# THE KULIN UPDATE

29 June 2023

# Murphy.

Robertson give us some

Robertson and

insight on the KBR.

Alecia

Graeme

# KULIN BUSH RACES 18 WINTER SPORTS

Congratulations to Nahi Lewis on his 350 games!

#### **KULIN GOLF CLUB**

The Clayton Cup is coming up fast, more information on page 23.

### AGES 4 AND OVER WELCOME (4-6 PARENT PR SCHOOL HOLIDAY PROGRAM 10am - 11:30am 1pm - 3:00pm WED 5th JULY TUES 4th JULY DIY Salt Dough Ornaments - Kulin Rec. Board games and hot \$5 limited spots chocolate - Kulin Rec (free) 10am - 12pm 1pm - 3pm FRI 7th JULY MON 10th JULY (4-6 parents are welcome to drop off and pick up) BATH BOMBS WORKSHOP IS FULL Blueberry muffins and Indoor Movie - Kulin board games - Kulin Rec. \$1 popcorn. Rec. \$5 FOR ANY QUESTIONS OR TO RSVP PLEASE CONTACT STELLA ON 9880 1204 OR CRCCOUNTER@KULIN.WA.GOV.AU



# **CONTENT CORNER**



Mon- Fri 8:30 am - 4:30 pm 38 Johnston Street, Kulin WA 6365 (08) 9880 1021 crccounter@kulin.wa.gov.au

www.kulin.wa.gov.au/crc-home

THE KULIN UPDATE FAQ

#### **Contact**

Phone: (08) 9880 1021

Email: marketing@kulin.wa.gov.au

#### How to receive the Kulin Update via Email?

To receive "THE KULIN UPDATE" digitally, please sign up <a href="here.">here.</a>

#### How to advertise in the Kulin Update?

- 1. Download the Kulin Update Booking form and fill it in.
- 2. Attach the booking form and the content that you wish to publish to an email and send it to marketing@kulin.wa.gov.au.

#### When are the deadlines?

All articles incl. fully-filled in booking forms are to be submitted no later than **Tuesday, 4pm prior to any publication date.** 

#### When is the next deadline?

The next deadline will be the 11 July 2023

#### **Advertising costs:**

1/4 page b/w \$20 1/2 page b/w \$25 Front/Back page \$100

Members receive 25% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

#### **Accpeted document formats:**

• PDF • JPEG

#### Have you got news?

If you would like to share news or information with the Kulin community, please email <a href="marketing@kulin.wa.gov.au">marketing@kulin.wa.gov.au</a>

# DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

11th	July	2023	
25th	July	2023	
8th	August	2023	
22nd	August	2023	
5th	September	2023	
19th	September	2023	

