

THE KULIN UPDATE

16 APRIL • 2020

TRAVEL RESTRICTIONS

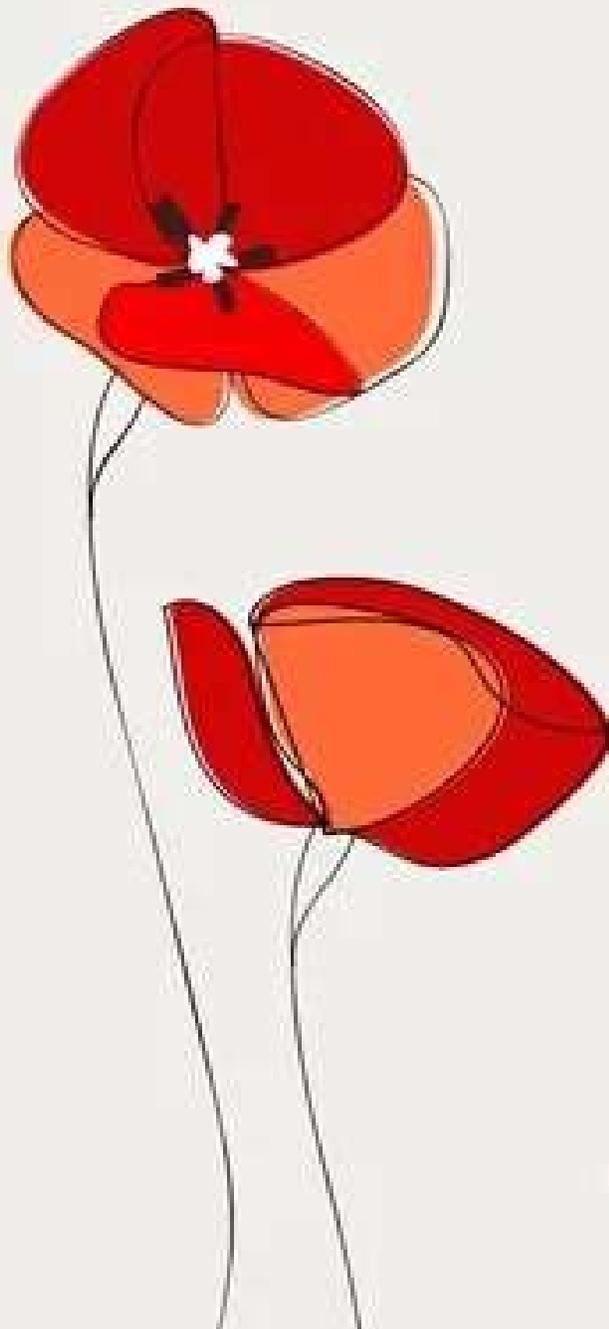
Information on page 9

KULIN DEVELOPMENT COOPERATIVE

More details on page 20

RESTRICTED BURNING

More information on page 13



ANZAC DAY 2020

LEST WE FORGET

Never forgotten. Always
remembered. Let us give thanks.



Kulin Community Resource Centre

**Kulin Update is proudly produced by the
Kulin Community Resource Centre**

Deadlines & Editions

All articles to be submitted no later than 4pm Tuesday deadline

NEXT DEADLINE: Tuesday 28th April 2020

NEXT EDITION: Thursday 30th April 2020

Advertising Costs

Kulin Update 2020

Quarter page \$15

Half page \$20

Full Page BW \$35

Full Page Colour \$75

Clubs and Associations receive discounts on advertising please contact us for more information.

Members receive 25% off advertising costs.

The Community Resource Centre doors are closed but we can still assist. Please contact us to discuss your needs

The CRC can be contacted via the following

Phone: (08) 9880 1021

Manager:

rcmgr@kulin.wa.gov.au

Front Counter:

crccounter@kulin.wa.gov.au

Didn't see your name on the list ??

Contact the CRC and we will add your very special day to our birthday list

HAPPY BIRTHDAY

April

- 16th Don Davies
- 17th Blake Spurgeon
- 18th Brittany Smeed
- 19th William Thompson
- 20th Julie Dall
- 22nd Maddie Tyson
- 26th Johnny Spencer
- 28th Matthew Sullivan
- 30th Kaitlin Tyson

May

- 1st Nicole Thompson, Luke Thomas, Cassi-Dee Vandenberg
- 3rd Julie Miller, Fiona Murphy
- 5th David Meikle, Stephen Meikle, Jill Brewis, Russell Murray, Milla Davies
- 8th Jim Sullivan, Beth Newman
- 9th Caitlyn Chapman
- 11th Warrick McInnes, Emily Bastian
- 12th Melissa Randall
- 13th Cheryl Dearlove
- 15th Daniel Tholstrup, Donna Spurgeon, Neil Baker, Sarah Tholstrup

ANZAC Day 2020: Embracing the Spirit of Mateship

RSLWA is encouraging all Aussies to get creative in a show of mateship this ANZAC Day – by standing in quiet contemplation at the end of their driveways, or on their balconies, at 6am on April 25.

RSLWA has listened to its followers on social media and will run with this beautiful tribute to our fallen servicemen and women, and those who have or still serve today, with a collective show of respect in the wake of the first cancellation of our ANZAC Day services since WWII, due to the COVID-19 crisis.

