

THE KULIN UPDATE

2nd JULY 2026

14 KULIN POLICE NEWS

Keeping the community informed with the latest news and information from Kulin Police.

25 KULIN GOLF CLUB

Beautiful weather, great company and plenty of community spirit. The 2026 Nona Wilson Ladies Day was a wonderful success, with thanks to all volunteers and helpers.

32 STORIES BY THE FIRE

Share your story or poem and inspire others with words to be enjoyed around a fire under the stars.



CONGRATULATIONS TO THE ROE DISTRICTS WOMEN'S COUNTRY WEEK HOCKEY TEAM ON THEIR OUTSTANDING MASTERS DIVISION VICTORY.



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

14th July
28th July
11th August
25th August

DATES AND UPCOMING EVENTS

JULY

3rd School Holidays Start

10th Kulin Classic Movie

20th Back to School Term 3

29th Council Meeting

AUGUST

11th Kulin Classic Morning Tea

14th Kulin Classic Movie

19th Council Meeting

JULY 2026

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

As we prepare our projects for inclusion in the 2026/27 budget, we are excited about the opportunities that lie ahead for our CRC and our community. Thanks to the continued support of our CRC through DPIRD funding and the Shire, we are well positioned to continue delivering valuable services, developing new initiatives, and creating opportunities that make a real difference to the people who live, work, and visit our town. Our CRC, Visitor Centre and Shire are much more than a place to access information. It is a welcoming hub where people come to learn, connect, discover, and seek assistance. Every day, we have the privilege of supporting community members through a diverse range of services, from digital assistance and government services to training opportunities, workshops, local information, and community events.

One of our greatest achievements is creating opportunities for people to connect. Throughout the year, we offer a variety of workshops, information sessions, community activities, and learning experiences that encourage lifelong learning, build confidence, and strengthen

community connections. Whether someone is developing new skills, exploring a hobby, accessing technology, or simply enjoying the company of others, our aim is to provide inclusive opportunities that enrich community life.

An equally important part of our role is visitor servicing. As one of the first points of contact for many travellers, we are proud to welcome visitors to our region and showcase everything our community has to offer. From providing maps, local knowledge, and travel advice to recommending attractions, events, accommodation, dining options, and hidden gems, our team helps visitors make the most of their stay. Every positive visitor experience contributes to our local economy by supporting businesses, encouraging longer stays, and inspiring people to return.

Working in partnership with the Shire allows us to deliver services that extend well beyond the walls of the CRC. Together, we support community events, promote local initiatives, provide access to essential information, and create opportunities for residents and visitors to engage with everything

our town has to offer. This strong partnership enables us to respond to changing community needs while continuing to foster a welcoming, vibrant, and connected community.

As we look ahead to the coming financial year, we are excited about the projects and programs we hope to deliver. We remain committed to providing quality services, embracing new opportunities, and ensuring our CRC continues to be a place where people feel welcome, supported, and inspired.

Thank you to our community, volunteers, partners, and visitors for your ongoing support. Together, we continue to build a stronger more connected community as we celebrate learning, collaboration, and the unique opportunities our region has to offer.

Taryn Scadding

**Executive Manager of
Community Services**



Shire of Kulin

July 2026 Ordinary Council Meeting

Change of date

4pm Wednesday 29th July 2026

SHARE THE IMAGES THAT TELL O'CONNOR'S STORY

2027 #Memories of O'Connor Calendar

We're seeking striking historical photographs for the 2027 O'Connor Calendar. Images that capture the character, heritage and everyday life of our towns and communities. We welcome submissions from local residents, community groups, historical societies, museums and archives. Featuring main streets, community events, agriculture, sport, schools and local life across the electorate.

- Selected images will be featured throughout the 2027 calendar.
- One outstanding entry will be chosen for the cover.
- The winning contributor will receive a \$250 voucher for a business of their choice within the O'Connor electorate.

Details

- Please submit up to 4 landscape images in high resolution.
- Include the town, approximate date, and the event or activity shown.
- If people are identifiable, include permission details where needed.
- Acknowledge photo sources (especially images from historical societies, museum archives or other collections).

The Electorate of O'Connor consists of:

Albany, Kalgoorlie-Boulder and the Shires of Boddington, Boyup Brook, Bridgetown-Greenbushes, Brookton, Broomehill-Tambellup, Bruce Rock, Collie, Coolgardie, Corrigin, Cranbrook, Cuballing, Denmark, Donnybrook-Balingup, Dumbleyung, Dundas, Esperance, Gnowangerup, Jerramungup, Katanning, Kent, Kojonup, Kondinin, Kulin, Lake Grace, Laverton, Leonora, Manjimup, Menzies, Nannup, Narembeen, Narrogin, Ngaanyatjarraku, Pingelly, Plantagenet, Quairading, Ravensthorpe, Wagin, Wandering, West Arthur, Wickelup, Williams, Wiluna, Woodanilling and Yilgarn.

Submission

Submit your images by clicking on the link in the main caption.

Questions? Contact Tracy.Ravenhill@aph.gov.au or (08) 9842 2777.

ENTRIES CLOSE 7th July 2026



PROPOSED WORKFORCE HOUSING PROJECT - BUSINESS PLAN

Local Government Act 1995 – Section 3.59

The Shire of Kulin proposes to enter into a Major Land Transaction relating to the development and lease of three workforce dwellings on Shire-owned land in Ellson Street, Kulin, to support the Department of Communities Government Regional Officers Housing (GROH) Program.

A Workforce Housing Business Plan has been prepared in accordance with section 3.59 of the Local Government Act 1995.

Copies of the Business Plan may be inspected or obtained:

- At the Shire of Kulin Administration Office, 38 Johnston Street, Kulin WA 6365 during normal business hours; or
- On the Shire's website at www.kulin.wa.gov.au.

Written submissions regarding the proposal are invited and must be received by no later than 4.00pm on Monday, 27 July 2026.

Submissions should be addressed to:
Chief Executive Officer
Shire of Kulin
PO Box 125 KULIN WA 6365

or emailed to: shire@kulin.wa.gov.au



Alan Leeson
Chief Executive Officer
Shire of Kulin

08 9880 1204
www.kulin.wa.gov.au

STANDPIPE WATER USAGE FEE - EFFECTIVE 1 JULY 2026

The Shire of Kulin is committed to maintaining a reliable and sustainable standpipe network for the benefit of users across the district.

To support the ongoing maintenance, renewal and future replacement of standpipe infrastructure, a water usage fee of \$0.50 per kiloliter will apply to all water drawn from the Shire of Kulin standpipe network from 1 July 2026.

Revenue generated through this fee will be quarantined in a dedicated reserve and used solely for the maintenance, renewal and replacement of standpipe infrastructure and associated equipment.

The introduction of this modest user charge will provide a dedicated funding source to assist with the long-term upkeep of the network and help ensure the continued reliability of this important community asset into the future.



Alan Leeson
Chief Executive Officer
Shire of Kulin

08 9880 1204
www.kulin.wa.gov.au

Census Field Officer - Kulin

Could this be you?

Australia's next Census is on Tuesday 11 August 2026.

We urgently need a Field Officer in Kulin to help support Census activities in the local community. Full training and support will be provided.

Could this be you?

Census data is imperative for future planning and plays a critical role in shaping the future of our community. It helps governments, businesses, and service providers understand community needs and make informed decisions about where to invest in services, infrastructure, and resources.

Field Officers are the local face of the Census. They drop off Census letters and forms, answer questions from the public and follow up with households that have not yet responded.

If you're looking for flexible work and an opportunity to contribute to your community, please consider applying.

