

THE KULIN UPDATE

30th JULY 2026

10 CENSUS

Census is on 11 August 2026. Every five years, Australians take part in the Census, providing valuable information that helps governments, businesses, and community organisations plan for the future.

23 HELPERS REQUIRED

The Freebairn Recreation Centre has been given the privilege of hosting the EDFL Football, Hockey and Netball Finals this August. We hope local residents can lend a hand and help at the events.

25 TIN HORSE COMPETITION

Registrations are now open, closing on 31 August. Create your own unique piece of Kulin Bush Races history and be part of this iconic community tradition. For more details, visit KBR website or contact Wendy with any queries.



**CHRISTMAS IN JULY
KULIN NETBALL CLUB WIN THE INAUGURAL
KULIN KONDININ WINTER SPORTS
EPIC TEAM BATTLE AWARD TROPHY!**



Kulin
Community Resource Centre

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

11th August
25th August
8th September
22nd September

DATES AND UPCOMING EVENTS

AUGUST

1st Winter Sports Round 13
8th Winter Sports Round 14
11th CENSUS
15th Winter Sports Semi Final
17th Football Miller Medal
19th Council Meeting
23rd Winter Sports Preliminary Final
30th Winter Sports Grand Final

AUGUST 2026

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

As we race through 2026, our community has some fantastic opportunities to get involved, with the town set to be buzzing with activity over the coming weeks.

August will see Kulin host two major sporting finals at the Freebairn Recreation Centre. This is a wonderful opportunity to showcase our community, and it will take the support of many volunteers to ensure these events are a success. As always, Kulin has a proud reputation for hosting events exceptionally well, so if you have the opportunity to lend a hand, please consider putting your hand up. Volunteering is not only a rewarding way to contribute but also a great chance to be part of the excitement and enjoy some outstanding sporting action. More information about the finals can be found in this edition.

Busy bees for the Kulin Bush Races have also been scheduled, providing another great opportunity to get involved. These days are always enjoyable, bringing people together while helping prepare for one of the community's biggest events. Whatever your capacity to volunteer, your contribution is valued and appreciated. Every volunteer plays an important role in making these events possible, and together we continue to demonstrate the strong community spirit that makes Kulin such a special place.

Census – Tuesday 11 August 2026

As we get closer to Census Day, you will soon be receiving correspondence from the Australian Bureau of Statistics with information about completing your Census.

The online Census form is now open, and the letter you receive will include instructions on how to complete it online. The Census is compulsory, and the information collected plays a vital role in planning for the future of our community.

Accurate Census data helps governments, local organisations, and service providers understand the needs of our region. It informs decisions about funding, infrastructure, health services, education, community facilities, and many other essential services. By taking the time to complete your Census, you are helping ensure that Kulin and our surrounding communities receive the support and resources needed for the years ahead.

Please take the time to complete your Census as soon as you receive your instructions. Every response counts.

Shire of Kulin Local Laws Review

The Shire of Kulin is reviewing its local laws to ensure they remain current. Local Shire laws govern a range of operational and community matters, in addition to, and not in replacement of, any other State legislation requirements. Section 3.16 of the Local Government Act 1995 requires that all local laws be reviewed within a 15-year period after their commencement to determine if they should be repealed, be amended or remain unchanged. The 15-year period is taken to be from either when the local law commenced or when the last review of the local law was completed. The transitional provisions

of the Local Government Amendment Act 2024 require the Shire of Kulin to review all local laws within a two (2) year period, prior to 7 December 2026, unless a review of the local law occurred within the last eight (8) years, or they will automatically lapse by that date. The Shire of Kulin Health Local Laws 2016 and the Shire of Kulin Animals, Environment and Nuisance Amendment Local Law 2018 require review or they will automatically lapse.

At the Ordinary Meeting of the Shire of Kulin Council held on 29 July 2026, Council resolved to commence a review of all of its local laws in the interests of efficiency and alignment of timing of review. Submissions may be made about any of the local laws as outlined in the public notice (page 5). After submissions close, the Shire of Kulin will consider any submissions received and report to Council for its review and consideration of any recommendations as to whether the local law/s should be retained, amended or repealed. Any proposed repeal or amendment of the local law/s arising from Council's consideration will be advertised for the required statutory period for public review and submissions.

Taryn Scadding

**Executive Manager of
Community Services**



LOCAL PUBLIC NOTICE – SHIRE OF KULIN LOCAL LAWS REVIEW

Published on Thursday 30 July 2026

Notice is hereby given under section 3.16 of the *Local Government Act 1995* that the Shire of Kulin proposes to review the following local laws:

- Shire of Kulin Health Local Law 2016
- Shire of Kulin Animals, Environment and Nuisance Amendment Local Law 2018
- Cemeteries Local Law 2020
- Dogs Local Law 2020
- Standing Orders Local Law 2000

The above local laws are currently available on the Shire of Kulin's website at this link [Local Laws » Shire of Kulin](#). Copies of the local laws may also be obtained from or inspected at the Shire of Kulin administration office, 38 Johnston Street, Kulin.

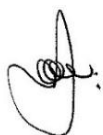
Submissions about any of the above local laws may be made to the Chief Executive Officer of the Shire of Kulin. Submissions will be accepted up until **4.00pm on Monday 14 September 2026** (being not less than 6 weeks after this notice is given).

Submissions can be made as follows:

By Mail: Addressed to the CEO, Shire of Kulin, 38 Johnston Street, Kulin 6365

In person: Addressed to the CEO, Shire of Kulin Shire Office, 38 Johnston Street, Kulin 6365

By email: ceo@kulin.wa.gov.au or eso@kulin.wa.gov.au



Alan James Leeson

Chief Executive Officer

30 July 2026



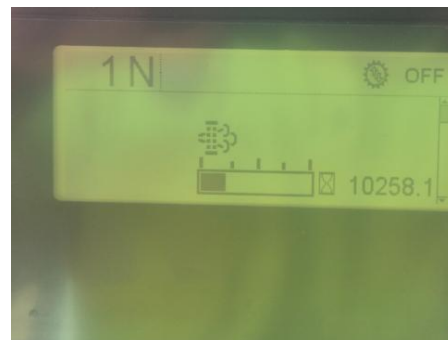
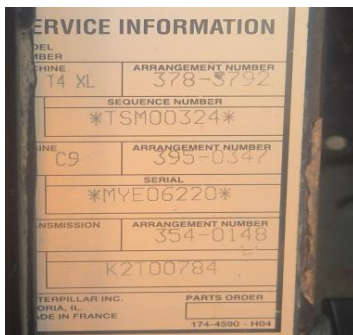
Tenders

RFT02 26/27

TRADE or OUTRIGHT PURCHASE DETAILS

Caterpillar D6T XL Dozer 2013, approx. 10,500hrs, CAT engine, 157kw, 5.61³ blade, tracks replaced approx. 250hrs ago, 20,937kg. Very good condition.