We invite the community to get behind our new-look, resilient ANZAC Day by:

- Watching out for our moving community service announcements on TV and social media in coming weeks
- Light a candle at 5.55am and join our ANZAC Day driveway Dawn Service for 6am on April 25. Tune in to the radio (TBA) to hear The Ode, The Last Post and join in the one-minute silence.
- Fire up the barbecue for a traditional gunfire breakfast of bacon, eggs and sausages ... plus a mug of (rum-spiked) tea or coffee to toast the fallen.

Kulin RSL invite the community to lay a wreath on Anzac Day at the Kulin War Memorial to recall those who served in war and who did not return to receive the grateful thanks of the nation.

*For at the going down of the sun,
and in the morning, we
will remember them.
Lest we forget!*



ANZAC Requiem

We remember those who still sleep where they were left – amid the holly scrub in the valleys and the ridges of Gallipoli – on the rocky and terraced hills of Palestine – and in the lovely cemeteries of France.

We remember those who lie asleep in the ground beneath the shimmering haze of the Libyan Desert – at Bardia, Derna, Tobruk – and amid the mountain passes and olive groves of Greece and Crete, and the rugged, snow-capped hills of Lebanon and Syria.

We remember those who lie buried in the rank jungle of Malaya and Burma – in New Guinea – and in the distant isles of the Pacific.

We remember those who lie buried amid loving friends in our Motherland and in our own far North.

We remember those who lie in unknown resting places in almost every land and those gallant men whose grave is the unending sea. We remember those who died as prisoners of war, remote from their homeland, and from the comforting presence of their kith and kin.

We think of those in our women's services who gave their lives in our own foreign lands and at sea, and of those who proved to be, in much more than a name, the sisters of our fighting men.

We recall, too, the staunch friends who fought beside our men on the first ANZAC Day – men of New Zealand who helped to create the name of ANZAC.

We recall of those who gave their lives in the Royal Navy, the British Army, the Royal Air Force, the Merchant Service and in other British and Dominion Forces. We think of those British men and women who fell, when, for the second time in history, their nation and its kindred stood alone against the overwhelming might of an oppressor; and we think of every man and woman who in those crucial hours died so that the lights of freedom and humanity might continue to shine.

We think of those gallant men and women who died in Korea, Malaya, Borneo, Vietnam, Somalia, the Gulf, East Timor, Afghanistan and Iraq as well as in Peacekeeping Forces and on humanitarian missions, defending the Commonwealth and other countries of the Free World, against a common enemy.

May these all rest proudly in the knowledge of their achievement, and may we and our successors in that heritage prove worthy of their sacrifice.



Stories of Service

Peter Meikle

16th Battalion Regimental No. 2681

Peter Meikle came from Bathgate, Scotland to Australia in 1910. He was employed with the Public Works Department in the Murchison area where government dams were being built. Two years later he came to the Kondinin/Kulin district with a gang of Great Southern Railways workmen who camped in tents and built bridges and tall water tank stands.

In 1914 he enlisted for service with the Australian Imperial Force (AIF) and was one of the Anzacs who took part in the landing and fighting at Gallipoli in 1915. Peter was physically unscathed in this battle. Peter fought in the Battle of the Somme in France where he suffered severe head wounds. At the conclusion of the Great War Peter returned to the district and took up land through the Soldier Settlement Scheme.

Irven McInnes

28th Battalion 2nd Division 5th Reinforcements

Irven was born 2nd February 1891 in Tocumwal, New South Wales. He was the youngest of thirteen children to Dougal and Mary McInnes. At the age of 18 years Irven and his brother and sister Richard and Mabel travelled to Kulin from Tocumwal NSW in 1909 and bought some land (now known as "Dalmore").

On 28th July 1915 Irven enlisted in the Australian Army in Perth. On the 11th October 1915 he was appointed to the 28th Battalion 2nd Division 5th Reinforcements at Blackboy Hill.

Irven set sail from Fremantle on His Majesty Australian Transport the Themistocles on the 13th October 1915. He was headed for a training camp for the first Australian imperial forces at Tel El Kebir. 40,000 Australians camped here in tents approximately tent city was approximately 6 miles in length.

On the 13th March 1916 he embarked from Alexandria in Egypt with the British Expeditionary Forces and they disembarked 19th March 1916 in the South of France at Marseilles. Under the command of General Birdwood they boarded trains and headed north to the battlefields.

On the 7th April 1916 Irven was deployed to the front line at Bois-Grenier (northern France) where they spent the next two months. On the 17th April they experienced their first taste of concentrated artillery fire. 10th June 2016 they were rested and then marched into Belgium seeing more action.

They then made their way to the Battle of Pozieres (which started on the 23rd of July 1916) The Battle of Pozières was a two-week struggle for the French village of Pozières and the ridge on which it stands. Irven and the 2nd Division took over from the 1st Division on the 27th July 1916. Pozieres, a small village in the Somme valley in France, was the scene of bitter and costly fighting for the 1st, 2nd and 4th Australian Divisions in mid 1916. The village was captured initially by the 1st Division on 23 July 1916. The division clung to its gains despite almost continuous artillery fire and repeated German counter-attacks but suffered heavily.

The Australian 2nd Division took over the sector on 27 July and General Gough, eager for progress, pressed for an immediate attack. The division's commander, General Gordon Legge, lacked the experience and confidence of General Walker and succumbed to pressure from Gough. On the night of 28–29 July, in conditions far less favourable than those experienced by the 1st Division, the 2nd Division was expected to attack. The remorseless German bombardment made effective preparations virtually impossible. The dust raised by the shelling prevented the Australian artillery observers from directing their field guns which were tasked with cutting the barbed wire entanglements.

