

THE KULIN UPDATE

08th May 2025

5 EMPLOYMENT OPPORTUNITIES

SHIRE OF KULIN WORKS
CREW LOOKING FOR
OPERATORS

8 ANZAC DAY WRAP UP

ANZAC DAY SERVICE A
GREAT SUCCESS

16 NEW GARDENING PAGE

CHECK OUT THE
NEW ADDITION TO
THE UPDATE, WITH
GARDENING TIPS FROM
LOCAL GREENTHUMBS

MOTHER'S DAY - SUNDAY 11TH MAY 2025



It's that time of year when we take a day to appreciate the mum's out there. The heart of our families who do their best for us every day and step up time and time again. Thanks to you all, none of us would be here without you!

CONTENT CORNER



Mon - Fri 8:30 am - 4:30 pm
38 Johnston Street, Kulin WA 6365
(08) 9880 1204
crccounter@kulin.wa.gov.au
www.kulin.wa.gov.au/crc-home



How to receive the Kulin Update via email?

Call or email us and let us know your name and email address so we can add you to the distribution list

Alternatively, visit

www.kulin.wa.gov.au/#newsletterscroll

How to advertise in the Kulin Update?

Complete the booking form found here - www.kulin.wa.gov.au/council/news/community-newsletter.aspx and send your advert and completed booking form to crccounter@kulin.wa.gov.au

When are the deadlines?

All articles and booking forms are to be sent NO LATER than Tuesday, 4pm prior to the publication date.

What are the advertising costs?

1/4 page b/w - \$20
1/2 page b/w - \$25
1/2 page colour - \$50
Full page b/w - \$40
Full page colour - \$80
Front/ back - \$100

Members receive 20% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

Accepted document formats:

- PDF
- JPEG



Achieved something?

We would love to share any community news or achievements in the newsletter, send through the information to crccounter@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

20th May	2025
3rd June	2025
17th June	2025
1st July	2025
15th July	2025
29th July	2025
12th Aug	2025

DATES AND UPCOMING EVENTS


































































MAY

13th May	Senior Movie Day
13th May	KKFC Training
15th May	KKFC & Netball Training
21st May	Council Meeting
27th May	KKFC Training
28th May	Australia's Biggest Morning Tea
29th May	KKFC & Netball Training

JUNE

2nd June	Western Australia Day Public Holiday
----------	--------------------------------------

COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Remedy Physio KKFC Training Netball Training    	2 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm   	3
4	5    	6 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Remedy Physio Walking Group  	7 Nurses Clinic Open (8:30-12) Seniors Morning Tea  	8 The Kulin Update Remedy Physio Netball Training  	9 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm   	10
11	12      	13 Senior Movie Day Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) Yogalates Remedy Physio KKFC Training Walking Group   	14 Nurses Clinic Open (8:30-12) 	15 Remedy Physio KKFC Training Netball Training   	16 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm   	17
18	19    	20 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) Yogalates Remedy Physio Walking Group  	21 Council Meeting Nurses Clinic Open (8:30-12)  	22 The Kulin Update Remedy Physio Netball Training  	23 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm   	24
25	26     	27 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) Yogalates Remedy Physio Walking Group KKFC Training   	28 Nurses Clinic Open (8:30-12) Australia's Biggest Morning Tea  	29 Remedy Physio KKFC Training Netball Training   	30 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm   	31

As a community we are so lucky to have lots of opportunity to be involved in community groups and organisations, access to services and events and training.

Here at the Kulin CRC we would love to continue to support our community by connecting people with resources, offer training and education, and facilitate community events. We can also support local business and link individuals with support groups.

As we start to consider our 2025/26 budget, planning is underway for our events and training however we are always looking for opportunities to deliver in the community. We would like to hear your ideas or suggestions on how we can be involved and support our community.

In the upcoming editions of the Kulin Update we will be

shining a light on our community organisations. What they do, who they are and how you can get involved. Volunteering is an excellent way to connect with other community members and provides the opportunity to share experiences.

The CRC will be hosting Australia's Biggest Morning Tea on Wednesday 28th May 2025 at the Freebairn Recreation Centre. The event raises funds for Cancer Council Australia and the money raised contributes to cancer research, support services and prevention programs. More information on the event is in this edition.

For everyone in town with a bin service – AvonWaste has advised that the general waste run will now be 3-4 hours earlier than usual starting Monday 12th May 2025. Avon Waste has changed it's run, and this new time will remain. It would be a good idea to put your bins out Sunday night or by 6am on the morning of collection.

We were fortunate to host the Seniors Morning Tea on

Wednesday 7th May at the CRC. We are aware the date did clash with some existing events and will endeavour to minimise the clash into the future. Thank you to everyone who attended and provided us with feedback. Thank you to Acres of Taste for the beautiful morning tea.

Shire of Kulin budget preparations are well underway and the community have had the opportunity to submit ideas and requests for the 2025/26 budget. Submissions close tomorrow (9th May) and will be considered as part of the budget process.

Winter sport – in case you have missed the updated fixture changes all home games for this season will now be playing in Kulin. All netball, hockey and football can be enjoyed at the FRC so come down and support our teams. Upcoming fixtures are in this edition of the update.

Taryn Scadding
Executive Manager
Community Services

Come visit us at the Kulin Community Resource Centre and have a chat about how we can help you.

Shire of
KULIN
Administration
Kulin Community Resource Centre
Visitor Centre
☎ (08) 9880 1204
✉ crccounter@kulin.wa.gov.au
📍 38 Johnston Street,
Kulin WA 6365

Kirra Pederick
Community Development
Officer
☎ (08) 9880 1204
✉ kulinndo@kulin.wa.gov.au

Taryn Scadding
Executive Manager
Community Services
☎ (08) 9880 1204
✉ emcs@kulin.wa.gov.au

 **Kulin Community Resource Centre**
Your local connection





Employment Opportunities

Grader Operator

Reporting to the Executive Manager of Works, you will be responsible for carrying out day-to-day duties to ensure safe and efficient completion of works. The primary responsibility of this role is operating councils' plant and machinery, with the main role being the operation of a Cat 140 Road Grader.

Requirements:

Minimum HR class license (MC license highly regarded or willingness to obtain)

Ability to work safely and efficiently as part of a team

Experience operating heavy machinery is desirable

Full information package is available [here](#).

For more information, contact Judd Hobson, Executive Manager of Works, at 0427 801 241 or works@kulin.wa.gov.au

To apply, please submit your resume, employment history, and the contact details of two recent referees by 4:00pm 29th May 2025. Early applications are highly recommended as the Shire will interview suitable candidates prior to the closing date.

Truck Driver/Road Train Operator

Reporting to the Executive Manager of Works, you will be responsible for carrying out day-to-day duties to ensure safe and efficient completion of works. The primary responsibility of this role is operating a Prime Mover with Side Tippers, along with other Council plant and machinery as required.

Requirements:

Minimum HC class license (MC license highly regarded or willingness to obtain)

Ability to work safely and efficiently as part of a team

Experience operating heavy machinery is desirable

Full information package is available [here](#).

For more information, contact Judd Hobson, Executive Manager of Works, at 0427 801 241 or works@kulin.wa.gov.au

To apply, please submit your resume, employment history, and the contact details of two recent referees by 4:00pm Thursday 29th May 2025. Early applications are highly recommended as the Shire will interview suitable candidates prior to the closing date.



All correspondence to be addressed to:
Chief Executive Officer
PO Box 125 KULIN WA 6365
p: 08 9880 1204 f: 08 9880 1221
e: enquiries@kulin.wa.gov.au
www.kulin.wa.gov.au

Shire of Kulin

June Ordinary Council Meeting

- Change of Date -

In accordance with Regulation 12(2) of the Local Government (Administration) Regulations 1996, notice is given that the Ordinary Council Meeting previously scheduled for 4pm Wednesday 18 June 2025, will now commence at 4pm **Wednesday 26 June 2025.**

The meeting will be held in the Council Chambers, 38 Johnston St, Kulin.

Alan Leeson
Chief Executive Officer



Shire of Kulin

FREEDOM OF INFORMATION

Section 96(1) of the Freedom of Information Act (1992) requires agencies, including local governments, to prepare and publish an information statement annually.

The Information Statement must set out:

- The Local Government's Mission Statement
- Details of legislation administered
- Details of the agency structure
- Details of decision making functions
- Opportunities for public consultation in the formulation of policy and performance of agency functions
- Documents held by the agency
- The operation of FOI within the agency

This document has been prepared by the Shire of Kulin to satisfy Part 5 of the Act, and is correct as at May 2025. Copies of this document can be obtained from:

Freedom of Information Co-Coordinator
Shire of Kulin
38 Johnston Street
Kulin WA 6365

Or on the Shire of Kulin website at www.kulin.wa.gov.au

Enquiries may be made to that office by telephone 9880 1204 Monday to Friday 8.30am to 4.30pm, or by email to eso@kulin.wa.gov.au

ANZAC DAY 2025

ANZAC DAY 2025: A TIME OF REFLECTION AND REMEMBRANCE

Anzac Day 2025 dawned brisk and clear, as many in our community trekked to Yeerakine Rock for the traditional dawn service. As always, the ceremony was both stunning and deeply respectful, a fitting tribute to those who have served.

By 9:00 am, those wishing to share in remembrance had begun arriving at the Kulin memorial. As the final touches of setup were completed and soft music played in the background, over 100 locals and visitors gathered in fellowship and respect.