Council dozer for sale by tender or outright purchase closing 4.00pm Thursday 13th August 2026.



Specifications and further information are available by contacting the undersigned.

No tender necessarily accepted.

Further details by contacting the undersigned on 0427 801 241 or website

www.kulin.wa.gov.au

Judd Hobson
Executive Manager of Works
Shire of Kulin
P: 9880 1204
M: 0427 801 241
E: works@kulin.wa.gov.au



2026/2027 TENDERS

Tenders are invited from suitably qualified companies for the following tenders for the 2026/2027 financial year works program.

RFT 01-26/27 Bitumen & Aggregate

Tender closes at 4pm on Thursday 6th August 2026.

RFT 02-26/27 Supply one New Dozer
RFT 03-26/27 Supply Rubber Tyre Roller

Tenders close at 4pm on Thursday 13th August 2026.

A specification sheet detailing quantity, delivery times and other relevant information available via the Shire's website www.kulin.wa.gov.au or contact:

Judd Hobson, Executive Manager of Works
works@kulin.wa.gov.au 0427 801 241

Alan Leeson
Chief Executive Officer

Well Done Girls!

Pippa, Frankie, Evie, Milla & Paige made bracelets and sold them outside of Foodworks a few weeks ago raising funds for Motor Neurone Disease. They raised an amazing \$128.80





The Kulin CRC is seeking expressions of interest to run the following course

2 September 2026

\$230 per person

First Aid Course



Anyone interested please contact the Kulin CRC to put your name down. One day course with pre learning online.

P: 9880 1204

E: to@kulin.wa.gov.au



The WA Student Assistance Payment

Helping you get the things you need for your kids.



If you're a parent or carer of school-aged children, you can claim the third round of the WA Student Assistance Payment. This payment helps with the cost of things your kids need for school – from new shoes, backpacks and sports gear, to uniforms, healthy meals, excursions and more.

All WA school students from Kindergarten to Year 12 are eligible if they have an active enrolment at a public school, non-government school or are registered for home education in Pre-primary to Year 12.

Claims are open from 20 July to 25 September.

Claim on the
ServiceWA app





What is the Census?

Every five years, the Census counts every person and household in Australia.

It helps us understand how Australia is changing, and what we need now and in the future. It asks questions about your age, ancestry, what languages you speak and what you do for work.

If you know where you'll be on Census night, you can fill out the Census as soon as you get your instructions.

Your answers are private and protected by law.

We need to hear from everyone, because every answer matters.

You can complete the Census:



Online

Most households will get instructions when it's time to complete the Census.

1. Visit census.abs.gov.au
2. Enter your Census number and password
3. Complete the Census and submit

If you don't get instructions, you can request a Census number at census.abs.gov.au



Paper form

If you would prefer a paper form, you can request one from us.

1. Visit census.abs.gov.au/help or call our 24-hour automated paper form request service on 1800 130 250
2. Complete your paper form
3. Return to the ABS in the Reply Paid envelope provided



Visit from Census staff

Some people in remote areas, and people experiencing homelessness, will be visited by Census staff.

You need to complete the Census wherever you are staying on Census night.

Information and support will be available to help you complete the Census in your preferred way.



In-person help

We'll be offering Pop-up Hubs in public places, fill in the form sessions and information sessions. Find out more at census.abs.gov.au/find-us

**WE'RE HERE
TO HELP**



For more information

Visit www.census.abs.gov.au/help



For help in your language

Call the Translating and Interpreting Service (TIS National) on **131 450**



Department of
Education

Learning changes lives

VacSwim

Regional enrolment checklist

VacSwim enrolments are now open! Use this checklist to help secure your child's spot quickly in a regional program.

Get your WAIVS account ready

- ☐ Register for a WA Interim and VacSwim (WAIVS) account. It's essential for online enrolment.
- ☐ Already have one? Log in to your existing account.

Be aware of enrolment limits

- ☐ One program per child only. This allows your child to enrol in:
 - One October program
 - One summer program (December/January)
- ☐ Join the waitlist for additional programs if desired.

Choose your program and book early

Review program dates to find your preferred option.

October programs

(Close: Wednesday 19 August 2026)

- ☐ **October program:** Wednesday 30 September to Friday 9 October 2026 (8 days)
- ☐ **October short:** Monday 5 October to Friday 9 October 2026 (5 days)

Summer programs

(Close: Wednesday 14 October 2026)

- ☐ **Country early start:** Saturday 19 December to Wednesday 23 December 2026 (5 days)
- ☐ **January program 1:** Tuesday 5 January to Friday 15 January 2027 (9 days)
- ☐ **January short:** Monday 11 January to Friday 15 January 2027 (5 days)
- ☐ **January program 2:** Monday 18 January to Thursday 28 January 2027 (8 days)

Prepare for costs and concessions

- ☐ Be aware of program and venue fees.
- ☐ Have an online payment method ready.
- ☐ Check your eligibility for concession rates on our website.

Gather your child's details

- ☐ Know your child's full name, date of birth and medical information.
- ☐ Determine their current swimming stage.

Find your local venue

- ☐ Use the map on our website to identify your preferred regional Vacswim venue.

How to enrol

- ☐ The easiest way is to enrol online.
- ☐ Mail option is available. Complete the form and mail to us by the closing date.

Enrol now:

education.wa.edu/vacswim

Need help? Call 9402 6412 or email vacswim@education.wa.edu.au

Spots are limited, enrol now to secure your place!





