Donna Spurgeon Tim Barndon Snr			

Coordinator: Simon I	uckworth 0429	390 076	
Friday 6th October	Cart 1	Cart 2	Cart 3
3.00pm to 5.30pm:	Allan Leeson	Owen Rees	Tim Barndon Jnr
5.30pm to 8.00pm		Owen Rees	Francis Meehan
Saturday 7th October			
11.00am to 2.00pm	Ray Hardy	Tim Barndon Jnr	Rodney Duckworth
2.00pm to 5.00pm	Hooch	Tim Barndon Jnr	Aitor
5.00pm to 8.00pm:	Hooch	Francis Meehan	Rodney Duckworth

Saturday 7tl	October							
coordinator	: Taryn Scadding	0429 630 842						
	Terminal 1	Terminal 2	Terminal 3	Terminal 4	Terminal 5	Terminal 6	Terminal 7	Terminal 8
10:00am to	Kym Lucebed	Janua Lockyer	Simone Lockyer	Ashton Scalding	Bernie Quade	David Mead	Lorraine Mead	Sharyn McAdan
12:45pm	Michelle Leene			Tom Clayton	Gerth King		Trish Mahe	
12:45pm	Younge Boney	Annabel Wilson	Lea Marchei	Fions Murphy	James Wilson	Erin Bailey	Ashley Byras	
3:15pm	Jen Henderer	Jaana Lockyer	Tessa Silver	Gab Quade	Chioe Hanson		Craig Mclanes (2pm)	
3:15pm to	Young Boney	Jenna Lockyer	Scroone Lockyee	Lare Marchei	James Wilson	Erin Bailey	Lorraine Mead	Sharyn McAlan
6:00pm	Oreig McIram (gm)	Ashley Byres			Chioe Hanson		David Mend	
	SUPPORT	Gerry Noble	Juid Hobson	David Theistrap				
	CALCUTTA:							

**KULIN BUSH RACES** 

Coordinator: John Bowey 0429 801 331 Please get to your shift 10 minutes early for handover. Please wear closed in shoes & hat, high vis vest pro				
Wednesday 4th October	Gate	Parking		
9.00am to 1.00pm	Mike Wilson	James Wilson		
***************************************	Kathy Wilson	Tim McInnes		
	Jack Wilson			
1.00pm-5.00pm	John Bowey			
Loopin Soopin	Yvonne Bowey			
	Cadel Bowey			
	Kave Tyson			
7 - 1 - 1 0 - 1	Gate	Parking		
Thursday 5th October	Rob O'Brien	John Riseborough		
8.00am to 12.00pm	and the second s			
	Miranda O'Brien	Tim McInnes		
	Brayden Young	James Ellis		
	Julie Young	Josh Bowey		
	Clint Mullan	Toby McInnes		
12.00pm to 5pm	Shane Tyson	James Wilson		
	Jemma Tyson	Cadel Bowey		
	Erika Hardy			
	Claire Brennan			
	Elizabeth Bailey			
Friday 6th October	Gate	Parking		
8.ooam to 11.ooam	Yvonne Bowey	John Riseborough		
6.GGainto 11.GGain	Mitchell King	Tim McInnes		
	Tim Day	James Ellis		
	Gabby Quade	Josh Bowey		
	Brad Miller	Toby McInnes		
11.00am - 2.00pm	Abbey Noble	Tom Clayton		
	Theresa Clayton	James Wilson		
	Alysha Sloggett	Kael Astbury		
	Garry Walker	Cadel Bowey		
	Barry Gangell	100000000000000000000000000000000000000		
a comme a comm	Kym Lucchesi			
2.00pm - 5.00pm	Michelle			
	Taz Noble			
	Alice Clayton			
	Shenae Harradine			
5,00pm to 7,00pm	Luke Brown			
ACTIVITY OF THE PARTY OF THE PA	George Rowe			
coopm to 7.00pm	Kim Brandis			
	Joe Brandis			
	Neil Saunders			
	Tom Bennier			
7.00pm to close	John Bowey			
	Mick Lucchesi			
	Wak McInnes			
	Michael Bennier			
	Sean Scadding			
	Judd Hobson			
Saturday 7th October	Gate	Parking		
7.00am to 11.00am	Emma Wilson	John Riseborough		
	Craig McInnes	Tim McInnes		
	James McInnes	James Wilson		
	Grantly Mullan			
	James Wilson			
11.00am to 3.00pm	Rob O'Brien			
a.ooana 3.oopm				
	Doug Ellis			
	John Bowey			
oopm to 8.oopm	Mike Wilson			
oopm to 8.oopm				

Kulin Bu	sh Races Disco Su	pervisor Roster 2023
	Maddie Earle Sadler 0452 4	
Friday 6th Oc	tober - Main Bar Area	
	Gate Supervisor (4-6 ppl)	Roaming Supervisors WWC Required
5.45pm-8pm	Fi Murphy (6.15)	Minnie Lucchesi (tbc)
		Dee Carroll

Coordinator: Jennie M	fcInnes 0429	801.478								
Friday Morning Prep	@ FRC	N	101-	S	333	(2)	300	727	444	30
gam to Ham	Hayley Browning.	Zeta Offisuke	Trudi Flattis Quicke							
& Transport in Track	Ju Braddy	Jon Henderer	7						(	
Friday 6th October		9		(C)	- 00	33	S).		-00	
4pm to 6pm	Yvoene	Target	Len							
6pm to 8pm	Tim Barndon	Miroda	Oles	<	0	.4				17
Saturday 7th October	3									
9.30pm to 12pm	Jayde Hobsus	Zeta Ottouke	Com Coddell		-					
12pm to 2pm	Ashton Nohme	Warrick McInner	Zed Clarke	Sean Caddell	Sur Hobbo					
2pm to 4pm	Damo Cadell	Gary Whitehead	Chris	Devon	Shense				-	
4pm to 6pm	Sharon Sarsdon	Highly Browsing	Nortin Cook	Elise Mullan	Tam Wilkins	Will Mollan	Jen Henderer			
6pm to 9pm	Rachel Grant	Graeme Robbo	Amy Parnell	Yeonne	12.72		= V.1 ( ) // // // // // // // // // // // // /			
gpm to late		Parameter Co.	2,000 Minute	2000						