For more information visit <https://info.census.abs.gov.au/careers>
or contact Ken Baldwin - 0475 231 152

Applications are open now.



Department of
Primary Industries and
Regional Development

Protect
Grow
Innovate



A012-26-02 JUN 2026

Sheep and goat owners eID transition reminder

Know your requirements

For support phone 1300 926 547 or go to
dpird.wa.gov.au/eid-sheep-and-goats



Department of
Primary Industries and
Regional Development

Protect
Grow
Innovate

Electronic identification for sheep and goats

Stock born from 1 January 2025 require a year-of-birth (YOB) colour electronic identification (eID) tag before leaving a property or by 6 months of age, whichever comes first.



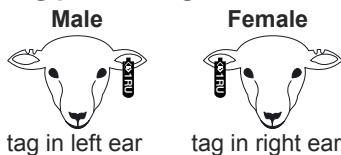
From 1 July 2026, all stock born before 1 January 2025 require an eID tag before leaving a property.

Year of birth	Colour	Tag
2022	red	visual or eID
2023	sky blue	visual or eID
2024	black	visual or eID
2025	white	eID
2026	orange	eID
2027	light green	eID
2028	purple	eID
2029	yellow	eID
2030	red	eID

Stock born on property before 1 January 2025 can be identified with a yellow or YOB colour eID tag before leaving a property.

Stock not born on property and without an eID tag can be identified with a pink eID before leaving a property.

Tag positioning



Pink eIDs are applied to the same ear as the existing visual tag.

- Before tagging, check for other eIDs – only one functional eID per animal.
- Do not remove any existing visual tags when applying an eID tag.
- All tags must be embossed with the National Livestock Identification System logo.
- All eIDs are species specific.

More information

1300 WA NLIS (1300 926 547)
eIDTeam@dpird.wa.gov.au



PO028-26

Orange year-of-birth (YOB)

Sheep or goats born in 2026 are required to have an orange eID tag applied by 6 months of age or before leaving your property (whichever comes first).

Yellow

Sheep or goats born on your property prior to 1 January 2025 must have an eID tag applied when leaving your property from 1 July 2026. This can be a yellow or YOB eID tag.

Pink (post-breeder)

Sheep or goats not born on your property and currently without an eID tag must be identified with a pink eID, if leaving a property from 1 July 2026.

Fully accredited NLIS eIDs with discount



Further information

1300 926 547
eIDteam@dpird.wa.gov.au

dpird.wa.gov.au



PF043-25 NOV 2025




Department of Local Government,
Industry Regulation and Safety





Free
information
session

The cost of safety: It's not what you think

Agricultural safety forum

 Friday
24 July 2026

 9.30 pm – 2.00 pm

 Bunbury Regional Entertainment Centre
2 Blair Street, Bunbury

What is it about?

This free forum looks at the actual costs of a work-related incident on a farm and what can be done to ensure a safe working environment for everyone.

WorkSafe Commissioner Sally North will introduce presentations from WorkSafe Investigations, WorkCover WA and St John WA looking at the cost consequences of not having good safety systems and practices in place on a farm.

The WorkSafe agriculture team will outline what needs to be done to get those systems and practices in place and a panel of farmers, chaired by Safe Farms WA, will discuss what they have done on their properties to create a safe working environment for their workers, their families and themselves.

The forum is for farmers, agriculture educators and students, and others working in the sector, as well as anyone with an interest in how to make agricultural workplaces healthier and safer.

Presentations will be followed by a networking lunch.

How to register

- The event is free, however, **registration is essential** to reserve your place.
- If you register and subsequently are not able to attend, please cancel your registration online or advise wsengage@lgirs.wa.gov.au as soon as possible.



Click here to register
your booking





MEDIA RELEASE – 24 June 2026

Rural councils: funding local doctors is a Commonwealth responsibility, not a ratepayer one

CANBERRA — Local governments from across Australia met in Canberra this week to call on the Commonwealth to take responsibility for funding the attraction and retention of general practitioners in rural and remote communities, a cost that is increasingly falling on councils and their ratepayers.

The workshop, held on Monday 22 June, was convened by the Local Government Rural Health Funding Alliance. It brought together over 30 councils from Western Australia, New South Wales, Victoria, Queensland, Tasmania and South Australia, in person and online, alongside the Western Australian Local Government Association (WALGA), Local Government NSW, the Australian Local Government Association (ALGA), the National Rural Health Alliance and the Rural Doctors Association of Australia.

The Alliance's founding six member councils from WA, alone contribute over \$1.4 million a year in cash, plus surgeries, housing and vehicles, to attract and keep doctors in their towns. For some, the cost reaches 16 per cent of their annual rates.

“Our ratepayers pay three times: through the Medicare levy in their taxes, through the consultation fee, and again through their council rates to keep a doctor in town. We need the federal government to pick up its part of the cost of having doctors in the bush” said Cr Len Armstrong, President of the Shire of Lake Grace and Alliance spokesperson.

Two WALGA surveys show local government support for GPs in the state has risen to about \$9.5 million a year, with 91 per cent contributed by councils with populations under 5,000.

WALGA President Mark Irwin AM said while primary healthcare was traditionally a State and Federal responsibility, Local Governments were often the ones responding to community needs, with WA Local Government's spending more than \$9.5 million to support GP services in 2024-25 alone.

“Local Government is often told to stay in its lane with rates, roads and rubbish, however Local Governments are now playing a critical role in funding medical centre operations to retain essential healthcare services throughout the State,” President Irwin AM said.

“We are committed to working towards a practical solution, that provides sensible funding and support for Local Governments and their communities.”

The scale of the problem is not confined to Western Australia.

Councils in the eastern states described the same pressures. Bogan Shire Council in New South Wales owns and operates its medical centre and expects to contribute about \$600,000 this financial year, close to 20 per cent of its annual rate income.

“Every dollar we spend on the medical centre is a dollar we can't spend elsewhere,” said Derek Francis, General Manager of Bogan Shire Council. “The ratepayers of Sydney or Canberra would not accept

having to give up other council services so that their council could subsidise a GP practice. Yet that is exactly what is happening in rural Australia.”

The National Rural Health Alliance told the workshop that people living outside the cities receive between \$1,090 and \$4,700 less in health funding per person each year, contributing to a national shortfall it estimates at \$8.35 billion. Rural local governments are stepping in to fund this shortfall in primary health care.

“Rural Australia is often considered a burden, or something we have to save — when actually we don't need to be saved. We're punching above our weight and we want to ensure equity for rural Australians.” said Susi Tegen, Chief Executive Officer of the National Rural Health Alliance.

The Rural Doctors Association of Australia said the funding system itself works against rural communities.

“Bulk billing, by design, does not support rural and remote communities,” said Peta Rutherford, Chief Executive Officer of the Rural Doctors Association of Australia. “The Commonwealth needs to recognise the true cost of what it costs to employ a GP in the regions.”

The Alliance's independent economic assessment found that for every dollar councils invest in GP attraction and retention returns \$3.08 in value, with a net benefit of \$8.6 million, through reduced hospitalisations, a healthier workforce and stronger local economies.

The workshop also heard examples of communities building their own solutions, including the community-led model in the Mudgee region of New South Wales, which has helped return doctors to towns that had gone without.

The Alliance is asking the Commonwealth to review its thin-market incentives and to introduce tailored sustainability payments for MM6 and MM7 communities, so that local governments are no longer the funder of last resort.

“The attraction and retention of GPs is a Commonwealth responsibility. It is not a local government responsibility,” said Cr Armstrong. “We all have the same situation, and we are building the case for tailored Commonwealth funding to thin markets.”