DAILY LIVING PRODUCTS

EXPRESSION OF INTEREST

- Gopher service and safety check \$129
- September 2026
- Daily Living Products EXPO and education talk

Contact Kylie at Kulin CRC
crccounter@kulin.wa.gov.au





Bar flooring project



Over the past couple of weeks, we have completed a small but worthwhile project to upgrade the bar flooring. Working in partnership, CKC and the Kulin Community Hub have replaced the old flooring and removed the outdated freezers and shelving.

The project has not only given the bar a fresh, durable new floor but has also opened up the storage area, creating a more practical and efficient workspace. The improved layout will make better use of the available space, enhancing both storage capacity and day-to-day workflow.

With the flooring now complete, the next stage will be installing new shelving and workbenches, to further improve the functionality of the area.

Although this is a relatively small project, it represents another positive step forward as we continue to invest in improvements to the hotel. These upgrades will deliver long-term benefits for both staff and the community.

Thank you to everyone who helped at the busy bee and for the continued community support.





SAFEFARMSWA
SINCE 1994

WHS Workshop

Join us for a practical and informative workshop.

Learn how to implement and maintain your own on farm safety system



The workshop content includes:

- Why get started today
- Understanding the WHS Legislation
- Compliance with the Legislation
- Inductions - Who, When, Why
- Working with Contractors
- Visitors & Children on Farms
- Tools & templates
- Staying on track

When: Wednesday 5 August 2026
Arrive 1pm for 1.15 Start

Venue: Kulin Community Resource Centre

Cost: \$60 per Farm/Business

Please RSVP to
crccounter@kulin.wa.gov.au

Presenters will be available for farm specific questions after the workshop

**SafeFarms WA is the trusted Not-for-Profit organisation
founded by farmers for farmers.**



Rise • Lead • Inspire

RURAL WOMEN'S DAY 2026

Real stories • Practical ideas • Lasting connections

Thursday, 6 August 2026

8:30am–3:15pm



Jessica Lowe

Nutrition for Longevity



Libby Finlayson

Breaking the Cycle



Gemma Walker

Building Stronger Futures Together



Register Now

Event Sponsors



David Sullivan

Safe Farms, Strong Futures



Richard Dewar

Protecting What Matters Most

Plus a special introduction to



FARM SHIELD

Morning Tea • Lunch •
Networking Sundowner Included

Members \$90

Non Members \$110



Di Darmody

Behind the Mic

KULIN CHRISTMAS CARNIVAL



The poster is set against a background of a festive outdoor market with string lights, trees, and people. The main title 'KULIN CHRISTMAS CARNIVAL' is at the top in a stylized font. Below it, a large sign with a red border and lights says 'VENDOR APPLICATIONS NOW OPEN'. The event details are in a green box, and application information is in a yellow box. The bottom section, 'WHY JOIN US?', lists four reasons with icons: reaching a growing regional audience, being part of a family-friendly Christmas event, showcasing products and handmade goods, and supporting local and connecting with the community.

KULIN CHRISTMAS CARNIVAL

VENDOR APPLICATIONS NOW OPEN

**SATURDAY
12 DECEMBER 2026**

4:30PM – 9:00PM

**FREEBAIRN RECREATION CENTRE
KULIN WA**

\$10 STALL FEE
FLAT RATE – ALL STALL SIZES

READY TO APPLY?

Email
kulincdo@kulin.wa.gov.au
for an application form

— OR —

Complete the copy
on the adjacent page.

WHY JOIN US?

- REACH A GROWING REGIONAL AUDIENCE**
LOCALS & VISITORS FROM ACROSS THE WHEATBELT
- BE PART OF A FAMILY-FRIENDLY CHRISTMAS EVENT**
MARKETS, ENTERTAINMENT, FOOD, KIDS ACTIVITIES & FESTIVE FUN!
- SHOWCASE YOUR PRODUCTS & HANDMADE GOODS**
PERFECT FOR CHRISTMAS SHOPPERS
- SUPPORT LOCAL & CONNECT WITH THE COMMUNITY**
BE PART OF SOMETHING SPECIAL

KULIN CHRISTMAS CARNIVAL

MARKETS & VENDORS

STALL HOLDER APPLICATION FORM

★ SATURDAY 12 DECEMBER 2026 ★
4:30PM - 9:00PM
FREEBAIRN RECREATION CENTRE KULIN

Thank you for your interest in being part of the inaugural Kulin Christmas Carnival. We are seeking a diverse range of quality stalls that complement our vibrant Australian Christmas Carnival theme. Completion of this form does not guarantee acceptance. Successful applicants will be contacted following the application closing date.

Your Information

- Business Name _____
- Contact Person _____
- Address _____
- Website/Facebook/Instagram _____
- Mobile Number _____
- Email _____

Stall Type

- Handmade Goods
- Artisan Products
- Food & Beverage
- Christmas Gifts
- Homewares
- Children's Products
- Clothing & Accessories
- Community Group
- Charity/Not for Profit

Tell us about your stall...

(Please describe what you sell.) _____

NOTE: Vendors Selling food must obtain approval from the Kulin Shire's Environmental Health Service. Please contact Brendon Gerrard - Principal Environmental Health Officer
Mobile: 0409 770 824 - Email: roeecho@corrigin.wa.gov.au

Stall Size:

(What size site
do you require?)

- 3m x 3m
- 3m x 6m

STALL FEES ARE \$10.00 EACH AND CAN BE PAID BY CARD VIA PHONE (08 9880 1204) OR BY DIRECT DEBIT.

ALL VENDORS MUST SUPPLY THEIR OWN TABLES, CHAIRS AND ANY EQUIPMENT NEEDED FOR THEIR STALL.

Signed: _____

Date: _____

Name: _____

FOR MORE INFORMATION CONTACT KIRRA AT THE SHIRE OF KULIN - [KULINCDO@KULIN.WA.GOV.AU](mailto:kulincdo@kulin.wa.gov.au)

WINTER SPORTS FIXTURES

ROUND 13

1ST AUGUST 2026

HYDEN/KARLGARIN VS KKFC

Football

11.40am
12.55pm
2.35pm

Colts
Reserves
League



AFTERS AT
KULIN HUB

PINK ROUND

KHATS VS VIPERS

Hockey

10.25am
12.00pm
1.30pm
3.00pm

C Grade
A Grade
B Grade
Mens



KU VS HYDEN

Netball

9.15am
BYE
1.00pm
11.30am

Junior KU
A2 Grade KU
A1 Grade KU
B Grade KU

K
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GO



KULIN!