Coordinator: Belle Brandis 0476 178 045 Saturday 7th October - Require WWC- Capable children may assist				
Saturday /ul October -	Crafts	Face Paint		
9.30-12.00pm	Stella Mullan Lucy Scadding	Tasmyn Griffiths	Nadia Bull	
12.00pm to 2.00pm	Ethan Wade Kate Walsh	Charlotte Murdoch		
2.00 pm to 4.00 pm	Charlotte Murdoch Ava Bennier	Maggie Murphy Jade Wilkins	Zari Duckworth	
4.00pm to clean up (3 x ppl)	Fiona Murphy Charlotte Murdoch			

Friday 6th Oct	Gates-Carmody Block	Gate > Road access from Camp Ground	Gaten-Blakin Nth Rd gpm-6pm	Gate 4- Merchandise 2.45-500
2.30pm to 3.30pm	Nat Cook	Liam Ansell	Barry Gangell	Sid Turner
	Harley Cook	Michael Bennier	1 100 100	Cliff Atkinson
5pm to 8pm	Security	Security		
Saturday 7th Oct	Gates - Carmody Block	Gate 2- Road access from Camp Ground	Gate 3 - Jillalda Nih Rd	1
9.30am b 11pm	Nat Cook	Michael Bennier	Liam Arsell	
Carried Contract	Harley Cook	Bernadette Haverstein	1	
6pm to late	Security	Security	Security	

ADDDOUGD MANACEDC.	Matthaw Comed Clare	n Duckworth, Jay Robertson & Megan S	·mad
Saturday 7th October	Managers:	Matt Syred & Simon Duckworth	yred
11.00am to 2.00pm	Supervisor: (vest)		
in to a soup in	Ticket Sellers:	Hayley Browning	Laura Browning
	Bar Staff:	Tom Bennier	Maddison McLeish
	Dai Stan.	Lachlan Biglin	Megan Williams
		**Volunteer Needed	Tully Biglin
		Damian Cadell	Braden Young
Trailer Bar (11am-2pm)	Megan Syred	Steph Bradford	Millie Leeson
Saturday 7th October	Manager:	Matt Syred & Jay Robertson	Panis Deepen
2.00pm to 4.00pm	Supervisor: (vest)		
c.oopin to 4.oopin	Ticket Sellers:	Zeta O'Rourke	Emily Bastian
	Bar Staff:	Braden Young	Luke Ledwith
	Dai Stan.	Richard Bradford	George Rowe
		Colby Lewis	Megan Williams
		Karl Schumacher	Maddison McLeish
Trailer Bar (2pm-4pm)	Megan Syred	Steph Bradford	Jarrad West
Saturday 7th October	Manager:	Jay Robertson & Simon Duckworth	valiad west
0.00pm to 6.00pm	Manager: Supervisor: (vest)	The same of the control of the contr	
Loopm to o.oopm	Ticket Sellers:	Amy Parnell	Julia Schorer
	Bar Staff:	CONTRACTOR OF THE PROPERTY OF	District Control of the Control of t
	Bar Stan:	Tom Bennier Lachlan Biglin	Daniel Tholstrup Damian Cadell
		**Volunteer Needed	and the second s
		Control of the Contro	Tully Biglin Tom Maguire
Carilan Ban / care care)	Manage Compd	George Rowe	
railer Bar (4pm-7pm)	Megan Syred	Laura Browning	Millie Leeson
aturday 7th October	Manager:	Matt Syred & Simon Duckworth	
6.00pm to 8.00pm	Supervisor: (vest) Ticket Sellers:		TP
	The state of the s	Elise Mullan	Tammy Wilkins
	Bar Staff:	Matt O'Rourke	Colby Lewis
		Daniel Tholstrup	Karl Schumacher
		Tim Day	Luke Ledwith
		Richard Bradford	Grantly Mullan
aturday 7th October	Manager:	Matt Syred & Jay Robertson	
.00pm to 10.00pm	Supervisor: (vest)	Control of the Contro	
	Ticket Sellers:	Genn Browning	Michael Lucchesi
	Bar Staff:	Tom Maguire	Chris Wade
		Tim Bradford	Tim Day
		Jarrad West	Hayden Williams
		Ash West	Grantly Mullan
Saturday 7th October	Manager:	Matt Syred, Simon Duckworth & Jay R	obertson
0.00pm to 12.00am	Supervisor: (vest)	English Control of the Control of th	
	Ticket Sellers:	Megan Syred	Michael Lucchesi
	Bar Staff:	Genn Browning	Brenton Tyson
		Tim Bradford	Hayden Williams
		Chris Wade	Emily Bastian
	9	Matt O'Rourke	Brian Bowey
Saturday 7th October	Manager:	Matt Syred, Simon Duckworth & Jay R	
12.00am to 1.00am	Supervisor: (vest)		Craig Jasper
	Bar Staff:	Matt O'Rourke	Brenton Tyson