An attack by the British 23rd Division on Munster Alley dragged in the Australian 5th Brigade — the ensuing bomb fight saw the British and Australian infantry expend over 15,000 grenades.

The main attack went ahead, scheduled to start at 12:15 a.m. on 29 July but the Australian 7th Brigade was late in reaching its start line and its movement was detected by the German defenders; when the attack commenced, the Australians were met by a hail of machine gun fire. South of the road the 5th Brigade remained pinned down, unable to even get started. On their left, north of the road, the 7th Brigade encountered uncut wire. On the northern flank some minor progress was made by the 6th Brigade but everywhere else the attack was a failure. Including the attack and the preceding day of preparation the 2nd Division lost over 3,500 men; the 7th Brigade had to be withdrawn to reserve, so great were its losses.

This battle on the 29th July 1916 cost Irven his life. There is no known grave in his name as his body was never found. His name is on the memorial at Villers Bretonneux.

George Robinson Meikle

2/31 Transport Platoon Army Number WX34650



Anzac Day Craft and Food



DIY Recycled Plastic Bottle Poppy Craft

<https://www.muminthemadhouse.com/diy-recycled-plastic-bottle-poppy-craft/>

Anzac Biscuits

Anzac biscuits have been associated with the ANZACS, as they were sent by wives and girlfriends to soldiers because the ingredients did not spoil easily and the biscuits kept well during transportation. Although initially not as appetising as the ones we currently make!

<https://www.domayne.com.au/blog/donna-hays-anzac-biscuits/>



Paper Plate Poppy

<https://laughingkidslearn.com/anzac-day-poppy-craft-made-from-paper-plates>

Egg Carton Poppy Wreath

<https://www.notimeforflashcards.com/2013/11/veterans-day-craft.html>



Cupcake Liner Wreath

<https://mamapapabubba.com/2013/11/07/remembrance-day-poppy-wreath/>

Kondinin/Kulin Medical Practice

- The practice is open however you **MUST** call for appointments and telephone consults
- Please do not turn up at the surgery without an appointment - we must limit all unnecessary travel and face to face contact.
- Dr Mackie will be providing the majority of appointments via telephone consultation
- You **MUST** call 9889 1753 to make an appointment or arrange telephone consultation

PATIENT ALERT

Please read before entering the practice



If you have **ANY** of these symptoms

- fever
- cough
- sore throat
- shortness of breath



AND

- travelled internationally in the 14 days before getting sick

OR



- had contact with **someone diagnosed with or suspected of having coronavirus** in the 14 days before getting sick



Please do not enter the practice



Call reception on

You will be asked some questions and provided information on what to do next.

This will help protect the health and safety of you and others.

Thank you for your cooperation.

9889 1753

INTRASTATE TRAVEL RESTRICTIONS

Western Australians are not permitted to travel outside of their **regional boundary**. This is an important measure that will help stop the spread of COVID-19.

Western Australians will not be permitted to leave their regional boundary. Police have the power to enforce these restrictions and fines of up to \$50,000 can be issued.

Exemptions will apply for:

employment purposes, medical reasons, health and emergency services, people living in 'border communities', who may not have access to groceries or supplies within their region, freight & compassionate grounds.

Further details of the bans including exemptions will be provided here: <https://www.wa.gov.au/government/covid-19-coronavirus>.

Shires within the Wheatbelt region are:



Wheatbelt Region



KULIN CHILDCARE HAPPENINGS

Even though the centre has been a bit quiet due to COVID-19, it hasn't stopped us filling our days with play-based learning, sensory activities, role playing, lots of outdoor play making good use of the lovely weather and of course some Easter craft. Sue had a fantastic idea to use shaving foam as a 'cement' with the wooden blocks. Foam blocks and shaving cream towers are the perfect combination of sensory play and preschool STEM, we all enjoyed exploring our senses while building! Extending on the children's interest we looked at colour mixing. Colour mixing can help practice critical thinking skills like exploring cause and effect through observation of how colours blend together and a certain colour.





**Stay home
Save Lives**



**Wash your
hands!**





While everyone is having a cleanout of their cupboards/storerooms with all their spare time, if you come across any material, particularly lace or tulle, we would love to have it to sew some costumes or old kitchen utensils/pots/electrical appliances. Drop offs will be non-contact, just leave it in the gate with a note, we would really appreciate it. Stay safe and enjoy the time with your family...and remember to practice good hand hygiene, social distancing and only go out when totally necessary!!! OXOX

Bushfire Brigade Update

Extension of Restricted Burning Period

The Fire and Emergency Services Commissioner has extended all restricted burning times across Western Australia (excluding the Kimberley & Pilbara regions) until the end of April 2020. This extension came into effect on Wednesday 1 April 2020 and will be reviewed again before the end of April.

This approach is about reducing the Covid-19 risk to firefighters and the actions that shires were already undertaking with greater controls on the issuing of permits.

Restricted burning effectively means that no burning can be carried out unless you have a permit from your local Fire Control Officer.

Although there is provision for burning garden refuse during a restricted burning time providing the person complies with all requirements under section 24F of the Bush Fires Act 1954:-

- The garden refuse is on the ground and burned in accordance with the following requirements:
 - a) there is no flammable material (other than that being burned) within 5m of the fire at any time while the fire is burning; and
 - b) the fire is lit between 6pm and 11pm and is completely extinguished before midnight on the same day; and
 - c) least one person is present on the site of the fire at all times until it is completely extinguished; and
 - d) when the fire is no longer required, the person ensures that the fire is completely extinguished by the application of water or earth.
- The fire danger rating is not Very High, Severe, Extreme or Catastrophic (Section 24D)

Thankyou from Kulin Aquatic Centre

It's that time of the season again when we are closed.

