

# THE KULIN UPDATE

21ST MAY 2026

## 5 KULIN POLICE NEWS

Welcome Sergeant Dave to Kulin, relief Officer in Charge at Kulin Police Station. If you see him around town, make sure to say hello.

## 15 WINTER SPORTS FRC

Game schedules, canteen and bar open, lunch and dinner specials. Bring your family and friends, enjoy a great day of sports!

## 22 GRACE GRIT GROWTH

Celebrating the Women of Kulin and Wheatbelt. Thank you to guest speakers, Acres of Taste devine food, FRC Staff for cocktails, volunteers and CRC Team to make the night happen.

## GRACE, GRIT & GROWTH LADIES EVENT 2026





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](http://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](http://www.kulin.wa.gov.au/council/news/community-newsletter.aspx) and send your advert and completed booking form to [crccounter@kulin.wa.gov.au](mailto: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](mailto: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](mailto:crccounter@kulin.wa.gov.au)

## DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

**2nd June**  
**16th June**  
**30th June**  
**13th July**

## DATES AND UPCOMING EVENTS

### MAY

**21st Biggest Morning Tea - CWA**

**25th Pat & Chat Vet**

### JUNE

**1st WA Day Public Holiday**

**17th Council Meeting**

**22nd Pat & Chat Vet**

## MAY 2026

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5 Kulin Classic Morning Tea Central Agcare Counsellor Yogalates 10am Nurses Clinic 8.30am - 12noon Remedy Physio	6 Matt - Chiropractic Nurses Clinic 8.30am - 12noon Butler's Garage 10am to 2pm	7 Doctor in Town The Kulin Update	8 Kulin Classic Theatre Doctor in Town Nurses Clinic 8.30am - 12pm	9 Round 3 Winter Sports Butler's Garage 10am to 2pm	10 Round 4 Winter Sports Butler's Garage 10am to 2pm Mother's Day
11	12 Central Agcare Counsellor Yogalates 10am Nurses Clinic 8.30am - 12noon Remedy Physio	13 Nurses Clinic 8.30am - 12noon Butler's Garage 10am to 2pm Grace Grit Growth 5.30pm	14 Doctor in Town Flying Doctor Day	15 Doctor in Town Nurses Clinic 8.30am - 12pm	16 Round 5 Winter Sports Butler's Garage 10am to 2pm	17
18	19 Central Agcare Counsellor Yogalates 10am Nurses Clinic 8.30am - 12noon Remedy Physio	20 Matt - Chiropractic Nurses Clinic 8.30am - 12noon Butler's Garage 10am to 2pm Council Meeting	21 Biggest Morning Tea - CWA Doctor in Town The Kulin Update Remedy Physio	22 Doctor in Town Nurses Clinic 8.30am - 12pm	23 Round 6 Winter Sports Butler's Garage 10am to 2pm	24
25	26 Central Agcare Counsellor Yogalates 10am Nurses Clinic 8.30am - 12noon Remedy Physio	27 Nurses Clinic 8.30am - 12noon Butler's Garage 10am to 2pm	28 Doctor in Town Remedy Physio	29 Doctor in Town Nurses Clinic 8.30am - 12pm	30	31
Pat & Chat Vet						

It certainly is a change of season, with the days shorter and the nights a lot cooler. While this is a great opportunity to light the fire and make the house cozy, it is also a reminder to make sure your home is safe and that appliances are being managed correctly.

In the last edition of The Kulin Update we shared some handy hints on things to consider. This is a gentle reminder to take the time to check things over again and ensure everything is in good working order.

A few extra things to keep in mind during the colder months include:

- Checking smoke alarms and replacing batteries if needed
- Keeping heaters clear of clothing, furniture and other flammable items
- Avoiding overloading power boards and double adaptors
- Sealing gaps around doors and windows to help keep the warmth in
- Letting in natural sunlight during the day and closing curtains at night to retain heat
- Checking on elderly neighbours, family members or anyone living alone during particularly cold weather

A little preparation can help keep homes warm, comfortable and safe throughout winter.

While the weather is cooling down, the community certainly is not. Winter sport is nearly at the halfway point, and it is great to have netball, football and hockey all in one place so we can support and enjoy sport across all codes.

This week we are back in Kulin, and it promises to be a great day out. It is a wonderful opportunity to catch up with friends, support our local clubs and enjoy some fantastic competition.

So, head on down to the FRC, rug up warm and enjoy a great day of community sport.

Things are also busy at the CRC and Shire. Last week, the CRC hosted our ladies' event, Grace, Grit and Growth. It was wonderful to see more than 50 ladies come together to support the event and enjoy a great night out.

Our next opportunity for community connection is Australia's Biggest Morning Tea on Thursday 21 May. The CRC will be hosting the event at the Kulin CWA, and we encourage

everyone to come along for a cuppa, a chat and to support a great cause.

And for all the budding writers out there, we have a fantastic opportunity for you to share your talents — whether writing is a hobby or something more serious for you. Stories by the Fire is a community event designed to inspire creativity and storytelling. So if you love telling a story, writing poetry or putting pen to paper, we would love to see your work, or works, shared with the community.

As we settle into the cooler months, it is wonderful to see our community continuing to come together, whether through sport, local events, volunteering or simply checking in on one another. Winter is a season for warmth, connection and community spirit, and there is certainly plenty happening around Kulin to keep that spirit alive.

*Taryn Scadding*

Executive Manager of  
Community Services



**KULIN DHS 2027**  
**SCHOOL ENROLMENTS**  
*now open*

-  Enrol by 24<sup>th</sup> July 2026
-  Kindergarten and Year 7
-  Call now for your Enrolment Pack

More Information:  [www.kulindhs.wa.edu.au](http://www.kulindhs.wa.edu.au)  
 6865 7300





## Kulin Police News

21 Johnston Street, Kulin WA 6365

Phone: 98615800

Email: [Kulin.Police.Station@police.wa.gov.au](mailto:Kulin.Police.Station@police.wa.gov.au)

Staff: Sergeant Dave Worcester, Senior Constable Barry Osborne (*Uncle Baz*)



May / 2026

### Relief OIC!

Sergeant Dave WORCESTER – Has entered the realm.



Sergeant Dave is the relief, Officer in Charge (OIC), of the Kulin Police Station.

He has been working here in Kulin for a few weeks now and has intermingled with a number of stakeholders and community members. He's been thoroughly enjoying himself, especially getting out and about seeing the countryside and meeting people. So, if you see Dave getting around, please stop n say hullo.

Dave served in the Australian Army with rotations to Sth East Asia, East Timor and as a military observer in Egypt/Palestine and 16<sup>th</sup> Air Defence Sth Australia. He discharged after 24 years at the rank of WO2.

After the usual stints in various police roles since graduating from the Police Academy, Dave recently hails from the Perth Watchhouse, which is a 24-hour action-packed, high intensity, high stress policing environment. His role there is, Supervisor, and encompassed being in charge of around 30 staff and up to 120 detainees' at one time (*so Baz is no challenge*).

He has had previous, relief country experience in Eucla and Kununurra.

### CRIME

A couple of fuel thefts have occurred in nearby shires from farmers fuel storage tanks and vehicles, so where possible lock your fuel storages or keep minimums in storage. Please keep an eye out for all suspicious people and vehicles. If "It don't look right, it probably ain't right". Advise police as soon as you're able to, not down the track in a week or two time 😊.

### TRAFFIC

**Remember:** Double demerit points will apply over the WA Day, Long Weekend period, continuous, from **midnight Friday 29 May 2026 to 11:59pm Monday 01 June 2026**. Applies the following offences:

- Speeding;
- Seatbelt offences pertaining to drivers;
- The illegal use of mobile phones;
- Driving with a BAC of or above 0.05;
- Presence of prescribed illicit drugs or fail to supply oral or blood sample;
- Contravene a red traffic control signal / arrow;
- Drive motor vehicle fitted with device designed to evade detection by speed camera (14 points) and
- Drive a motor vehicle in a manner to evade detection by a speed camera (14 points)

ERD's can kill, ride responsibly and safely, wear, appropriate, required, safety apparel and headwear!!

So please, for your safety and that of other road users and pedestrians, take care, drive safely and responsibly. Take regular breaks – **NOT RISKS** – Arriving Alive is better than Arriving Dead on Time!!!