Friday 6th October	obbie Bowey, Jarron Noble , Gabrielle Savag   Manager: Gab Savage Supervisors: Jar		
3pm-6pm	Serving Team	Wine Pouring	Bar Stacking cleaning bar
	Team 1. Simon Noble, Miranda O'Brien	1st. Brooke Mason	Bar Person 1. Doug Ellis
	Team 2. Chloe Pratt, Carlinea Savage	and.**Volunteer Needed	Bar Person 2. Cameron King
	Team 3. Kristy Ellis, Abbey Nobel		Bar Person 3**Volunteer Nee
	Team 4. **Volunteers Needed		
	Team 5 **Volunteers Needed		
Friday 6th October	Manager: Robbie Bowey Supervisors: Ga	b Savage	1000
6pm to 8.30pm	Team 1. Kate Risebrough Rachel Argent	1st Helen King	Bar Person 1. Clinton Mullan
5.26	Team 2. Nina Lowden, Georgie Steel	and, Marie Meehan	Bar Person 2. Mitchel King
	Team 3. Nicole Thompson, Bernie Havenstein		Bar Person 3 Tom Maguire
	Team 4. Macushla Quick Janna Lockyer		
00000 0000000000000	Team 5 Elise Mullan		
Friday 6th October	Manager: Jarron Noble Supervisor: G	ab Savage	
8.30pm to 11.00pm	Team 1. Heather Lockyer, Renae Eva	1st. Emily Bastian	Bar Person LClinton Mullan
	Team 2. Megan Syred, Steph Marsh	2nd.**Volunteer Needed	Bar Person 2. Brad Miller
	Team 3. Craig Jasper, Jay Robertson		Bar Person 3. Chris Wade
	Team 4. John Munro		
Saturday 7th October	Manager: Gab Savage Supervisor: Robb	ie Bowey	
uam-2pm	Team 1. Simon Noble, Lisa King	1.Brooke Mason	Bar Person 1. Cameron King
	Team 2. Carlinea Savage, Chloe Pratt	2.Helen King	Bar Person 2. Mitchel King
	Team 3. Miranda O'Brien, Heather Lockyer		Bar Person 3 **Volunteer Ne
	Team 4 Kate Risebrough, Eden Dearlove		
	Team 5 Rachel Grant, Meaghan Berrigan	A CONTRACTOR OF THE PARTY OF TH	
	Manager: Jarron Noble Supervisior G. S		
2pm-4pm	Team 1. Rachel Argent, Jess Smith	ıst.Bernie Havenstein	Bar Person L Luke Webster
	Team 2. Hayley Ayres, Millie Leeson	and.Marie Meehan	Bar Person 2.Lochlan Mead
	Team 3. Iria Gomez, Julieta Porta		Bar Person 3 Jacob Huru
	Team 4.**Volunteers Needed		
	Term 5.**Volunteers Needed		
Saturday th October	Manager: Jarron Noble Supervisior: G S		
4pm6pm	Team 1. Heather Lockyer, Jemma Tyson	1st. Marie Mechan	Bar Person LCameron King
	Team 2. Nina Lowden, Georgie Steel	2nd. Helen king	Bar Person 2.Lochlan Mead
	Team 3. Elizabeth Bailey, Rachel Grant		Bar Person 3. Jacob Huru
	Team 4.Iria Gomez Julieta Porta 5pm. Team 5pm Robin & Greg Schorer		
Saturday 7th October	Manager: Robbie Bowey		
The state of the s		1st. Robin Schoer	Bar Person 1.Brian Bowey
6pm-9pm	Team 1. Janna Lockyer, B. Havenstein Team 2. Robin & Greg Schorer	and, **Volunteer Needed	Bar Person 2. **Volunteer Ne
	Team 3.**Volunteer Needed	2nd. Volunteer iveeded	Bar Person 2. Volunteer IVe
Saturday 7th October	Manager: Robbie Bowey		
9 pm till close	Robbie Bowey, Brian Bowey, John Munrow		
y partial cause	Involve borney, brian borney, ocus sittle on		
RSA Yellow Vest Friday	H.Cook, N. Cook, B Havenstein, D.Bradford	**Volunteer Needed	
	B.Savage, D. Bradford, S. Turner**Volunteer		

Kulin Bush Races To	ilet Cleaning l	Roster 2023
Coordinator: Alecia Robertson 04:	38 987134	
Wednesday 4th October	7.	
4pm- Meet behind the kitchen	Corrie Spark Fi Murphy Sharyn Cook	Sue Hobson Hayley Browning Donna Spurgeon
Thursday 5th October		
9am- Meet behind the kitchen	Tricia Robertson Wendy Gangell Peta West TBC	Bernie Havenstein Sue Hobson

Kulin Bush R		andise Rost	ter 2023				
Coordinator Ashlee o							
Wednesday 4th Octo						1	
soam szpm	Tess Silver Ash West	StateH	Mel Miller				
s2pm-2pm	Fymelle	Kery Riseborough	Kristy Ellis				
Thurs day 5th Octobe	r						8
юат-серт	TessSher	Teneile Crook	MelMiller	Dani Bardon	Maree Jones		
ızpm-zpm	TessSiver	Teneile Crook	Leney Duckworth	Hayley Browning	Ash West		-
2pm4pm	Janine asyras	Rymelle	Hayley Browning	Steve H	Mel Fees		
Friday 6th October		in a later of the					
uam-zpm	Pomelle Janine Tess Silver	Maree Jones	Elizabeth B				
apm-4pm	Ash West Pomelle	Tess Silver Janine Jany	Tam & Jade Wilkins	Elizabeth B	ClaireB	Dani W	N.
4рт-брт	Ash West Pomelle	Tess Silver Janine	Dani W	Claire B	Julia Schorer	Robym Schorer	
Saturday 7th October	The second section is a second section of the second section of the second section is a second section of the second section of the second section section is a second section of the second section s				A STATE OF THE PARTY OF THE PAR	Day of the last	
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юат-герт	Ash West Rynelle	Janine	Stella Wade	Maree Jones	Teresa C	Elizabeth B	Sandra Mears
czpm-zpm	Ash West Formelle	Peta West	Teresa C	Kathy Wilson	Po bym Schorer		
2pm-4pm	Ash West, Tess Pymelle Jamine	Kerry Riseborough	Peta West	Stella Wade			