WINTER SPORTS FIXTURES

ROUND 14

8TH AUGUST 2026

BURRACOPPIN VS KKFC

Football

11.40am
12.55pm
2.35pm

Colts
Reserves
League



AFTERS AT
KONDININ
HOTEL

BURRACOPPIN VS VIPERS

Hockey

11.00am
12.00pm
1.30pm
3.00pm

C Grade
A Grade
B Grade
Mens



BURRACOPPIN VS KU

Netball

9.15am
11.30am
1.00pm
2.30pm

Junior KU
A2 Grade KU
A1 Grade KU
B Grade KU

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GO



KULIN!



WINTER SPORTS RESULTS

ROUND 11

SATURDAY 18TH JULY 2026

NETBALL



KULIN VS NAREMBEEN

Juniors	WIN	11 - 7
A2 Grade	LOSS	27 - 43
A1 Grade	WIN	54 - 44
B Grade	LOSS	21 - 42



HOCKEY



VIPERS VS NAREMBEEN

C Grade	LOSS	0 - 1
B Grade	DRAW	1 - 1
A Grade	WIN	3 - 0
Men	LOSS	0 - 8



FOOTBALL



KKFC VS NAREMBEEN

Colts	Kulin Kondinin	1	6	12
	Naremben	2	3	15
Reserves	Kulin Kondinin	14	14	98
	Naremben	2	3	15
League	Kulin/Kondinin	15	13	103
	Naremben	9	2	56



WINTER SPORTS RESULTS

ROUND 12

SATURDAY 25TH JULY 2026

NETBALL



KULIN VS NUKARNI

Juniors	WIN	21 - 17
A2 Grade	LOSS	16 - 37
A1 Grade	WIN	49 - 34
B Grade	LOSS	22 - 40



HOCKEY



VIPERS VS NUKARNI

C Grade	WIN	4 - 0
B Grade	WIN	2 - 0
A Grade	DRAW	0 - 0
Men	LOSS	0 - 2



FOOTBALL



KKFC VS NUKARNI

Colts	NO GAME				
Reserves	Kulin Kondinin	6	8	44	
	Nukarni	6	9	45	
League	Kulin/Kondinin	15	2	92	
	Nukarni	11	11	77	



ROE DISTRICTS COUNTRY WEEK

RDHA
COUNTRY WEEK
GIRLS 10/11/12
RESULTS
DAY 1

 BUNBURY	0-1 LOSS
 UGSHA	1-2 LOSS
 EGHA	4-0 WIN

ONE TEAM. OUR REGION. PROUD TO REPRESENT.



RDHA
COUNTRY WEEK
GIRLS 10/11/12
RESULTS
DAY 2 - DIVISION 1

 BUSSELTON	2-0 WIN
 VIC PARK	0-1 LOSS
 GERALDTON	3-1 WIN

ONE TEAM. OUR REGION. PROUD TO REPRESENT.

2026 FUEL TO GO & PLAY HOCKEY CLUB CHAMPIONSHIPS

Roe Districts Years 10/11/12 Girls

Girls representing KK Vipers – Jade Wilkens, Lyla Smoker, Maggie Murphy, Molly McInnes & Willow Smoker.

The Roe District Hockey Association (RDHA) Girls Years 10, 11 and 12 team proudly represented the region at Country Week, competing in Division 1 against some of the strongest hockey associations from across Western Australia.

The girls got off to a tough start on Day 1, narrowly going down to Bunbury 0-1 and UGSHA 1-2 before bouncing back with an impressive 4-0 win over EGHA.

Day 2 saw the team continue their strong form, defeating Busselton 2-0 and Geraldton 3-1. Their only setback for the day was a hard-fought 0-1 loss to Vic Park.

Heading into the final day, RDHA remained in contention and produced another strong performance. The girls defeated Whitfords 3-1 and Esperance 4-0 before narrowly losing 0-1 to UGSHA.

Across the three days, the team recorded six wins and four losses, finishing an outstanding 4th overall in Division 1. Their determination, teamwork and sportsmanship were on display throughout the competition, making the entire Roe District region proud.

Congratulations to all players, coaches, managers and supporters on a fantastic achievement at Country Week.

RDHA
COUNTRY WEEK
GIRLS 10/11/12
RESULTS
DAY 3 - DIVISION 1

 WHITFORDS	3-1 WIN
 ESPERANCE	4-0 WIN
 UGSHA	0-1 LOSS

4TH POSITION

ONE TEAM. OUR REGION. PROUD TO REPRESENT.



PICKLE BALL

WEDNESDAY 5TH AUGUST

KULIN FREEBAIRN REC
CENTRE

6PM

HAVEN'T PLAYED BEFORE? COME AND GIVE IT A TRY.
YOU'LL LOVE IT!

EVERYONE
WELCOME!



A Call to Our Community – Kulin is hosting finals!

The Freebairn Rec Centre has been given the privilege of hosting finals.

These being:

- **Saturday 15 August – EDFL Football Semi Finals and Hockey Semi Finals.**
- **Saturday 29 August – Hockey and Netball Grand Finals.**

This is an incredible honour for our community and recognition of the outstanding facilities we've built together over many years. It is also a massive undertaking.

Across these two events we will welcome hundreds of players, officials, volunteers, families and supporters. We have an opportunity to showcase our outstanding sporting facilities and our welcoming community hospitality that we are renowned for. These events will also provide a significant economic boost, generating valuable income for our sporting clubs and community groups—funds that can be reinvested into our facilities, our clubs and the future of community sport in Kulin.

Preparing multiple sporting venues, setting up facilities, assisting with parking, helping in the canteen, serving food and refreshments, welcoming visitors, cleaning, packing up and countless other jobs will require an enormous volunteer effort. **This is where we need your help.**

We're calling on **everyone** in our community—not just those involved in football, hockey and netball—to please get behind these events.

Whether you're involved with bowls, golf, cricket, racing, tennis, dance, school groups, service clubs, community organisations or you're simply someone who wants to support Kulin, we'd love you to be part of this exciting opportunity.