This was my first season at the Kulin Aquatic Centre and Water Slide and what a ride it has been. No pun intended there! Meeting people from all over Australia (and the world for that matter) has been great. I'm always up for a chat and it was great to hear where everyone had come from or going.

I'd like to thank the kids that work with me on the slide. These guys have made my job so much easier with the way they do their job and me not having to be worried once the slide is on. I'm sure all of you who have visited over the summer would agree. Thanks to Ani, Charlotte, Shayley, Belle, Kate, Khenan, Alysha, Brady, Chloe and Savannah. I really appreciate having you working with me and hopefully you'll be back next season. Good luck to those kids that have moved on to their next schooling.

Also I would like to thank Wout and Madi who worked in the front gate entry. You guys did an awesome job and young heads with modern technology is always a bonus as well. Hopefully you can hang around Kulin for a while longer!

This season I have run a program "Swim to Rottnest". Participants were swimming the same distance as from Cottesloe to Rotto - 19.7km or 788 laps. We had 93 people take on the challenge with 24 completing the distance with some going further. Not me - I made it to Rotto then got stuck at the Quokka Arms! Well done to Cindy, Fiona, Meaghan and Van on making the distance as well. Good job. Special mention to Bec from the pub. Challenged herself to go further. Bec had Kulin to Brookton in mind, distance of 144km or 5,760laps and was going to get there until the sudden shutting of the pool due to COVID-19. Bec was only 90 laps short or 2.25km. Huge effort and well done to you. Looking at next season already I'm sure.

This year in total as a town we swam 42,927 laps which works out to 1,073 km. So that would work out to swimming to Joondalup then about 100km south of Carnarvon. We are swimming our way around Australia.

Thanks again to all those who made my job easier and to everyone who came and had a dip and a slide. Hopefully see you all back here next season. Take care in the current environment. Jones



St. John Ambulance Kulin Sub Centre



Membership renewals have been posted and are due 30 April 2020. If you did not receive one, please contact Yvonne Bowey.

- **Dependents over 18 require their own membership**
- **Only people living in a Kulin Shire postcode can be a member of the Kulin Subcentre. This can include students if their permanent address is Kulin**
- **Please advise of any new family members on the reverse side of membership card or via email with DOB**
- **Payment to PO Box 8 or via bank transfer.**
- **Bank details are included on renewal. Please remember to use your membership number (number starting with 724 on your renewal) as your reference. As you can appreciate, everyone is paying the same amount and it is impossible to determine who has paid without it.**
- **If paying multiple memberships, please email details.**
- **Membership is \$93 for a Family and \$56 for a single**

New Members

Application Forms available at the Kulin Community Bank or via email.

Thank you for supporting your local sub centre. Any membership queries, please contact Yvonne Bowey on 0427 804 005 or ybowey@westnet.com.au

The Great Lockdown Self-Care Bingo Challenge

Credit @Emma_Sherie



Take care of yourself during the next 4 weeks and complete the self-care bingo challenge.

Complete a line a day/ the entire grid. It is completely up to you!
Challenge your family and your friends.

Come up with your own bingo challenge and share it with others.

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS ONLINE / VIA THE PHONE	READ FOR AN HOUR	SAID SOMETHING KIND TO SOMEONE
TRIED A NEW RECIPE	WAVED AND SMILED TO SOMEONE	LISTENED TO SOMETHING INTERESTING	WATCHED SOMETHING THAT MADE ME LAUGH	ASKED SOMEONE IF THEY WERE OK. ONLINE / VIA THE PHONE
WENT FOR A WALK AROUND THE BLOCK	DRANK WATER	MADE A HEALTHY MEAL	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
LISTENED TO SOME MUSIC	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED SOMEONE / OR A TREE IF YOU LIVE ALONE	PRACTISED DEEP BREATHING FOR 10 MINUTES
WROTE DOWN TEN THINGS I AM GRATEFUL FOR	SPENT TIME WITH NATURE	DECLUTTERED A SPACE	PRACTISED A SKILL I'VE BEEN WANTING TO IMPROVE	PLAYED A GAME ONLINE / AN OLD SCHOOL CARD GAME

Cultivating Kulin Committee Community Cropping Program

Cultivating Kulin Committee exists

- (1) To promote and lift the profile of Kulin and its people
- (2) To consider ways and means of improving or maintaining the quality of life in the area;
- (3) To assist in the development of the Kulin community in an orderly and responsible manner;
- (4) To make representation to Governments, Government Authorities and Local Authorities for promoting the interests of its members
- (5) To join with other organisations having similar objectives in order to strengthen the Group's effectiveness in the attainment of its objectives
- (6) Encourage community participation in projects
- (7) Facilitate targeted projects that have a whole of community benefit

Can you support CKC?

To assist the community to reach these goals, CKC has been granted the Community Cropping Lease for six (6) years.

We are asking for donations from the community to assist with this years crop. We would firstly like to thank the Barndon Family and Mike Wilson & family for undertaking the summer spraying. Your donation and contribution is greatly appreciated.