#### **HAPPY BIRTHDAY!**

#### June

30th Grantly Mullan, Janine Noble, Rachel Argent, Tanya Dupagne

#### July

1st Royce Argent,

2nd Paul Cook, Pauline Tyler,

Kale Brandis

5th Jan Ryan

8th Brian Adams, Alan Waters,

Zachery Savage, Ronan Doust, Van Jasper, Cruz Williams,

Tatiana Davies

9th Hazel Bull, Diane Ryan

10th Sid Turner

11th Trever Brewis, Lucy McInnes



# **COMMUNITY CALENDAR**

			CON		I CAL	ENDAR
2023	Saturday	01  M. Kulin Motor Museum (10am-2pm)  Winter Sports School Holidays	08 Kulin Motor Museum (10am-2pm)  School Holidays	15 Kulin Motor Museum (10am-2pm) Winter Sports	22 Kulin Motor Museum (10am-2pm)  Winter Sports	29 Kulin Motor Museum (10am-2pm)  Winter Sports
	Friday	30 Dr Mackie @ Kulin Kids Club Kulin Playgroup (9am-11am)	07  ◆ Dr Mackie @ Kulin  ◆ Kids Club  *** Kulin Playgroup (9am-11am)  © School Holiday Program  ◆ KCCC Closed	14  • Dr Mackie @ Kulin • Kids Club  *** Kulin Playgroup (9am-11am)  *** School Holiday Program  CCC Closed	21 • Dr Mackie @ Kulin • Kids Club • Kids Club • Kulin Playgroup (9am-11am)	28  • Dr Mackie @ Kulin  • Kids Club  • Kulin Playgroup (9am-11am)
	Thursday	29 The Kulin Update Dr Mackie @ Hyden	06 ◆ Dr Mackie @ Hyden ◆ KCCC Closed	13 WKULIN UPDATE  Dr Mackie @ Hyden  KCCC Closed	20 • Dr Mackie @ Hyden	27 W KULIN UPDATE  Dr Mackie @ Hyden
JULY	Wednesday	28 Dr Mackie @ Kondinin Kulin Motor Museum (10am-2pm Ladies Golf Remedy Physio (8am-4pm)	05  • Dr Mackie Closed  • Kulin Motor Museum (10am-2pm)  • Ladies Golf Open  • Remedy Physio (8am-4pm)  • School Holiday Program	12  To Mackie @ Kondinin  Rulin Motor Museum (10am-2pm)  Ladies Golf Open  Remedy Physio (8am-4pm)  KCCC Closed	19 • Dr Mackie @ Kondinin Kulin Motor Museum (10am-12pm)  2 Ladies Golf Open Remedy Physio (8am-4pm)	26 Dr Mackie @ Kondinin Kulin Motor Museum (10am-12pm) Ladies Golf Open Remedy Physio (8am-4pm) Council Meeting
	Tuesday	27 Recycling Dr Mackie @ Kulin Yogalates Kulin Walking Group Remedy Physio (8am-4pm)	04 The Mackie @ Kulin The Yogalates The Kulin Walking Group The Remedy Physio (8am-4pm) School Holiday Program CCC Closed	11 Seniors Movie Day The Recycling The Recycling The Yogalates The Remedy Physio (8 am-4pm) Recycling Group The Remedy Physio (8 am-4pm) Recycling Group	18  • Dr Mackie @ Kulin  • Yogalates  • Hit Kulin Walking Group  • Remedy Physio (8am-4pm)  • Term 3 Commences	25  Theoreting  Dr Mackie @ Kulin  Yogalates  Kulin Walking Group  Remedy Physio (8am-4pm)
	Monday	26 Rubbish Dr Mackie @ Kondinin	03 ■ Rubbish  → Dr Mackie @ Kondinin  A KCCC Closed	10  • Rubbish • Dr Mackie @ Kondinin  © School Holiday Program  • KCCC Closed	17 Rubbish  Dr Mackie @ Kondinin	24 T Rubbish Dr Mackie @ Kondinin
07.	Sunday	25	02 ◆ Start of NAIDOC Week ⇒ Sunday Golf	09 Sunday Golf	16	23 L. Sunday Golf

### **CEO CORNER**

It is hard to believe that we are halfway through 2023. The end of financial year is on our doorstep which means our finance department is working diligently to get all the financial reporting organised and finalised. The 2023-24 budget is also being prepared and will be presented to Council next week for consideration. As with every year there are a number of projects that are considered by Council and these are all discussed with the financial and social impacts they have. While it is fantastic to accomplish a lot of new projects, council must juggle the financial cost, ability to deliver the projects and community benefit.

Last weeks Council Meeting included the adoption of the minor review of the Community Strategic Plan and a Review of the Corporate Business Plan. All Ordinary Council Meeting Agendas and Minutes are available for the general public to view. You can access them on the Shire of Kulin website – www.kulin.wa.gov.au.

On Wednesday 28th June 2023 the AGM of the Bush Fire Brigades was held in Pingaring. Thank you to everyone who attended. It is always good to have the opportunity for a good cross section of the community to get together and work together.

Kulin Child Care Centre will be closed over the next couple of weeks for some much-needed flooring renovations. The new floors indoors and the renovation of the veranda will give a much-needed boost to interior and exterior. New outdoor blinds will also be installed, transforming the veranda into a much-needed additional space for both summer and winter. During this time the Educators will be undertaking some training and

also some well-earned annual leave.