Flags waved gently in the breeze, while beautifully arranged wreaths sat ready to be laid at the entrance to the memorial. The impressive artwork created by local students was on display, showcasing their creativity and appreciation for the sacrifices made by our servicemen and women. Their work reflected not only their artistic talents but also the deep pride our community holds for those who have served.

Councillor Clinton Mullan graciously took on the role of MC, opening the service with a heartfelt reflection on the origins of the Anzac Spirit. He paid tribute to those who have walked a path of protection and honour in conflicts and wars since that fateful day in 1915 and acknowledged the families who have waited at home for their sons,

daughters, partners, and friends.

Lucy Scadding shared the solemn words of Lest We Forget, echoing across generations in a message of remembrance. Kulin District High School student leader Cassandra Kempton then delivered the stirring poem Not a Hero by Clyde Hamilton, with both young speakers addressing the crowd with clear voices and heartfelt expressions of respect. Their presence was a reminder that Kulin is fortunate to have such special young community members stepping up to lead another generation forward in remembrance.

Councillor Robbie Bowey led attendees in a prayer for peace, honouring past sacrifices while expressing hopes for a better future. Sergeant Barry Osborne of the Kulin Police then delivered a sobering address, reinforcing the tragic losses brought on by war. I had the honour of sharing one of my personal favourite poems, To the Sunburnt Ear by Tony Gunter, a reflection on resilience and remembrance.

Wreaths were laid by young and old alike, with representatives from the Shire of Kulin, CWA, RSL, Kulin District High School, and many other community groups stepping forward to pay their respects. As



biscuits, and hot drinks—a perfect way to warm up and share in conversation. It was a great opportunity to reflect on the morning before many headed off in convoy to Corrigin for the Anzac Day Sports.

I would like to personally thank everyone who attended the Anzac service. A special thanks to our speakers and the volunteers who assisted with the setup and cleanup. It was a beautiful service, and I am deeply grateful to have been part of it.

LEST WE FORGET.

Kirra Pederick Community Development Officer



Councillor Mullan closed the service, he reminded us all of the importance of remembering the lessons of the past while working together to build a future worthy of the legacy of our Anzacs.

Following the service, the wonderful ladies of the CWA hosted a morning tea at their building, welcoming attendees with delicious scones,



KULIN GOLF CLUB NEWS

Here we are, two weeks into our season and our ladies captain Helen King has managed a hole in one on number 14. Congratulations from all club members and thanks to Troy at Gangells Ag Solutions who is our hole in one sponsor for his continued support.

Come along and join us if you haven't been able to get along yet - ladies hit off at 10.30 Wednesday mornings and Sunday golf hits off at 12 noon.

Wendy Gangell



Men's Fixtures

APRIL

Sun 27 Opening Day Ambrose

MAY

Sun 4 Stableford

Sun 11 Bisque Par

Sun 18 Captains Choice

Sun 25 Par.

JUNE

Sun 1 Stableford-Longest Putt

Sun 8 Captains Choice

Wed 11 Wickepin Mid Week Open Day

Sun 15 1st Championship Round

Thurs 19 Harrismith Open Day

Sat 21 Corrigin Open Day

Sun 22 Canadian Foursomes

Sun 29 Par

JULY

Sun 6 2nd Championship Round

Fri 11-13 Kondinin Open Days

Sun 13 Bisque Par

Sun 20 3rd Championship Round

Fri 25-27 Hyden 3 Day Event

Men's Fixtures

Sun 27 Stableford

Thurs 31 Yealering 3 Person Ambrose

AUGUST

Sun 3 Captains Choice

Sun 10 4th Championship Round

Sat 16 Clayton Cup

Sun 17 No Organised Golf

Sat 23 Yealering Open Day

Sun 24 Par

Sun 31 5th Championship Round

SEPTEMBER

Sat 6th Harrismith Open Day

Sun 7 Stableford. Nearest to the Pin

Sun 14 Closing Day

SPECIAL THANKS

TO ALL THE

LOCAL BUSINESSES

FOR THEIR ON GOING SUPPORT

KULIN GOLF CLUB FIXTURES 2025



SPORTS NOTICES

Kulin Netball Club – Rounds 1 to 3 Wrap-Up & Round 4 Details Proudly Sponsored by Acres of Taste and Kulin Hardware & Rural.

A big thank you to our wonderful sponsors, Acres of Taste and Kulin Hardware & Rural, for their continued support this season – we couldn't do it without you!

Round 1 Kulin vs Nukarni

We kicked off the 2025 season on a scorching day that really tested everyone's endurance and determination. It was a tough start, but our teams gave it their all!

- Net Set Go took on Kondinin in a fun and energetic session. Despite the heat, the kids had smiles on their faces all morning.
- Juniors came away with a convincing 18–2 win, showing great teamwork and hustle.
- B Grade faced a newly-formed Nukarni side and took the win 45–24. Congratulations to Sharnee, who was named Best Player!
- A1 had a hard-fought game, going down 12–26, but a big well done to Laura, who stood out as our Best Player.

Round 2 – ANZAC Day Clash: Kulin vs Corrigin

A special day to remember, and our teams brought the spirit and fight to the courts.

- Net Set Go vs Corrigin saw the kids developing their skills and trying out their favourite positions. Lots of laughs and some impressive passes!
- Juniors dominated again with a 19–5 win.
- B Grade came out strong with a 38–20 victory. Best Player honours went to Hans – great effort!
- A Grade powered through to a 48–40 win in a high-scoring battle. Well done to Ash for her standout performance

Round 3 Kulin vs Southern Cross

- Another early morning for Net Set Go, this time back with Kondinin. The commitment from our little stars continues to shine!

- Juniors were on fire with a dominant 39–1 win!
- B Grade met their match this round, going down 27–32 to a strong Southern Cross side. A big shout-out to Foops, who earned Best Player – and to Elise for her incredible effort, hitting the ground three times to win the ball each time! Meanwhile, Gen Whisson had the crowd in stitches, teaching a kid how to shake hands... a full 7 minutes too early.
- A Grade pulled through with a nail-biting 31–28 win. Best Player went to the ever-reliable Reens – great work under pressure!

A huge THANK YOU to all our amazing volunteers over the past few weeks – umpires, timers, coaches, and supporters. We simply couldn't run without you!

Round 4 – Coming Up: Kulin vs Narembreen (Away Game)

Let's keep the momentum going and show Narembreen what Kulin netball is all about!

Dani White
Secretary - Kulin Netball Club



WINTER SPORTS UPCOMING FIXTURES

ALL GAMES AT NAREMBEEN

10TH MAY 2025

NAREMBEEN VS KK

Football

11.30am
12.45pm
2.30pm

D Grade
B Grade
A Grade



AFTERS AT
THE KONDININ
PUB

NAREMBEEN VS KK

Hockey

10.45am
12.00pm
1.30pm
3.00pm

C Grade
A Grade
B Grade
Mens



KK VIPERS HOCKEY CLUB

NAREMBEEN VS KK

Netball

9.00am
10.00am
11.30am
1.00pm

Netta KU&KO
Junior KU
B Grade KU
A1 Grade KU

K
U
L
I
N



WINTER SPORTS UPCOMING FIXTURES

ALL GAMES AT HYDEN

17TH MAY 2025

HK VS KK

Football

11.30am
12.45pm
2.30pm

D Grade
B Grade
A Grade



AFTERS AT
THE KULIN
HUB

KHATS VS KK

Hockey

10.45am
12.00pm
1.30pm
3.00pm

C Grade
A Grade
B Grade
Mens



KK VIPERS HOCKEY CLUB

HK VS KK

Netball

9.15am
9.15am
BYE
1.00pm

Netta KU&KO
Junior KU
B Grade KU
A1 Grade KU

K
U
L
I
N



Kulin Childcare Centre



Last week we recognised ANZAC Day together. The Children showed interest and care as we created red poppy fields using stampers and paint. This activity supported fine motor skills and helped connect children to significant shared histories.

The children have also spent time working on their counting skills. We recently counted spiders which we added to our spider web artwork. This activity merges intentional teaching into our morning craft routine.



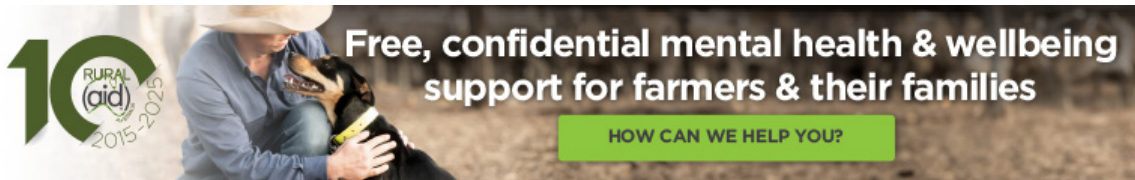
Outside, our Educators have demonstrated a very creative change to our children's play environment by building a cubby. This cubby was completed through scaffolding children's play. With excitement ideas and direction from the children, this structure brought much fun to afternoon outside play.



Each Monday our children rush to the fence at hearing the familiar sound of the rubbish truck approaching. They watch with glee, many hellos and lots of waving as the routine unfolds. This weekly occurrence helps children understand their community and how we work together.

We were able to complete staff training on Child Protection and Supervision in the school holidays. This opportunity to meet and complete training together as a team is vital for our business and we thank to families who were flexible with booking to allow us to undertake this training day.

Thank you to our families and community for supporting Kulin Child Care Centre



RURAL AID ARTICLE - APRIL 2025

First and foremost is a reminder to ensure you take valuable 'me time' in these busier than usual months of the year. Whether a day, half day or an hour a day.