— ENDS —

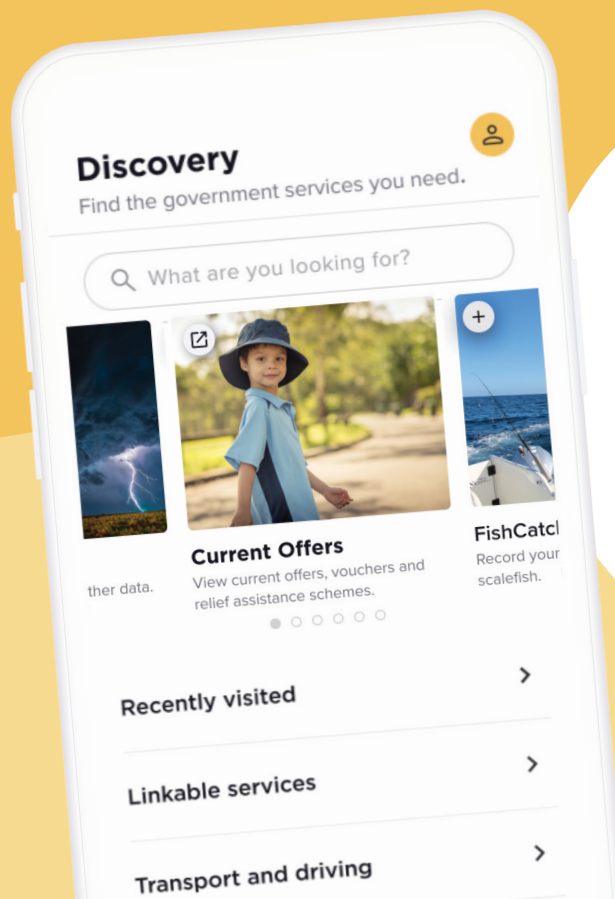
Media contact: Cr Len Armstrong M 0429 843 785 Local Government Rural Health Funding Alliance

Email: ea@lakegrace.wa.gov.au Website: www.ruralhealthfundingalliance.au

About the Local Government Rural Health Funding Alliance: The Local Government Rural Health Funding Alliance has six rural Western Australian local governments — the Shires of Lake Grace, Kojonup, Gnowangerup, Jerramungup, Ravensthorpe and Narembeen — formed in 2024 to address the cost to local government of attracting and retaining general practitioners in remote and very remote (MM6 and MM7) communities. The Alliance has additional support from over 20 local governments in WA, experiencing the same issues.



The ServiceWA app is a free, secure, and fast way to access WA Government services.



Download the latest version of the app and **log in** using your **Digital ID (myID)** to see all the features and offers available.



For more information, scan the QR Code or visit wa.gov.au/servicewaapp



**Government of
Western Australia**

E207

Fuel Support Payment Application

When blank, this form is classed as OFFICIAL, when completed, this form is classed as OFFICIAL SENSITIVE

All Western Australians who hold a valid WA driver's licence (including learner's permits, provisional and extraordinary licences) may be eligible for the Fuel Support Payment, a one-off \$100 payment to assist with fuel costs. Claims cannot be made at DTMI Service Centres. Apply online using the ServiceWA app for significantly faster processing. Paper applications require supporting documents (including the front and back of your licence, a bank statement showing your name and address). An online webform is also available. Paper application may take up to 8 weeks to process. Customers with a cancelled, suspended, surrendered or expired WA driver's licence are not eligible. Only one payment is available per person. Incomplete or incorrect information may delay processing. Claims close 31 December 2026. For full eligibility details, terms and conditions, visit wa.gov.au/fuelsupport.

APPLICANT DETAILS

FAMILY NAME

FIRST NAME

OTHER NAME/S

DATE OF BIRTH / / DRIVER'S LICENCE NUMBER

DRIVER'S LICENCE EXPIRY DATE / / PHONE NUMBER

RESIDENTIAL ADDRESS

SUBURB

STATE POST CODE

EMAIL (required to receive updates on the outcome of your application)

DONATION DETAILS

You can donate the funds to a charitable organisation. Refer to the Fuel Support Payment website. Note: if you choose to donate the funds to a charity, you do not need to provide your bank account information. Bank details are only required if you elect to receive the payment directly into your account.

DONATE TO CHARITY

Please select one of the charity categories below:

- Food and emergency relief
- Children's charities
- Community support

BANK ACCOUNT DETAILS

BRANCH NUMBER (BSB) - ACCOUNT NUMBER

ACCOUNT HELD IN THE NAME(S) OF

Please ensure you use your own bank account details as your money will be electronically transferred to this bank account. It is your responsibility to ensure all bank account details are correct. For security or clarification purposes, we may contact you about your details. Payments made through EFT cannot be made into overseas bank accounts, credit card, loan or mortgage accounts. Payments cannot be made via EFT if the nominated account has restrictions on EFT deposits.

PRIVACY STATEMENT

The Department of Transport and Major Infrastructure (DTMI) collects your personal information, including your name, date of birth, licence details, address, signature and bank account details, on this form for the purposes of determining your eligibility and processing your application for the Western Australian Government \$100 Fuel Support Payment. Your personal information will be used to assess your eligibility for the payment or donation, process and deliver the payment, and to administer and manage records relating to the Fuel Support Payment. DTMI may use or disclose your personal information to other government agencies or service providers where this is necessary to verify your identity, assess your eligibility, process payment, or where permitted or required by law. Providing your information is voluntary. However, if you do not provide the requested information, we may not be able to process your application or provide the payment. DTMI will handle your personal information in accordance with the *Privacy and Responsible Information Sharing Act 2024*. For more information on how we handle your personal information, including how you can access or correct it, please visit transport.wa.gov.au/privacy

CLAIMANT'S SIGNATURE

I consent to the Department of Transport and Major Infrastructure (DTMI) making checks to verify that I am eligible for this payment. This may include asking me for information and making enquiries about my driver's licence on DTMI's systems. If they cannot confirm eligibility, I will not receive the payment. This information will be recorded on DTMI systems, and may be disclosed if authorised by law. I declare that the information on this form is true and correct. I understand that under the *Road Traffic (Administration) Act 2008*, it is an offence to provide false or misleading information. By signing this form, I consent to DTMI collecting, using and disclosing my personal information for the purposes outlined in the Privacy Statement.

SIGNATURE

DATE

 / /

Submitting this form manually may take up to 8 weeks to process. Lodging your claim through ServiceWA will reduce processing times and incorporates additional security features.

Checklist before posting (please tick):

- Form complete
- Front and back of driver's licence/learner's permit
- Bank statement

Post completed form, with copies of your driver's licence/learner's permit and bank statement to:

Fuel Support Payment Applications
 Locked Bag 2
 WELSHPOOL DC WA 6986

OFFICE USE ONLY

Checked by

Location

DATE

 / /

Last updated: 28.08.2026



Kulin Police News

21 Johnston Street, Kulin WA 6365
Phone: 98615800

Email: Kulin.Police.Station@police.wa.gov.au

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



June / 2026

CRIME

On Tuesday the 16th June 2026, between 4:00am and 7:00am, a Stealing offence occurred from the Lions Shed at 73 Day St Kulin. Yes, the Lions who donate all monies raised to needy groups and charities around town.

Approx. 20 batteries were stolen, valued at around \$160 as scrap. That's \$160 less the Lions have to give to worthy groups & people around town.