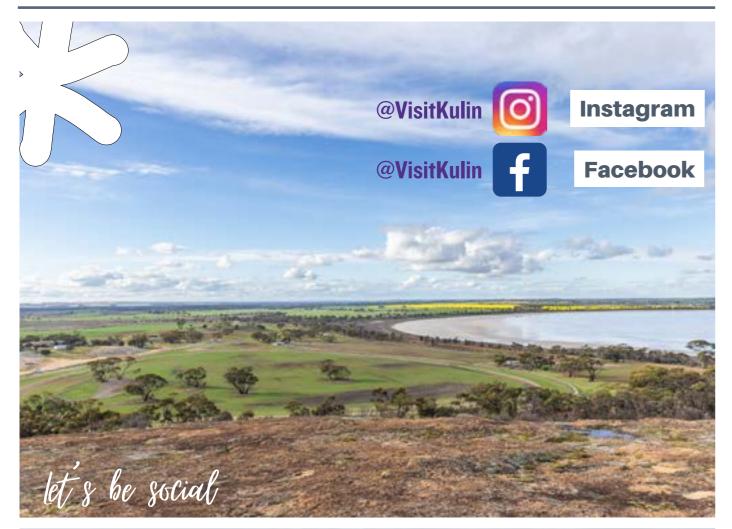
Friday 6th October	Located in Marquee	,
3pm to 5pm	Corrie Spark	Tricia Meikle
5pm to 7pm	Sue Hobson	Mary Lucchesi
7pm to 9pm	Sharyn McAdam	Mary Lucchesi
9pm to late	Sharyn McAdam	
Saturday 7th October	Located in Rhino Ta	ınk
9am to 12pm	Tricia Robertson	Alecia Robertson
12pm to 3pm	Tricia Robertson	Alecia Robertson
3pm to 6pm	Tricia Robertson	Alecia Robertson
12pm to 3pm	Tricia Robertson	Alecia Robertson
3pm to 6pm	Tricia Robertson	Alecia Robertson
6pm to 8pm- Move to Marquee	Sharyn Cook	Mary Lucchesi
8pm to late	Alecia Robertson	

Coordinator: Davi	d Carmody 0427 801 248	
Friday 6th Octobe	r	9
6pm to 8pm	Colm Brennan	
Saturday 7th Octo	ber	
12pm to 3pm	Toby McInnes	Colm Brennan
N 12 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	Cooper Bennier	
6pm to 8pm		

Sponsors Area Set up Thursday 12pm	Saturday 10am-6pi	n	
Director Of Partnerships	Gen Whisson		
Bar and Point of Sale Coordinator	Brad Smoker		
Sponsor Area Coordinator	Renae Eva		
Sponsor Food Coordinator	Kristy Ellis	]	
	Justine Tyson Clinton Mullan Travis McAdam	Daniela Ledwith Brad Miller Barry West	Claire Brennan Sam Schorer Lauren Mullan
Saturday 7th October	Food Helpers- If fo 10am, please come meeting to hear ho	to sponsors are	a for a 10 min
12pm-1pm	Tasmin Noble Maggie Murphy	Alice Clayton Lyla Smoker	Willow Smoker Grace Murphy
1pm-2pm	Seanna Savage Eliza Nadia Bull		Stella D Meg Grace Murphy
2pm-3pm	Shauna Mehan	Evalyn Buttigig	4 6
	Tasmin Noble	Alice Clayton	Ava Bennier

Coordinator: Julie You	ing 0448 938 290		
Friday 6th October		Saturday 7th October	
2.30pm-4.30pm	Katy Walsh Kathy Wilson	9.00am- 11.00am	Katy Walsh Kathy Wilson
5.00pm-7.00pm		11.00am - 1.00pm	
	Hayley Browning Tricia Robbo		Sean Harris Kerry Casey Georgia Harris
7.00pm-9.00pm		1.00pm-3.00pm	
	Jayde Hobson		Minnie Lucchesi Erica Hardy Sharon Barndon
9.00pm-11.00pm		3.00pm - 5.00pm	7 4 10 10
	Carly Williams		Sharyn Cook
		5.00pm - 7.00pm	
		7.00pm - 9.00pm	
			Tricia Robbo James Wilson Chloe Hanson

VISIT KULIN MACROCARPA TRAIL





Make sure you make your way down to the Macrocarpa Trail, brochures can be found in the Kulin Community Resource Centre. The flowers are blooming!



**VISIT KULIN VISIT KULIN** 



https://www.visitkulin.com.au/ VisitKulin



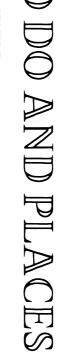
















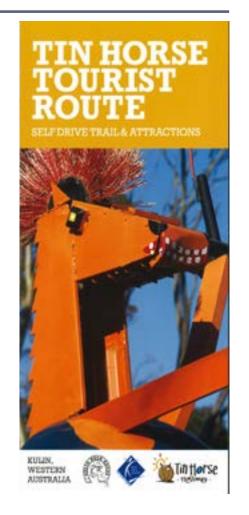




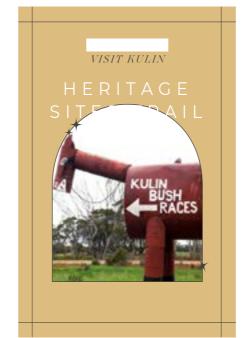








The following brochures and booklets are located at the Kulin Community Resource Centre. Feel free to make your way down and grab one.







**PAGE 26 PAGE 27**  This fortnight we have been learning all about workers in our community, in particular, our emergency services. We have explored through play being hospital workers, firefighters, police and ambulance workers.