Last night browsing through varying sites I came across a post about mental health issues and how loneliness is a very common theme attributing to poor Mental Health. Loneliness and the resulting feeling of disconnection from others can result in feelings of hopelessness. Hopelessness can result in unpleasant emotional responses and lead to bad health physically, mentally and spiritually. There can be an increase in stress, anxiety and sadness.

These days because of technological advances we work long hours on our own. Spending long hours alone on machines that mostly drive themselves. These are also times when we have a lot of time to think. For some these thoughts when negative can sometimes take over and begin to seem to be our reality. We can feel disconnected, isolated seeing our world from the outside in.

As a counsellor I have learnt a lot through study and experiences of what are effective ways to work through or to be better placed to cope in hard times. This includes certain types of proven therapeutic methods that can be utilised to assist others to move forward. But I can say with confidence that the most effective therapy (for wants of a better word)

is being connected to others and being valued by others.

People I have assisted move through hard times all do so better when they are valued, respected and never judged. When we openly judge someone and verbally brand them, we are pivotal in hindering that person's ability to get back on track. The bush telegraph works to well.

The most effective therapy is connection, real connection to others. For whatever reason some now feel we are entitled to do what we want without considering others. 'Not my problem?' The power of belonging and being reminded by others that we matter is extremely uplifting mentally, physically and spiritually. The feelings we personally receive when asking after others and going out of our way to say RUOK also is powerful, yet we are often wary to do so.

One seemingly simple exercise or habit which a lot of people find hard is to say 'thank you'. Even when someone gives them praise or asks how they are going. A perception of being judged or branded by agreeing to some well earned praise seems to stop us from saying 'Thankyou'. Not easy when not a habit. But acknowledging the other for noticing and thanking that person for their concern or praise ensures this person will do this with others more often. Win Win.

Keep connected, reach out and make a

habit of calling or calling in on others. Don't think that others will call if they really want. You don't need a reason just do it. Arrange get togethers. This get together doesn't have to be a conversation about Mental health. The connection, conversations and hopefully some humour about whatever automatically helps others and your own mental health and wellbeing very effectively. And its fun.

The people I have worked with now have the realisation that the best thing they did when not feeling themselves was to ask for help, there is nothing but strength and positivity in doing so. To these people who trusted me I say 'Thank you'.

Roger Hitchcock

Counsellor & Community Representative West Australia based in Narrogin (Wagin and Surrounding Region) Rural Aid Australia
M: 0460 310 661 | P: 07 3153 4656
E: roger.hitchcock@ruralaid.org.au
Head Office : 1300 327 624 / Mental Health and Counselling Line 1300 175 594
PO Box 476
Indooroopilly Centre QLD 4068



Our apologies to the Kulin Bush Races Committee, their wonderful update article was unfortunately misprinted in our previous edition of the update with half the story missing. Please read the complete story in this edition.



CELEBRATING 30 YEARS

BEHIND THE SCENES WITH KULIN BUSH RACES

The Kulin Bush Races Committee are proud to be celebrating 30 years in 2025! A truly remarkable milestone.

What began as a small idea all those years ago, has grown into something far greater than we could have ever imagined. Kulin Bush Races is now a much-loved tradition that not only brings people together from near and far but continues to support and strengthen our local community in countless ways.

This longevity and success simply would not be possible without the incredible support and dedication of you, our local community. From the early days to now, the races have always relied on the generosity of time, effort, and spirit from volunteers and community groups. Whether you've picked up a shovel, helped with catering, sold tickets at the gate, set up marquees, managed waste, or stayed behind to pack it all away – every little bit has played a part in shaping what the Kulin Bush Races have become today. And for that, we extend a heartfelt thank you to everyone who has contributed over the years.

As we gear up for what's set to be our biggest event yet, we'll be relying on the strength of our community more than ever to help make the 30th anniversary a celebration to remember.

If you've been thinking about getting involved, now's the time – whether it's your first year or your thirtieth, we'd love to have your support.

All areas require more volunteers but if you are looking to contribute a little more, we currently have positions vacant for;

- Treasurer & Event Support Officer
- Director of Food.

These are key roles that will help shape the success of this year's event and beyond. If you're interested or know someone who might be, please check out the position descriptions in this issue of the Kulin Update or get in touch with Tom 0488 422 477 for more info.

While we won't be running a community funding round this year, we're still committed to supporting our local groups. So if your community group needs assistance please don't hesitate to reach out to the committee. We're always open to conversations and keen to give back wherever we can.





CELEBRATING 30 YEARS

BEHIND THE SCENES WITH KULIN BUSH RACES

We're excited to share a few major updates that mark a new chapter for the Bush Races. First up, we've received official approval for the construction of a brand-new shed, which will replace the large marquee. This is a major step forward for the event and a direct result of years of hard work and careful planning. The new shed will not only be a more permanent and weather-proof structure, but it will also ease the burden on volunteers during set-up and pack-down – a welcome improvement for many! Construction will commence early May.

Another exciting update is the committee has also received council approval to purchase the Old Woolshed building. This space will become the new KBR HQ – a home base for all things Bush Races. The building will house our merchandise pop-up store, as well as provide a dedicated meeting room and office space for the committee and volunteers to plan, collaborate, and coordinate all year round.



The purchase of the Woolshed also means we'll be cleaning up and revitalising an unused building, contributing to the ongoing beautification and vibrancy of Kulin's main street. It's a win-win for KBR and the community, and we're proud to be playing a part in improving the look and feel of our town.

On behalf of the committee, thank you again to everyone who has helped make the Kulin Bush Races what they are today. We can't wait to celebrate this 30 year milestone with you all in 2025, it's going to be something special!

The KBR Committee

Executive Committee:

Chairperson- Tom Murphy
Vice Chairperson- Simon Duckworth & Michael Lucchesi
Event Coordinator - Simone Lockyer-Luscombe
Treasurer- Vacant/Tracey Noble
Graeme Robertson

Management Committee:

Rynelle Smoker	Mike Wilson
Brendan Sloggett	Jack Wilson
Robbie Bowey	Julie Young
Brendon Savage	Robert Clayton
Tim Barndon Jnr	Emma Wilson
Ashley Buttigig	

GET YOUR HAND'S IN THE GARDEN...

Whether you're just getting started, discovering that your thumbs might not be black after all, or your one of the lucky ones who has a thriving garden this is the space to share and learn.

Check out the planting guide for May, its time to get those veggies in the ground and ready for a great harvest over the winter and spring. Have you got any tips for the newby gardeners out there? I spoke to our lovely Annie Lewis here at the shire after I was lucky enough to learn she has a spectacular garden at her place.

She shared her top two thoughts on what works in the garden. "When you're starting a garden the first thing is to select what type of Garden you are wanting to achieve - Native, Ornamental, Flowers etc. Then select plants suited to your climate and soil conditions. Compile a plan - make sure you allow room for growth - don't over plant. Make gardening fun; it can be so rewarding. Most of all remember that what you put into your garden is what you get out of it."

Having seen some photos of Annie's garden she definitely knows what she is about. According to Gardening Australia and the Digger's Club its time to start planting out those tasty winter herbs, that means coriander, dill, parsley can go in! These are all available as seeds or seedlings.

There are all the fun clean up jobs that happen in the garden this month too. Cleaning up fruit trees and composting

that you're going to cut and turn back into the soil. Replenishing all the goodness.

How about planting a new strawberry hanging basket? I'll admit that strawberries and I have a complicated relationship. I've tried for years to grow strawberries and I think I'm cursed. They start out looking great, then something always goes wrong... Something eats them, they wither for unknown reasons, they look happy and healthy and grow meager amounts of fruit. I'm not giving up though, maybe this is my year? We will find out!

Old Jack Frost will be on his way soon as well, so remember to protect any plants that are frost intolerant. Mulch/shade cloth and or moving them to a more sheltered spot are all good suggestion.

Remember to clean out the gutters as well, when that rain comes down we want to catch as much of it in our tanks as we can.

If you have any gardening tips, let me know! I'd love to hear from you and maybe help a few more of our local gardeners get growing.

Kirra Pederick
Community
Development Officer



any rotting fruit. Preparing spots for planting bare root roses and deciduous trees. Your camellias are due for some fertilizer and have you thought about growing a green manure crop?

This is something I haven't really done before but I'm really keen to have a go at it. The idea being you plant a crop

Anzac Day Art Competition

In the lead up to Anzac Day our local students were invited to participate in an Art Competition, celebrating the courage and sacrifice of our Anzacs. We were so pleased to receive entries from a range of ages and were very impressed with the care and creativity displayed. On Anzac Day the entries were displayed on a pin up board at the service and are now on display at the Visitors Centre for anyone who would like to see them in person.

Mrs Lauren Mullan had the difficult job of selecting the winning art works on the day as the results are as follows. In the Junior Colouring Competition:



The winner of the Junior Colouring Competition was Milla Browning.

The Senior Student Art Competition showed some real talent. The results of the Senior Student Art Competition are:

Third Prize - Kylah Mullan



Third prize was awarded to Kelsey West & Second prize went to Mae Bradford.

Second Prize - Lucy Scadding & winning the Senior Art Competition after two outstanding entries was Lucy Scadding (17 years old)



What talented young artists we have in our community, congratulations to all of the winners and well done to each and every one of the entrants. If the winners are able to come into the Shire Offices we have your prizes waiting for you to pick up!

Thank you again to all of the entrants, we are loving having your artworks on display! When we take our display down in a few weeks I will put a little notice in the update and anyone who would like to collect their artworks to take home is welcome to come and pick them up.