Government of Western Australia  
WA Country Health Service

“ I get my flu immunisation for



the people who matter ”

## Flu clinic location

Kulin Medical Centre

Date: Fortnightly Thursdays - through Kulin Child Health Clinic

Time: 0930-1500

Phone: or SMS 0429 290 925 - Rhiannon Child Health Nurse



Find out about  
FluMist



REMEDY HEALTH COLLECTIVE

## Physiotherapy Kulin & Corrigin

### KULIN

**ALICE BARTLEY**



**PELVIC HEALTH PHYSIO**

Available Thursdays in **Kulin** (weekly)

Women's and Men's Pelvic Health Physio

- Pelvic & hip pain,
- Pre & postnatal care
- Continence, bowel & bladder dysfunction
- Hip & abdominal pain
- Cancer Rehab - all stages of treatment & recovery

Now in  
Kulin EVERY  
Tuesday &  
Thursday



**SAM HARVEY**



**PHYSIOTHERAPIST**

Available Tuesdays in **Kulin** (weekly)

- General Physio
- Neck pain & headaches
- Lower limb injuries
- Strength and conditioning
- Clinical Pilates (1:1 / 2:1)



Soon visiting  
Corrigin  
2 days  
per week



### CORRIGIN

**PAT MASECAMPO**



**PHYSIOTHERAPIST**

Available Mondays in **Corrigin** (weekly)

- General Physio
- Sports injuries
- Pre & post-op rehab
- Strength and conditioning

#### REMEDY HEALTH COLLECTIVE CLINICS

Narrogin  
21A Egerton Street  
Monday - Friday • Telehealth

Corrigin  
CorriGYM - 17 Hill Street  
Mondays

Kulin  
Freebairn Recreation Centre  
Tuesdays & Thursdays

SCAN  
ME!





**MR RICK WILSON MP  
FEDERAL MEMBER FOR O'CONNOR**

14 May 2026

## **Parliament House Artist-in-Residence program**

The Department of Parliamentary Services is inviting visual artists from across Australia at any stage of their career to apply to the Australian Parliament House Artist-in-Residence program.

This program offers unique access to the national heart of democracy where politics, history, architecture and art meet.

“This is a great initiative to highlight the work of a selected artist and give them the opportunity to see behind the scenes of Parliament House,” says Rick Wilson, Member for O'Connor.

“This program provides a rare opportunity for Australian artists to grow and showcase our democracy through their own creative means.”

The architects of Parliament House intended art to be integral to the architecture and function of the building. This program is an opportunity to contribute to this ongoing vision for the role of art in our democracy.

The successful artist will receive benefits including:

- an artist fee for the Research Stage of \$10,000
- an additional Commission Fee for new work of up to \$30,000
- travel and accommodation allowance of up to \$15,000
- access to a workspace within the Parliamentary Library.

Applications are now open, closing at 11:00 am on 16 June 2026.

For further information, please visit:

[https://www.aph.gov.au/Visit\\_Parliament/Art/Parliament\\_House\\_Artist-in-Residence](https://www.aph.gov.au/Visit_Parliament/Art/Parliament_House_Artist-in-Residence)

**Media contact:**

Marie O'Dea: (08) 9842 2777, [marie.o'dea@aph.gov.au](mailto:marie.o'dea@aph.gov.au)

## Medical specialist barriers to access for regional WA

The House of Representatives [Standing Committee on Health, Aged Care and Disability](#) has announced a new inquiry into access to and affordability of medical specialists in Australia.

Rick Wilson, Federal Member for O'Connor knows the barriers that exist to access basic health services such as a doctor, a pharmacist or a hospital bed.

"Distance, cost, waiting times, the need for additional tests that may also require a separate trip are all the challenges that O'Connor residents share with me," said Mr Wilson.

"This is the experience for basic care that is often taken for granted by metropolitan dwellers, but when it comes to medical specialist services the difficulties are magnified.

The inquiry will be examining access, effectiveness, affordability and the impacts of delays for all Australians.

The terms of reference have identified that there are differences in access for city, rural and regional patients and it will examine innovative and emerging models of care that may improve access to medical specialists for all Australians.

Mr Wilson urges O'Connor residents to share their experience and ideas with the committee.

"I can and do make statements and observations about the provision of healthcare services in my electorate, however, the value of sharing your experience as an individual or health service provider referring patients to specialists and its impact on health outcomes is invaluable.

"My office hears the stories when things go wrong, referrals or appointment details that go missing or delayed and the difficulty people can have in attending specialist appointments because of a lack of suitable transport.

"Sharing your experience is important to enable change to happen," Mr Wilson said.

The Committee encourages all interested individuals, including patients, carers, health professionals, professional bodies, governments, academics and community organisations to make a submission by Friday, 16 October 2026.

Full details of the terms of reference and how to make a submission can be found at the following:

[https://www.aph.gov.au/Parliamentary\\_Business/Committees/House/Health\\_Aged\\_Care\\_and\\_Disability/Medicalspecialists](https://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Disability/Medicalspecialists)

Office of Rick Wilson MP

Federal Member for O'Connor

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Web: [www.rickwilson.com.au](http://www.rickwilson.com.au)

Email: [marie.o'dea@aph.gov.au](mailto:marie.o'dea@aph.gov.au)





## Want to learn more about the NDIS?

### Come and meet the NDIA

Take the opportunity to drop by and connect with the NDIA team to discover how we can support you



Tuesday 26th May 2026



2.00 pm to 4.30 pm



Kulin

Community Resource Centre, 36 Johnston St, Kulin

If you want to know more about the NDIS, the team will answer your questions and speak about what we do:



How the NDIS works



Am I eligible?



How do I apply?



Using your plan

## **Working Together to Keep Our Local Stores Strong**

Like many regional towns across WA, we've seen some changes in ownership of our local supermarkets, roadhouses and hotels over recent years. With new owners comes new ways of doing things, and like any change in a close-knit farming community, it can take a bit of time for everyone to find their feet.

Our local stores are a big part of day-to-day life out here. They keep us supplied, support local jobs, and are often one of the few places we all cross paths during a busy week. Keeping those relationships strong matters for all of us.

A few helpful reminders to make things run smoothly:

### **Keep your receipt**

Most stores now rely on receipts for refunds or exchanges. It helps staff sort things quickly and fairly for everyone.

### **Speak to the store first**

If something's not right, have a chat with the staff or owner. Most issues can be sorted on the spot if they know about it.

### **Food safety vs food quality**

There's a bit of a difference worth keeping in mind:

- *Food safety* (e.g. off smell, mould, expired use by date items) - these should always be returned and replaced or refunded.
- *Food quality* (e.g. not as fresh as expected) - still worth raising, but solutions may vary, expired best before date still safe to eat but may not be as fresh

### **A bit of patience goes a long way**

New owners are getting to know the community, just as the community is getting to know them. A friendly approach on both sides can make all the difference.

At the end of the day, we all want the same thing - good service, fair treatment, and strong local businesses that are here for the long haul. A quick chat, a bit of understanding, and supporting each other where we can helps keep our town ticking along.

Thanks everyone for doing your part.

**Brendon Gerrard**

**Principal Environmental Health Officer**



## Kulin Medical Centre



### What's new at Kulin Medical Centre?

#### GP Clinic

GP Services every Thursday and Friday

Kulin Medical Centre 9880 1315 or [www.stlukesfamilypractice.com.au](http://www.stlukesfamilypractice.com.au)



#### Practice Nurse

- Adult Immunisations (eg. flu, pneumonia, shingles)
- Cervical Screening Tests
- Spirometry (lung function testing)
- ECGs
- Health Assessments for those aged 75+
- Health Assessments targeted at those between 45-49
- Healthy Heart Checks (for those aged between 50 - 75)
- GP Chronic Condition Management Plans

To make a booking call the Kulin Clinic on 9880 1315



#### Health Nurses outpatient clinic

8.30am and 12.30pm Tuesday, Wednesday and Friday.