This week we say goodbye to Denis Brandis and Oksana Brandis. Denis will be retiring after nearly 20 years' service, and we thank him for keeping the Shire of Kulin machinery and equipment in excellent condition. Thank you also to Oksana for her wonderful contribution to the parks and gardens at the Shire of Kulin. Her knowledge and care of our gardens will be greatly missed. We wish them both happiness in their next chapter.

Please note that the July Ordinary Council meeting has changed to Wednesday 26th July 2023 beginning at 1pm.

Alan Leeson Chief Executive Officer



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

# Shire of Kulin July Ordinary Council Meeting – Change of Date

In accordance with Regulation 12(2) of the Local Government (Administration) Regulations 1996, notice is given that the Ordinary Council Meeting previously scheduled for 1pm Wednesday 19 July 2023, will now commence at 1pm Wednesday 26 July 2023.

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



Alan Leeson Chief Executive Officer



### **Plant Mechanic**

Applications are invited for the position of a full time Plant Mechanic with the Shire of Kulin.

The successful applicant will be responsible for the maintenance and upkeep of Council plant and equipment and associated administrative reports.

A current "HR" class license, a Construction Safety Card (white card) and a mechanical trade certificate from a registered training provider are required.

Conditions of employment are in accordance with the Local Government Industry Award 2020, Industrial Agreement.

The successful applicant will be offered a renumeration package between \$100,000 and \$120,000 depending on qualifications and experience and will work an 84-hour fortnight spread across nine days (including an RDO).

The package includes superannuation, housing, limited private use of a Council vehicle and in addition, the Shire offers generous additional superannuation for longer term employees, along with free membership for employees to local recreational clubs and facilities.

To obtain the application package visit Council's website <u>www.kulin.wa.gov.au</u> or email <u>works@kulin.wa.gov.au</u>

Applications close **Friday 14<sup>th</sup> July 2023 at 3pm** and should be addressed to the CEO and sent via email to <u>works@kulin.wa.gov.au</u>

Alan Leeson CEO

# THE KULIN SHIRE



Please call 0427 801 241 or email works@kulin.wa.gov.au

The Kulin Shire is looking for unwanted rock piles on your farms that you would like to be gone.

The Shire will remove as they are handy for drainage works.



Monday	Closed		
Tuesday	Doctor Kulin Kulin Clinic Nursing 8:30am-2:30pm	Dr Mackie Veronica Stacey	9880 1315 9880 1056
Wednesday	Kulin Clinic Nursing 8:30am-2:30pm	Veronica Stacey	9880 1056
Thursday	Kulin Clinic CHSP Co-Ordinator (Nurse by appointment)	Yvonne Ebsary	9880 1056
Friday	Doctor Kulin Kulin Clinic CHSP Co-Ordinator (Nurse by appointment)	Dr Mackie Yvonne Ebsary	9880 1315 9880 1056

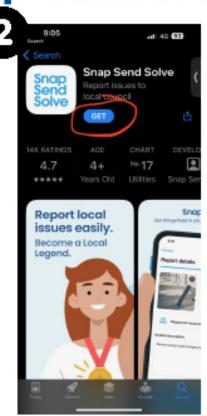
Kondinin Hospital 9894 1222 Emergency 000 Kondinin Doctor Surgery 9889 1753



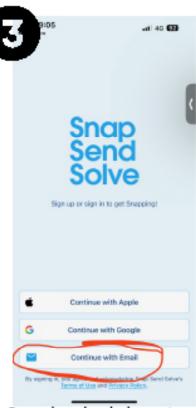
# **Snap Send Solve**



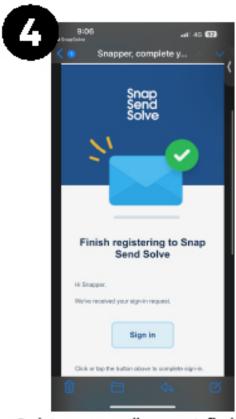
Go to App Store and search 'Snap Send Solve'.