We intend to begin the seeding program at the end of April 2020. We are calling for community assistance:

- Barley seed - preferably Fatham or an early maturing variety
- Fertiliser
- Equipment

If you can assist CKC cropping program, please contact Michael Lucchesi, Community Cropping Coordinator on 0427 804 050.

For further information regarding CKC objectives, initiatives or getting involved, feel free to contact a committee member.

Brad Smoker (President) 0427 906 371
Graeme Robertson (V/President) 0427 429 251



Find 6 Words Hidden in the Picture



		-		66
+	×		-	=
13	12		11	10
×	+		+	-
:	+		×	:



OUR DOORS ARE CLOSED BUT WE ARE STILL HERE TO HELP YOU.

- **We can print/scan/email and type documents for you** —just call us on 9880 1021, email us at crccounter@kulin.wa.gov.au or place your documents on the table inside the front door
- **Phone books** - payment can be made on-line and we can email it. If you require a hard copy please call us to arrange payment and delivery
- **“KULIN DELIVERS”** - we are still matching drivers with community members who require the service. Please call us to arrange.

We are here to support our community so please contact us if we can help

Kulin Development Co-operative

Kulin Co-operative supporters – we now have the Co-op bank account open so now is the time to honour your pledges – please transfer funds as soon as possible to:

Kulin Development Co-Operative Ltd
BSB - 633-000
Account Number - 173214099

Your commitment and patience is much appreciated.

We encourage anyone who would like to pledge an amount to do so by contacting Kulin CRC at crccounter@kulin.wa.gov.au, as it is still very much needed.

All questions can be directed to:

Barry West
KDC Formation Meeting Chairman
0488090221
evasham10@gmail.com

Graeme Robertson
KDC Formation Meeting Secretary
0427429251
gjrobertson@yahoo.com

A big thankyou to everyone who have honoured their pledges and paid into the new Kulin Development Co-Operative account!

We understand the upheaval of recent weeks is affecting our daily lives, but now that we have more time at home (and more time to attend to the office!) could those who have yet to pay their pledge, please do so as soon as possible.

The KDC is up and running, we have the signed Offer & Acceptance to buy the engineering building and Settlement will go through shortly.

To the wider Kulin community, we still need your support – please consider buying a share/s in your Cooperative, the success of this initiative is up to you.

One share = \$500

Please send your pledge & details in to: crccounter@kulin.wa.gov.au

All paid pledges are added to the Shareholder Register.

We really need your financial commitment now! (Bank details are above)

Any questions, please phone Barry or Graeme.

Stay strong, stay well – Kulin is showing the way, even in these trying times.



Things you can do when you are in isolation

meditate



read



call friends



eat and sleep well



exercise and stretch



youtube



draw



online games



music



get help



Translator help: 131 450
tisnational.gov.au

Mental health support:
beyondblue 1300 224 636 Lifeline 13 11 14
MindSpot Clinic 1800 61 44 34
Kids Helpline 1800 55 1800

Alcohol and other drug support:
Alcohol and Drug Support Line (08) 9442 5000
Country Toll-free 1800 198 024

thinkmentalhealthwa.com.au



TO KEEP HEALTHY, CHILDREN SHOULD BE MOVING FOR AT LEAST 60 MINUTES OR MORE PER DAY.

Exercise should be completed at a moderate to vigorous intensity, and it's important aerobic activities (e.g. running, jumping, walking) are included. To keep it fun, you can mix and match your activities and even turn it in to a competition!

We've listed some ideas below to get you started - try three every day:



BUILD A CUBBY OR TREE HOUSE



30-MINUTE SCOOTER/BIKE RIDE/ SKATEBOARD/ ROLLERBLADE



FIND A 'KIDS YOGA' YOUTUBE VIDEO



SKIPPING ROPE COMPETITIONS



PRACTICE BOUNCING AND CATCHING BOUNCY BALLS



MAKE YOUR OWN TWISTER CHALLENGE



ZUMBA DANCE PARTY OR 'LEARN TO DANCE' YOUTUBE VIDEOS



'WHAT'S THE TIME MR WOLF?' GAME



CREATE YOUR OWN KIDS BOOT CAMP WITH PRIZES



PRACTICE YOUR SOCCER SKILLS WITH DRIBBLING, KICKING AND SHOOTING



HOPSCOTCH CHALLENGE



SCAVENGER HUNT IN THE HOUSE AND GARDEN



HIDE & SEEK



CREATE A GARDEN OBSTACLE COURSE



MAKE A PLAYLIST AND DANCE TO YOUR FAVOURITE SONGS



ULTIMATE FRISBEE COMPETITION

For more information on how to Exercise Right at Home, visit exerciseright.com.au



Helping your child cope with stress

-  **Respond to your child's reactions in a supportive way.** Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
-  Children need adults' love and attention during difficult times. **Give them extra time and attention.** Remember to listen to your child, speak kindly and reassure them. **If possible, make opportunities for your child to play and relax.**
-  **Try and keep your child close to you and try avoid separating them from parents and caregivers.** If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and re-assurance.
-  **Keep to regular routines and schedule as much as possible,** or create new ones, including school/learning as well as time for safely playing and relaxing.
-  **Provide facts about what has happened,** explain what is going on and give them clear information about how to reduce their risk of being infected by the disease in words they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way.