Kirra Pederick Community Development Officer



Government of Western Australia
WA Country Health Service

District Health Advisory Councils

District Health Advisory Councils give country residents a say in how their health services are planned and delivered.

Seeking Representation for the Hospital D.H.A.C. committee.

The District Health Advisory Committee is seeking support for representation from our Shire on the committee. The committee meets four times annually and attendance is possible either in person or by Zoom, due to the distances involved.

Without representation from the local community it is difficult to determine if your Hospital/medical facilities are being adequately supported and as such, the committee is currently seeking a representative to attend the meetings so as to provide feedback and present details of other medical needs in the community.

The meetings generally commence at 5 pm and conclude by 6 pm. Please use the link below to find more information on District Health Advisory Councils or make contact with Brian Seale J.P. (9881-1660 or 0427-611-286) Deputy Chairman for this committee or the Operations Manager (Jenny Menasse) at the Narrogin Hospital for further details.

<https://www.wacountry.health.wa.gov.au/About-us/Our-structure/District-Health-Advisory-Councils>

KULIN CWA NEWS

Cassie's Cut for Kids with Cancer

Sunday May 4th saw a gathering of friends, family and both sets of grandparents, at the Kulin CWA to support a brave and generous 14 year old Student Leader of Kulin District High School in donating her hair and a considerable amount of cash to "Kids with Cancer" charity. Her hair will be made into a wig for a child suffering with cancer. The cost to produce a suitable wig is about \$2,750.

Cassie began this journey 2 years ago when she decided to grow her hair and donate it. An impressive amount of 39.5cm of hair was chopped off on the day and later styled by Anne Marie Sloggett. Thank you Anne Marie.

An on-line fund-raising portal was opened in March,

and local individuals and organisations also contributed. Mr Rob Doust presented a \$500 cheque on behalf of the Kulin Lions Club. Mr Bill Colbourne presented a cheque for \$500 on behalf of the Kulin Museum and Men's Shed and the Kulin CWA contributed \$240 which was donations from the Anzac Day Morning Tea.

An amazing \$3,384 was raised by this unselfish, big-hearted girl.

A heartfelt thank you is extended to everyone who donated or came down on Sunday morning to support Cassie.

Kulin CWA is proud to have Cassie and her sister Paige as junior associate members.

Jan Colbourne
Kulin CWA Secretary



Farm Safe

The CRC have a new farm safety brochure available in the office. Please drop in and pick one up if you are interested. Also check out the link through the QR Code on the flyer here which will take you through to the Work Safe - Farm Safety page allowing you to sign up for regular updates. If you are interested in more information please let us know and we can get in touch with Work Safe to see if we can work together to put an information session together.

Kirra Pederick - Community Development Officer



The brochure features a collage of farm-related images: a vineyard, a man in a blue shirt, and sheep. It includes logos for the Government of Western Australia and WorkSafe Western Australia.

Why is farm safety our highest priority?

Agriculture has the highest number of deaths and serious injuries of any industry in WA.

Every farm accident is incredibly costly with significant physical, mental and economic costs.

We need you to stay safe and up-to-date

Sign up for WorkSafe's Farm Safety news alert for updates, information on new resources and more.

Please also let family, colleagues and friends know how to subscribe.

Subscribers' information will not be used for any other purpose and you can unsubscribe at any time.



SUBSCRIBE

WSFeb24_1350

WorkSafe WA | WorkSafeWA | WorkSafeWA

Yuck Circus

For the March long weekend, the community of Holt Rock and its surrounds were treated to, of all things, a circus 'of sorts' in the Mudge families workshop. With the title of the circus being 'Yuck', many a community member couldn't quite figure out what type of show they may be about to experience. With trust placed in the Varley Social committee and in particular their Holt Rock/Varley representative Sarah, there were many a ticket sold to this event and as the afternoon progressed into the evening the crowd continued to swell.

The show had two elements (well, three actually if you include the delicious food served by the food van, The Soul Van from Gnowangerup. Many a person was heard raving about the delicious bao buns (everyone) and options for the coeliacs among us enjoying their gluten free options (mostly me).

Sorry, I've digressed...bao buns will do that to the brain... where was I? The show. The show had two elements. First, an acrobatic workshop for children school aged and older, and then the performance of the circus performers itself. The workshop was fantastic fun for all who participated, and again, as is so often the case when activities for children are hosted in our community, it was supported beyond expectation. High schoolers back home for the long weekend seemed to get as much enjoyment from

the workshop as our littlest participants, some of whom had travelled a long way to combine the show with long weekend trips to visit friends. The workshop finished with a highly entertaining human pyramid!!

The circus itself was performed in front of a backdrop of two Case Headers, to the delight of the performers, and Cameron I would say...and was a mix of comedic fun; a play of Australian idioms and cultural moments, and circus skill. We were thoroughly entertained with stand up comedy that bound together sets of acrobatics and mind bending strength, and finished with the most entertaining version of a netball game anyone has ever seen, ever, in the history of... ever..

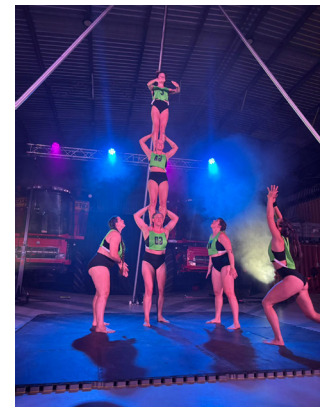
What an incredible evening. A world class performance in the workshop shed of the Mudge farm was brain bendy enough, let alone the amazing food on offer and the bar stocked and run by social committee members and others.

Thanks must go to the consistent efforts of the Social Committee; in particular, Sarah Mudge and their commitment to bringing quality art experiences to the regions. With the financial backing of the Kulin Shire and Varley Progress Association through its social committee, and the time and effort placed in the event by the Mudge family, as well as other community members who lent time (our most valuable resource) to set up, clean up, bar rosters etc, our community was able to be treated to a unique, fun and entertaining event bringing everyone together for a shared

experience of a circus in the bush!!!

Congratulations all and thanks once again to all who hosted and as just as importantly, all who attended and gave this event the support it most definitely deserved. Bravo!

Sarah Mudge - Varley Progress





Department of
Education

WA Student Assistance Payment

WA Student Assistance Payment

The WA Student Assistance Payment helps parents and carers with the cost-of-living pressures associated with sending their children to school.

The second round of the payment is now open, with claim submissions available through the ServiceWA app.

All Western Australian school students in Kindergarten to Year 12, with a valid WA student number (WASN), are eligible for this cost-of-living payment.

You can claim \$250 for each secondary student and \$150 for students attending primary school or Kindergarten.

To claim the payments, parents and carers are encouraged to set up a ServiceWA account. More information is available at wa.gov.au/servicewaapp

All claims must be received by Friday 4 July 2025.

Eligibility

Eligible students must be enrolled in Kindergarten to Year 12 at a Western Australian public school, non-government school or registered for home education, and have a valid WASN.

How to claim

Submit your claim through ServiceWA.

Download on the App Store



Get it on Google Play



For support and general information about ServiceWA, including assistance to download the app and set up MyID, visit wa.gov.au/servicewaapp

Alternatively, you can call the ServiceWA App Support Team 24 hours a day, 7 days a week on 13 33 WA (13 33 92) or email support@digital.wa.gov.au



Want to give your child a head start?

Active8 is a **free, healthy lifestyle program** for parents, carers and their children.

Do you...

- have a child aged 2-5 years old?
- want to improve mealtimes?
- worry about their health?

We provide evidence based guidance around physical activity, fussy eating and nutrition to help you build confidence during meal times and form healthy family habits!

The program runs for eight weeks and is run by qualified health professionals in either an online or face-to-face format in your local community.



Sign up today!

📄 www.theactive8.org/wa
☎ 1300 822 953



For health tips follow us:

📱 @betterhealthco
📱 @betterhealthcompany

Participants receive great freebies and professional advice!



What's included on Active8?



- Informative and supportive weekly online or in person sessions for 8 weeks
- Support from a qualified health professional.
- Personalised goal setting to implement healthy habits.
- Helpful resources that help your family become more active, improve eating habits and live well.
- Access to support through the Active8 community and group discussions.

Sign up today!

📄 www.theactive8.org/wa
☎ 1300 822 953



For health tips follow us:

📱 @betterhealthco
📱 @betterhealthcompany

Powered by
BETTER HEALTH CO.

theactive8
program

Better Health Coaching Service for Western Australians

BETTER HEALTH CO.

The Better Health Coaching Service is a **FREE**, telephone-based health program designed to help adults in Western Australia prevent or manage chronic health conditions.



Are you looking for support to:

- Make healthier food choices
- Be more active
- Manage stress better
- Improve your sleep routine
- Drink less alcohol
- Quit smoking
- Build social connections with family and friends
- Manage health conditions like diabetes, heart disease, or cancer

You are eligible for FREE support if you are:

- Over 18 years of age
- Living in Western Australia
- Looking for healthy lifestyle support to prevent or manage a newly diagnosed health condition

Talk to your GP to see if this service is suitable for you, or sign up using the details below:

☎ **1300 822 953**

Monday to Friday 9am-5pm (AWST).

📄 betterhealthcoaching.com.au/wa

What's included?

📞 Personalised support

Up to 10 x 30-minute health coaching appointments with a tertiary-qualified health professional, delivered over 6 months, either weekly or fortnightly.

📅 Motivational interviewing

One-on-one support for client-centered goal setting, problem solving, and overcoming barriers to form healthy habits.