If anyone has any information or hears whispers about who has committed this crime, please contact Kulin Police. The incident Report number for this offence is 160626 1200 8596. All information is confidential. Alternately, please contact **CRIME STOPPERS 1800 333 000** who pass on the information to local police

Great police forensic work by our colleagues in Lake Grace and information gleaned from diligent members of the public thus far, has revealed 2 possible suspects. I suggest the suspects come forward to police before police come knocking on YOUR door. You have been warned.

TRAFFIC

Police have noticed a number of motorists & cyclists NOT STOPPING at the STOP signs in Kulin. To save you some heartache & prevent you parting with your hard-earned money pay heed to the below Regulation!! **YES, it's the same offence for a bicycle, E-rideables and skateboards.**

ROAD TRAFFIC CODE 2000

PART 7 GIVING WAY

DIVISION 1 PLACES WITH A STOP SIGN, STOP LINE, GIVE WAY SIGN OR GIVE WAY LINE APPLYING TO THE DRIVER

50	<i>Stopping and giving way at a stop sign or stop line at an intersection without traffic-control signals</i>			
(2)	Fail to stop at "stop" sign <u>or</u> stop line.	300	3	2701
	<i>Same offence by bicycle -</i>	300		2702
(3)	Fail to give way when proceeding from "stop" sign <u>or</u> stop line.	300	3	2703
(4)	At a "stop" sign or line intersection, fail to give way to pedestrian when making left, right or U turn.	300	3	2704
(5)	When turning left in a slip lane with "stop" sign or line, fail to give way to pedestrian.	300	3	2705

Remember:

The school holidays begin, so be mindful of excited kids on the roads and not paying attention.

Kids, 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!!!

"All it takes for crime to flourish is for good people to do nothing"
CRIME STOPPERS 1800 333 000 OR IN AN EMERGENCY DIAL '000'

TWITTER @KulinPol (Not for reporting incidents)

FB Great Southern District – WA Police Force (Not for reporting incidents)



TOGETHER SUPPORTING FARMERS ACROSS BORDERS

The Lions clubs of
**Hyden, Kulin, Kondinin, Narembeen,
Lake Grace, Pingrup, Esperance**

are raising money for

FARMERS ACROSS BORDERS



12TH JULY



11AM



**LAKE GRACE
WINERY**

GUEST SPEAKERS



Sam Starcevic
from
Farmers Across
Borders



**Lions District
Governor
Roslyn Barnes**



**Lions Beacon
Of Light**
(mental health)
will also be
hosting a
presentation.

Everyone is welcome.



The lunch will be
WOOD FIRED PIZZA
and finger food.

**PRICE TO
BE ANNOUNCED**



R.S.V.P
by **8th** of July.



To Zone Chairman.
Clifton Cook
0456615639





Aged Care Transport Services

Need to travel to an appointment, visit friends, or attend a social event? From the Wheatbelt to Perth and everywhere in between, our local drivers can help keep you connected with our CHSP funded service.

Hospital appointment transport services

Perth	Murdoch	Nedlands
Royal Perth Hospital	Fiona Stanley Hospital	Sir Charles Gairdner Hospital
Subiaco	Armadale	Fremantle
St John of God Subiaco Hospital	Armadale Health Service	Fremantle Hospital
Narrogin	Joondalup	Northam
Narrogin Health Service	Joondalup Health Campus	Northam Health Service

Specialists at Bunbury, Midland, and many other cities

How to book:

This service is for **wheatbelt residents** with CSHP funding or an Aged Care number. To book email us at: hello@patches.com.au or contact us at **1300 111 728**.

If you are an **organisation** and would like to arrange regular transport, please email us your requirements at hello@patches.com.au

Learn more about our Aged care Services at patches.com.au

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



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



Government of Western Australia
WA Country Health Service

Child Health Nurse

For bookings call 0429 290 925



Government of Western Australia
WA Country Health Service

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



Great Southern Chiropractic

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

Kulin Medical Centre - book appointments on 0438 022 591 or

<https://greatsouthernchiropractic.com.au>



WINTER SPORTS FIXTURES

ROUND 10

4TH JULY 2026

CORRIGIN VS KKFC

Football

11.40am
12.55pm
2.35pm



**AFTERS AT
KULIN HUB**

Colts
Reserves
League

CORRIGIN VS VIPERS

Hockey

10.25am
12.00pm
1.30pm
3.00pm



CORRIGIN VS KU

Netball

9.15am
11.30am
1.00pm
2.30pm

Junior KU
A2 Grade KU
A1 Grade KU
B Grade KU

K
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GO



KULIN!



WINTER SPORTS UPCOMING FIXTURES

BYE WEEKEND

11/07/2026

Football

BYE ALL GRADES



**DUE TO THE NUTRIEN AG SOLUTIONS
COUNTRY FOOTBALL CHAMPIONSHIPS
ALL SPORTS HAVE A BYE FOR THIS
WEEKEND.**

Netball

BYE ALL GRADES

K
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Hockey

BYE ALL GRADES



WINTER SPORTS FIXTURES

ROUND 11

18TH JULY 2026

KKFC VS NAREMBEEN

Football

11.40am
12.55pm
2.35pm

Colts
Reserves
League



VIPERS VS NAREMBEEN

Hockey

10.25am
12.00pm
1.30pm
3.00pm

C Grade
A Grade
B Grade
Mens



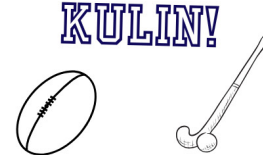
KU VS NAREMBEEN

Netball

9.15am
11.30am
1.00pm
2.30pm

Junior KU
A2 Grade KU
A1 Grade KU
B Grade KU

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WINTER SPORTS NETBALL RESULTS

ROUND 9

27TH JUNE 2026

BRUCE ROCK VS KULIN

Netball

Juniors	Win	Bruce Rock 24 vs Kulin 40
A2 Grade	Loss	Bruce Rock 26 vs Kulin 24
A1 Grade	Win	Bruce Rock 23 vs Kulin 74
B Grade	Win	Bruce Rock 15 vs Kulin 50

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GO
KULIN!



WINTER SPORTS FOOTBALL



20TH JUNE 2026

ROUND 8 - KKFC VS SOUTHERN CROSS

Colts	NO GAME			
Reserves	FORFEIT			
League	Kulin Kondinin	28	9	177
	Southern Cross	6	6	42



27TH JUNE 2026

ROUND 9 - BRUCE ROCK VS KKFC

Colts	Bruce Rock	3	5	23
	Kulin Kondinin	10	5	65
Reserves	Bruce Rock	6	9	45
	Kulin Kondinin	2	5	17
League	Bruce Rock	9	6	60
	Kulin Kondinin	7	8	50



Colts Ladder

		P	PTS	%
1	Narembeen FC Colts	5	20	259.09
2	Kulin/Kondinin FC Colts	4	12	266.67
3	Corrigin FC Colts	5	12	197.04
4	Bruce Rock FC Colts	6	4	40.47
5	Hyden/Karlgarin FC Colts	4	0	34.12

Reserves Ladder

		P	PTS	%
1	Burracoppin FC Reserves	9	36	468.45
2	Nukarni FC Reserves	9	28	446.03
3	Kulin/Kondinin FC Reserves	9	24	138.29
4	Bruce Rock FC Reserves	9	24	92.54
5	Corrigin FC Reserves	9	20	109.43
6	Southern Cross FC Reserves	9	8	40.83
7	Hyden/Karlgarin FC Reserves	9	4	25.15
8	Narembeen FC Reserves	9	0	14.54

League Ladder

		P	PTS	%
1	Bruce Rock FC League	9	32	195.64
2	Burracoppin FC League	9	32	187.86
3	Kulin/Kondinin FC League	9	28	220.24
4	Nukarni FC League	9	24	130.80
5	Hyden/Karlgarin FC League	9	12	77.93
6	Corrigin FC League	9	8	82.87
7	Narembeen FC League	9	8	51.09
8	Southern Cross FC League	9	0	33.84

WARINGA 

 **McINTOSH & SON**

 **E.D.F.L**

EASTERN DISTRICTS FOOTBALL LEAGUE

COUNTRY WEEK

10 / 11 / 12 JULY

WE NEED YOUR SUPPORT!