For more information visit thinkmentalhealthwa.com.au

FREEBAIRN RECREATION CENTRE TAKE-AWAY ALCOHOL SALES

Due to the current COVID-19 Pandemic affecting our world, the FRC has decided to offer a take-away only alcohol service. This will be a service available to members only and only be available at specific times during the week:

FRIDAYS 4.00PM - 6.00PM
SUNDAYS 3.00PM-5.00PM

Entrance and exit to the Centre will be via the path nearest the Bowling Greens. Patrons are asked to pay via card (no cash) and we will be enforcing a one customer at a time policy at the bar. So, if someone is already inside please wait until they exit. This way we are adhering as best we can to social distancing guidelines.

The Western Australian Government has implemented strict guidelines regarding the purchase of alcohol as of Wednesday 25th March: Under the changes, takeaway alcohol will be limited to the following amounts, per customer, each day:

- *one carton of beer, cider or pre-mixed spirits; or*
 - *three bottles of wine; or*
 - *one litre of spirits; or*
 - *one litre of fortified wine; or*
- *a combination of any two of the above (but not a combination of two of the same product).*

SEEDING MEALS NOW AVAILABLE

Oh wait ... We will do this all year round!!

From \$10 per meal
Individual portioned into its own tub
Buy 50+ meals and we will
Give you 10% off your final
total

Don't want to cook... And don't want to leave the house.... Let us kulin community hub load your freezer full of all that food love we have.

ALL YOUR DIATERY NEEDS ADDRESSED!

OUR MENU IS NOW AVAILABLE... BUT WAIT THERE. IF ITS NOT OUR MENU AND YOU WANT IT. WE'RE FLEXIBLE! WE WILL ADD IT ON JUST FOR YOU!!!

Contact us via

Phone: 98801201

Facebook: kulin community hub

Email: kulincommunityhub@yahoo.com

Delivery available

Seeding meals menu

Curry and Rice

Lasagne

Sausage and mash

Rissoles and Roasted veg

Beef stroganoff and rice

Hot pot

Pasta carbonara

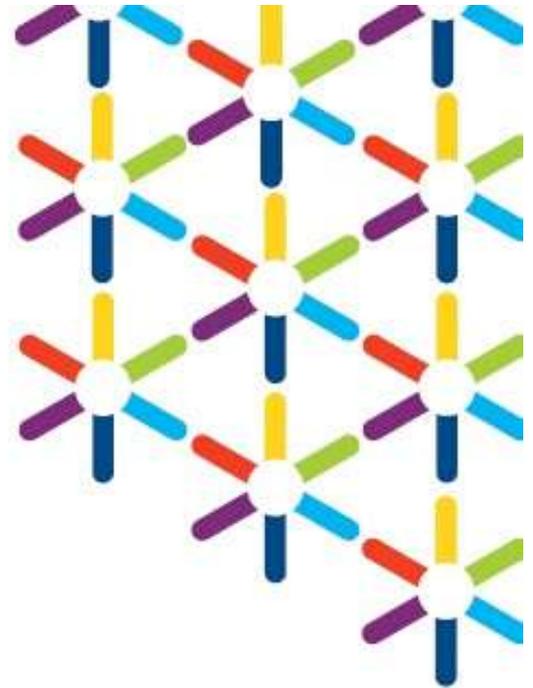
Spicy tomato pasta

We are happy to cater to your needs if there is something that you want that isn't on the menu then please enquire, we will be happy to assist

Please don't hesitate to ring (98801201) or email (kulincommunityhub@yahoo.com)

With any questions or concerns

Feeling overwhelmed by COVID-19 and need some support? Talk to someone.



Mental health support lines

Helping Minds provides free emotional support services. You can access three free phone or video counselling sessions with a mental health professional, without the need for a GP referral.

Appointments can be made between 8.30am-4.30pm Mon to Fri.

Phone and video counselling appointments are available between 7am and 7pm.

Helping minds can be contacted on 1800 811 747 or through their website at helpingminds.com.au

For urgent support contact Lifeline on 13 11 14

Beyond Blue: 1300 224 636 or beyondblue.org.au

MindSpot Clinic: 1800 61 44 34 or mindspot.org.au

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Alcohol and drug support lines

Alcohol and Drug Support Line (08) 9442 5000

Country Toll-free: 1800 198 024

Parent and Family Drug Support Line (08) 9442 5050

Country Toll-Free: 1800 653 203

For more information visit thinkmentalhealthwa.com.au





There's plenty of great ways to stay active at home!

OUR TIPS FOR STAYING HEALTHY DURING THE COVID-19 PANDEMIC

Try to do some physical activity on most (if not all) days

Try to break up long periods of sitting with a regular movement

Mix up your workouts so you don't get bored and lose motivation

For more information visit exerciseright.com.au



Government of **Western Australia**
Department of **Water and Environmental Regulation**

National On-Farm Emergency Water Infrastructure Rebate Scheme

Farm water rebates available for livestock farm water supply infrastructure

Rebates up to **\$25 000** available

Are you eligible?

If you answer **YES** to these questions, you may be eligible to apply for a rebate.

Are you

- a property owner, share farmer or lease holder in the livestock industry?
- a pastoralist or commercial farmer of sheep, beef, dairy and/or general livestock?
- registered for GST and do you have an active ABN?
- able to purchase and install new water infrastructure for livestock welfare and/or to improve resilience against livestock water deficiency, on property in rural Western Australia?