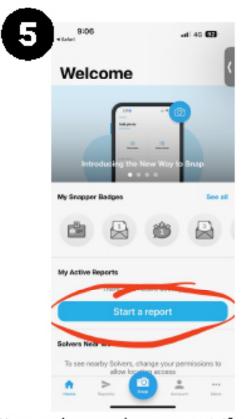
Press 'Get' Or download



Once downloaded, create an account with your email address

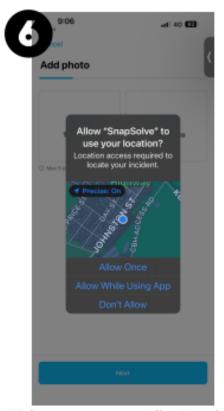


Go into your email account, find the email from Snap Send Solve, press 'Sign In' button

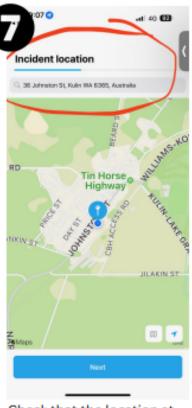


Now you have made an account. If you have an issue to report, go into the app, and press 'Start a Report'

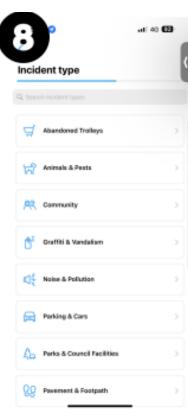
# **SNAP SEND SOLVE**



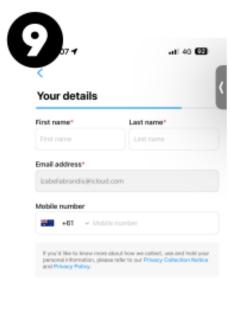
Make sure you press 'allow', so the app can see the location of the report



Check that the location at the top is correct

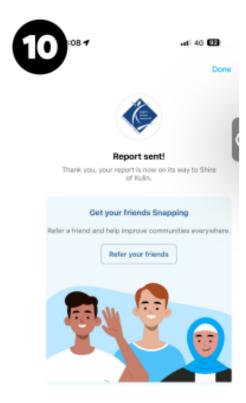


Select what the issue is





Enter your full name and phone number



You have successfully made a report!



**WESTCOAST WOOL & LIVESTOCK** 

# AULIN BUSH RAGES

+ 2023 + + + + +



# **6TH - 8TH OCTOBER**

SOPHIE JANE BAND

**→** P

**PINSTRIPE** 



SALLY



MUCKY DUCK BUSH BAND

HORSE RACING - LIVE MUSIC - LICENSED BAR - FIREWORKS- CAMPING - FOOD VANS KIDS ACTIVITIES - FREE TOWN TO TRACK SHUTTLE BUS - ENTERTAINMENT ALL WEEKEND

ONLINE TICKETS ONLY - EFTPOS & ATM FACILITIES - LICENSED EVENT PHOTO ID REQUIRED 18+ - NO BYO - NO CONCESSIONS





WWW.KULINBUSHRACES.COM.AU







# **KULIN BUSH RACES FOCUS**

#### TOM MURPHY

To go with our Bush Races focus, I had the pleasure of talking to Tom Murphy, our resident farm bootwearing, Bush Races Chairman, and Business Development Manager of the Kulin Community Rural Bank arm!

Nestled away behind Bendigo, Rural Bank is the rural lending division of Bendigo Bank, running under the same licence, but lending to primary producers. Essentially, Rural Bank is the agricultural division of Bendigo Bank. Bendigo Community Banks are independently run, as a franchise of Bendigo, with our Community Bank operated by Kulin Community Financial Services. Tom's role at Rural Bank is to grow the Rural bank business. Now that the context is explained, let's get into the star of the show!

Growing up on a dairy farm in Northern Victoria, then starting his career as a jackaroo in Southern NSW, to being the only person in Australia working for a community bank that reports to Rural Bank is a pretty major difference, so how does that happen? In Tom's words, long story short- he married a Kulin girl. As a young man, Tom wasn't sure of his pathway, or where he was headed. After working on farms for a bit, Tom enrolled in university and began a Bachelors Degree in Business and Farm Management. After finishing uni, Tom and Fiona worked on an irrigation property together near Hay, New South Wales, however, they soon moved to Queensland, where the two worked on huge corporate cropping properties for 10 years. Having grown up on a dairy farm, Tom knew about dairy, cows, pastures, sheep and cattle, but wanted to venture out and be closer to family, so the two moved to WA, where Tom ran a grain farm. In a 2021 interview with 'Beyond the Farm Gate' podcast, Tom mentioned that as a young man, "all [he] was interested in at that stage was playing sport, going to parties, and chasing girls." However, he assures me that while he still loves a beer, his knees aren't so good anymore, so that eliminates sport, and he has been with Fiona for 23 years now, and family and community are his biggest priorities.