- Dressings
- Blood Pressures
- Minor Medical assistance
- Taking Bloods and sending them for Pathology testing.
- Assisting the Doctor with minor procedures.
- Health Promotion relating to certain Medical conditions.
- Provide client assessment and referrals to Primary Health Services.
- Assessing clients who require Extended Care Services

Kulin Health Nurses - 9880 1056



#### Child Health Nurse

For bookings call 0429 290 925



#### Physiotherapy at The Remedy

at the Freebairn Recreation Centre

Every Tuesday General Physio with Samantha Harvey 8.30am–4.30pm

Pelvic Health Physio with Alice Bartley, every second Thursday 9.00am–4.30pm

Clinical Reformer Pilates with Physiotherapist - 1:1 or 2:1

To book an appointment call The Remedy on 0409 868 144 or [www.theremedyphysio.com.au](http://www.theremedyphysio.com.au)



#### Great Southern Chiropractic

Starting on 8<sup>th</sup> April 2026 on a fortnightly basis, Wednesday 8am - 12pm.

Kulin Medical Centre - book appointments on 0438 022 591 or

<https://greatsouthernchiropractic.com.au>





## Could you be our next Wheatbelt legend?

WA Country Health Service Wheatbelt have several positions available, and we are actively looking for suitable applicants.

- PCA / Community Home Support Program staff for Kondinin Hospital, Hyden, Kulin and surrounds

Benefits include generous salary packaging and superannuation, study days, professional development opportunities, career pathways and flexible working arrangements (full-time/part-time/casual hours).

### Want to know more about what's on offer today?

Contact Lisa Biglin Director of Nursing / Health Service Manager Kondinin on (08) 98941 222 or email [Kondinin.healthservice@health.wa.gov.au](mailto:Kondinin.healthservice@health.wa.gov.au) for any help you might need OR

Visit [www.jobswa.gov.au](http://www.jobswa.gov.au) or [www.health.wa.gov.au/careers](http://www.health.wa.gov.au/careers)

**We look forward to welcoming you.**



## CONSULTING HOURS

*in Kulin!*

We're pleased to advise our consulting hours in **Kulin!**

### BOOK YOUR APPOINTMENT TODAY

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

0438 022 951



**KULIN**

**8am – 12pm**

**Wednesday**

**FORTNIGHTLY**

GREAT SOUTHERN CHIROPRACTIC ALSO CONSULTS AT:

**KATANNING**

Weekly

**LAKE GRACE**

Fortnightly

**NYABING**

Fortnightly

**DUMBLEYUNG**

Fortnightly

**KOJONUP**

Fortnightly

Supporting your spine.

*Supporting our Community*

# FREEBAIRN REC CENTRE

## WINTER SPORTS FIXTURES

ROUND 6

### 23RD MAY 2026

**KK VS HYDEN/KARLGARIN**

Football

11.40am  
12.55pm  
2.35pm



**AFTERS AT  
FREEBAIRN  
REC CENTRE**

Colts  
Reserves  
League

**VIPERS VS KHATS**

Hockey

10.25am  
12.00pm  
1.30pm  
3.00pm



**KU VS HYDEN/KARLGARIN**

Netball

9.15am  
BYE  
1.00pm  
11.30pm

**K  
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Junior KU  
A2 Grade KU  
A1 Grade KU  
B Grade KU



## 30TH MAY - LONG WEEKEND

## WINTER SPORTS FIXTURES

ROUND 7

### 6TH JUNE 2026

**KK VS BURRACOPPIN**

Football

11.40am  
12.55pm  
2.35pm



**AFTERS AT  
FREEBAIRN  
REC CENTRE**

Colts  
Reserves  
League

**VIPERS VS BURRACOPPIN**

Hockey

10.25am  
12.00pm  
1.30pm  
3.00pm



**KU VS BURRACOPPIN**

Netball

9.15am  
11.30am  
1.00pm  
2.30pm

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Junior KU  
A2 Grade KU  
A1 Grade KU  
B Grade KU



**ROUND 6 WINTER SPORTS VS HYDEN/KARLGARIN**  
**SATURDAY 23RD MAY 2026**  
**FREEBAIRN REC CENTRE KULIN**

**\*\*GAME SCHEDULE\*\***

<b>FOOTBALL</b>		
JUNIORS	11:40AM	
RESERVES	12:55PM	
LEAGUE	2:35PM	
AUSKICK	3:15PM	
<b>HOCKEY</b>		
C GRADE	10:25AM	
A GRADE	12:00PM	
B GRADE	1:30PM	
MEN	3:00PM	
<b>NETBALL</b>		
KU JUNIORS	9:15AM	
B	11:30AM	
KO JUNIORS	12:45PM	
A1	1:00PM	

CANTEEN OPEN FROM 10AM  
 LUNCH SPECIAL - \$10 NACHOS  
 DINNER - CHICKEN MARYLANDS WITH CHIPS & SALAD \$25  
 KIDS MEAL OPTION - NUGGETS AND CHIPS \$10

BAR OPEN FROM 12PM 🍷  
 BRING YOUR FAMILY & FRIENDS AND ENJOY A GREAT DAY OF SPORT

KULIN NETBALL CLUB  **KONDININ NETBALL CLUB** 

Save the date  
 6th June 2026!

**ROUND 7 WINTER SPORTS VS BURRACOPPIN**  
**FREEBAIRN REC CENTRE KULIN**  
**SATURDAY 6TH JUNE 2026**

**D.I.S.C.O**  
**KARAOKE NIGHT**

KULIN NETBALL CLUB  **KONDININ NETBALL CLUB** 

# WINTER SPORTS HOCKEY

## SATURDAY 9TH MAY 2026

### NAREMBEEN VS VIPERS

C Grade Draw 0 - 0  
B Grade Loss 4 - 0  
A Grade Loss 7 - 0  
Men Loss 4 - 0



## SATURDAY 16TH MAY 2026

### NUKARNI VS VIPERS

C Grade Win 0 - 3  
B Grade Win 0 - 2  
A Grade Draw 2 - 2  
Men Loss 4 - 0



### Roe Districts Hockey Association 2026

#### A GRADE

	Played	Won	Lost	Draw	Goals For	Goals Against	Average	Points
Corrigin	6	5	0	1	16	3	+13	16
Narembeen	6	4	1	1	20	8	+12	13
Souths	6	4	1	1	12	6	+6	13
KK Vipers	6	2	2	2	5	10	-5	8
Khats	6	2	4	0	7	12	-5	6
Nukarni	6	2	4	0	7	17	-10	6
Bruce Rock	6	1	4	1	7	12	-5	4
Burracoppin	6	1	5	0	6	12	-6	3

#### B GRADE

	Played	Won	Lost	Draw	Goals For	Goals Against	Average	Points
Souths	6	5	0	1	19	3	+16	16
Narembeen	6	5	1	0	22	3	+19	15
Burracoppin	6	3	2	1	8	13	-5	10
KKVipers	6	2	2	2	22	10	+12	8
Khats	6	1	2	3	3	2	+1	6
Corrigin	6	1	3	2	3	6	-3	5
Bruce Rock	6	1	4	1	5	29	-24	4
Nukarni	6	0	4	2	3	19	-16	2

#### C GRADE

	Played	Won	Lost	Draw	Goals For	Goals Against	Average	Points
Khats	6	5	1	0	25	5	+20	15
Souths	6	5	1	0	24	5	+19	15
KK Vipers	6	3	1	2	10	4	+6	11
Burracoppin	6	3	3	0	12	12	+0	9
Narembeen	6	2	2	2	6	6	+0	8
Corrigin	6	1	4	1	2	9	-7	4
Bruce Rock	6	1	4	1	5	22	-17	4
Nukarni	6	1	5	0	2	23	-21	3

#### MENS

	Played	Won	Lost	Draw	Goals For	Goals Against	Average	Points
Narembeen	7	5	1	1	29	13	+16	16
Souths	6	5	0	1	11	2	+9	16
Corrigin	6	4	1	1	18	8	+10	13
Kellerberrin	6	4	2	0	19	7	+12	12
Bruce Rock	7	3	3	1	17	13	+4	10
Khats	7	2	4	1	8	8	+0	7
Burracoppin	7	2	4	1	11	19	-8	7
Nukarni	7	2	5	0	8	31	-23	6
KK Vipers	7	0	7	0	3	23	-20	0