These events belong to all of us and they are a chance to demonstrate what regional communities do best—working together, welcoming visitors and creating an atmosphere that people will remember long after the final siren.

Whether you can spare a couple of hours or assist across one or both event days, every helping hand will make a difference.

If you, your family, business, sporting club or community organisation can volunteer in any capacity, please contact Yvonne Bowey from the KK Winter Sports Group.

Email: ybowey@westnet.com.au
Phone: 0427 804 005

No matter how much time you can offer, your support will be greatly appreciated.

Thank you to everyone who has already volunteered their time and to those who are willing to step forward over the coming weeks.

KULIN BUSH RACES BUSY BEES



The first weekend in October will be here before we know it, and it's time to get the Bush Races site ready!

Our busy bees are one of the best parts of the lead-up to the event. They're a chance to catch up with mates, meet new people, and chip away at the jobs that turn the track into the home of the Kulin Bush Races. Many hands really do make light work, and there's always plenty of laughs along the way.

Over the first few weeks we'll be focusing on preparing the site with a general tidy-up, cutting firewood, painting, and tackling those jobs that make a big difference before event weekend.

Everyone is welcome, so bring the whole family. The kids always have a great time, and even if you can only spare an hour or two, every bit of help makes a difference.

For more information, contact Tom on 0488 422 477 or Simone on 0488 172 797.

AT KBR HQ IN TOWN

SUNDAY 30TH AUGUST - 10AM ONWARDS

Lunch & drinks provided.



AT THE TRACK

SUNDAY 6TH SEPTEMBER - 10AM ONWARDS

Lunch & drinks provided.

SUNDAY 13TH SEPTEMBER - 10AM ONWARDS

Lunch & drinks provided.

SUNDAY 20TH SEPTEMBER - 10AM ONWARDS

Lunch & drinks provided.

26TH & 27TH SEPTEMBER - 10AM ONWARDS

Lunch & drinks provided. Dinner Sunday night



CRISP WIRELESS KULIN BUSH RACES



TIN HORSE COMPETITION



REGISTER TO ENTER BY
31ST AUGUST 2026

SCAN FOR
MORE INFO



REGISTRATIONS OR ANY QUERIES TO
Wendy Gangell - 0429 805 224
wendy@agsolutionswa.com.au

PROUDLY SPONSORED BY



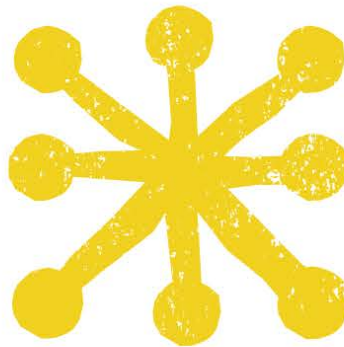
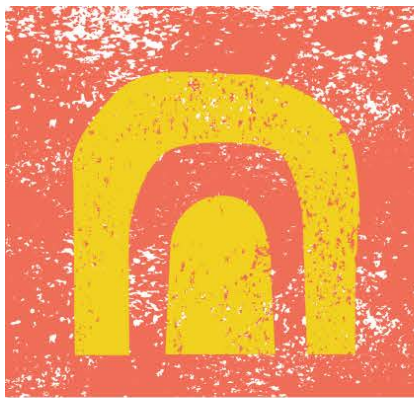
★ **CASH PRIZES** ★

TO CREATE YOUR OWN PIECE OF KBR HISTORY
HEAD TO OUR WEBSITE FOR ALL THE COMPETITION RULES & NOMINATION DETAILS



WWW.KULINBUSHRACES.COM.AU





KULIN ARTS HANDMADE MARKETS

1ST & 2ND OCTOBER

10AM-3PM

Kulin Memorial Hall

From unique jewelry and
home décor to delicious treats
and cosy textiles, there's
something for everyone!

Stallholder applications are available at
www.jotform.com/ErinBailey/2026handmademarkets
or contact Erin Bailey 0429809013



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 orange yarn. The background is a light beige with various colorful paint splatters.

NO SPECIFIC THEME

WE JUST WANT TO SHARE YOUR AMAZING WORK

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

ENTRY FORM DUE 18TH SEPT

WWW.JOTFORM.COM/ERINBAILEY/2026KA_ENTRY

ENTRIES DUE 25TH SEPT

**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



Part of the Corrigin Agricultural Show
Shearing, Side Show Alley, Food, Music, Agricultural-trade-hobby displays & heaps more

CARS
on the Grass
Corrigin

SATURDAY
12 SEP 2026

Peoples Choice
3 Lucky PRIZES

Cool Old Farm Truck/Ute Award

Cool Bike Award

Dino
0428 632 149

Ed
0407 038 358

Seedy
0428 877 118

30th ALBANY Show & Shine
Great Southern Street Machine Assoc. Inc 2026

September 25th, 26th & 27th

Friday Evening 25th September 2026- Sponsor & Entrants Cars & Cocktails
Saturday 26th September 2026- Entrants Super Cruise
Sunday 27th September 2026- Only Indoor Show & Shine, Centennial Pavilion 10am -3pm \$10 per person Kids under 12 free (must be with an adult).
Cars from all eras, all makes and models on static display, all vying for the sort after trophies. The much-anticipated Rocker Cover Races, Culinary Delights, music, trade/market stalls, entertainment for the kids, plus much more....
More information Contact: 0477 562572, gssma@hotmail.com www.gssma.com.au

DUFFY ELECTRICS

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



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com
Servicing Wickepin and surrounds

KONDININ
P&C
2026 RAFFLE

1st Prize
Ninja Blender

2nd Prize
Ninja Juicer

SCAN THE QR CODE TO PURCHASE YOUR TICKETS

RAFFLE DRAWN 31ST AUGUST 3:00PM

TICKET PRICE: \$30 EACH
ONLY 200 TICKETS AVAILABLE

<https://www.raffletix.com.au/kondininpandc2026>



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 kulincdo@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:



Celebrating THE LIFE OF



Michael John Dearlove

13/05/1942 - 25/07/2026

.....
MONDAY 10TH AUGUST 2026

Funeral Service

10am West Chapel Fremantle Cemetery

Wake to Follow



THE KULIN Classics

Timeless, connected & classic.