📁 Wellbeing tools

Hands on resources, factsheets and recipes to help adults achieve their health goals.

📱 Online moderated forum

Access to a closed Facebook community, moderated by our team of health coaches, to connect with others also on their health journey.

👤 Regular updates

Referring GPs and health professionals will receive updates on their patient's progress throughout the program.

Talk to your GP to see if this service is suitable for you, or sign up using the details below:

☎ **1300 822 953**

Monday to Friday 9am-5pm (AWST).

📄 betterhealthcoaching.com.au/wa

Scan the QR code to sign up online



Government of Western Australia
Department of Health

The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.



Government of Western Australia
Department of Health

The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.

When the weather starts to turn cold I often start thinking about comfort food. The kind of things my Granny used to make when the wind whistled through the old house at night and made the sparks fly up in the open fire. The mornings when you'd wake up to frost covering the paddocks and we would sit around that old wood stove drinking Milo with our tin cups sitting on the top of the stove keeping warm. I had a little blue wooden chair and sitting there talking to my Granny and learning to cook at her elbow are some of my favourite memories. So I thought I'd share my versions of a couple of those old favourites...



Cardamom-scented Rice Pudding with Baked Rhubarb

Serves 4-6

Rice pudding is one of those essentially yummy deals. It's cosy and the baked rhubarb just cuts the edge of the sweetness with a little bit of tart.

BAKED RHUBARB

1 small bunch rhubarb cut into bite size bits
1/3 cup brown sugar

RICE PUDDING

2 1/2 cups Milk
1/2 Cup Cream
Zest of 1 Lemon
5 Cardamom Pods or 1 1/2 tsp of Ground Cardamom
2 tsp Vanilla Essence
1/2 Cup Sugar
1/3 Cup of White Rice

Preheat the oven to 220 degrees.
Arrange the rhubarb in a single layer in a baking tray and sprinkle over the sugar. Bake for about 10-15 mins, or until tender. Set aside until ready to serve. (Baked rhubarb will keep in a sealed container in the fridge for up to a week)

Reduce the oven temperature to 150 degrees.
Place the milk, cream, lemon zest, cardamom and vanilla in a large saucepan and bring to a simmer. Turn off the heat and leave to stand for 15 minutes to allow the flavours to infuse. Pour the mixture into a 20cm casserole dish and stir in the sugar until it is all dissolved. Then stir in the rice until it's well combined.

Bake the pudding for 1 1/2 to 2 hours or until it's cooked. You can stir it occasionally if you like... or not. If you don't stir it you will get a skin that is brown and caramelized on top. It's really

up to you. Leave the pudding to sit for 15 mins or so, letting it cool to slightly less than volcanic temperatures and then serve with the rhubarb.

NOTES:

If you don't have cardamom don't worry!! You can always go the slightly more traditional route with some cinnamon instead, either 2 quills or 2 tsp of ground cinnamon will work.

Baked Lamb Chops in Mediterranean Veggie Sauce

Serves 4-6

Now my granny used to make the best ever mash, and it was great with lamb chops and gravy... I took her chops and gravy and gave it a bit of a twist...it's a little bit fancy with very little effort, I reckon she'd enjoy this version too.

6 Lamb Chops (Loin or Forequarter)
2 tins of Chopped Tomatoes
1 Red Capsicum
1 Large Onion
1/2 Zucchini
4 Cloves of Garlic / 2tsp minced garlic
1 small Eggplant (optional)
2 tblsp Tomato Paste
1 tblsp Brown Sugar
1 tblsp Oregano
1 tsp Paprika
2 tsp Beef Stock Powder/ 2 Beef Stock Cubes
Salt & Pepper
Olive Oil

Preheat your oven to 180 degrees.

Roughly dice all your veggies, and sprinkle with salt and pepper set them aside for 10-15 mins and then drain off any liquid.

In a frying pan pop a little olive oil in and seal off your chops. No need to cook them through just colour up the outside. Then remove them from the pan and set

aside on a plate. Save the juices!!

Add your diced veggies to your pan and cook off for 3 mins or so they are just starting to soften. Add your tomato paste and cook off for another minute or two. Add your sugar, oregano, paprika and stock powder (if using stock cubes crumble them up and stir through) stir through the veggies to make sure everything is well covered.

Add your tinned tomatoes and stir through. Bring to a simmer and cook for 10 - 15 mins until the veggies are nice and soft. If you don't like lumps now is the time to blitz it with a stick blender if you have one or chuck it through a regular blender. If you don't mind the lumps then continue right on ahead and put your chops into a deep baking dish.

Pour any drippings/juices from the chops into the veggie sauce and mix it through. Then tip your sauce over the top of your chops so they are covered over. Bake in your oven for 15 - 20 mins with no cover on so that the sauce can reduce.

Serve with good mashed potatoes.

NOTES:

Remember I said there was a way to do this with VERY little effort, wellll...

You can always grab 2 jars of stir through pasta sauce (my favourite for this trick is Leggo's Roasted Vegetable Stir Through Sauce), you just skip the whole making the sauce part and add your lamb drippings to the baking dish and tip the jars over the top. Follow the same steps from here but increase your cooking time in the oven by about 10 mins. Told you it was easy!

Kirra Pederick
Community Development Officer

EVENTS

15th May 2025

Flying Doctor Day



**For those who know red dirt, breath sea
air and harvest golden paddocks.**

2025 is the 97th anniversary of the RFDS and Flying Doctor Day is a celebration of the dedicated doctors, nurses, pilots and support crews who deliver life-saving care to people living in remote and regional WA every day.

In 2024 alone, the RFDS retrieved an average of 28 patients per day and flew over 8.5 million kilometers across WA and beyond.

This year the RFDS is hoping to raise \$1.2 million to help equip two new aircraft arriving later this year with vital medical equipment needed to continue their life-saving work.

Head to the [RFDS Flying Doctor Day](#) webpage to make a donation or find out more.



Seniors Movie Day

Tuesday | 13 May | 11am - 1pm

Yesterday (2019) is a comedy directed by Danny Boyle about Jack (Himesh Patel), an amateur musician who discovers that he can magically steal the music from a successful band, The Beatles, and pass it off as his own.



Coffee & tea provided | Free event



Australia's Biggest Morning Tea

The Shire of Kulin and Kulin CRC are hosting Australia's Biggest Morning Tea at Freebairn Recreation Centre on the 28th of May 2025 between 10:00am and 12:00pm.

Get a raffle ticket to
have a chance at some
fun prizes

Treat the crowd with
your best morning tea
deliciousness!!!

Test your general
knowledge in a fun
Morning Tea themed quiz

That's right, we are holding a bake off! Please collect an entry form either on the morning of the event or in advance at the CRC. Anyone who attends can vote and the winner for the best Morning Tea Bake will win a special prize. As well with their permission, we will also print the winning recipe in the Update after the event.



Personality of the Week

Eduardo Arroyo Martin



Born:

Tenerife, Spain

Work:

Freebairn Recreation Centre

Pets:

I had a dog & a cat for 16 years

Favourite Sports:

Tennis

Favourite Singers:

Feid

Favourite Movies:

The Godfather

Favourite TV Shows:

This is Us

Favourite Food:

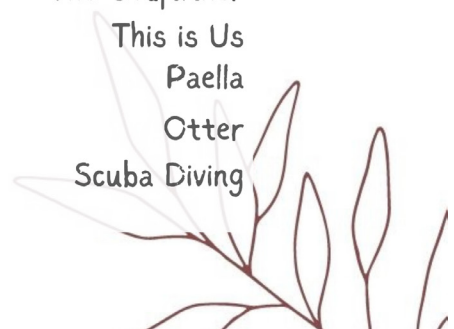
Paella

Favourite Animals:

Otter

Favourite Pastimes:

Scuba Diving



Personality of the Week

Javier Perestelo Cruz



Born:

Tenerife, Spain

Work:

Freebairn Recreation Centre

Pets:

None, but I would like a dog

Favourite Sports:

Muay Thai & Basketball

Favourite Singers:

Cruz Cafune

Favourite Movies:

Scarface, City of Good

Favourite TV Shows:

Lost

Favourite Food:

Cuban Rice

Favourite Animals:

Orca

Favourite Pastimes:

Photography



MOTHER'S DAY



OVERNIGHT BERRY FRENCH TOAST

Ingredients:

- 1 loaf brioche/ thick white bread
- 4 eggs
- 1/4 cup caster sugar
- 2 tsp vanilla extract
- 2 cup milk
- 1 punnet fresh blueberries
- Dollop Cream
- Icing Sugar

Preparation:

1. The day before you want to eat, slice the bread into thick-ish pieces, and arrange them in a shallow baking dish. Whisk together the eggs, sugar, vanilla and milk in a large bowl and pour evenly over the bread. Scatter over the blueberries and then cover with plastic wrap and place in the fridge overnight.
2. The next morning, turn the oven on to 180°C, no need to preheat. Remove the plastic from the French toast, and place in the oven. Bake for 35 minutes, or until golden brown and puffed up, with no liquid in the centre (stab a knife in to check if you need to).
3. Serve the bake with a drizzle of maple syrup, and a spoonful of Dollop Cream with Icing Sugar sprinkled over it or some more fresh fruit on the side.



MOTHER'S DAY



AVO AND FETA MASH ON BRUSCHETTA

Ingredients:

- crusty bread
- avocado
- feta
- lemon juice
- olive oil
- chilli (chopped)
- coriander

Preparation:

1. Toast a couple of slices of crusty bread.
2. Meanwhile, pop avocado, feta, lemon juice, olive oil, chopped chillies (for heat-seekers) and coriander into a bowl.
3. Squish together with a fork, keeping a bit of texture to the whole thing. Then spread on the toast. Nom!