## RDHA REGIONAL DEVELOPMENT DAY

The sessions will be run by Jammie Lewis, a highly experienced coach from the UK, who brings a wealth of knowledge to share

- Junior Skills Session
- Coach Development Presentation
- Senior Skills Session
- Possible - Goalie Skills Session

Start time **approx 10am**.  
Confirmed once registrations close  
Light lunch available

**SUNDAY 24TH MAY**  
FREEBAIRN RECREATION  
CENTRE, KULIN

**REGISTER NOW!**

<https://www.revolutionise.com.au/rdwha/events/359013>

REGISTRATIONS CLOSE  
9AM MONDAY 18<sup>TH</sup> MAY

**DON'T MISS THIS AMAZING OPPORTUNITY**

# WINTER SPORTS FOOTBALL



**9TH MAY 2026**

**ROUND 4 - NAREMBEEN VS KKFC**

Colts	Narembreen	1	3	9
	Kulin Kondinin	1	1	7
Reserves	Narembreen	3	1	19
	Kulin Kondinin	12	14	86
League	Narembreen	3	3	21
	Kulin Kondinin	20	10	130



**16TH MAY 2026**

**ROUND 5 - NUKARNI VS KKFC**

Colts	Nukarni	12	7	79
	Kulin Kondinin	2	0	12
Reserves	Nukarni	13	8	86
	Kulin Kondinin	2	5	17
League	Nukarni	10	7	67
	Kulin Kondinin	9	9	63



## Colts Ladder

POS	TEAM	P	W	L	D	B	F	PTS FOR	PTS AGST	%
1	Narembreen FC Colts	1	3	0	0	0	0	92	35	262.86
2	Kulin Kondinin FC Colts	1	2	1	0	0	0	90	43	208.14
3	Corrimal FC Colts	1	1	2	0	0	0	104	103	100.97
4	Bruck Rock FC Colts	1	1	2	0	0	0	88	108	80.74
5	Hyden/Katharine FC Colts	2	0	2	0	0	0	24	140	17.14
6	Buracoosah FC Colts	0	0	0	0	0	0	0	0	0.00
7	Nukarni FC Colts	0	0	0	0	0	0	0	0	0.00
8	Southern Cross FC Colts	0	0	0	0	0	0	0	0	0.00

## Reserves Ladder

POS	TEAM	P	W	L	D	B	F	PTS FOR	PTS AGST	%
1	Buracoosah FC Reserves	0	0	0	0	0	0	473	84	568.33
2	Nukarni FC Reserves	0	4	1	0	0	0	387	104	372.30
3	Kulin Kondinin FC Reserves	0	4	1	0	0	0	318	167	202.06
4	Corrimal FC Reserves	0	2	2	0	0	0	220	101	181.82
5	Bruck Rock FC Reserves	0	0	2	0	0	0	227	218	104.10
6	Southern Cross FC Reserves	4	0	2	0	0	1	70	276	30.27
7	Hyden/Katharine FC Reserves	4	0	4	0	0	0	48	322	14.28
8	Narembreen FC Reserves	0	0	0	0	0	0	0	40	0.00



## League Ladder

POS	TEAM	P	W	L	D	B	F	PTS FOR	PTS AGST	%
1	Kulin Kondinin FC League	0	0	0	0	0	0	634	181	295.08
2	Buracoosah FC League	0	0	0	0	0	0	584	251	234.70
3	Bruck Rock FC League	0	4	1	0	0	0	544	239	227.62
4	Hyden/Katharine FC League	0	2	2	0	0	0	340	300	90.00
5	Nukarni FC League	0	2	2	0	0	0	226	300	82.00
6	Corrimal FC League	0	1	4	0	0	0	270	487	77.21
7	Narembreen FC League	0	1	4	0	0	0	270	483	43.81
8	Southern Cross FC League	0	0	0	0	0	0	218	111	30.38

# WINTER SPORTS NETBALL









## SATURDAY 18TH APRIL 2026

### NAREMBEEN VS KULIN

	Juniors	WIN	10 - 17	
	A2 Grade	LOSS	38 - 21	
	A1 Grade	LOSS	56 - 36	
	B Grade	LOSS	39 - 26	



 **A1 Grade** Change  
Grade


Fixture Ladder Statistics Details

		P	PTS	%
1	 Narembeen A1	5	10	223.13
2	 Hyden A1	5	8	138.68
3	 Burracoopin A1	5	8	115.18
4	 Kulin A1	5	6	139.88
5	 Nukarni A1	5	4	80.36
6	 Southern Cross A1	5	2	79.05
7	 Corrigin A1	5	2	70.00
8	 Bruce Rock A1	5	0	37.42

## SATURDAY 25TH APRIL 2026

### NUKARNI VS KULIN

	Juniors	WIN	10 - 30	
	A2 Grade	WIN	29 - 35	
	A1 Grade	LOSS	42 - 41	
	B Grade	LOSS	43 - 35	







 **B Grade** Change  
Grade

Fixture Ladder Statistics Details

		P	PTS	%
1	 Nukarni B	5	8	164.57
2	 Narembeen B	5	8	148.36
3	 Hyden B	5	6	142.11
4	 Burracoopin B	5	6	110.20
5	 Corrigin B	5	6	97.58
6	 Kulin B	5	4	116.67
7	 Southern Cross B	5	2	100.00
8	 Bruce Rock B	5	0	12.77

 **A2 Grade** Change  
Grade

Fixture Ladder Statistics Details

		P	PTS	%
1	 Narembeen A2	5	10	156.82
2	 Bruce Rock A2	3	4	118.92
3	 Corrigin A2	3	4	94.92
4	 Burracoopin A2	3	2	85.48
5	 Kulin A2	4	2	75.81
6	 Nukarni A2	4	0	78.40

# STORIES BY THE FIRE

*Our Stories, Our Voices.*

This winter, we're inviting you to share your stories about Kulin and the Wheatbelt.

🔥 **SUBMISSIONS CLOSE 10 JUNE 2026** 🔥

Share your story and be part of something very special.



You can submit your story in whichever way suits you:

✉ Email:

[kulincdo@kulin.wa.gov.au](mailto:kulincdo@kulin.wa.gov.au)

📄 Printed copy:

Drop off at the Shire Office or Kulin CRC  
Attn: Kirra Pederick – Community Development Officer

To get your imagination ticking, we've provided an example story on the next page. Nothing special, just a little sample to show you how easy it is to take our everyday and write something that feels like home.

## CATEGORIES:

### YOUTH

- Junior (Years 1-3)
- Primary (Years 4-6)
- Secondary (Years 7-10)

### YOUTH AND COMMUNITY

- Poetry

### OPEN COMMUNITY

- Local History & Heritage
- Bush & Rural Life
- Fiction inspired by Place

Maximum story length across all categories  
3000 words



Department of  
Primary Industries and  
Regional Development



Kulin  
Community Resource Centre  
*your local connection*



## STORIES BY THE FIRE

*Our Stories, Our Voices.*

*(Example Story)*

### **FRIDAY NIGHT AT THE HUB**

The Kulin Hub was the heart of town. A place where families gathered, old mates caught up, kids tore loose through the play area and teens through to grown-ups made just enough ruckus to feel alive. With only a couple hundred people living in the district, it was the only real spot to go out for dinner, but somehow it always felt like a treat anyway.

The main bar off to the side was where the dads drifted, leaning against the wooden counter with one foot hooked on the rail or perched on stools with cold beers in hand while they swapped stories with their mates. The mums claimed their territory too, usually the tables closest to the fire or under the heaters on a crispy cold night. Whoever arrived first was responsible for calling dibs.

Families with kids clustered through the dining room or out in the beer garden if the weather behaved itself. Conversation rolled through the building in waves, mixed with bursts of laughter, clinking glasses and the occasional yell from the play area. Steaks and parmi's landed on tables still sizzling while kids hovered between devouring nuggets and chips or bolting off to find their friends.

Emily snickered as she watched a group of older boys gathered around the pool table. Banter flew back and forth while they leaned lazily against the edge whenever a girl walked past, trying far too hard to look cool.

Boys were weird.

She sat at a crowded table beside her friend Marie, sipping from a cold can of Coke and working her way through a slice of meatlovers pizza. Melted cheese stretched with every bite, rich, salty and perfect.