At the moment we are enjoying the outdoors and the warmer weather in our veggie garden, caring for our chickens and lots of water and mud kitchen play.

October is a very busy learning month for us at KCCC, and for the next few weeks we will be exploring SPACE for Space Week, creating a space station and rocket for our astronaut play. We will also learn about Super Hero Week and what being a super hero entails - being great friends is a great start!

There is also a week to learn about good nutrition and this will be a great opportunity to get cooking up some healthy treats that we have grown in our garden.

Towards the end of the month is Grandparents Day, so watch out for our invitation to come and have morning tea with our children, meet the staff and look through the centre. We will advise you closer to the date.

#### Finally, a word from Kylie.

The phrase "it takes a village to raise a child" originates from an African

proverb and conveys the message that it takes many people ("the village") to provide a safe, healthy environment for children, where children are given the security they need to develop and flourish, and to be able to realise their hopes and dreams.

What a joy it is to join and observe the children having fun, learning and being cared for in such an inclusive environment at KCCC and how they make us smile everyday.

Wishing everyone fun and laughter at the Kulin Bush Races.

Until next time.

The team at KCCC.













#### **COMMUNITY SUPERSTARS**

#### CHERRY RIPE CUPCAKES AND MILO MUFFINS

#### **Cherry Ripe Cupcakes**

#### **Ingredients**

- 1 cup self raising flour
- 1 cup caster sugar
- 1/2 cup desiccated coconut
- 1/4 cup cocoa powder
- 150g butter, melted
- 1/2 cup coconut cream
- 2 eggs
- 4x52g packets Cadbury Cherry Ripe, chopped into 1cm pieces
- 12 mini oreo biscuits
- 3x52 packets Cadbury Cherry Ripe, extra, cut into thick diagonal slices
- Freeze dried strawberries, crushed

#### **Chocolate Ganache**

- 300g dark chocolate, finely chopped
- 1/2 cup thickened cream
- 2 tbsp thickened cream

#### Buttercream

- 375g butter, at room temperature
- 3 cup icing sugar mixture
- 1 tbsp milk
- 100g dark chocolate, melted, cooled
- 2 drops ueens Red Food Colour Gel

#### Method

#### Step 1

Preheat oven to 180C/160C fan forced. Line twelve 100ml muffin pans with 3.5cm deep paper cases.

#### Step 2

Combine the flour, sugar, coconut and cocoa in a bowl. Make a well in the centre of the mixture. Add the melted butter, coconut cream and eggs. Use a balloon whisk to whisk until well combined. Stir in the chopped Cherry Ripe. Spoon into the cases. Bake for 25 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes to cool slightly before transferring to a wire rack to cool completely.

#### Step 3

Meanwhile, for the chocolate ganache,

place the chocolate and thickened cream in a heatproof bowl. Microwave on HIGH, stirring every minute, for 2 minutes or until melted and smooth. Set aside, stirring occasionally, for 20 minutes or until the mixture thickens slightly.

#### Step 4

Reserve 1/2 cup of the ganache in a seperate bowl. Carefully spread the remaining ganache over the top of each cake. Set the cakes aside to set slightly.

#### Step 5

To make the buttercream, use electric beaters to beat the butter in a bowl until softened. Gradually add the icing sugar, beating until pale and creamy. Add milk and beat until well combined. Transfer half the buttercream to a seperate bowl. Add the melted chocolate to one portion and beat until well combined. Add red food gel to the remaining buttercream portion and mix until well combined.

#### Step 6

Place the chocolate buttercream in a piping bag fitted with a 1.5cm fluted nozzle. Pipe onto the ganache-topped cakes.

#### Step 7

Place the pink buttercream in a piping bag fitted with a 1.5cm fluted nozzle. Pipe a swirl on top of the chocolate buttercream.

#### Step 8

Combine the extra cream and reserved ganache. Melt in the microwave on HIGH for 10 seconds or until runny. Add to a piping bag or sealable plastic bag. Set aside for 10 minutes to cool slightly. Top cupcakes with sliced Cherry Ripe and Oreos. Snip the end of the piping bag and drizzle ganache over top of cakes. Sprinkle with crushed strawberry just before serving.

#### Milo Muffins

#### **Ingredients**

- 2 cups self raising flour
- 1/4 cup brown sugar
- 2/3 cups milo
- 2 eggs
- 60g butter, melted
- 2 ripe banana's
- Chocolate curls

#### **Topping**

- 500g cream cheese
- 2tbsp icing sugar mixture
- 2/3 cup milo

#### Method

#### Step 1

Preheat oven to 180C/160C fan forced. Line 12 muffin holes.

#### Step 2

Sift the flour and bron sugar unto a bowl. Stir in the Milo. Make a well in the centre. Whisk the milk and eggs together in a jug. Add to the flour mixture with the butter and banana. Fold until just combined.

#### Step 3

Divide the batter evenly among the prepared muffin holes. Bake for 20 minutes or until the tops spring back when lightly touched. Set aside to cool slightly before transferring to a wire rack to cool completely.

#### Step 4

To make the topping, divide the cream cheese between 2 bowls. Add icing sugar to one bowl and Milo to the other. Beat each with electric beaters until combined and smooth. Scoop mixtures alternatively into a piping bag fitted with a fluted nozzle. Pipe onto the cooled muffins. Sprinkle with chocolate curls or dust with extra Milo.

On the 2nd of September Nedrah Brown, Eillen Thewlis granddaughter was awarded a Post Graduate Diploma of Science, Biological Science from ECU. This is her second Diploma, and this time I was there to see it which was very exciting.