While Tom's career has been primarily centred on agriculture, it has varied quite a bit, and with these changes, come lessons. Tom notes that along the way he has learnt to be open minded, and set challenges, which really help drive him. Tom reflected that it is so easy to say no, 'no I don't want to', 'no I don't feel like it', but it is when you say yes, you never know what will happen and what you will achieve.

Tom somehow finds time in his schedule to coordinate GenAg. The event was established with Kate Bishop- previous CRC Manager. The event runs every two years, following a new theme each year, with heaps of amazing and knowledgeable speakers smashed into a one-day event. The conference is aimed at young people and hopes to be informative and affordable for all those in attendance. Tom's reasoning for becoming the Bush Race's second ever chairman was simple, "Kulin's been good to me, this is my way of giving back," and giving back they do. Tom notes that he gravitates towards leadership positions, and it felt like a natural progression. To him, the Bush Races means progress and support for the community that welcomed him so kindly.

In Tom's second year as Chairman, little old Covid came along, hand in hand with a massive amount of stress and huge decisions. The committee made the decision not to hold an event in 2020, which was ultimately a massive weight off everyone's shoulder. While Farm Weekly called the event 'another Covid Casualty', Tom reflects on it as a year of rest for those core people involved. For some, KBR is a weekend of work, for others, it is 12 months of planning, the break meant that families could leave Kulin over the October holidays, the community could come together for a community party, and the town could celebrate all its achievements outside of the huge event.

With a background in farming and business, Tom has acquired valuable skills that aid him in his role. When analysing a farming business, you look at every aspect of it, and in analysing the Races, you have to be able to look at all parts and understand them, you look at the people, the involvement, not just the numbers.

Obviously, Tom has achieved some amazing things, but his biggest achievement is his family, seeing his kids become amazing people with amazing qualities, and of course, seeing Fiona kicking toosh, and being the best example to their kids.

Everyone's go-to answer about their favourite part of our town- the community. I decided to challenge Tom to tell me what his favourite part of Kulin was, except it couldn't be community. Clearly using his businessman skills, he found a way to still use community in his answer- the community's attitude, highlighting the innovation, and solutions-based problem solving.

After talking to Tom for a while, I figured I better let him get back to his day job, so it was time for the final questions:

1. What advice would you give your teenage self?

"The harder you work, the luckier you get"

2. How do you think you make the world a better place?

(If you are Tom Murphy don't read this part) Tom's first answer was his singing skills, which Sam quickly denied, however, I was told I was banned from including that. Other than being the next Madonna, in the professional world, lending to primary producers enables them to do great things for their business and farm, and in the KBR world, making sure patrons have a great time, and being able to contribute back to the community is how Tom helps make the world a better place.

Thank you to Tom for taking time out of your day for talking to me, and I can't wait for the debut album!

Belle Brandis CDO

# **KULIN BUSH RACES FOCUS**

#### **ALECIA ROBERTSON**

Alecia Robertson is the current Kulin Bush Races Event Coordinator, and her commitment to the Races has been consistently made evident- 29 years of evidence. Alecia has been to every event since inception, missing just one year in 1997!

Alecia came to Kulin in 2005, being appointed here in the K/PP class after requesting to transfer to a school closer to home, which was Kukerin. Alecia completed primary school in Kukerin, then high school at Penrhos, and university at Curtin for teaching. Teaching was something Alecia always wanted to do, loving school as a kid, and loving being around kids.

From 2005-2013, Alecia was a volunteer for the Bush Races, helping with Busy Bees and other parts of the event, eventually progressing to Kids Tent Coordinator in 2014, where she remained for 5 years. After lots of encouragement, Alecia became Secretary of the KBR committee, with lots of experience in secretary roles on different community group committees. The secretary role proved to be hard to fill, the role now. however, has evolved into something huge, and this year has been renamed to 'Event Coordinator'. This new title ensures that it can encompass the extent that the position entails, further than secretarial work. This renamed Event Coordinator role is the first official staff position on the committee.