WE ARE SEEKING VOLUNTEERS TO HELP OUR TEAM ACROSS COUNTRY WEEK.



TRAINER
Guy Withers
Burracoppin
Football Club



TRAINER
YOUR NAME
YOUR
Football Club



ASSIST TRAINER/RUB DOWNS
Tanya Withers
Burracoppin
Football Club



RUB DOWNS
Julie Zuvela
Narembeen
Football Club



WATER
Cooper Withers
Burracoppin
Football Club



WATER
Rob Pauley
McIntosh & Son
EDFL Sponsor



WATER
Des Ferguson
Burracoppin
Football
Club



WATER
YOUR NAME
YOUR
Football Club

EVERY HAND MAKES A BIG DIFFERENCE!



TEAM MANAGERS

CLINT BUTLER

☎ 0429 647 335

SCOTTY COOPER

☎ 0427 082 908

TOGETHER, WE REPRESENT. TOGETHER, WE SUCCEED.

THANK YOU FOR YOUR SUPPORT!



Nutrien Ag Solutions Country Football Championships



40 MAN SQUAD

NUKARNI

Frank James
Darcy Dixon

HYDEN/KARLGARIN

Jake Back
Eli Alexander
Sam Want
Trent James
Tom James

KULIN/KONDININ

Dustin Marshall
Kye Jasper
Heath Bernardin
Seb Omodei
Sam Collins
Harry Collins

BRUCE ROCK

Adam Sedgwick
Jack Norrish
Mitchell Keene
Cory Fish
Seth Connor
Laine Wilkins
Lachlan Gray
Bryce Jakovich
Tyson Nolan
Stirling Delahunt
Chazson Foss

NAREMBEEN

Cody Duncan
Rhori Williams-Jolley
Connor Spinks
James Kennedy
Thomas Baldwin

CORRIGIN

Josh Chapman
Zach Courboules

BURRACOPPIN

Codan Daddow
Coen Jackman
Jack Downsborough
Kyle Wilcox
Darcy Lowe
Ollie Martin
Nick Davidson

SOUTHERN CROSS

Rhaiarn Cox
Freddie Ndayambaje

2026



Coach: Greg Vaughan
Assistant Coach: Blayne Wilson
Assistant Coach: Matty Flowers
Team Manager: Clint Butler
Team Manager: Scott Cooper

NUTRIEN AG SOLUTIONS SENIOR MEN'S FIXTURES



FRIDAY - 10TH JULY

DIVISION			TIME	VENUE	
DIV 1	South West	v	Peel	11:00AM	Lane Group Stadium, Mandurah
	Goldfields	v	Avon	12:00PM	
	Great Souther	v	Peel	1:00PM	
	South West	v	Avon	2:00PM	
	Great Southern	v	Goldfields	3:00PM	
DIV 2	Upper Great Southern	v	Central Midlands Coastal	11:00AM	Good Grocer Park, East Fremantle
	Eastern Districts	v	Ongerup	12:00PM	
	Lower South West	v	Central Midlands Coastal	1:00PM	
	Upper Great Southern	v	Ongerup	2:00PM	
	Lower South West	v	Eastern Districts	3:00PM	
DIV 3	North Pilbara	v	Central Wheatbelt	11:00AM	Gil Fraser Reserve, North Fremantle
	Hills	v	Mortlock	12:00PM	
	North Midlands	v	Central Wheatbelt	1:00PM	
	Hills	v	North Pilbara	2:00PM	
	Mortlock	v	North Midlands	3:00PM	

SATURDAY - 11TH JULY

DIVISION			TIME	VENUE	
DIV 1	Goldfields	v	Peel	11:00AM	Fremantle Community Bank Oval
	Great Southern	v	Avon	12:00PM	
	Goldfields	v	South West	1:00PM	
	Avon	v	Peel	2:00PM	
	Great Southern	v	South West	3:00PM	
DIV 2	Lower South West	v	Ongerup	11:00AM	Gil Fraser Reserve, North Fremantle
	Eatern Districts	v	Upper Great Southern	12:00PM	
	Ongerup	v	Central Midlands Coastal	1:00PM	
	Lower South West	v	Upper Great Southern	2:00PM	
	Eastern Districts	v	Central Midlands Coastal	3:00PM	
DIV 3	North Midlands	v	Hills	10:30AM	Lane Group Stadium, Mandurah
	Mortlock	v	Central Wheatbelt	11:30AM	
	North Pilbara	v	North Midlands	12:30PM	
	Central Wheatbelt	v	Hills	1:30PM	
	North Pilbara	v	Mortlock	2:30PM	

SUNDAY - 12TH JULY

DIVISION			TIME	VENUE	
DIV 3	TBC	v	TBC	10:00AM	Fremantle Community Bank Oval
DIV 2	TBC	v	TBC	12:15PM	
DIV 1	TBC	v	TBC	2:30PM	

AUSKICK IN PINGELLY

NUTRIEN PINGELLY JUNIOR NETBALL CARNIVAL & PINGELLY TRANSPORT AUSKICK CARNIVAL



TWO GREAT JUNIOR SPORTING CARNIVALS.
ONE VENUE. ONE DAY.



Nutrien
Ag Solutions[®]
PINGELLY



Junior netball for boys and girls
aged 12 years and under



- Auskicker and Superkicker divisions
- Fun, participation and football skills
- Teams from across the Wheatbelt and beyond

SUNDAY
5 JULY 2026

FROM
9.30AM

PINGELLY RECREATION & CULTURAL CENTRE (PRACC)



SPECTATORS WELCOME!



FOOD AND REFRESHMENTS AVAILABLE THROUGHOUT THE DAY



COFFEE VAN ON SITE

MAJOR SPONSORS



For enquiries: 0439 908 667

pingellypanthersnetball@gmail.com or pingellyauskick@outlook.com



Kulin Golf Club

2026 NONA WILSON LADIES DAY

Our club recently hosted the 2026 Nona Wilson Ladies Day.

As usual, we were spoilt by local support from both our community members, club members, and our fabulous Shire work crew, who all ensured our course and surrounds were presented in top condition.

We had 44 ladies play on the day, which was a perfect golf day with sunshine, no wind, and no rain.

The Wilson family were out in force, with Keith being our host for the day. James ran our office as Club Captain, assisted by Helen King, our Ladies Captain. In the kitchen was Kathy, heading the catering group. Thank you to all of them for their continued support of our club.

This year's winners were Di Hughes (Hyden) and Alison Spencer (Newdegate).

As usual, our food was superb and plentiful, our course magnificent, and our day a huge success.

Well done, everyone.



Midseason Golf Matchplay Challenge

This season we are running a handicapped matchplay tournament.

Participants have a fortnight to play each fixture against their opponent either on the course or on the simulator. This means there is no excuse to find the time as it doesn't have to happen during daylight hours! The games are handicapped so all skill levels have a chance of coming out on top. The top 4 will have an elimination finals on the simulator so we can all watch and cheer them on!

We have started the fixtures but late entries are welcome.