Their older sisters Sophie and Ruby wandered over talking about the upcoming school ball in Perth. Fancy dresses, glittering heels, hair and makeup. So different from the dusty farm roads of Kulin.

It was always good when the big kids came home for holidays. Even if they acted like they suddenly knew everything after a term away at boarding school.

Truth was though, when Sophie was gone, Em missed her. A lot.

She was in Year Nine now herself. Not quite ready to leave Kulin yet, but definitely too old to be lumped in with the little kids anymore.

Marie flicked a chip at her.

"Oy. Who are you staring at?"

Em blinked, realising she'd zoned out looking toward the pool table.

"No-one. Just a bunch of dumb boys who think they're cool."

Then she grinned mischievously and threw her sister straight under the bus.

"But Sophie's definitely looking at Mitch over there. She thinks he's cuuuute."

"Emily," Sophie warned, already too late.

Ruby burst out laughing. "Oh, she absolutely does!"

The girls dissolved into giggles while Sophie tried very hard not to blush.

Just then the front door swung open and Auntie Stella strode in from the bar.

The girls lit up instantly.

Stella had moved away before Em was born while her mum Taylor and dad Ethan stayed behind to take over the family farm. But whenever Stella rolled back into town, things got interesting. Without missing a beat, she gave the girls a wink, walked straight over to the speaker in the corner and took control of the music like she'd never left.

Em's mum caught Stella's eye from across the room and laughed.

Yep. It was going to be a great night at the Hub.

At the bar, the dads exchanged knowing looks and waved the staff down for another round.

Definitely going to be a great night.



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Regional Development



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## Grace GRIT Growth

### Celebrating the Women of Kulin & the Wheatbelt



*When you live in a community filled with vibrant, engaging and strong women, it's easy to forget yourself amongst that group. Or to forget to stop and realise just how vibrant, engaging and strong those women really are.*

*These women are our friends, neighbours, family and community. But at our Grace, Grit & Growth celebration of the women of Kulin and the Wheatbelt, we took a moment to do exactly that. To come together as women who recognise how incredibly lucky we are to be part of this community and to be surrounded every day by women who inspire us.*

*Not because they are perfect or because they live Instagram or Facebook picturesque lives, but because of who they are and what they bring to the table.*

*There is no doubt that the women of Kulin and the Wheatbelt are changing lives and quietly changing the world every single day. And this celebration was about recognising that. It was also about recognising that we need to show ourselves that same kindness and respect too. Not just to recognise others, but to recognise us.*

*That doesn't mean it was a heavy night though. What it actually was, was a sprawling, laughter-filled conversation.*



*The drinks flowed, with the FRC staff keeping us hydrated and the food was heavenly. Amy and the ladies from Acres of Taste absolutely outdid themselves. As usual, they didn't just nail it, they blew us away in the best possible way.*

*From being incredibly anxious about getting it right for the amazing women of our community, to watching everyone arrive dressed up for a night out with the girls, to standing up as MC and starting the conversation, it really was a night to remember.*



## Grace GRIT Growth

*The keynote address had everything. Laughter, humility, touching moments and, at its core, truth. Cindy Mullan was outstanding and I could not be more grateful that she shared herself and her experiences with us. How lucky we are to have women like Cindy in our community.*

*And alongside Cindy were the incredible women who joined our panel discussion: Sarah-Jane Simonetti from Wheatbelt Women Connect, Shire Councillor Robbie Bowey, Local Business Women Carly Williams and Gabrielle Savage.*



*Women who were open, honest, vulnerable and deeply funny.*

*It wasn't just inspiring to listen to them and be part of that conversation, it was genuinely fun.*

*And once we had worked through the reflective part of the evening and sparked those deeper conversations, it was time to let our hair down and simply enjoy ourselves.*

*And I think it's fair to say that opportunity wasn't wasted. In fact, we revelled in it.*

*Thank you to every single person who helped bring the event together. Taryn, Kylie and I are a team, and it takes all of us to make nights like this happen.*



*But beyond that, if we didn't have the support of the community and the women who showed up for each other last Wednesday night, none of it would be possible.*

*So please know just how wonderful we think you are.*

*I can't wait to see you all out and about around town again soon. We are looking forward to next year and another fabulous event. If you have any ideas on what might be fun then pop in and let us know.*

*Although I'll admit, this event is going to be hard to top. Kirra Pedrick*



## Grace GRIT Growth

### Cindy Mullan's Keynote Address

*Thank you Kirra, watching you and the CRC team plan this event has encompassed everyone of the themes.*

*Good evening everyone, and thank you for being here. Before I say anything about myself, I want to take a moment to look around this room. Because what I see is a community of women who make things happen. Women who run businesses, raise families, volunteer, organise, support, create, and hold together the threads that make small towns strong.*

*In places like Kulin, leadership doesn't always come with a title. It comes with showing up. It comes with caring. It comes with doing what needs to be done — often quietly, often without recognition, and usually while juggling three other things at the same time.*

*I'm honoured to be standing here, because truly, this room is full of amazing women.*

*Last year, I made a decision that felt small at the time — almost impulsive. I applied for the Australian Pork Ltd Pork Leadership Program. It wasn't part of a grand plan. It wasn't something I'd been working toward for years. It was more of a "What's the worst that could happen?" moment... which, in hindsight, can be a dangerous question to ask the universe.*

*Underneath that light-hearted attitude was something deeper. I remember thinking, I want to show my kids that it's never too late to try something new. I wanted them to see that you don't have to wait until you feel ready or confident.*

*Sometimes you just have to put yourself out there and trust that you'll figure it out along the way.*

*So I applied — not expecting anything, not imagining where it would lead, but wanting to model the kind of courage I hope my kids carry with them.*

*And then I was selected.*

*What followed was a journey that stretched me in ways I didn't expect. It took me across the country and all the way to America. It changed how I see myself, how I see the agricultural industry, and how I see the people around me.*

*The program had three parts.*

*The first was Leadership Camp — a deep dive into our base behaviours. These are the traits we fall back on when we're stressed or under pressure. The ones we sometimes think we need to "fix," when really, the challenge is learning how to use them well. I discovered a few things about myself that were... let's say, enlightening. The revelation that my "under pressure" mode is a mix of determination and direction — honestly, felt accurate.*

*The second part was Media Training — learning how to tell our story clearly and confidently, and how to handle those moments when things go wrong. For someone who never imagined herself in front of a microphone or camera, this was confronting. But it was also empowering. It reminded me that everyone has a story worth telling — we just don't always give ourselves permission to tell it.*

## Grace GRIT Growth

*And then came America. Three weeks visiting universities, farms, and businesses. Seeing how they operate, what they do differently, and what we do differently at home.*

*It was eye-opening — not because one system was better, but because it showed me how much innovation and pride exists in both the Pork and international agricultural industry.*

*But the journey didn't end when I came home. In some ways, that's when the hardest part began.*

*There were still presentations to deliver, a conference in Melbourne, and then a Gala dinner in Canberra — where I bumped into one of our local ladies, a lovely reminder that no matter where you go, someone from home will appear when you least expect it.*

*That's when Kylah, my eldest daughter, looked at me and said, "Mum, I think you should do this. What would you tell me if I was feeling like you? That's right — you'd say you need to take opportunities when they are given. Who knows if it'll happen again."*

*In that moment, everything shifted. Because she was right. I couldn't tell my kids to be brave and then back away from my own opportunity because it felt uncomfortable. Her words reminded me why I started — and gave me the strength to keep going.*

*When I think about what the program really gave me — not just the frequent flyers and days off work — it gave me perspective. Perspective on my own capability, on what leadership looks like in practice, and on how much we underestimate ourselves when we're busy just getting through the day.*

*I learned that confidence doesn't always arrive before you begin. Most of the time, it turns up because you began.*

*Every time I walked into a room full of strangers, every time I had to speak up, every time I felt out of my depth — I didn't suddenly become fearless. But I did become willing. And willingness is often the first step to growth.*

*The leadership camp — that deep dive into our behaviours under pressure — stayed with me. It helped me see that the parts of myself I sometimes apologise for are also the parts that get things done. Determination can look like stubbornness. Direction can look like control. But when you understand what drives you, you can choose how to use it — and that choice is where the real leadership begins.*