With the event being so big now, some roles can carry a huge workload, and Alecia believes that there is definitely potential for paid positions, however, as long as the event continues to have passionate volunteers it will continue to run amazingly. Kulin Bush Races used to be mostly managed by the Shire, with

paid Shire workers doing tasks such as the sponsors coordination, finances and admin. Once the Races became an incorporated body in 2018, it meant that those paid positions had to be filled by volunteers. Alecia thinks it is crucial to maintain the event's volunteer body, so while creating employment opportunities for community members would be an amazing thing, it is not something that is currently in the works.

Being on the Races committee, Alecia noted that seeing how much effort and time goes into planning and executing the event makes it mean significantly more to her. It also provides an opportunity to interact with and get to know people who you may not have much to do with outside of the event, whether through sport, school or work, and getting to see their passion. Being such a big part of the committee, also means that Alecia gets to feel a sense of ownership and responsibility over the event, which also entails really taking on the feedback more personally, positive or negative.

Alecia- or Mrs Robertson, is currently the art teacher at KDHS. To which she commented that, "it's different. You get to be more creative and use a different side of your brain, the kids keep you feeling younger and active." In regard to the future of the event, Alecia thinks that currently it is set up for success, being so well organised and even recognised Australia wide, with the general consensus being that the Races will continue the success they have. She also hopes that as future generations come through, they recognise the founders of the event and continue that passion and ownership.

With the rise of social media and technology and its integration into

everyday life, the Bush Races has been able to reach so many more people. The new branding created a massive increase in professionalism, and the website and social media accounts have been a huge thing for the brand as a whole. Having online tickets has been a significant change for the crew as well, with the new system showing how quickly the tickets sell out.

recognises the biggest benefits of races to our community as being the volunteers and sense of achievement they feel after the event. It creates sense of pride and brings the community together, with busy bees and working on weekends creating a sense of belonging for all those who choose to get involved. The event also brings heaps of people to Kulin, which helps the tourism market, local businesses, and helps the community grow. "Other communities comment on the success of our town, and they look up to us."

Of course, the final questions:

1. What advice would you give your teenage self?

"Life is short, travel more before the world becomes crazy, be confident and say yes to doing all the things."

2. How do you think you make the world a better place?

"Being the best mum I can be to my four kids, and hopefully helping the Kulin community through the work I do for the Bush Races. And I hope that every Thursday when the kids come through the art room they get to enjoy a lesson where they can be creative and have fun, and hope I make an impact on them in some way."

Belle Brandis CDO

# **KULIN BUSH RACES FOCUS**

#### **GRAEME ROBERTSON**

Graeme Robertson was Chairperson for the Bush Races longer than I have been alive, so when it came to the Races, I knew he would have all the insider info for us.

Starting life in Burracoppin where his family leased farms, it was at 11 years old when Graeme's family moved to Kulin and bought a farm. In the time Graeme has been in Kulin, it has become a very special place to him, the community dynamic, everyone looking after each other, and working together since the very beginning. Early stages of our strong community connectedness became evident with collaborations to dig out the community pool, and carting sand to create a town oval.

In the first days of the Races, everyone collaborated to ensure it was the best event possible, and now, many years and events on, third and fourth generations of that original crew are getting involved. 30 years ago, the event was tiny, with little makeshift tents, and no real regulations in place. It was just an idea and everyone was petrified it wouldn't work. A few people put in money to kick start the event, with the Shire guaranteeing to pick up any debts afterwards. The first ever Bush Races, under Graeme's lead, had 1200 people, and majority of the equipment was donated, with 2 people donating Gensets, which majorly helped the event, something Graeme states he will always be grateful for.

Graeme recognises the Race's bright future, even with the increasing concerns of the bureaucracy regulations impacting the organisational aspects of the event. Noting that it is the increasing enforcements that lead to volunteer burn out, and diminishing enthusiasm. However, it was also important to include that with the massive amounts of enthusiasm held by the volunteers and committee, provided everyone is still willing to dig in, the event will continue successfully.