Mother's Day is this Sunday kids, so its time to give mum a treat and say thank you for all the things she does to look after us all every day. Try making her one of these yummy recipies for breakfast, there's also some colouring you can do here. But most important don't forget to give her a big cuddle and be on your best behaviour for the day.





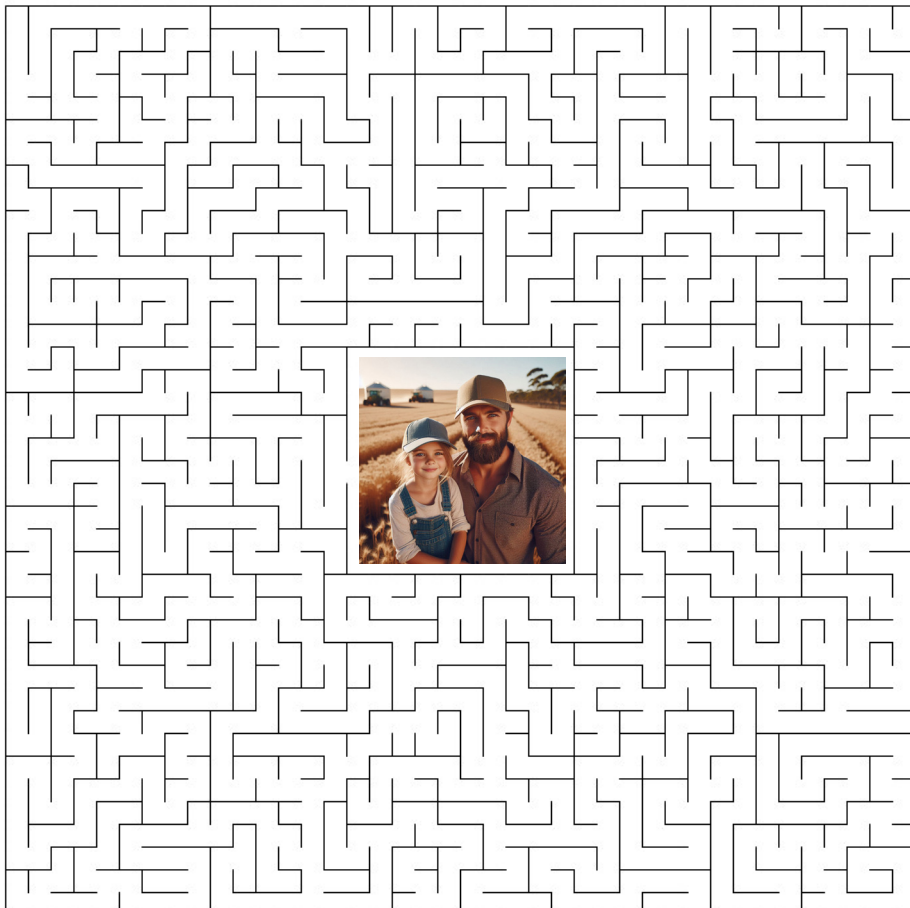
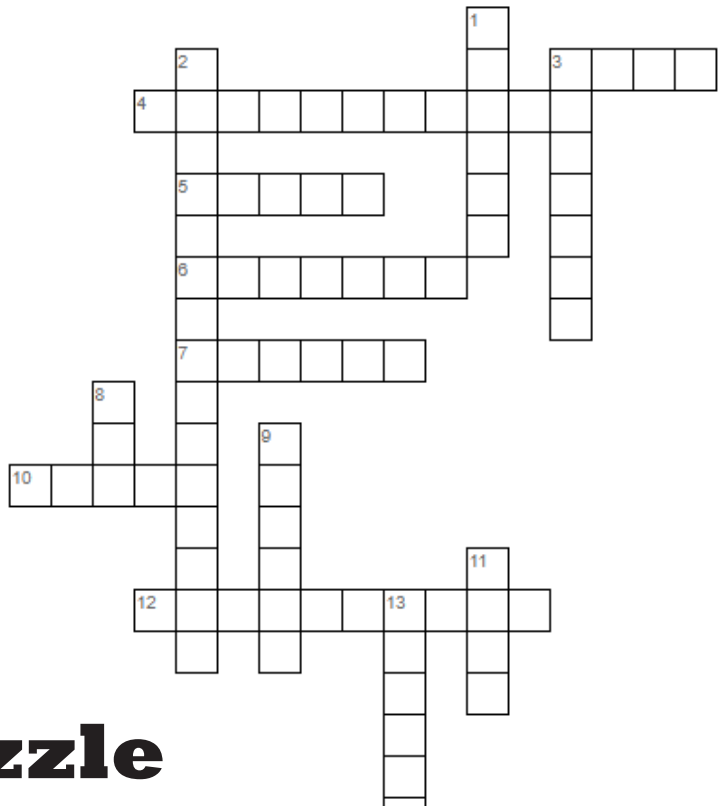
Farm Fun Crossword Puzzle

Across

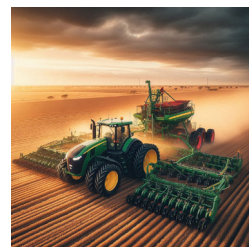
- 3 A structure where grain is stored on a farm.
- 4 A traditional fence made of vertical wooden posts and horizontal rails.
- 5 A machine used for pressing hay into compact blocks for storage
- 6 A piece of equipment used to improve soil aeration.
- 7 A wool-shedding breed of sheep introduced to Australia
- 10 A grain grown in Australian farms, often used to make flour.
- 12 A method of watering where water is pumped to sprinklers or drippers.

Down

- 1 A piece of equipment used to harvest grains like wheat or barley.
- 2 Name two parts of a handpiece used in shearing.
- 3 A tool used to cut dense grass or hay, often attached to a tractor.
- 8 A vehicle used for carrying hay, grain, farm supplies or small animals.
- 9 An iconic Australian breed of dog known for herding livestock.
- 11 A method of maintaining water supply often used in drought-prone areas.
- 13 A smaller structure used for watering livestock.



Get to the Tractor!



Help the farmer and his daughter, they need

to get out of the maze and over to the tractor. There's still seeding to get finished!

KEEPING YOUR HOME COMFY, COSY AND SET FOR THE COLDER WEATHER

ITS THAT TIME OF YEAR WHEN WE START LIGHTING OUR FIRES, WANTING THAT EXTRA BLANKET OR MAYBE A FLUFFY SET OF SHEETS.

GENERAL MAINTENANCE:

Its time to clean out and repair our gutters, making sure that all the leaves are gone, drain pipes are clear and ready to catch any rain coming down. Remember clogged up gutters are more prone to rust and corrosion.

Seal off any drafts, the air leaking in under doors and around windows is just a quick escape for the heat we are trying to capture in our homes. A weather strip is a really easy way to remedy this and although they don't last forever, that are easy to replace if needed.

Draft stoppers, those old fashioned sausages are great for the bottom doors, you can get these from the shop, or it makes an easy and fun craft activity you could do with the kids or grandies.

Check your heating, whether that means giving the fireplace and chimney a good clean and make sure nothing is blocked up, cleaning out the filters on the air conditioner or just giving the heater a really good clean before you crank it up. No one wants that toasty warmth to escalate into a house fire so maintenance here is key.

While we are talking about heating lets not forget our smoke alarms. We know that smoke alarms save lives, but they only work if they are connected and the back up battery is in order. Even though they are on our ceilings, its also a good idea

to give them a good dusting so that the sensors can work effectively.

Hedges and Trees could do with a prune and tidy and as the eaves begin to fall on any deciduous trees its a great time to get everything tidied up.

It's probably almost time to snuggle up in your favourite jumper or pull that throw rug out for the couch. However, when it comes to woolens a little TLC can help keep them soft, holding their shape and looking fabulous.

Remember to opt for cold washes and use a mild detergent or even better a wool wash, harsh chemicals can damage the natural fibres. Dry your woolens flat to avoid stretching and avoid wringing or twisting them to get the water out.

SELF

It's definitely the season to start investing in yourself, we know that colds and flu's are out and about once the cold sets in so making sure you are in good shape to fight them off is a good start.

If walking isn't already part of your routine, its a good time to start the habit... Its not as hot anymore but your not about to freeze yet either. Spending more time outside is also great for your mood and energy levels. Try for just twice a week to start with and see how it goes.

Things can get so busy that we end up starting our days rushing and then flying from one thing to the next until we crash into bed at the end of the day. Remember to take time out for you and slow down even if its just for a minute to appreciate your day.

Try starting your day in a way that rejuvenates you. It might be a peaceful cuppa, 5 minutes to just appreciate the quiet. If its your thing, try out a meditation, there are heaps on Spotify for those who are interested.

Spend some time on your mean-

ingful connections. It's so easy to get wrapped up in the jobs that we forget to balance that out. Hours spent alone on the tractor can lead to having your thoughts running in circles. Organising for a tractor dinner with your special someone, or just a mate to have a laugh is a good way to break up the monotony.

Keep up with your sports, its such a good outlet and a great way to stay connected to your friends and the community. Feeling a part of something and also supporting your mates whether thats in person at the local game or watching a match on TV enjoy the moment.

HOUSE

DECOR:

Over the summer we tend to gravitate to bright, breezy spaces. As the weather changes its nice for our homes to feel refreshed, warm, clean and inviting... But where do we start.