For further information or to apply online, visit:
dwer.wa.gov.au/NOFEWIRS

Closes 30 April 2021

Or contact
Rural Water Planning
Department of Water and Environmental Regulation
7 Ellam Street
Victoria Park WA 6100



Australian Government
Department of Agriculture
and Water Resources

ruralwater@dwer.wa.gov.au | 1800 780 300

Peter Rundle MLA Member for Roe

Narrogin Office

PO Box 378
Narrogin WA 6312
Ph 08 9881 1225
Fax 08 9881 3082

Esperance Office

107 Dempster St
Esperance WA 6450
Ph 08 9071 6555
Fax 08 9071 6788

Peter.rundle@mp.wa.gov.au

www.peterrundle.com.au

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PO Box 543 MERREDIN WA 6415
Phone 0428 212 945 ABN23036138418

2020 NAREMBEEN KONDININ KULIN
MOBILE VETERINARIAN VISIT DATES

Tues 4th February	Tues 3rd March
Tues 31st March	Tues 28th April
Tues 26th May	Tues 23rd June
Tues 21st July	Tues 18th August
Tues 15th September	Tues 13th October
Tues 10th November	Tues 8th December

KYLE GUMPRICH 0472 639 345		LAURIE DUNN 0429 881 225
<u>LC & HM DUNN WOOLBUYERS</u>		
WE SPECIALISE IN ODDMENT SERVICES AUCTION SALES AND ADVICE FORWARD CONTRACTS CALL US TODAY TO ARRANGE A TIME THAT SUITS YOU <i>WORKING TOGETHER WITH NUTRIEN</i>		



The weather is still warm so now is the time to have your A/C checked on your car, truck, tractor. I have 10 years of experience servicing A/C systems on all makes and models from cars to earth-moving machinery and everything in between. If you believe your A/C is not working correctly please call to book your vehicle in for a service. I can come to you or you can drop your car off. I also provide the following services:

- Install/service A/C systems
- Test alternators and batteries
- Fit dual battery/solar systems to cars, caravans and camper trailers
- Fit/Supply trailer brake systems
- Supply/Fit camera kits eg. Reverse, Truck trailer or chaser bin auger
- Supply/Fit spotlights or worklights for cars, tractors, headers etc.
- Manufacture wiring harnesses
- Install 4x4 accessories eg. LED lights, power sockets, winches, battery monitoring
- Swap monitors between tractors
- Electrical/wiring repairs

For any questions or queries please ring Aaron Carruthers on 0429905452

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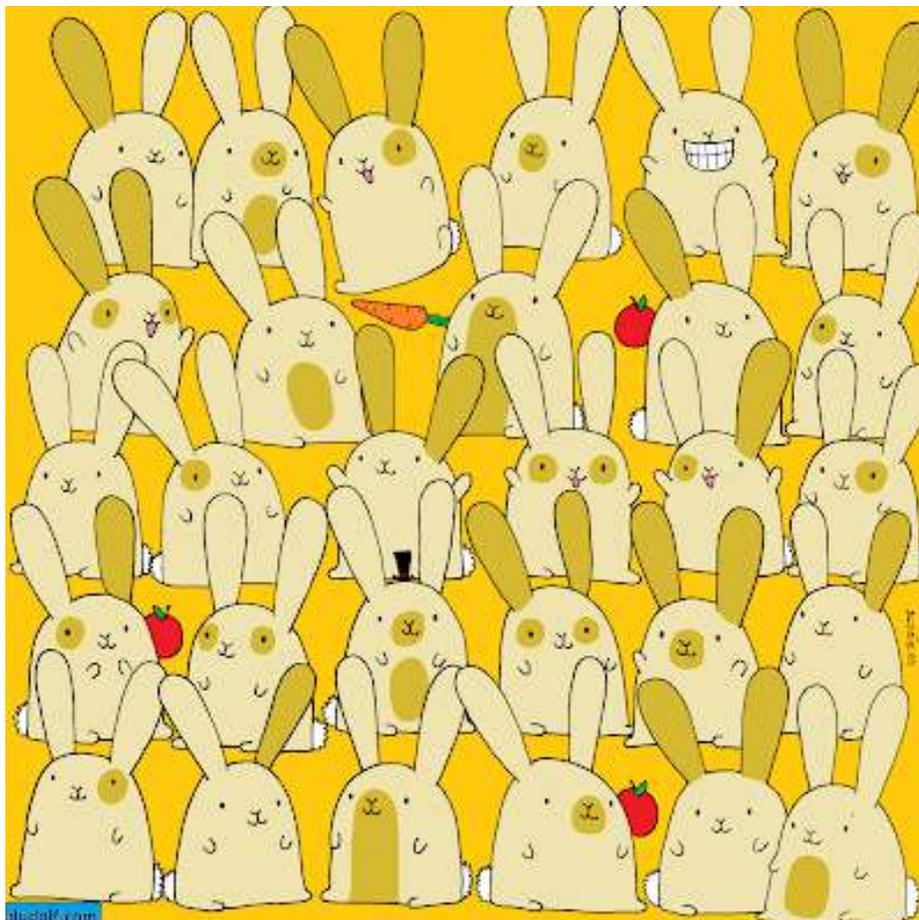
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*For further information
Please contact Annie
On 9880 1204
At Shire of Kulin*



Answer - <https://thedudolf.blogspot.com/2019/11/which-bunny-has-no-pair-which-bunny-has.html>

Make the most from your fertilizer investment



As your local Area Manager, Steve Cooke is keen to assist you with all of your fertilizer decisions this season.