The KBR committee is young, with new legs, and Graeme believes that the event will continue growing, with volunteers maintaining their energy towards the event. The Bush Races are a valuable injection of funds into the community, and it means that Kulin is somewhere people talk about.

In discussing the future of the Races, Graeme hopes that the framework of the event will stay generally the same, potentially growing at a very slow pace. He also reflects on the impact that changes in regulations regarding international travel may have on the event.

Everybody has a different perspective on the event and what it means to them. Graeme acknowledges that he is very protective over the event, and tries to stay as a sounding board. With the younger generation of people on the committee, he hopes that as demographics change, the event can to, and he can confirm that the event is in good hands, with the "youngens doing a good job."

Being married and having three amazing kids, who chose such great partners that were able to give him 11 grandkids is one of Graeme's greatest achievements, as well as being part of the Community Bank and KBR, which has been an intrical part of his life, and the development of Kulin. The impact that the KCFS and KBR have had on our community are massive factors in the acceleration of our community, as well as keeping other towns jealous.

As long as our community and the Robertson farm remain successful, Graeme says he is a happy man, with plans to move into town sometime soon, and visit the pub every day, forever.

The Bush Races was an idea that has increased the profile of Kulin and the community has embraced and nurtured it. The Races and the Community Bank contribute so much and help keep our hotel, school, shops, and people in town and thriving, evidentially something Graeme is understandably proud of.

Final questions:

1. What advice would you give your teenage self?

"Just strive to be the very best YOU can be, you don't have to be the best, just the best you can be."

2. How do you think you make the world a better place?

"I try to be fair, try to give my best, and enjoy people's company."

Talking to Graeme was truly insightful and I am very grateful he took a couple minutes away from vacationing in Queensland to have a chat with me.

Belle Brandis CDO



# YOUTH WEEK WA

In April earlier this year, we held Youth Week Workshops where people under 25 got to come in and create art reflecting what made Kulin special to them. The votes are in and we have 10 superstar winners! This fabulous art will be turned into banners for our main street.



LYDIA MULLAN . FARM



EMERSYN FRANTOM . HORSES/KULIN BUSH RACES



NADIA BULL. HOCKEY



BELLE BRANDIS . NATURE



FLORENCE BRANDIS EVERYTHING

# YOUTH WEEK WA



POLLY BRANDIS. WATER SLIDE



MILEY JASPER . JILAKIN ROCK/ LAKE



FREYJA DAVIES . WATER SLIDE



MILLA ROSE DAVIES . HOCKEY/BASKETBALL



LUCY SCADDING FARM

# **CDNA**

CDNA 18's WBGF Regional team 2023!

Coach: Gemma Boxall Manager: Sharyn McAdam Player of the day: Alicia Hills

CDNA 14's team WBGF Regional carnival! Such a great little team who made so much improvement over the day.

Coach: Anita Parsons

Manager: Joanne Cheetham Player of the day: Mia Parsons

CDNA 12's team WBGF Regional Carnival! Congratulations to this team on their great performances over both the FTG and Association Champs and the WBGF Regional Champs - so much improvement and fun had by this team.

Coach: Megan Syred Manager: Fiona Jasper Player of the day: Miley Jasper Hair: Fiona Jasper

Division winners of the WBGF Regional Carnival. Congratulations to this little team of legends who have trained really hard and come so far in their netball progress.

Coach: Tenille Cole Manager: Hannah Bald



CDNA 18's Team



CDNA 14's Team



CDNA 12's Team



**Division Winners** 





















# KULIN KONDININ FOOTBALL CLUB

#### KKFC VS NAREMBEEN

2 weekends ago the Blues travelled to Narembeen to take on the hawks.