*A few laps in and
just getting started*



The Kulin Classics Morning Tea will be held at the CRC on
Tuesday the 11th of August from 10:00am

We'd love to see you there for a catch up and information
session as well as a tasty treat or two!

ADOPT A TIN HORSE PROJECT

MANY HANDS MAKE LIGHT WORK

Some of the horses on our Tin Horse Highway are looking a bit shabby!

We are calling out to any locals who can spare a small amount of time to 'adopt a horse' and give it some TLC. And if you have already adopted one please check in and see if it needs any work.

What does it involve?

Whatever is required to spruce up your new baby. Mostly it will involve a lick of paint and perhaps some minor repairs. Nothing too strenuous! Just do it at your own pace and when it suits you.

All paint supplied by the Kulin Bush Races



Its easy to get involved.

Chat to Wendy Gangell
0429 805 224



Kulin Child Care Centre



Our NAIDOC week started as we returned to school for Term 3. To allow more time for meaningful learning, exploration, and participation, we have extended our learning over two weeks.

We are shining a light on some of our highlights during this period of learning, recognition and celebration.

Our small world table has provided a space for imaginative play, exploration of materials including wood and stone. Our stones painted with first nations symbols allow the children and educators to build tracks and stories.

We utilised resources from www.naidoc.org.au including this artwork colouring in piece *Paralpi* by Zaachariaha Fielding. '*Paralpi* extends Zaachariaha's acclaimed Inma series and reflects a deeply cultural and immersive narrative grounded in Country. The artwork depicts the sounds of *Paralpi*, a significant place just outside Mimili on the eastern APY Lands in South Australia. As Zaachariaha describes, *Paralpi* is a place where people come to embrace and celebrate children, where they are taught by Elders to move and mimic their Clan emblem — for Mimili, this being the maku (witchetty grub).'



Immersing in many narratives through the days we acknowledge the need for truth telling about shared histories. Finding our Heart by Thomas Mayo covers many opportunities to support Educators to discuss this and the importance of caring for our land. Thank you to our families and community for supporting us.



We used our flash card matching game which includes bush tucker names and pictures. It's an exciting learning tool for the children to use which supports conversation about land and place.

A combination of learning and craft we have our Nyingarn (Echidna) creations built with tooth picks and card. This activity created conversation around native fauna, our environment, insectivores and the request to extend learning via using our iPad as a resource.

Thank you to our families and community for supporting us.



A LITTLE TASTE OF CELEBRATION (AND THE HONEY CHICKEN THAT DISAPPEARS EVERY TIME)



successful either.

But somehow that only made the experience more memorable. For a quiet kid from the bush, everything about those dinners felt just a little bit magical. So perhaps that's why I still carry those memories with me.

This week one of our girls celebrated her twentieth birthday, and because she shares a love of Asian-inspired food, choosing dinner wasn't difficult. Homemade Honey Chicken with fried rice.

I doubled the recipe. We still argued over the leftovers. In hindsight, I probably should have tripled it.

Growing up in rural and regional Australia, like so many others of my generation, the absolute height of fine dining was a trip to the nearest big town for Chinese.

Now, having grown up, travelled a little and had my view of the world expanded by modern technology (whether that's entirely a good thing is probably a debate for another day), I realise the Chinese restaurants many of us grew up with weren't necessarily an authentic representation of the incredible regional cuisines of China.

But authenticity aside, I don't think anyone can argue they weren't delicious. And surely the greatest crowd-pleaser of them all has to be Honey Chicken.

Golden, crispy pieces of chicken wrapped in a light, crunchy batter, coated in a glossy honey sauce that's somehow both sweet and savoury at the same time. It clings to every piece, trickles into the fried rice below and somehow makes everything on the plate taste even better.

For me, though, it's never just been about the flavour. It's the memories. Honey Chicken has always tasted like celebration. If something exciting had happened—someone had a birthday, passed an exam, won a football grand final, got a good wool cheque, finished harvest—you could almost guarantee we'd be heading into town for Chinese. Walking into those restaurants felt like stepping into another world.

Round tables dressed in crisp white tablecloths with neatly folded red napkins. Ornate lanterns. An aquarium in the really fancy joints. Paintings of koi fish, mountains and temples hanging on the walls alongside beautiful Chinese characters that, if we're being completely honest, could have said absolutely anything. We had no idea.

And sitting on every table were forks and spoons... because back then, at least in our family, not one of us had successfully attempted chopsticks on anything other than the piano. That wasn't particularly

This version isn't complicated. There's nothing fancy or difficult to source. Use chicken thighs if you prefer, or chicken breast if that's what you already have in the fridge. The little spoonful of brown butter in the sauce adds a lovely richness, but if you leave it out, you'll still end up with a dinner everyone will happily devour.

And the chilli? Well... if you've been reading these articles for a while, you'll know I'm firmly in favour of just a little spice. Only enough to balance the sweetness, never enough to overpower it. But that's entirely your call.

Serve it with homemade fried rice if you have the time or simply spoon it over fluffy jasmine rice. Either way, don't expect leftovers.

So happy birthday to our beautiful girl.

And to everyone else... Quick! Grab a place at the table and dive in before it vanishes. From my table to yours, Enjoy.

HONEY CHICKEN

Serves 4

INGREDIENTS

CHICKEN

- 700–800 g chicken breast, cut into bite-sized pieces
- 1/2 cup cornflour
- 1/4 cup plain flour
- 1 tsp baking powder
- 1 tsp salt
- 1/2 tsp white pepper
- 1 egg
- Splash of cold water (if needed)
- Vegetable oil, for frying

HONEY SAUCE

- 1/2 cup honey
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 2 tsp sesame oil
- 2 cloves garlic, finely minced
- 1 tsp fresh grated ginger
- 1 tbsp lemon juice
- 1 tsp rice vinegar
- 1 tsp brown butter (optional, but highly recommended)
- Tiny pinch of chilli flakes (optional, but delicious)
- 1 tbsp cornflour mixed with 2 tbsp cold water
- Toasted sesame seeds, to garnish
- Finely sliced spring onion, to garnish

METHOD

PREPARE THE CHICKEN

1. Cut the chicken into evenly sized bite-sized pieces.
2. In a large bowl, combine the cornflour, plain flour, baking powder, salt and white pepper.
3. Add the chicken and toss until coated.
4. Beat in the egg, mixing until every piece is coated. Add just enough cold water, if needed, to create a thick, shaggy batter rather than a smooth one.