Congratulations to Matilda Noble (eldest daughter of Ryan Noble) who has been selected for Head Girl at St Hildas College 2024
Josette Noble



#### KDHS P&C Raffle - Results

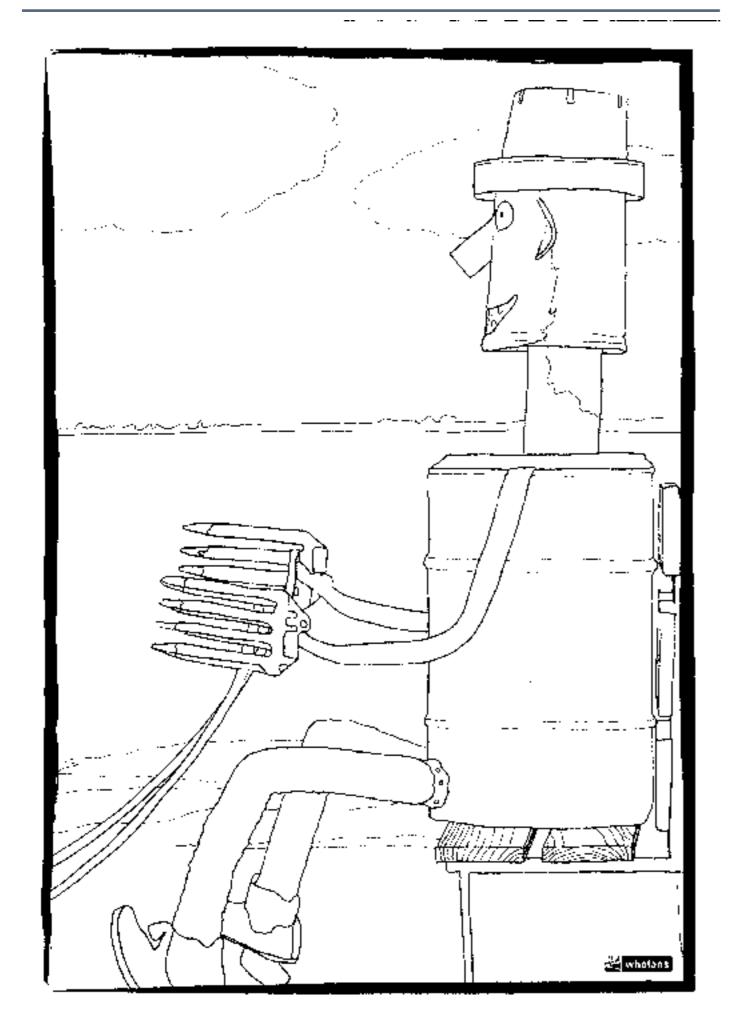
**1st Prize** – 4 Adult tickets to 2023 Westcoast Wool & Livestock Kulin Bush Races Won by Ticket number 17 Rob Cashman

**2nd Prize** – 4 Adult tickets to 2023 Westcoast Wool & Livestock Kulin Bush Races Won by Ticket number 161 Janine Noble

Thanks to all those who supported this raffle – all proceeds to Belongingness Camp for Kulin DHS High school students.

KIDS CORNER

BRAIN TWISTERS





**HANDY HINTS** 

#### AROUND THE WORLD

#### **CAMPING**

#### **DIY FIRE STARTERS**

Stuff each well of an egg carton with dryer lint. Then pour melted wax into each well and let them cool. The wax waterproofs the dryer lint and carton and helps the starter burn longer.

#### PORTABLE SPICE RACK

Turn a simple pill case into a compact and handy portable spice rack for your camper or RV. This is perfect for weekend trips or slightly luxurious camping. Write the spice names on the case with permanent marker for reference. Store in a plastic baggy and pack it into your camping gear for the upcoming trip.

#### SPRING SLEDDING

A plastic snow sled is useful in the off-season too. The sled slides over grass, sand and gravel with ease. You can even use it to haul camping gear from the car to the campsite.

#### WINE CORK FIRE STARTERS

Fill a jar with wine corks and rubbing alcohol and let the corks soak. The corks will burn ok in a couple of days, but for the best results soak them for a week. Be sure the corks are natural, not synthetic.

#### HOW TO MAKE A DIY ICE PACK

This make your own ice pack hack is reusable, so it's good for the environment as well. First, purchase an inexpensive pack of sponges or just find some old ones around the house. These sponges will not be cleaning anything, so just find a big sponge that's cheap.

Next, grab a big bowl of water, immerse the sponges and let them soak up as much water as possible. Put each sponge in a small sandwich bag with a zip close. Then freeze the wet and nagged sponges overnight.

These nags serve two purposes. First, as the ice melts, the bag contains the water, so it doesn't make a mess in your lunch bag. Second, keeping the water contained allows the sponge to reabsorb the water so it's ready to refreeze for the next day. Once you get home from your camping trip or your kids get home from school, just toss the "make your own ice pack" back into the freezer for next time.

#### MAKE FRISBEE TIC-TAC-TOE

For a simple and cheap way to enjoy the warm camping weather, make a giant tic-tac-toe grid on a shower curtain or tarp using duct tape. Secure the corners with rocks, if you're using a tarp, stake it down through the grommet holes. It works best if you have two colours of frisbees. Set up a throw line and let the play begin.

#### **How To Play**

- 1. Divide the players into teams or play one on one. Each team has it's own colour of Frisbee.
- 2. Teams take turns throwing a single Frisbee towards the board. The Frisbee only counts for a point if it is not touching any of the grid lines.
- 3. The game is over when one team has landed three of their frisbees in a row onto the board.

#### FLEXIBLE ICE PACK

To make this ice pack, mix one part rubbing alcohol with three parts waters in a plastic zipper bag. After filling the bag, get out as much air as possible and seal it. Place the filled bags on a flat surface in the freezer for several hours. When you take the ice pack out of the freezer, after about three hours. When you take the ice pack out of the freezer, after about three to four minutes at room temperature, it will become flexible.