KULIN COMMUNITY HUB



We are excited to welcome three new team members to the Hub.

Meet Mélanie and Steven, a French couple who have joined our team. Mélanie works in hospitality as a bartender, while Steven brings his skills to the kitchen as a cook.



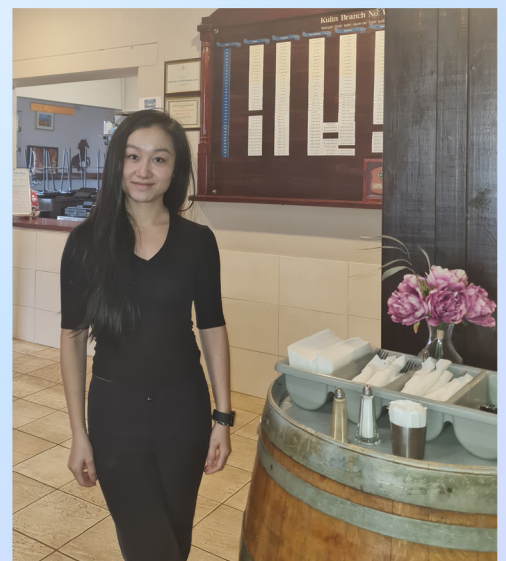
Since arriving in Australia, they have been travelling through southern Western Australia and spent six months working near Albany. They are now planning a full lap around Australia and hope to stay for the full three years available on their Working Holiday Visas, giving them plenty of time to experience and soak up Australia's culture and way of life.

Hi everyone! I'm Jenny, and I'm from China. My hometown is famous for two things: giant pandas 🐼 and hot pot 🍲—so if you ever visit, come hungry!

I've been in Australia for about eight months and, before coming here, worked as an all-rounder in an Asian restaurant, so I'm used to wearing lots of different hats and helping out wherever I'm needed.

I'm here on a Working Holiday Visa and can stay in Australia for another two years and four months, so you'll probably be seeing me around for a while!

It's lovely to meet you all. I'm looking forward to working with everyone, getting to know you, and having plenty of fun along the way. Thanks!



Don't forget our fires are always on as we offer you TUESDAY NIGHTS STEAK NIGHT, WEDNESDAY NIGHTS PARMI SPECIAL, and FRIDAY NIGHTS PIZZAS AND CHASE THE ACE.

Normal Trading Hours

Monday – Wednesday: 3:00 pm until close

Thursday – Friday: 12:00 pm until close

Saturday – Sunday: 11:00 am until close

Tel: 9880 1201 kulincommunityhub@yahoo.com

KULIN COMMUNITY HUB



the Tin Horse Pub

Save the Date!

Christmas IN July!

WEEKEND OF

24-26 JULY



Our new cook, *Steven*, will be cooking up a storm so save the dates!

- Choose your night.
- Come dressed for the occasion.
- Bring your friends and family.
- Get ready to swing your carols!



FIRES
WILL BE ON



FOOD
WILL BE READY



SWING YOUR
CAROLS



BRING YOUR
FRIENDS AND FAMILY

Great food, good company
and a festive atmosphere guaranteed!

WATCH FOR MORE INFORMATION
IN THE NEXT ISSUE OF THE **KULIN UPDATE.**



Arts and Crafts

Wednesdays
10am-3pm

Everyone welcome
Bring your own project

Kulin Community Arts Centre
(owned & run by Kulin Arts)

For more information contact Erin Bailey 0429 809 013

KULIN COMMUNITY ARTS CENTRE

30TH SEPT - 5TH OCT

ART CRAFT PHOTOGRAPHY EXHIBITION

An illustration featuring a hand with colorful paint splatters on the fingers, a black camera, and a basket filled with brown yarn. The background is a light beige color with scattered paint splatters in various colors.

NO SPECIFIC THEME

WE JUST WANT TO SHARE YOUR AMAZING WORK

**MAXIMUM SIZE 1M X 1M
ANY MEDIUM (2D OR 3D)**

**FOR MORE INFORMATION CONTACT
ERIN BAILEY 0429809013
ARTS@KULIN.COM.AU**

NEW DATE!

STORIES BY THE *Fire*

Our Stories, Our Voices.

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

NEW EVENT DATE

**24 OCTOBER
2026**


SAVE THE DATE!



WE WANT YOUR STORY!



**SUBMISSIONS CLOSE
25 SEPTEMBER
2026**

You can submit your story in whatever way suits you:



Email:
kulincdo@kulin.wa.gov.au



Printed copy:
Drop off at the Shire Office
Att: Kirra Pederick -
Community Development
Officer

YOUTH

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

YOUTH & COMMUNITY

- Poetry
- Maximum story length across all categories 3000 words

OPEN COMMUNITY

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



Department of
Primary Industries and
Regional Development



Kulin
Community Resource Centre
Your local connection





60
Narrogin
ART GROUP Inc.
60th Anniversary Exhibition

8th – 25th July 2026

Wednesday – Friday 10 am – 4 pm
Saturday 10 am – 12 pm

Exhibition Opening Saturday 4th of July 2 – 4pm

Nexis Art Gallery
82 Federal St Narrogin



CELEBRATING 50 YEARS DEADLY
NAIDOC WEEK
5-12 JULY 2026

NAIDOC Week Celebration
Kondinin Community Garden

Free Event, Everyone welcome!
Join us at the Kondinin Community Garden for a fun and relaxing morning celebrating NAIDOC Week.

Monday, 6th July
10:00 AM – 12:00 PM


Enjoy:
Gardening activities
Craft
Freshly cooked damper

Children under 8 years old must be accompanied by an adult.

Come along, connect, and celebrate together – we'd love to see you there!



YOGALATES
TUESDAY MORNINGS
10AM



Anyone wishing to join us on Tuesday mornings is most welcome. We have a few spare yoga mats, our room is nicely heated and class caters for all levels of fitness.
Yogalates & Tai Chi Walking
For more information contact Wendy
0429 805 224
TENNIS CLUBHOUSE



MARK YOUR CALENDARS!
PILLOWCASE DAY!
DORCAS
- NARROGIN OP SHOP -

BARGAINS THAT FIT. FUN THAT HITS!
Grab a pillowcase, stuff it **TO THE TOP** and take home an **AMAZING HAUL!**

ONLY \$7 PER PILLOWCASE!

WE PROVIDE THE PILLOWCASE YOU FILL IT FOR JUST \$7!

SATURDAY 4 JULY
9:00AM – 1:00PM

PLUS! LIONS CLUB SAUSAGE SIZZLE!
GRAB A SNAG WHILE YOU SHOP!

GREAT FINDS. GREAT CAUSE. SEE YOU THERE!

All proceeds support the wonderful work of Dorcas in our community.



Every person has a story worth telling! And we'd love to hear yours, so why not try writing a story and sending it in to the Shire?

It might end up...



PUBLISHED in our community book.



SHARED at our Stories by the Fire event.



RECORDED as part of our Community audio collection.



SAVED for you to share later.

So... ☆ Grab a pen or pencil.

☆ Open a notebook. ☆ Remember something that made you smile.

☆ Ask someone a question

Every story starts with just one idea.

Let's find yours!



STORIES CAN BE ABOUT...



Life on the farm



Your favourite pet



School adventures



Sport and teammates



Family traditions



A place you love



Something that made you laugh



Someone you'll never forget



A dream an adventure or something completely made up!





Ready to share your story?

Pick which category you are going enter...

Junior (Years 1-3)

Stories inspired by family, friends, school, animals, adventures and life in the country.

Primary (Years 4-6)

Stories exploring imagination, creativity and personal experiences.