FRY

1. Heat vegetable oil to 170–175°C.
2. Fry the chicken in batches for 4–5 minutes until lightly golden and cooked through. Avoid overcrowding the pan.
3. Drain on a wire rack or paper towel.
4. For that classic takeaway crunch: Increase the oil temperature slightly and fry the chicken a second time for 60–90 seconds until beautifully crisp.

MAKE THE SAUCE

1. In a large frying pan or wok, gently sauté the garlic and ginger for about 30 seconds, just until fragrant.
2. Add the honey, soy sauce, oyster sauce, sesame oil, lemon juice, rice vinegar, brown butter (if using) and a tiny pinch of chilli flakes.
3. Bring to a gentle simmer.
4. Stir in the cornflour slurry and cook for another minute until the sauce becomes glossy and lightly thickened.

FINISH

1. Add the crispy chicken and gently toss until every piece is coated in the sauce.
2. Serve immediately with homemade fried rice or fluffy jasmine rice.
3. Finish with toasted sesame seeds and finely sliced spring onion.

KC Pedrick
**Community Development
Officer**



Former Wheatbelt local leads charge for cancer research appeal

A Wheatbelt-raised local now living in Perth is encouraging West Australians to support Cancer Council WA's 2026 **Daffodil Day Appeal**, following her shock breast cancer diagnosis in late 2023, despite having no symptoms. Kate Robertson, who grew up in York has become the face of this year's appeal after undergoing treatment for HER2-positive breast cancer. The 59-year-old grandmother and healthcare professional said her diagnosis came as a complete surprise when a routine screening mammogram revealed a tumour she could not see or feel.

"I had no clue that cancer was even on the cards. I had no symptoms whatsoever. I checked my breasts regularly, and even after my diagnosis, specialists told me they wouldn't have been able to feel the tumour either," Ms Robertson said.

Diagnosed with stage 2 breast cancer in December 2023, Ms Robertson underwent chemotherapy, surgery and radiation over the following year. Drawing on the resilience she learned growing up in a farming family, she said she approached treatment with determination.

"I'm from a family of farmers. We are pragmatists. We deal with facts. I absolutely think the research that came before my diagnosis helped me. Without money there is no research. I'm here because of a discovery that was made 10 years ago. Who might still be here in 10 years because of the research we are funding today? The legacy of every donation stretches far beyond today. It will help people and families for generations to come," she said.

Despite advances in treatment and improving survival rates, almost one in two Australians will be diagnosed with cancer by the age of 85. The discoveries we make now won't just save lives, they'll shape how people live beyond cancer for years to come.

This year marks 40 years of Daffodil Day - a symbol of hope that has brought West Australians together to fund vital cancer research and support people like Kate. With the support of all West Australians, we can help ensure the next person diagnosed has that same chance.

To **donate online**, visit donate.cancerwa.asn.au

THE GREAT CARNIVAL CRUNCH

The Great Carnival Crunch aims to get WA kids eating more veggies in a way that is fun, full of hype and super entertaining!

Whether alongside carnival day, cross country training, or any other sporting event throughout the term, come together and learn the all-new Great Carnival Crunch CHANT and celebrate veggies with cheer!

Register now!
crunchandsip.com.au/events

Supported by

Have you had any of these...

... for more than 4 weeks?

- ☐ Problems peeing
- ☐ Runny poo
- ☐ Unexplained weight loss
- ☐ An unusual pain, lump or swelling anywhere in your body
- ☐ Becoming more short of breath
- ☐ A persistent cough
- ☐ A new or changed spot on your skin

... once or more?

- ☐ Blood in your poo
- ☐ Coughing up blood
- ☐ Blood in your pee



If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.



For more information visit findcancerearly.com.au or call 13 11 20

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 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

Every Wednesday 8am - 12pm.

Kulin Medical Centre - book appointments on 0438 022 591 or

<https://greatsouthernchiropractic.com.au>



Why men's mental health support isn't working

By **TIM BURVILL**
Managing director
South Australian Cattle Company

In the past six months, I have said goodbye to two of my best friends.

Both took their own lives.

I want to write about these men honestly, both had what most people would look at and call a good life.

Married. Children who adored them.

Financial security was built through years of hard work - and perhaps most poignantly, strong, close, and communicative friendship groups.

Mates who checked in on each other, men who talked.

That last part is what I keep coming back to.

Because the entire premise of the RU OK? movement - the awareness campaigns, the check-in culture - is built on the idea that if we just ask the question, if we just notice, if we just reach out, we can catch people before they fall.

I don't doubt the intent behind it.

The people running it are trying to do something good, and that matters.

But I've started to think of it the way I thought about face masks during COVID: well-meaning, and genuinely well-intentioned.

Yet unfortunately, all too often ineffective.

You can't get much closer to someone than I was to these men.

We had the kind of friendship where the question would have been asked - genuinely, bluntly - and answered honestly, if the answer was there to give.

The most recent loss shook me in a particular way that I find hard to articulate.

He knew better; than anyone what this act does to the people left behind.

He'd lived that devastation twice, as his father died by suicide when he was a teenager and brother died the same way a few years ago.

That tells me something crucial.

If living through that devastation twice couldn't protect him, what exactly are we expecting a four-word question to do?

Suicide numbers in Australia amount to a national disgrace.

Suicide takes an Australian life every 2.5 hours.

Three quarters of those deaths are men - a proportion that hasn't shifted in over 40 years.

In rural Australia, the suicide rate is roughly double that of the cities.

And rural men sit at the top of every category: higher than rural women, higher than urban men, higher than anyone.

So, what has our response been?

Largely, to hand the problem over to charities to deal with.

Let's compare it to the response to one of the other biggest killers, the road toll.

Road deaths currently sit at 1300 Australians a year, and governments treat it as a crisis.

Billions in funding. Engineering. Enforcement. Technology.

Yet suicide kills more than 2.5 times that number.

And as you drive down that safe road in that safe car, you may pass a painted blue tree in a paddock.

That painted tree is a stark reminder of the difference in response.