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- GENERAL MACHINING / LINEBORING
- TAILSHAFTS, PTO SHAFTS
- HIGH TENSILE NUTS AND BOLTS ¼" TO 5/8" / 6MM TO 16MM

60 BULL STREET , KULIN, WA 6365 CALL CHRIS
0432799363/ 98801800 7AM -4PM MON-FRI





Call **13 COVID**
or **132 68 43**

7 DAYS A WEEK
7AM - 10PM

Visit **WA.gov.au**

Local Church

Uniting Church

10:30AM Morning Tea, 11:00AM Service
Starts - 1st and 3rd Sunday each month.

Catholic Church

Temporary Suspension on all gatherings in
place from 19/03/2020 onwards

For private arrangements, please contact
Fr Tom Zureich.

Phone 9880 1436

Mobile 0425 414 088

Kulin Anglican Church

Although regular Kulin services have stopped
for the time being, the Anglican church can still
be made ready for special services and events.

Contact Katheryn Wilson 0429801228 in Kulin
or the Bunbury Anglican Diocesan Office on
08 9721 2100.

Contacting your local Kulin Police

Kulin Police Station is a 2 person station and
operates on a shift basis. We also attend calls when
required out of hours. For this reason the Police
Station will NOT always be manned.

If you call the station on (08) 9880 1205 and get
diverted to Albany or Perth please leave a message
with them and we will contact you as soon as we
can upon our return.

If have a genuine emergency please dial 000

If you want to be added to the
Weather Warning SMS listing,
contact Nicole at the Shire for a
form on eso@kulin.wa.gov.au

Ecumenical Bible Study Informal & Friendly

Every Wednesday 10:30am (except
School Holidays), in the CWA Rooms

Kulin Community Bank

Financial Services Shares for sale. If you are
interested in purchasing shares of Kulin Financial
Services Limited please call Fiona Murphy ph: 0402
901 442 email: kcfstreasurer@outlook.com

Justices of the Peace

M Carmody	9880 4042
MT Lucchesi	9880 4050
JM McInnes	9880 1360
PJ Mullan	0427 831 041
R Noble	9880 1383
BW Sloggett	9880 9036

WANTED - OLD BATTERIES

Kulin Lions Club is fundraising for
various projects. We will pick up
batteries, or you may leave them at the
back of Haydn's shed or the Kulin Tyre
Service.

Contacts	H McInnes	0429 801 215
	B Herwig	0400 163 599
	R Doust	0499 802 054

Kulin Motor Museum Open Times

Wednesday 10am - 2pm

Saturday 10am - 2pm

Contact Jock 9881 1359

or Clarrie 9880 1058 outside of
these hours

Kulin Volunteer Fire & Rescue Brigade Training

Training occurs on the first Monday
of every month or Tuesdays if the
Monday falls on a public holiday

Office Hours:

8.30am - 4.30pm (Monday-Friday)

Ph: 9880 1204

Fax: 9880 1221

Email: admin@kulin.wa.gov.au

Website: www.kulin.wa.gov.au

Shire Councillors

Barry West—Shire President

Grant Robins —Deputy President

Rodney Duckworth

Robbie Bowey

Michael Lucchesi

Jarron Noble

Brad Smoker

Brad Taylor

Lucia Varone

Staff Contacts:

Garrick Yandle

Cassi-Dee Vandenberg

Judd Hobson

Tom Bennier

Trish Mahe

Nicole Thompson

Taryn Scadding

Annette Lewis

Fiona Murphy

Nicole Poletti

Ruth Tyson

Mark Gillbard

Melina McBow

Brendon Gerrard

Chief Executive Officer

Deputy CEO

Manager of Works

Trainee Technical Officer

Administration Officer

Executive Support Officer

CDO, Manager KCCC and

CRC Manager

Finance Officer

Senior Finance Officer

Trainee Finance Officer

Recreation Centre

Pool Manager

KCCC Coordinator

EHO Officer

Emergency Contacts

Kulin Police Station	9880 1205
Kulin Doctors Surgery	9880 1315
Kulin Health Centre/Child Health	9880 1056
Kulin Fire Brigade	000
Kondinin Doctors Surgery	9889 1753
Kondinin Hospital	98941222
Corrigin Hospital	9063 0333
Corrigin Doctors Surgery	9063 2107
Lake Grace Hospital	9890 2222
Lake Grace Doctors Surgery	9865 1208
Hyden Doctors Surgery	0429 082 746
Narrogin Hospital	9881 0333
Narrogin Police Station	9889 1100
Western Power (Emergency)	13 13 51
Water Supply	13 13 75
Kulin Water Depot	9880 1356
Harvest Ban Info Line	9880 1511
Shire of Kulin	9880 1204

Kulin/Kondinin Allied Health Services

Kulin Clinic Nurse 8:30am-12:30pm Tue, Wed, Fri Mornings	9880 1056
Kulin Medical Centre Dr Mackie Tue and Fri Mornings	9880 1315
Child Health Nurse Miranda O'Brien	9880 1056
Narrogin Primary Health Occupational Therapist Speech Therapist Dietician Mental Health Physiotherapist	9881 0385
Aboriginal Health Rachel Andrews	9894 1222
Family Counsellor Central Agcare	9063 2037
Drug and Alcohol Counselling HollyOake	9881 1999
Rural Community Support Service	9881 3939
Central Agcare	9063 3720

@PeacefulMindPeacefulLife

In the rush to return
to normal, use this time
to consider which parts
of normal are worth
rushing back to.

—DAVE HOLLIS



working together

KULIN COMMUNITY

we are strong