*The media training taught me something else: clarity is kindness. When you can explain what you do, why it matters, and what you stand for, you make it easier for people to understand you — and to support you. I used to think speaking up was about having the perfect words. Now I see it's about being prepared, being honest, and being willing to represent your industry and your community with pride.*

*And maybe the biggest growth for me was learning to sit with the discomfort — especially the guilt.*

*The truth is, you can love your family deeply and still want more than the same four walls every day. You can be committed to your community and still need time to learn and stretch. I'm learning that doing something for yourself isn't taking away from the people you love — it's often what allows you to come back with more patience, more energy, and more to give.*

## Grace GRIT Growth



*I also came home with a stronger sense of purpose. I don't have to have all the answers, and I don't have to do everything. But I do want to keep saying yes to the opportunities that align with my values — and I want to do it in a way that brings my family with me.*

*I'm also learning the strength of boundaries: the courage to say no.*

*No to the extra committee when your plate is already full. No to the guilt that tells you you should be able to do it all. No to expectations that don't fit the season you're in. Because every time you say no to what drains you, you're saying yes to what matters most — your family, your health, your values, and the work that only you can do.*

*The more I reflect on my growth journey, the more I realise it isn't unique to me. It's something that echoes through so many women in communities like ours.*

*Because rural women know what it means to stretch themselves. We know what it means to step into something unfamiliar. We know what it means to carry responsibility quietly, without fuss, without applause — and often without a proper lunch break.*

*We're so used to getting on with things that we sometimes forget to recognise the leadership in what we do every day.*

*But rural women lead constantly.*

*We lead when we organise, when we support, when we problem-solve, when we adapt. We lead when we're juggling kids, work, community commitments, and the unexpected things that pop up in between — like a phone call saying, "The pigs are out," right as you're trying to leave the house.*

*We lead not because we're chasing recognition, but because we care. Because we're invested. Because we want our families and our communities to thrive.*

*And that's why Kyla's words hit me so deeply. She reminded me that stepping into opportunities isn't selfish — it's necessary. It's how we grow. It's how we show the next generation what's possible.*

*Rural women don't wait for perfect conditions. We don't wait for someone to tap us on the shoulder. We don't wait until we feel confident.*

*We lead by doing. We lead by learning. We lead by showing up — even when we're unsure, even when we're tired, even when we're juggling more than anyone realises.*

*The leadership program helped me see something clearly: rural women bring a kind of leadership that is powerful, practical, and deeply needed.*

*We bring resilience — because we've all had days where everything goes wrong and we still make sure everyone is fed and clean at the end of it all.*

*We bring practical wisdom — because we can solve problems with whatever's in the ute, the pantry, or the bottom of your handbag.*

*We bring connection — because we know community isn't just a word; it's something you build, one small act at a time.*

*We bring humility — because we don't do things for praise; we do them because they matter.*

## Grace GRIT Growth

*We bring adaptability — because rural life has taught us that plans are really just suggestions.*

*These qualities shape families, workplaces, industries, and communities. And they often come from women who don't see themselves as leaders — but absolutely are.*

*So tonight, as we celebrate the women in this community, I want to leave you with this: Your story matters. Your contribution matters. Your leadership — whether you call it that or not — matters.*

*You don't need perfect balance. You don't need to be the loudest voice. You don't need to have all the answers. You don't need to say yes to everything.*

*You just need to keep showing up — as you already do — with strength, compassion, determination, and the quiet confidence that comes from knowing who you are and what you bring.*

*Communities like ours don't thrive by accident. They thrive because of women like you — women who give, who support, who adapt, who persevere, and who lead in ways that are real and meaningful.*

*Thank you for everything you do. Thank you for the unseen work, the emotional labour, the practical load, the countless ways you hold things together.*

*And thank you for allowing me to share this moment with you — even if it all started with a "What's the worst that could happen?" application.*

*Cindy Mullan*





# Kings Park Fashions *are coming to* Kulin!

***Wednesday 10th June***  
***at the Kulin Town Hall***

Fashion Parade starts at **10am**

*there will be a **\$10 entry charge**  
which includes **morning tea***

***- Hosted by the Kulin CWA -***

**DISCOUNT AVAILABLE ON FULL PRICED  
GARMENTS WITH PRESENTATION OF YOUR  
SENIOR CARD**

**EFTPOS AND CASH ACCEPTED**

Save the Date!

The Holt Rock 

# HOEDOWN



 LIVE MUSIC

 LINE DANCING

★ GOOD TIMES  
*All Night Long!*

SATURDAY **24<sup>TH</sup>** OCTOBER  
2026

★ MORE DETAILS COMING SOON! ★



## KULIN BUSH RACES FUNDING ROUND NOW OPEN!

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Following another hugely successful 2025 event, Kulin Bush Races Inc is proud to be putting funds back where they belong, into our community.

If your community group or organisation could benefit from funding, we'd love to hear from you. Get in touch with Simone to request the funding guidelines and application form.

kulinbushraces@outlook.com  
0488 172 797

**Applications for the 2026  
KBR Funding Round close  
on the 31st May**

A huge thank you to our incredible volunteers! The effort you put in before, during, and after KBR is what makes the event such a success and allows us to generate a strong return that goes straight back into our community.

**Working together to make our town a better place**



## Thank you, Kulin!!!

From Wednesday 1 April to Tuesday 7 April 2026, we held the annual Blazing Swan event at the Kulin Bush Races site. From the bottom of our hearts – we want to say a big THANK YOU KULIN!!



Blazing Swan wouldn't be possible without the support of the Kulin community. That is true every year, but especially this year, as we navigated challenges including fuel shortages and difficult weather conditions.

That new shed is really something! It provided our build and pack down crews a lovely home base for meals, meetings and wind-down time. The protection it provides from the elements is a welcome comfort, especially considering the cyclone-warning we faced this year (which was wild!). We even made the most of the big new walls and had a movie night during the pack down.

Thank you to the Kulin District High School P&C for another successful Rubbish Drop Fundraiser. This year the team took in a record \$12,000 on Monday and Tuesday [6 & 7 April], which will be used to upgrade equipment at the school. Over the years the Rubbish Drop fundraiser has become more popular, now raising more than \$27,000 for the school.

It has fast become a busier place as event attendees leave Blazing Swan, so next year Blaze and the P&C will be working together to reassess the layout of the rubbish drop, to mitigate traffic congestion and minimise people driving past (and maybe being inclined to drop their rubbish elsewhere).

There are a few special *thank-yous* we would like to dish out:

Thank you to the teams at Mitre 10 and Foodworks Kulin – for keeping our workshop and bellies full during our stay.

Thank you to Kulin Arts and the Kulin Lions Club for your 10c container cages, and congratulations on fundraising! [more than \$3,500 between them!]

Thank you to Haydn for your log splitter and working with the lads!

Thank you to Brendan and the St John Ambulance Kulin Sub Centre volunteers.

Thank you to Barry and the Kulin Police.

Thank you, Tom, Mick and the Kulin Bush Races crew.

Thank you to the Kulin Community Hub for feeding and watering our hungry and thirsty volunteers throughout the year on visits (and when the beer fridge needs a little topping up).

Your hospitality is always warm and welcoming.

Alan, Taryn and Brendon - A big thank you to you and the Shire for all your ongoing support.

And the biggest thank you of all – to the Lucchesi family. Thank you for sharing your home with us each year. Thank you for your continued support of Blazing Swan, we wouldn't be here had it not been for your kindness and ongoing support.

If there are any questions from the community, our doors are always open.

Please contact [committee@blazingswan.com.au](mailto:committee@blazingswan.com.au)

Kulin. We love you. Thank you for everything.

Love and Dust.