Shockingly, of my university agricultural science cohort of around 30 men, three have died by suicide.

That I know of.

These were not struggling men, not isolated men.

Male suicide is a plague, and it is

moving through rural Australia largely unchecked.

Something has to change.

I was talking about this with a close friend this week, and he put it better than I could.

He said that RU OK? and programs like it are midstream interventions.

They're trying to catch men in the current, but my two friends got to the waterfall.

The midstream help didn't reach them.

The work, he said, needed to happen at the wellspring - when boys are young, before life starts to get complex. I think he's right and I think it has a lot to do with this: we men bury things.

We are not taught to do anything else.

When it bubbles up and over, the capacity for rational thought can simply disappear.

That is what happens when you are not taught to understand your own emotional state - to name it, to know where it's coming from, to put it in context before it overwhelms you.

You can be smart, educated, successful, surrounded by people who love you - and be completely illiterate about your own inner self.

I know I have been, that's not weakness, that's the gap in how we raise and school our boys, and I was raised through the same gap as everyone reading this.

The answer is not more awareness. It has to be targeted education - starting young and continuing throughout their entire schooling years.

We leave young men to navigate their own emotional world without a map, we urgently need to give them one.

If you or someone you know needs support, call Lifeline on 13 1114, text 0477 131 114, or Rural Aid counselling 1300 175 594.

Article is reproduced, courtesy of Farm Weekly.

Bowel Health – It's Worth Giving a Shit!

August, 2026 Warrior Wellbeing Article

The bowel is an important part of our digestive system, but what is it, and what should we be aware of when weighing up our overall bowel health?

The bowel is made up of 3 parts:

1. The small intestine is around 6 meters in length and is the narrower (small) section of the bowel. It absorbs the nutrients in the food we digest.
2. The colon and rectum make up the larger intestine, it is much shorter but thicker. Its role is to reabsorb fluid and process the waste material.
3. Finally, the rectum is where the waste material is stored until we go and drop a log so to speak.

What comes out and the frequency of our bowel movement is something else we should take note of. Our poo or stool should be soft, sausage shaped and should not require too much effort to pass. The frequency can depend on individual habits, changes to our diet, but the main thing to remember here is a sudden change in your poo routine could indicate other issues.

What's not normal?

Signs of Blood: Bright or fresh

signs of blood on the toilet paper could be the result of haemorrhoids (usually a result of constipation or straining too hard) or wiping too hard and frequently can cause small cuts/tears on the anus. Blood in the poo (especially darker blood) could mean bleeding further up the bowel and should be discussed with a doctor immediately.

Constipation: Dry or hard poo sometimes associated with cramping or bloating in our lower abdomen (something we have all probably experienced) can often be resolved with some lifestyle changes i.e. drinking plenty of water, eating a diet high in soluble fibre (fruit/vegies/oat bran/lentils/beans) and an increase in physical activity.

Diarrhoea: We have all probably had a mean curry that has caused us to frequent the loo, but diarrhoea is usually caused by our intestine becoming inflamed and irritated affecting the reabsorption of water from the waste material. This can be caused by numerous factors such as: illness/infection, food poisoning, drinking contaminated water, ulcers, stress and certain food intolerances.

Leakage: Accidental leakage or incontinence can be associated with severe diarrhoea but can also be caused by weakness or damage to the muscles around our bowel and anus. The Continence Foundation of Australia is a great resource to get assistance, advice and support if you are affected by incontinence.



If any of these issues are having an effect for more than 2-3 days, a visit to the doctor is recommended. A prominent cancer is bowel cancer and can remain undetected until well advanced. Participate in the free bowel cancer screening test from the age 45 onwards – it saves lives!

Remember good bowel health and our digestive system is often compared to being just as important as brain function, just at the other end of the body. Remember it is worth giving a shit about!

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au



THE
**REGIONAL
MEN'S HEALTH**
INITIATIVE

INTAKE NOW OPEN

Heavy Duty Mechanical Apprenticeships Merredin, Mukinbudin, Cunderdin & Corrigin

The opportunity

Our annual apprentice intake is currently open, offering 4-year Heavy Duty Mechanical Apprenticeships for commencement in February 2027. The apprenticeships will be based at the Hutton & Northey Sales branches of Merredin, Mukinbudin, Cunderdin & Corrigin.

The role

During your apprenticeship you will learn to diagnose, troubleshoot, examine, test & repair a range of heavy-duty machinery and equipment with industry leading technologies

The position

The apprenticeships are full-time and fully paid, providing the opportunity to gain hands on experience in the industry, and qualifying in a Certificate III in Agricultural Machinery Technology.

As part of your specific qualification training, each year you will be enrolled in three, two-week TAFE training blocks at an accredited TAFE training institution off site. We also offer ongoing upskilling and training into your employment to keep pace with rapidly changing technology in the industry.

Additionally, our experienced technicians will provide guidance and support you in your training and learning.

The next step

Please email your covering letter and resume to hr@hutnorsales.com.au with:

- Licences you have (eg: drivers, forklift)
- Certificates completed (eg: Cert II in Automotive)
- School Reports from your last 2 years of education (with comments)

Call our HR team on 08 9041 9500 for further information. Intake closes 30 September, 2026.

SEND US YOUR CV & WE'LL TAKE YOU TO THE TOP!

To apply and for further information
Phone HR 08 9041 9500
HR@hutnorsales.com.au
hutnorsales.com.au/careers

CASE II



Hutton & Northey Sales

Keeping Our Farmers Growing

Nutrien Harcourts

Rural Property Specialist
Steve Wright 0427 794 500



DAN'S
GARDENING
SERVICES CORRIGIN AND SURROUNDS

Qualified gardener with over 20 years' experience, based in Corrigin and servicing surrounding towns.

- Pruning
- Lawn care
- Weeding
- Soil amendment
- Regular clean-up
- Reticulation (installation or repairs)
- Hedge cutting and trimming
- Planting and removal
- Block clean-up and firebreaks
- Garden mulching
- Rose care and pruning
- Tree lopping (small trees)

0416 848 829

The advertisement has a dark green background with faint silhouettes of gardening tools like shovels, rakes, and lawnmowers. It is decorated with white and light green leafy branches and a dandelion seed head in the corners.

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