#### LINT FIRE-STARTER LOG

To properly build a fire, you need to have tinder kindling and fuel. We all have a readily available supply of tinder: dryer lint. To make fire starers, stuff empty toilet paper tubes with dryer lint. Dryer lint logs light quickly and easily burn long enough to light up kindling. And I don't have to resort to lighter fluid.

#### REUSABLE ICY DRINKS

The next time you go camping or do yard work on a sweltering hot day, make the day a little more bearable by having icy water bottles at the ready.

Fill your water bottle a quarter of the way so that when they are on their sides the water settles just below the bottles neck. Then stick them in the freezer. An ice block on the side of the bottle puts more liquid in contact with the ice, cooling it faster.

#### **KEEP YOUR SPACE CLEAN**

Keeping your camping area clean can be difficult. There are dirt roads, messy trees, pet hair, food crumbs and wrappers. And not to mention, there's likely trash on your cars floor too.

Toss out any wrappers, bottles and other object in this sturdy mobile trash can. Line a plastic container with a grocery bag and use it as an in car trash can. This tip is perfect for camping too because all of your garbage will be sealed away.

#### DIY EMERGENCY CANDLE

First, cut a stick of butter in half; each half should burn for about four hours. Next, cut a toilet paoer square into four squares. Now fold one square diagonally and twist.

Make a hole in the stick of butter to the base with a toothpick for starter fuel. Now light. You can also wrap around a toothpick, so it does not fold over as the emergency candle burns.

#### WORLD MENTAL HEALTH DAY (OCTOBER 10TH)

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

#### **Talking About Your Mental Health**

## 1. Choose Someone You Trust To Talk To

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

### 2. Think About The Best Place To Talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

## 3. Prepare Yourself For Their Reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

## **Talking To Someone About Their Mental Health**

# 1.Find A Good Space To Talk Without Distrctions

If you're worried about someone, try find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

#### 2. Listen And Ask Questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

#### 3. Ask How You Can Help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.

#### **Mental Health Tips**

#### **Get Closer To Nature**

We all live with worries and fears, uncertainties, losses that leave us sad and pressures that make us feel stressed.

Nature can have a really calming effect on us. We have been living around other animals and plants for thousands of years. Some people say nature helps them feel calmer, more hopeful and less alone. Our research found that going for a walk was the UK adults' favourite way of coping with stress during the pandemic in 2020.

In Japan, some people use "forest bathing", which may improve their mental health. So going to a forest or wood and experiencing the different smells, sounds and textures may really help. To get the best out of nature's healing effects, try tuning your senses to what's around you - the trees, plants, birds and animals, for instance, and water such as ponds or the seashore. Take a deep breath and see how you feel. The idea is to get connected with

your natural surroundings.

#### Learn To Understand And Manage Your Feelings

Feeling very upset can interfere with our lives, making it hard to think clearly or work, relax, study, sleep or deal with other people.

Many of us will know when we're upset but not be sure what we're feeling. Is it sadness, fear, shame, loneliness, anger or something else? We don't always know why we're feeling that way.

It often helps to give our feelings our attention without judging them, without telling ourselves we're stupid or weak to feel the way we do. It may seem strange and uncomfortable to do this. But practice and patience with ourselves will help.

Naming what we're feeling is also likely to help. So, we can say to ourselves: "I'm feeling really irritable today but also sad." Another helpful step can be to work out what has led to us feeling this way, might it be a disagreement or disappointment that you've had? Some women might find that their periods sometimes (or always) affect their moods.

Talking kindly to ourselves, in the same way, we might reassure a small child we care about, is also important. It can be very comforting. You might feel comfortable initially, but give it a go, it might just help.

Some people feel better if they write down their feelings in a notebook or on their phone. You might want to think about how to protect your privacy before doing this.

You could try repeating something positive about yourself a few times each day. Research shows this reduces negative thoughts and feelings.

Some people also feel that an activity called 'mindfulness' is helpful. Talking with someone else can also be helpful.

**SENIORS MOVIE DAY ADVERTS** 



TUESDAY | 10.10.2023 | 11:00AM - 1:00PM

FREE EVENT | KULIN CRC CHAMBERS | TEA AND COFFEEE PROVIDED

Cut from the Olympic ski team, British athlete Michael "Eddie" Edwards travels to Germany to test his skills at ski jumping. Fate leads him to Bronson Peary, a former ski jumper who now works as a snowplow driver. Impressed by Edwards' spirit and determination, Peary agrees to train the young underdog. Despite an entire nation counting him out, Eddie's never-saydie attitude takes him all the way to a historic and improbable showing at the 1988 Winter Olympics in Calgary, Alberta.



#### **KULIN COMMUNITY HUB BUSH RACE HAPPENINGS**

9880 1201

2 3 Johnston Street, Kulin WA



#### FRIDAY 6 OCT

**MONDAY 2 OCT** Sunday Roast Dinner

#### **TUESDAY 3 OCT**

High Tea @ 3 in coffee lounge Chocolate Cake Competition Judging
Pub Choir (in dining 5:30pm room) - join us to sing "horse songs" & stay for dinner

#### WEDNESDAY 4 OCT

High Tea @ 3 (Famous KBR treats) Local author Anthea
Hodgson will join us
and speak about her

5:30pm novel "The War Nurses"

#### **THURSDAY 5 OCT**

Chase The Ace Music

#### **SUNDAY 8 OCT**

(Grab and go or dine in).

Visit our Hallway Gallery featuring local art

(Your pub favourites plus lamb shanks, stuffed spuds and hot lamb rolls)

High Tea @ 3

Call in on your way home for breakfast, morning tea or stay for lunch and enjoy race day special country fish and chips

#### **ALL WEEK**

Special KBR lunch and dinner

Everyone at the Hub hopes you have a great time in Kulin and a win at the races!