Blazing Swan

*Blazing Swan Inc.*

[www.blazingswan.com.au](http://www.blazingswan.com.au)

PO Box 6, Kulin, WA, 6365

## FOGGY MORNINGS MEAN FUZZY SOCKS AND LAYERS OF COSY BREAKFASTY GOODNESS



**around in the fridge, bits of bacon or ham, random handfuls of cheese – it all works. Better yet, you can prep the whole thing the night before in about 15 minutes, then simply pop it into the oven when you wake up. Forty-five minutes later, the house is warm from the oven, the kitchen smells amazing and breakfast is ready.**

**I was met with a few slightly confused looks from certain members of my household when I announced we were having strata for breakfast.**

**“Are you sure?” I was asked. “Isn’t strata something to do with units and townhouses?”**

**Well yes. Technically.**

**But strata also literally mean layers – and that’s exactly what this is. Layers of bread, meat, veggies and cheesy, eggy goodness baked together into one golden tray of deliciousness.**

**So, give it a go. Adapt it however you like. Use up whatever you have sitting in the fridge. Add extra cheese if your heart tells you to. I certainly won’t judge.**

**And on one of those cold winter mornings where you need warming up from the inside out, remember this recipe.**

**From my table to yours, enjoy and stay cosy.**

*KC Pederick*

**Community Development Officer**

### **Farmhouse Breakfast Strata**

#### **INGREDIENTS**

- About half a loaf of stale bread, torn or roughly chopped
- 8 eggs
- 2 cups milk
- 1 cup cream (or extra milk)

- 1–2 cups grated cheese
- 200g bacon, ham or cooked sausage, chopped
- 1 onion, diced
- 1–2 cups vegetables of choice such as spinach, mushrooms, capsicum, tomato or zucchini
- Salt and pepper
- A handful of fresh herbs such as parsley, chives or thyme
- Butter or oil for cooking

#### **METHOD**

1. Preheat oven to 180°C and lightly grease a baking dish.
2. In a frying pan, cook the onion and bacon until golden and fragrant. Add any firmer vegetables such as mushrooms or capsicum and cook until softened.
3. Scatter the bread into the baking dish. Add the bacon mixture, vegetables and most of the cheese, gently mixing everything together.
4. In a large bowl or jug, whisk together the eggs, milk, cream, herbs, salt and pepper.
5. Pour the egg mixture evenly over the bread mixture, gently pressing the bread down so it absorbs the liquid.
6. If time allows, leave to sit for 15–30 minutes so the bread can soak everything up.
7. Top with the remaining cheese and bake for 40–50 minutes until golden, puffed and set in the centre.
8. Serve warm.

#### **A Few Notes from My Kitchen**

- Slightly stale bread works best – sandwich bread, rolls, sourdough, leftover buns, even croissants.
- This is a perfect “clean out the fridge” meal.
- It can be assembled the night before and baked in the morning.
- Don’t stress too much about measurements. Strata are very forgiving.
- If it looks like it needs a little more milk, add it. A little more cheese? Even better.

**We are literally weeks away from winter officially starting. The mornings are getting darker; the chill is hanging around longer and some days the fog sits thick over Kulin like a soft white blanket. Lately I’ve stepped out onto the front verandah more than once to find everything damp with mist and dew and immediately decided it was time for the kettle to go on, the heater to be cranked up and my fuzzy socks to make an appearance.**

**And on mornings like that, it’s not just the outside of me that wants warming up. My belly starts rumbling for something cosy. Something warm and filling, but not too heavy. Something that feels like comfort food while still giving you plenty of energy to tackle the day.**

**Now there are a few options. I’ve shared Pop’s porridge recipe with you all before, along with some of the fancier add-ins that I occasionally get a little extra with. But there are also mornings where you really want something savoury. And while I do love bacon and eggs, sometimes you just want something a little different.**

**Also, I don’t know about your house, but mine almost always seems to end up with half a loaf of bread starting to go a little stale. Not beyond saving, just not quite as fresh and fluffy as it was a couple of days earlier. And honestly, this recipe is perfect for that.**

**A breakfast strata is basically the ultimate “use what you’ve got” meal. Leftover bread, vegetables hanging**

## Kulin Child Care Centre

Colour sorting, opposites & posting. We have been learning about opposites through images during tabletop activities and mat time sessions. This learning in early years increases our vocabulary and the way we describe things.



Also, in the tabletop activities we have our colour sorting. This has been repeated through the week and has proven popular with our younger children. Colour sorting supports learning of colour recognition. You will also notice our recycled colour posting activity which provides an outlet for schema play. These repeated actions or patterns help children to make sense of their world.



Getting messy with our paint trays we explored painting with golf balls. This craft always brings lots of excitement with the cause-and-effect motion creating the artwork.



Lastly, we are looking closely at another planned outdoor space created by our Educators. Our Educators have been focusing on providing more planned experiences outside and this is evident in what we see here. This starts as a space where children can practice gross motor, coordination and balance, but by the end of the day this equipment is included in all sorts of different play as the children take apart the environment to scaffold their learning.



*Thank you to our families and community for supporting us.*



## King Rocks Wind Farm

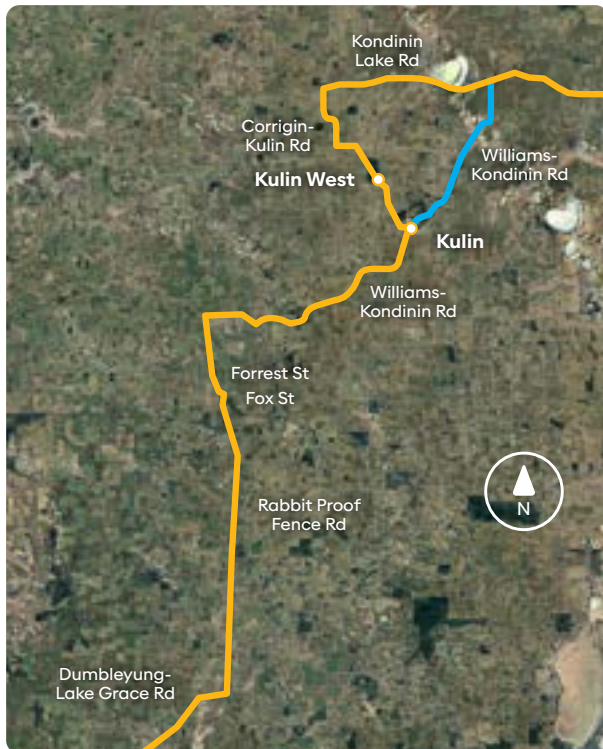
### Transportation of Wind Turbines



**Community members in Dumbleyung, Kulin and Wickepin are advised to expect large oversized vehicles transporting wind turbine components as part of the King Rocks Wind Farm.**

The components for 17 wind turbines and associated infrastructure will be transported about 450 km from the Port of Bunbury to King Rocks Wind Farm near Hyden from late May 2026 and will continue until approximately September.

Weather and transport conditions permitting, deliveries will occur up to seven days per week (Monday to Sunday). Each delivery will commence from the Port of Bunbury at sunrise and is scheduled to pass through Dumbleyung, Kulin and Wickepin in the late morning to early lunch time.



— Wind turbine blade route

— Wind turbine tower route

#### About the project



The King Rocks Wind Farm will generate up to 105 megawatts of renewable energy from 17 turbines installed 35 km north-east of Hyden.

Turbine components are being delivered from the Port of Bunbury to the wind farm site.

The components will be transported by truck along Collie Lake King Rd, Dumbleyung Lake Grace Rd, Rabbit Proof Fence Rd, Forrest St and Fox St, Williams-Kondinin Rd, Corrigin-Kulin Rd and Kondinin Lake Rd before travelling through to the wind farm. The wind turbine tower sections will take an alternate route along Williams-Kondinin Rd through to Kondinin. Blades and other turbine components, such as tower sections, will be escorted by traffic pilots

If you find yourself behind an oversized load, please do not pass until the pilot has given you an instruction to do so. The transport delivery sizes will be up to 94 metres in length, 4.4 metres in width, and 27 tonnes each load.

The oversized load will be stopping every 20-25 km along the route to relieve any traffic behind them.

If slowed behind an oversized load, school bus operators are asked to contact the pilot using a UHF channel 40 to notify them of their position behind the load. The load will then pull over when safe to do so and the pilot will signal for the school bus to pass.

For any questions, please contact our community team on 0482 993 106 or by emailing [community@synergy.net.au](mailto:community@synergy.net.au)

We thank you for your patience during this time.