Secondary (Years 7-10)

Stories reflecting the unique experiences of growing up in regional communities.

Poetry (Open to all ages)

Poetry can tell a story, capture a memory or express a feeling.

Before you send it...

It needs to be your own work and a maximum of 3000 words.

If you need some help call or pop into the CRC during the school holidays. We can make a time to sit with you and try to help.

How do you enter?

Fill out the bottom section of this page and email it with your story to kulincco@kulin.wa.gov.au or drop it in to the Shire of Kulin Office

Entries close Friday 25 September 2026

NAME: SCHOOL YEAR:

STORY TITLE:

PARENTS NAME:

PARENTS SIGNATURE:

DATE:

ADOPT A TIN HORSE *these holidays!*

Looking for a fun, creative and rewarding school holiday activity?

ADOPT A TIN HORSE!

Round up the kids, a friend, or the whole family and give one of our tin horses a fresh new look.

All paint supplied by the Kulin Bush Races

Its easy to get involved.

Chat to Wendy Gangell
0429 805 224



Kulin Child Care Centre



Loose parts play we have been exploring these past weeks has included our upcycled pool noodle and popstick table. We have seen building, cooking, singing, animals and much more from this group of materials. It great to see the children using their imagination to create uses from these parts, it challenges thought processes and develops crital thinking.

Play based learning with intentionality, our pictured cutting table, provided a great base for scissor practice. The journey to master a pair of scissors is tricky, hand eye co-ordination, muscle strength, concentration, fine motor, risk/rules and communication are all working together at the same time.

Children used one hand to hold the paper length and then snipped along the line. This activity was supported by Educators and older children. Teaching and learning together creates not only the skill but also responsibility for the teachers. For our older children heading to school next year this is a great opportunity to grow their confidence.



Our blood orange tree is providing us with so much fruit and fun again this season. The children have recently been collecting, preparing and making orange juice from our own tree. It is special to complete the care cycle of food at our centre. This helps our children to understand the importance of caring for our environment a skill they can carry into future years.

NAIDOC Week

This Sunday the 5th of July is the start of NAIDOC week which runs until Sunday the 12th of July. We are excited to explore and learn about NAIDOC week at the centre – where and when it began, things achieved and why we celebrate.

The theme this year is '50 Year's of Deadly' a celebration of the past 50 years - recognition of all the people who have been strong and built the movement, it also represents the next 50 years to come. The changes which will continue to be shaped and made for future generations, the now.

We will explore culture, community and country through our learning at the centre during July.

Thank you to our families and community for supporting us.



Winter in the Garden

July in Kulin

"The rain has softened the ground, the paddocks are turning green, and while the garden may appear to be resting, beneath the surface it is quietly preparing for spring. Winter is one of the most rewarding seasons to spend a few hours outdoors, tackling the jobs that will set your garden up for the months ahead."



Time to Prune the Roses

July is the traditional month to prune most roses throughout the Wheatbelt. It can feel a little ruthless the first time you cut a healthy bush back, but don't be afraid—roses are remarkably resilient.

Start by removing any dead, damaged or crossing branches before shaping the bush into an open vase shape. This improves airflow, encourages healthy new growth and helps reduce disease.

 *Cut just above an outward-facing bud*  *Use clean, sharp secateurs* 
 *Remove any branches rubbing against each other* 
 *Don't worry about perfection or being too gentle - Roses love a little tough love* 



Winter in the Garden

Weed While the Ground is Soft

Winter rain makes one of the least-loved garden jobs much easier. Weeds often pull free with the entire root system while the soil is moist, saving countless hours later in the season. Even twenty minutes here and there can make a noticeable difference by spring.

Give Your Tools Some TLC

Before the busy growing season arrives:

- Sharpen secateurs
- Oil moving parts
- Wash mud from spades and forks
- Replace broken handles

A few minutes of maintenance now makes every gardening job easier later.



Fruit Trees Need Attention

Many deciduous fruit trees can now be pruned while dormant. Remove damaged wood, open the centre of the tree to improve airflow and shape branches for easier harvesting next summer.

If you're planting bare-root fruit trees this season, July is one of the best times to get them established.

Around the Garden

Even in winter, the garden is full of life. Small birds spend their days searching for insects among shrubs and mulch, while worms are busy improving the soil beneath your feet. If you leave a few quiet corners undisturbed, you'll be surprised just how much wildlife calls your garden home.



A BOWL FULL OF COMFORT



Once a week, every week (except when we have Council meetings), our Shire administration team gathers for morning tea. We take it in turns to put on a bit of a spread for each other, and I have to say, it's something we all genuinely look forward to.

Everyone has their own specialties. There are the people who bake, those who always bring something savoury, and those recipes that quietly become favourites over time. But more than the food itself, it's the chance to stop for half an hour, have a chat, catch up on what everyone else has been working on and simply check in with each other. In a busy workplace, that's something pretty special.

Last week it was my turn on the roster.

Now, as most of you probably know by now, I have a bit of a... well, it's not really a problem, it's more of a firmly held belief that food does far more than simply feed the body. I think the

meals we make for people are one of the simplest ways we can express care, gratitude, welcome and appreciation. Food nurtures the body, but it also has a wonderful way of looking after the soul.

Because of that, I do have a slight tendency to go a little over the top.

The funny thing is that I don't mind one bit. For me, spending time in the kitchen, chopping vegetables, stirring a pot on the stove and creating something to share with people is its own kind of solace. Life slows down for a little while.

So I started thinking about what I wanted to make.

With the rain finally arriving (how wonderful has that been?) and the weather turning properly cold and grey, I wanted something warm. Something comforting. Something that soothes, restores and fills you up in the very best way.

The answer was obvious. Soup. Soup is one of those wonderfully versatile dishes that can be a hearty meal or just a small snack, depending entirely on the size of the bowl. I pulled out my big cast iron soup pot and got to work making Potato, Leek & Bacon Soup.

This recipe actually began life as something I found online years ago before receiving what my family affectionately refers to as the 'Kirra makeover.' For a start, groceries aren't getting any cheaper. As everyone is feeling at the moment, even the basics seem to cost more every time you go shopping. So I stripped it right back to simple ingredients that I almost always have in the pantry or fridge.

Sometimes the simplest recipes really are the best. Every single time I make this soup, I stand there taste testing it and inevitably think, 'I should probably have just one more spoonful.'

After serving it at morning tea last week, it turns out I wasn't the only one. Almost everyone asked if they could have the recipe. My answer was exactly the same every time. 'Read the Update next edition.'

So here it is. Alongside what my family confidently declares to be the world's best soup dippers.

I hope they find a place in your kitchen this winter. From my table to yours, enjoy a little winter comfort. Remember, there's always a place at the table... and a bowl of soup waiting to warm your soul.

POTATO, LEEK & BACON SOUP

Serves 6

INGREDIENTS

- 400g bacon, rind and fat left on
- 2 tbsp (30g) butter
- 2 heaped tsp minced garlic
- 1 large leek, finely sliced and washed well
- 1 large onion, finely sliced
- 2 tsp cooking salt
- 1 tbsp sugar
- 1 cup dry white wine or vermouth
- 1.5kg potatoes, peeled and roughly diced
- 4 tsp chicken or vegetable stock powder
- 1.5 litres water (plus extra if required)
- 600ml thickened cream
- 2 tsp white pepper
- Salt to taste
- Parsley and chives to garnish

METHOD

1. Cook the bacon until well rendered and crispy. Keep all of the bacon drippings in the pot—they're your flavour base.
2. Remove the bacon and set aside until cool enough to handle.
3. Add the butter, leek, onion, garlic, salt and sugar. Cook gently until soft and sweet, scraping up all the

bacon flavour from the bottom of the pot.