Just tossing a blanket over the couch might be practical and easy but it doesn't always make you feel nurtured and ready for the day or relaxed and able to unwind for the night.

Try changing your linens to rich warm colours. Using soft fabrics and textures that invite touch is one of the quickest ways to warm up your space.

Use lighting to change the mood, table/floor lamps with soft white or amber toned bulbs. Light some candles for a pleasing fragrance as well as the gentle light.

Use the season to nurture yourself and your home.

Kirra Pederick

Community Development Officer

Rejuvenating the Soul: The Danish Art of Hygge for Winter Wellness

As temperatures drop and the days grow shorter, the colder months bring a unique opportunity to recharge and reconnect—not just with others, but with ourselves. Hygge, the cherished Danish custom of embracing warmth and coziness, offers a gentle remedy for winter’s chill.

By focusing on simple pleasures and moments of mindfulness, hygge inspires us to refresh the soul and find comfort in togetherness, creating a haven of joy in the heart of the season.

A few years ago, I stumbled across this strange word in a book I was reading: Hygge. At the time, I had no idea what it meant, but the novel was describing such a lovely scene—someone sitting in front of a fire on a crisp day with autumn leaves falling, snuggled under a blanket (coincidentally reading a book), with glowing candles and what was apparently the world’s best cuppa.

Being the nerd I am, I couldn’t resist looking it up. Lo and behold, it’s an entire cultural custom built around that exact feeling. It comes from the heart of Danish culture and has sparked joy and comfort worldwide. Hygge (pronounced “hoo-gah”) has no direct English translation, but it embodies a



sense of coziness, togetherness, and simplicity. As the seasons change and we seek moments of rest and comfort,

hygge offers a guide for building warmth, connection, and wellbeing.

The origins of hygge trace back to old Norwegian, where the term hyggja meant “to comfort” or “to console.” In the 18th century, it found a home in Denmark, where people used it to bring warmth and community to their daily lives during long, harsh winters.

While we in Kulin don’t face seemingly endless snow and months of below-zero temperatures, the concept of hygge still has plenty of room to inspire us. The Danish emphasis on balance, wellbeing, and human connection feels especially relevant



for farming families and anyone living in close-knit rural communities. Imagine the glow of a candle during a peaceful evening, the comfort of sharing stories over a hot cuppa, or the satisfaction of a hearty homemade meal enjoyed with loved ones. Hygge reminds us that the beauty of life is often found in the simplest moments, where laughter, relaxation, and connection are our touchstones.

For farmers, hygge might look like sitting on the veranda after a long day, cradling a mug of tea as the sun sets over the paddocks, or enjoying the warm crackle of the fire while the kids finish their homework. It could be as simple as lighting the fire pit or gathering for a bonfire, sitting under the stars with those who matter most. Celebrating community through local groups and activities

also embodies the spirit of hygge.

Why not host a “Hygge Evening,” complete with homemade treats, warm drinks, and a cozy atmosphere? It could be a wonderful way to bring friends and neighbors together while embracing this Danish tradition.

But hygge isn’t only a group activity—it’s also about finding solace in solitude. Taking a quiet moment for yourself can be just as meaningful. Whether it’s curling up with a favorite book, journaling by candlelight, or savoring the satisfaction of a home-cooked meal, solitary hygge helps us reconnect with what truly matters.

Think back to your childhood winter mornings—the foggy breath in the crisp air, the crunch of leaves underfoot, the laughter as you slipped on dewy grass. Why not recreate those moments? A quiet walk in nature can be a powerful way to slow down and savor the present.

As the colder months settle in, let’s embrace hygge in all its forms. Turn off the screens for a few hours, put on some music, and let your mind unwind. Whether it’s a cozy family dinner, a starlit campfire, or a peaceful moment of reflection, hygge reminds us that life’s true joys are often its simplest. So, as the season changes, let’s find comfort in those little golden moments—together and within ourselves.



Kirra Pederick
Community Development Officer



2025 Kulin to Cambodia House Building and Humanitarian Tour -Information Evening-

Come and find out about this life-changing opportunity which is available to Kulin DHS Year 9 & 10 students.

Ben and Gen Whisson from ConsultAg Kulin (Croportunity) invite you to an information session about this incredible opportunity which will see two students selected from Years 9 & 10 plus, two education staff as chaperones, to represent the Kulin Community on a trip to Cambodia in October 2025 to help some of the world's poorest families.

We are very privileged to once again be working with Corinne and Mike Gurry from The Helping Foundation, who have coordinated trips to Cambodia since 2008 and have built over 1,000 houses.

This is a fully funded opportunity and a completely life changing experience for both the attendees and the Cambodian families.

When: Wed 14th May, 6pm-7pm

Where: Kulin DHS Library

WHO:

Year 9&10 students + their parents/guardians who are interested in applying to attend the 2025 trip.

- Year 7 – 10 students + their parents/guardians
- KDHS teaching staff who are interested in attending as chaperones
- Interested community members and community organisations

Further information:

Gen Whisson

Ph: 0427 651 304

E: gen@consultag.com.au

www.croportunity.com.au

JOB VACANCY

KULIN BUSH RACES TREASURER & EVENT SUPPORT OFFICER



Are you an organised and detail-oriented individual with a passion for community events? The Kulin Bush Races, celebrating its 30th anniversary in 2025, is looking for a Treasurer & Event Support Officer to manage financial operations and assist with event coordination.

About the Role:

This part-time role involves overseeing financial management, ensuring smooth banking operations, and supporting the coordination of the Kulin Bush Races event.

Key Responsibilities:

- Process creditor payments throughout the year.
- Issue debtor invoices (primarily during race time).
- Reconcile accounts monthly and prepare quarterly BAS statements.
- Handle payroll if required (currently not applicable).
- Prepare monthly financial reports, including profit & loss and balance sheets.
- Organise cash floats for the Kulin Bush Races event.
- Manage bank operations during race weekend alongside Bendigo Bank staff.
- Count and allocate race income, including cash and Square transactions.
- Maintain the asset register and complete annual depreciation journals.
- Prepare documentation for the annual audit.
- Oversee risk management and insurance.
- Provide administrative support to the Event Coordinator.

Who We're Looking For:

- Experience in finance, bookkeeping, or accounting.
- Strong organisational and time-management skills.
- Ability to work independently and within a team.
- Familiarity with event operations or willingness to learn.
- Proficiency in MYOB and Microsoft Office.

Why Join Us?

- Be part of a well-loved, iconic community event.
- Flexible working arrangements.
- Work with a passionate and dedicated team.

This is a part time paid position to be negotiated.

If you're interested in contributing to this unique and exciting event, we'd love to hear from you!

APPLY NOW

Contact Tom Murphy- 0488 422 477
chairman@kulinbushraces.com.au

JOB VACANCY

KULIN BUSH RACES DIRECTOR OF FOOD VOLUNTEER POSITION



We're looking for a Director of Food to help coordinate the different food areas at the Kulin Bush Races. It's not a big job—just about making sure everything runs smoothly and checking in with the awesome people already coordinating different food areas.

What's Involved?

You won't be cooking or flipping burgers—just making sure all the coordinators have what they need and everything is ticking along nicely. You'll be working with:

- Feedlot: Anne-Marie Sloggett
- Food Vans: Simone Lockyer-Luscombe
- The Stay/Volunteer Food: Nicole Thompson
- Hamburgers: Jennie McInnes
- Busy Bee Food: Mary Lucchesi
- Fish & Chips: Michael Bennier

A few other things you'll help with:

- Checking in with food vendors and suppliers.
- Collecting food safety certificates and touching base with the Health Officer.
- Keeping an eye on things during the event and lending a hand where needed.
- Making sure budgets stay on track (nothing too complicated!).

Who Would Be Great for This?

- Someone who's organised but doesn't sweat the small stuff.
- A good communicator who enjoys working with people.
- No need to be a food expert—just happy to help coordinate.

Why Get Involved?

- Be part of an iconic local event.
- Meet great people and have fun along the way.
- No heavy lifting—just a bit of coordination and problem-solving.

If this sounds like something you'd enjoy, we'd love to have you on board!

APPLY NOW

Contact Simone Lockyer-Luscombe
0488 172 797 or kulinbushraces@outlook.com

KULIN MITRE 10

SPOIL MUM THIS

Mother's Day

BONUS

OFFER AVAILABLE 5TH TO 12TH MAY 2025



BONUS 25L PRO MIX WHEN YOU SPEND \$50 OR MORE ON POTS, SPEND OVER \$100 AND GET TWO BONUS PRO MIX BAGS!



*Pictures are for illustration purposes only.
*Plants not included in offer.



Can't decide? Get mum a Mitre 10 Gift Card!



MIGHTY HELPFUL MITRE 10

Offer available from 5th to 12th May 2025 at Kulin Mitre 10. Spend \$50 or more on pots get one BONUS bag of seaweed potting mix or spend over \$100 and get 2 BONUS seaweed potting mixes. Only while stock lasts. Floor stock only, no rainchecks, customer orders or laybys. Personal shopping only. We reserve the right to correct printing errors.