Try our "KULIN ALE" at the Kulin Community Hub



Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 Ph:0428212945 ABN23036138418

#### Narembeen Kulin Kondinin Mobile Vet Visiting Dates

Wednesday 2nd February Monday 28th February Tuesday 29th

Wednesday 27th April Tuesday 24th May Tuesday 21th June Tuesday 19th July

Monday 15th August Tuesday 13th September Tuesday 11th October

Tuesday 8th November Tuesday 6th December

Please contact Dr Andrea Roberts on 0428212945 by text or phone call to make an appointment. Appointments for your pets and livestock right to your door



izabellabrandis@icloud.com email

phone 0476 178 045

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# **DUFFY ELECTRICS**

Residential
Commercial

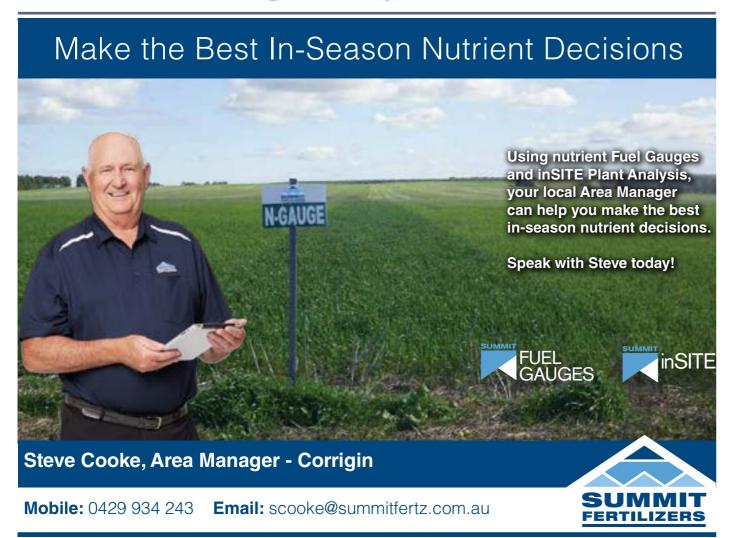
Industrial

Tv installation
Air Conditioning



Ryan Duffy 0409 806 047

duffyelectrics@outlook.com Servicing Wickepin and surrounds



#### LOCAL CHURCHES

UNITING CHURCH 10:30am Morning tea 11:00am Service starts 1st and 3rd Sunday of each month CATHOLIC CHURCH Fr Truc Nguyen M: 0426 018 782 8am 1st, 3rd, 4th Sunday and 10:30am 2nd Sunday ANGLICAN CHURCH Regular services in Kulin have stopped for the time being, however, the Anglican church can be made ready for special services.

Katheryn Wilson- 0429 801 228 Bunbury Office- 08 9721 2100

#### KULIN MOTOR MUSEUM

Wednesday 10am- 12:30pm Saturday- 10am-2pm Clarrie- 9880 1058 Bill- 0429 804 615 John- 0427 386 849

#### **KULIN LIONS CLUB**



Kulin Lions Club collect old glasses, hearing aids and stamps. Please feel free to drop off any of these items at the Kulin Post Office. Push bikes and batteries can be dropped off at Haydn's shed. H McInnes 0429 801 215

T Barndon 0428 939 189 R Doust 0499 802 054

JUSTICES OF THE PEACE

MT Lucchesi 9880 4050 JM McInnes 9880 1360 R Noble 9880 1383 BW Sloggett 0427 081 925

#### CONTAINERS FOR CHANGE

ARTS CENTRE

A simple way to make a contribution to the Kulin Arts Centre is to support their Containers for Change collection. Simply return your containers and use the ID C10333381.

All Good Refund Depot come to Kulin on the last Wednesday of every month. They pick up returns from the Kulin Memorial Hall at roughly midday. Contact Belle at the Shire for more info.

KULIN CHILDCARE CENTRE
You can help support our
local Child Care centre
with just your bottles and
cans. Drop your eligible
containers into the bin
behind the Memorial Hall
or to any Containers For
Change donation point
using the ID C10351204

#### **FEEDBACK**

'Last week we were fortunate enough to stay the night in Kulin next to the Shire Offices in our caravan. We would like to say how great this spot is and we thoroughly enjoyed our visit.'

The facilities were beautiful and clean and the surrounding paths and gardens were in immaculate order.'
We loved the Tin Horse

Highway and visited some of the rocks as well. Kulin is a credit to the Shire and we will be back for another visit as we didnt have time for the Museum.'

Rae and John Wilson

'I visited your area last week, to see the Ravensthorpe Wildflower Show amongst other things, and made a point of returning to Perth via Lake Grace and Kulin to see the Tin Horse Highway. It is something I have meant to do since reading about it in a novel. Anyhow, my reason for writing is to acknowledge the work that went in to making what I think is around 100 horses. Most of the horses appear to be well maintained, which is essential to preserving this great tourist attraction. Christine Joyce

# **Kulin Contacts**

Nursing Hours: Tuesday & Wednesday 8:30am-2:30pm

CHSP Co-Ordinator / Nurse by Apt: Thursday & Friday

Kulin Doctors Surgery: 9880 1315

Kondinin Medical Centre: 9889 1753

Kondinin Hospital: 9894 1222

Western Power: 13 13 51

Water Supply: 13 13 75

Kulin Water Depot: 9880 1356

Crime Stoppers: 1800 333 000

Kulin Police: Kulin Police station is staffed by 2 officers who are available to respond to incidents 24/7. Your local police can

be contacted as follows:

For emergencies: 000

For non-urgent incidents: 131 444

Officer at Kulin Police Station: 9861 5800

Did you know that you can use your smart phone to report local issues? Just download the free Snap Send Solve app and get Snapping! When you're out in the community, you are our eyes and ears. If you see something that doesn't look right, just Snap Send Solve it!