4. Deglaze with the wine or vermouth.

5. Add the potatoes, stock powder and water. Simmer uncovered for about 25 minutes, or until the potatoes are very soft.

6. Finely chop the bacon.

7. Remove from the heat and blend with a stick blender until just smooth.

8. Stir through the cream, bacon, white pepper and salt to taste. Warm gently over low heat.

9. Garnish with chopped parsley and chives.

KITCHEN TIP – GO EASY ON THE BLENDER!

When blending potatoes, less is definitely more.

Potatoes are full of starch, and if you overwork them with a stick blender, food processor or blender, they release those starches and can quickly become gluey and gummy instead of beautifully smooth. The same thing happens when making mashed potatoes.

Blend your soup only until it's just smooth. A few tiny lumps are far better

than overdoing it, and they'll usually disappear as you gently stir the soup back over the heat.

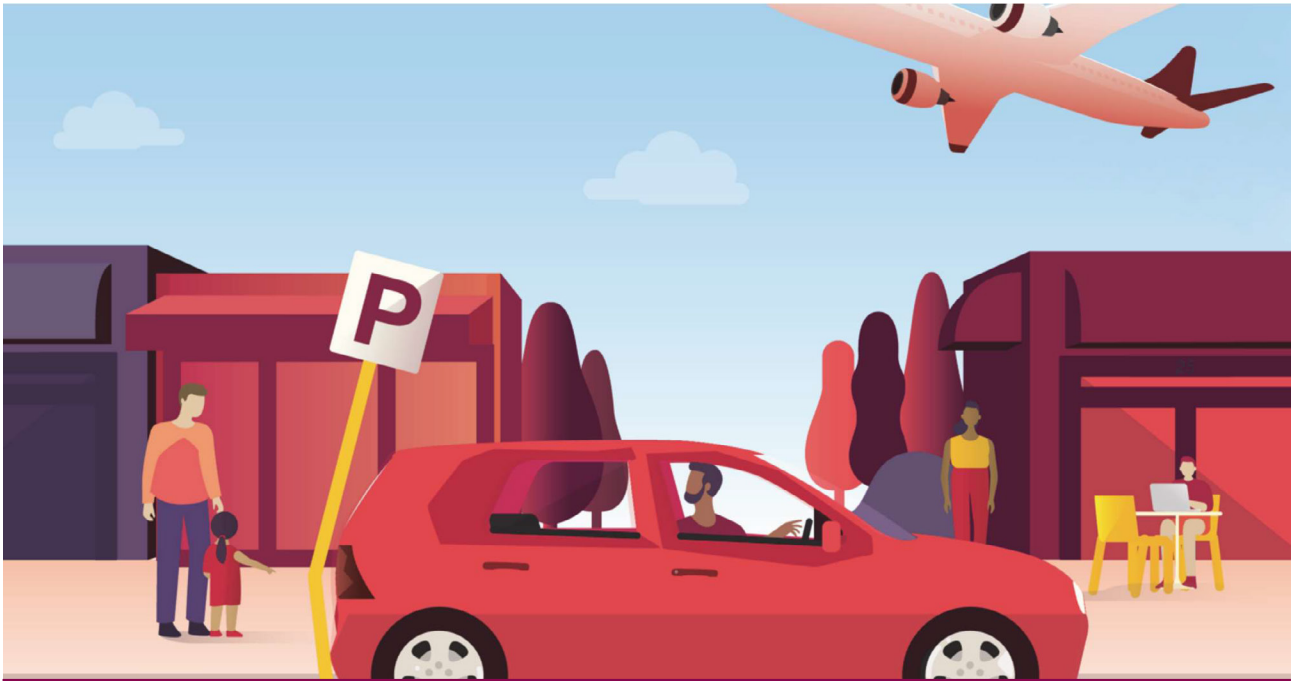
If you ever want extra-smooth mashed potatoes, use a potato ricer or push them through a fine sieve rather than blending them.

It's one of those little kitchen tricks that's well worth remembering.

THE WORLD'S BEST SOUP DIPPERS

Slice Turkish bread rolls into finger-width pieces. Brush lightly with melted butter or olive oil, season with flaky sea salt and freshly cracked black pepper, then bake until golden. Turn, brush and season the second side and bake until crisp and golden. Serve warm with your favourite soup.

KC Pederick
Community Development Officer



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What We Need to Know About Nutrition

June 1, 2026

Warrior Wellbeing Articles

We all know that there is a mountain of information available about nutrition, diets and food. It would be impossible to cover all the necessary information in one article so instead we'll talk about finding what works for each of us as individuals. The problem these days is deciphering which information is accurate and perhaps more importantly which information applies to us in our lives. It's vital to our health and wellbeing that we get the right information and apply it consistently. To do otherwise is selling ourselves short.

The thing to remember about health and wellbeing is that it is a holistic system, meaning that all aspects of our health have flow on effects to other important areas of wellbeing. This is especially true for diet which controls so many aspects of our health. Eating the correct amount of the right food directly improves our energy levels, concentration, physical appearance, mood, immune system and sleep. It also makes it easier to stay at a healthy weight and live

longer without the adverse effects of high blood pressure, high cholesterol, a higher risk for numerous diseases and a weakened immune system. Most of us have been hearing about things like this since we were kids, remember the food pyramid and other public health campaigns?

While farmers and other physical workers who are often on the move may have higher energy requirements from their food than office workers (that do very little physical activity) it is still clear that some foods cause us harm, regardless of how tasty they are or how much energy they give us. Unfortunately, these foods often happen to be among the cheapest, the tastiest and to some people, the most addictive. While food science is constantly changing there are some things that have always been a good idea; that is to eat a lot of healthy fish, meats and vegetables (especially leafy greens which blokes have trouble with sometimes, preferring meat with a side of meat) and avoiding highly processed food that comes with all sorts of additives and often excess salt and sugar.

The trouble however is that except for these staples, every time we look at a magazine,

internet article or read a book on nutrition a large part of the public and scientific opinion seems to have changed almost overnight. Whether it's low fat and high carb or suddenly no sugar, low carb and high fat or any other combination we all know there will be someone credible disputing it in no time. It also certainly doesn't make things any simpler that everyone has their own individual requirements based on genetics but also on the daily activity.

The answer is that instead of dealing with nutrition as a group, individuals will have to discover what works for them personally so that they can take responsibility for their own wellbeing. Ways to do that include asking advice from a GP, dietitian or nutritionist, getting blood tests regularly to determine what nutrients are lacking. As well as regularly getting health checks to see if what we're currently doing is working for us and of course trial and error with the fundamental principle of moderation in all things at its heart.

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au



THE
**REGIONAL
MEN'S HEALTH**
INITIATIVE

Nutrien Harcourts

Rural Property Specialist
Steve Wright 0427 794 500



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Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 Ph:0428212945 ABN99774533081

Pat And Chat Mobile Vet Kulin Clinic Dates 2026

Mon 2nd February, Monday 30th March, Monday 27th April, Monday 25th May
Monday 22nd June, Friday 31st July, Friday 28th Aug
Friday 25th Sept, Friday 23rd Oct, Friday 20th Nov, Friday 18th Dec

Please ring or text Andrea on 0428212945 for an appointment

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- Block clean-up and firebreaks
- Garden mulching
- Rose care and pruning
- Tree lopping (small trees)

0416 848 829

GENERAL INFORMATION

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, 11am

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)
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