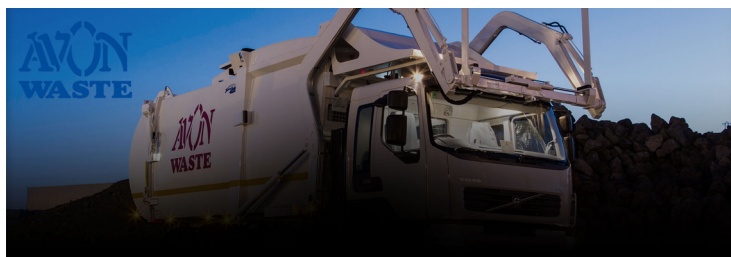
DUFFY ELECTRICS

- ⚡ Residential
- ⚡ Commercial
- ⚡ Industrial
- ⚡ Tv installation
- ⚡ Air Conditioning



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com
Servicing Wickepin and surrounds



PUBLIC SERVICE ANNOUNCEMENT

Avon Waste would like to advise that from **Monday the 12th of May 2025**

Bins will be collected 3-4 hours earlier than has been scheduled previously. Please ensure your bins are put out the night before or no later than **6am** the morning of collection.



Local Service

Summit Fertilizers Area Managers live and work in your local communities, and understand what matters most for your farm to succeed, backed with over 35 years of agricultural knowledge and recommendations customised for your needs.

For more information on how Summit can partner with you for growing success, please contact your Local Area Manager.

GERALDTON Murray Simkin 0429 947 919	
COOROW Juliet McDonald 0429 945 332	
MOORA Alana Alexander 0417 490 047	WONGAN HILLS Saritha Marais 0429 579 541
NORTHAM David Armstrong 0447 109 545	KELLERBERRIN Tracey Hobbs 0429 470 007
WILLIAMS Mark Stephens 0427 788 521	MERREDIN Kobus Marais 0427 766 508
CORRIGIN Steve Cooke 0429 934 243	NARROGIN David Hull 0477 923 684
BUNBURY Ralph Papalia 0427 766 535	LAKE GRACE Brett Coxon 0427 766 508
KOJONUP Chloe Turner 0447 469 245	ESPERANCE (W) Matt Ryan 0408 092 355
ALBANY (W) Mark Ladny 0498 223 421	ESPERANCE (E) Nick Donkin 0428 715 045
ALBANY (E) Andrew Wallace 0427 083 820	

Kulin Transfer Station

The Kulin Transfer Station is located on Truebody Street, approximately 2km from the Kulin Post Office. The Station is open Sundays, Mondays & Thursdays from 10am - 3pm.

Driving Assessor

Kulin has one assessment day a month. Call BENDIGO BANK KULIN for bookings or enquiries 9880 1422

DEFIBRILLATOR LOCATIONS

KULIN

Kulin District High School
Kulin Caravan Park
Public Toilets (Johnston St)
Aquatic Centre
Freebairn Recreation Centre
Kulin IGA
Butler's Garage & Museum

DUDININ

Dudinin Tennis Club

PINGARING

Public Toilets
Pingaring AgSolutions
Pingaring Golf Club



PROPERTY ACCESS FOR EMERGENCIES

In an emergency, every second counts. By registering your property access codes with St John WA, you can help paramedics reach you faster when you need help. This simple step ensures that if you cannot open the door yourself – like if you've had a fall – we can still get to you quickly and safely.

It is as simple as purchasing a lock box (key safe) from your local hardware and registering it with St John WA via the below method. You can also register property details for someone else – like a family member or someone you support – if they aren't able to do it themselves.

To register, simply go to <https://stjohnwa.com.au/ambulance-and-health-services/register-your-property-access> to fill out the form or give St John WA a call on 93341222 between 9am and 4pm, Monday to Friday.

Rest assured, all your details are kept secure and will only be accessed if there is a Triple Zero (000) call to your property. We take your privacy seriously and are committed to keeping your personal information safe.

FOR SALE - NEW PRICE \$32,500

**LEXUS RX 350 LUXURY AWD SUV with EP2
(sunroof)**

Contact Robbie Bowey - 0429 801 236



Year:	2016
Colour:	Sonic Quartz (white)
Interior:	Black
Extras:	Side Steps, tow bar, mud flaps, cargo mat
Engine:	V6, 3.5 litre petrol - approx. 9-10 litres/100km
KM:	223,000
Tyres:	Good
Service:	Mechanically sound with full service history
Condition:	Good condition, always garaged





DAWSONS

FUNERAL HOME

120 FEDERAL STREET, NARROGIN | 21 RICHARDSON STREET, KATANNING

08 9881 1161

WWW.DAWSONSFUNERAL.COM.AU

KULIN LOCAL CLASSIFIEDS

LOCAL CLASSIFIED PAGE, RUN A SHORT AD FOR SOMETHING YOU NEED. AD'S ARE VALID AND WILL BE PRINTED IN A SINGLE EDITION ONLY UNLESS RENEWED. ALL ADS MUST BE PAID FOR IN CASH AT THE SHIRE OFFICES AND COST \$2 PRIOR TO PUBLICATION.

TEXT ONLY, NO PICTURES.

We are excited to introduce a new feature in the Kulin Update: a dedicated page for locals to place short ads for things they might want to buy or sell. Whether you're seeking a farm hand, a rental property, a cleaner or gardener, or have misplaced something around town—this is the place for you! Perhaps you have surplus produce from your garden or are organizing a garage sale? Are you a young person looking for a job? Do you have a skill that you think could be useful to others (like babysitting services or gardening)?

Let the community know right here.

For just \$2, your ad will run for two weeks in the Kulin Update and will also be displayed on town notice boards. Please note that all payments must be made in cash at the Shire offices. As a reminder, ads are text-only—no images—and will be removed after the two weeks unless you renew for another fortnight by making a new payment.

We'd love to hear your feedback on this trial initiative. Share your thoughts and help us make this page a valuable resource for our community!

Warm regards,
Kirra Pederick
Community Development
Officer

ACCOMMODATION WANTED

Seeking a rental in town. 18 year old girl whose family have relocated to Kulin wanting to move here for work. No pets at this time, and very clean and tidy. Parents happy to be on lease as guarantors. Call Kirra at the Shire for more info **08 9880 1204**

CLEANER WANTED

Several ladies in town are interested in a house cleaner on a weekly or fortnightly basis. If you are interested in some cleaning work, please get in contact with Annie Lewis on **0448 578 700**

KULIN HERBARIUM AGM

The members of the Kulin Herbarium are holding their AGM on Wednesday the 21st of May 2025 at 10:30am at the Herbarium Office in the Old Shire Building on Johnston St. New or interested people are encouraged to attend. If you have any questions please call Matthew Schmook on **0427 388 822**

WOOL TABLE WANTED

The Kulin CRC are on the lookout for an old wool table to be used as part of a new display we are putting together. If anyone has one sitting in the shed not being used please get in contact and let us know. Call Kirra at the Shire on **08 9880 1204** to discuss

LOOKING FOR WORK - ENTHUSIASTIC & HARDWORKING

An enthusiastic 18-year-old girl from a family that has recently moved to Kulin is seeking employment locally. Hardworking, reliable, and eager to learn, she is open to various opportunities, including retail, hospitality, or administrative roles. Preferably looking for full-time work. If you are looking for a dedicated worker to join your team, please contact Kirra at the Shire for more info **08 9880 1204**

GENERAL INFORMATION

SHIRE CONTACTS

FRC - 9880 1000
CRC - 9880 1204
Caravan Park - 0439 469 850
Pool - 9880 1222
Depot - 9880 1218
KCCC - 9880 1636

JUSTICES OF THE PEACE

MT Lucchesi - 9880 4050
JM McInnes - 9880 1360
BW Sloggett - 0427081925

MEDICAL CENTRE

Kulin- 9880 1315
Kondinin- 9889 1753
KN Hospital- 9894 1222

Kulin Nursing Station:
Tues, Wed & Fri
8:30 - 12:30

EMERGENCY CONTACTS

Emergency centre-
9880 1079
SES - 13 25 00
Western Power- 13 13 53
Water Auth.- 13 13 75
Kulin Water Depot - 9880 1356

POLICE CONTACTS

Crime Stoppers -
1800 333 000

Kulin Police Station is
staffed by two officers who
are available to respond to
incidents 24/7. Your local
police can be contacted as
follows:

Emergency: 000
Non-emergency: 131 444
KU Station - 9861 5800

TIP SHOP OPENING DAYS

Sunday | Monday | Thursday
10am - 3pm

KULIN TRANSFER STATION

The station is open
Sunday | Monday | Thursday
10.00am - 3.00pm

REPORTING MINOR ISSUES

The Shire of Kulin uses Snap
Send Solve, simply download
the app and use your smart
phone to report a variety of
issues directly to the Shire.

LOCAL CHURCHES

Uniting Church
1st & 3rd Sunday of each
month, 10.30am

Catholic Church
Fr True Nguyen
1st, 3rd, 4th, 5th, 8.00am

Anglican Church
By Request
K. Wilson - 0429 801 228
Bunbury Office - 9721 2100

KULIN MOTOR MUSEUM

Wednesday 10am - 12.30pm
Saturday 10am - 2pm
C. King - 9880 1058
B. Colbourne - 0429 804 615
J. Munro - 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

CONTAINERS FOR CHANGE

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

KCCC ID C10351204

ARTS CENTRE ID C10333381

DEFIBRILLATOR LOCATIONS

KULIN
Kulin District High School
Kulin Caravan Park
Public Toilets (Johnston St)
Aquatic Centre
Freebairn Recreation Centre
Kulin IGA
Butler's Garage & Museum
Kulin Memorial Hall

PINGARING
Public Toilets
Pingaring Ag Solutions
Pingaring Golf Club

DUDININ
Dudinin Tennis Club

DRIVING ASSESSOR

Kulin has one assessment
day a month. Call BENDIGO
BANK KULIN for bookings or
enquiries - 9880 1422