#### For more information

[community@synergy.net.au](mailto:community@synergy.net.au) | 0487 993 106  
[synergyred.net.au/king-rocks-wind-farm](http://synergyred.net.au/king-rocks-wind-farm)



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## RURAL AID ARTICLE

The power of being polite and respectful. In the last month I was on holidays and travelled to the USA where I visited the southwest of the country. Amazing countryside and scenery. Before I left, I was told by someone that I would experience just how polite most USA people are and yes, it took me aback just how nice they actually are. Their automatic polite, respectful responses made me feel good and welcome.

This reminded me that there is never a reason to be disrespectful to a person who is simply doing their thing or their job because we are personally annoyed or don't agree with what they are telling us. Especially now with the fuel crisis, farm chemicals being expensive, power bills soaring, Mice Plagues, baits hard to get and interest rates going up; we need to be aware that how we react is our choice and no one else's fault. The service station employee at the till is not responsible for the country wide fuel crisis yet some feel they have the right to vent to this person who can do absolutely nothing about it. What if this same person is also going through a personal crisis. The power of language and actions should not be underestimated; you

may without even realising be adding to that person frustrations and stress.

We all have the freedom to choose how we react in any given circumstance, its one freedom no one can ever take away. That ability to stop pause, step back before reacting or putting one's foot in one's mouth moment, is essential to ensure we remain respectful to each other. The difference is that your respect and thankfulness could be saving grace moment, reminding that person that people do care and give that person the hope they felt was not there. Just as powerful.

We all actually never know with people we encounter daily of what is happening for them personally, unless you ask and they are willing to share. But you can be aware of how powerful the spoken word is, how the power of this word is enhanced by the tone we use and the body language we portray. None of us are perfect and we will sometimes inadvertently show our frustration, even then we can say 'sorry that wasn't aimed at you I'm just annoyed personally'. Taking ownership of our actions.

The above does not remove

our personal frustrations resulting from occurrences that we have little to no control over. Sometimes our frustrations result in stressful thoughts that if not checked, take over. When this happens, please reach out to each other, use that phone to call each other or pop in for a cuppa because you can. Going on that gut feeling that someone is not themselves and asking RUOK. Even if your gut feeling was not accurate its better to have asked and the person being asked appreciates your concern. It's what we country people do best.

Rural Aid counselling and other agencies are here to listen you are not alone.

### Roger Hitchcock

Counsellor & Community Representative West Australia based in Narrogin

Rural Aid Australia  
0460 310 667

[roger.hitchcock@ruralaid.org.au](mailto:roger.hitchcock@ruralaid.org.au)





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*Thank you*

Brian & Faye Williams of Kulin would like to extend their appreciation to the following services and operators:

- The 000 operators for their assistance and support.
- The Kondinin Volunteer Ambulance Association for attending and transporting Faye from Kulin to Kondinin, and then on to Narrogin.
- The staff at Kondinin Hospital for their wonderful attention and care during her short stay.
- Narrogin Hospital for their wonderful and professional service.
- The Royal Flying Doctor Service, without whose assistance things would have been much more difficult.
- The staff at Fiona Stanley Hospital who cared for Faye during her stay. All departments demonstrated professional and compassionate care.

It is comforting to know these services are available close by.

**A big and sincere thank you to all services involved!**

## 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.

 <b>GERALDTON</b> Murray Simkin 0429 947 919	
 <b>COOROW</b> Juliet McDonald 0429 945 332	
 <b>MOORA</b> Alana Alexander 0417 490 047	 <b>WONGAN HILLS</b> Saritha Marais 0429 579 541
 <b>KELLERBERRIN</b> Tracey Hobbs 0429 470 007	 <b>MERREDIN</b> Kobus Marais 0427 766 508
 <b>NORTHAM</b> David Armstrong 0447 109 545	 <b>CORRIGIN</b> Steve Cooke 0429 934 243
 <b>WILLIAMS</b> Mark Stephens 0427 786 521	 <b>KOJONUP</b> Chloe Turner 0447 469 245
 <b>BUNBURY</b> Ralph Papalia 0427 766 535	 <b>ALBANY (E)</b> Andrew Wallace 0427 083 820
 <b>ALBANY (W)</b> Mark Ladny 0498 223 421	 <b>NARROGIN</b> David Hull 0477 923 684
 <b>LAKE GRACE</b> Brett Coxon 0427 766 508	 <b>ESPERANCE (W)</b> Matt Ryan 0408 092 355
	 <b>ESPERANCE (E)</b> Nick Donkin 0428 715 045

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## THE KULIN Classics

FRI, 8TH MAY  
FRI, 12TH JUNE  
FRI, 10TH JULY  
FRI, 14TH AUGUST  
FRI, 11TH SEPTEMBER  
FRI, 9TH OCTOBER  
FRI, 13TH NOVEMBER  
FRI, 11TH DECEMBER

WALK THE LINE  
MAN FROM SNOWY RIVER  
PMAR LAP  
CASABLANCA  
SECONDHAND LIONS  
DRIVING MISS DAISY  
THE GUERNSEY LITERARY & POTATO PEEL SOCIETY  
THE HOLIDAY

### 10AM FRIDAY KULIN SHIRE CHAMBERS

**FREE EVENTS!**

# PICKLEBALL

Thursday 10am | FREE Sessions

Expression of interest for Pickleball!  
Call Gwen

**0429222050**

# GENERAL INFORMATION

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## SHIRE CONTACTS

FRC - 9880 1000  
CRC - 9880 1204  
Caravan Park - 0439 469 850  
Pool - 9880 1222  
Depot - 9880 1218  
KCCC - 9880 1636  
Kulin Water Depot - 9880 1356  
Harvest Ban Info - 9880 1511

## MEDICAL CENTRE

Kulin Medical - 9880 1315  
St Luke's Family Practice  
Dr available Thurs & Fri  
**Kondinin Hospital**- 9894 1222  
Kulin Nurse Station - 9880 1056  
Tues, Wed & Fri  
8.30am - 12.30pm

## EMERGENCY CONTACTS

Emergency Centre - 9880 1079  
SES - 13 25 00  
Western Power- 13 13 53  
Power Faults - 13 13 51  
Water Authority- 13 13 75

## POLICE CONTACTS

Emergency - 000  
Non-emergency - 13 14 44  
Kulin Station - 9861 5800  
Crime Stoppers - 1800 333 000

## CRISIS CARE CONTACTS

Rural Link - 1800 552 002  
Beyond Blue - 1300 224 636  
Lifeline - 13 11 14  
Lifeline - text - 0477 131 114  
MensLine - 1300 789 978  
Kids Helpline - 1800 551 800  
Holyoake - 1800 447 172  
Holyoake Narrogin - 9881 1999  
1800RESPECT - 1800 737 732

## KULIN TRANSFER STATION & TIP SHOP

The station is open  
Sunday | Monday | Thursday  
10am - 3pm

## LOCAL CHURCHES

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

### Catholic Church

Fr Truc Nguyen  
0426 018 782  
1st, 3rd, 4th, 5th, 8am

### Anglican Church

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

## KULIN MOTOR MUSEUM

Wednesday 10am - 2pm  
Saturday 10am - 2pm  
C King - 9880 1058  
B Colbourne - 0429 804 615  
J Munro - 0427 386 849

## DEPARTMENT OF TRANSPORT - KULIN

**Bendigo Bank Kulin** -  
9880 1422  
Driving assessor has one  
assessment day a month.

## MAIN ROADS FAULTS

- 13 81 38

## POISON INFORMATION

- 13 11 26

## JUSTICES OF THE PEACE

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

## CONTAINERS FOR CHANGE

All Good Refund Depot  
comes to Kulin on the last  
Wednesday of every month.  
They pick up returns from  
Kulin CCC (behind the  
Memorial Hall) at midday.  
Contact the Shire for more  
info. To donate your cans to  
**KCCC** C10351204  
**Arts Centre** C10333381  
**Kulin Museum** C10322274  
**Kulin Lions Club** C10293508

## DEFIBRILLATOR LOCATIONS

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

### Pingaring

Public Toilets  
Pingaring Ag Solutions  
Pingaring Golf Club

### Dudinin

Dudinin Tennis Club

## KULIN LIONS CLUB

Kulin Lions Club collect old  
batteries and scrap metal.  
Please feel free to drop off any  
of these items at Hayden's  
shed.

H McInnes - 0429 801 215  
T Barndon - 0428 939 189  
R Doust - 0499 802 054