The reserves game started evenly with the Blues welcoming a few players back from injury. The Blues kicked the first goal of the game thanks to some good work in the middle from Dan, Jobsy and Brock as both sides traded early majors. The second quarter the Blues slipped behind as the Hawks took a slender lead into the main break. At half time coach Joev asked to get back to basics as the Blues started the second half with a renewed hunger, kicking the first couple goals. From there the arm wrestle continued as neither side could break away on the scoreboard. The backline for the Blues made an outstanding lead by Whisso, Kerry, Will and Josh

whilst the midfield got better as the game wore on with some promising performances from Dieter, Sean and Cameron. Sav played well in the ruck along with Dan with Smiley the focal point up forward. In the end the Blues fell short by a couple of goals in what was a high quality game of ressies.

Reserve Award Winners: B.Whisson, S.Cadell, N.Savage

The league game started evenly also as both sides were locked into an arm wrestle early. George continued his good form in the ruck to give good use to Chip, Tull, Jaan and Sammy as the scoreboard was pretty even at quarter time. The Hawks inaccuracy in the second term kept the Blues in the match as the defence battled away

thanks to Zac, Sosl, Poppy and Oscar. In the second half the Hawks kicked away with the Blues unable to go with them on the scoreboard. Toby and Duck provided the main targets up forward with Davey and Dool working away all day on the wings. In the end the Blues went down in a quality game in perfect conditions for footy.

League Award Winners: T.Biglin, O.Omedei, T.Browning

After the bye the Blues travel to Merredin to take on the Demons, we hope to see all our supporters once more.

Go the Blues!



#### KKFC VS CORRIGIN

Last weekend the Blues travelled to Corrigin to take on the tigers.

The reserves game began in an arm wrestle as the windy conditions promised it would be a low scoring affair. The Blues kicked the first goal of the game thanks to some good work from the midfield with Brock, Tyrone and Zed starting the game well. The Tigers hit back as the game remained close throughout. In the second quarter the Blues worked hard but battled to get any ball past half forward. The Blues defence stood up under pressure led by Whisso, Taunty, Joshy B. The Blues needed a response at halftime and came out kicking 2 goals on the trot thanks to repeat stoppages in the forward 50. The Blues took. Slender lead into the last quarter but we're unable to hold on as the Tigers kicked the last two goals of the game to take the victory

in an absorbing contest.

Reserve Award Winners: B.Whisson, J.West, Z.Clark

Nahi Lewis 350 games.

In the league game Nahs ran out for the 350th time for the club. Nahs as endured a glittering career including 9 premierships, Cosgrove Medallist, Premiership Captain as the main highlights. To his credit Nahs has secured his spot in the league side once more this year setting the standard at training for the next generation. 350 games is a massive achievement, the club would like to congratulate Nahs and his family for being a huge part of the club on and off the field. Dance floors get nervous around the man as his form off the field is just as prominent as on it!

In the game the Blues squandered many chances in front of goal in the first half as the game was very even. The rain steadily fell as conditions worsened as both sides struggled to wrestle momentum. Brayd battled hard all day in the ruck as Chippa, Tull, Jaan and Sammy continued their good form in the midfield. Unfortunately a few more injuries mounted on the bench for the Blues as the game was up for grabs at 3 quarter time. The Tigers kicked away to take the victory against a gallant Blues outfit

League Award Winners: O.Omedei, M.Crisp, S.Browning

Next week the Blues are back at Kulin to take on the Saints.

Go the Blues!!

# **KULIN NETBALL CLUB**

Juniors had another clear win, if these kiddos played finals they would be a serious contender for a premiership!

#### Kulin 32 Corrigin 1

B grade couldn't get it over the line which was a bummer, but hopefully next time they meet it's a different story! This team definently have the potential to be a top team.

#### Kulin 27 Corrigin 40

As I have already mentioned, A1 got their first win of the season, it looked like there wasn't much in it, by judging by the score card. The smile on Gemma Boxall-Shaw says it all!

#### Kulin 40 Corrigin 35

This week is a home game in Kulin! Which means it's all happening.

Christmas in July function, possibility of our new dresses arriving.

Lastly, congratulations to Nahi Lewis on his 350 games with KKFC on this past weekend! That kind of effort and dedication is a reflection of the person he is! Hopefully we can get just as many games out of our junior superstar, Peyton Lewis.

Statistics

Dani White

Ladder

Fixture

A1 Grade

CDNA Winter Junior & Senior, Winter 2023

Show advanced ladder TEAM 145.00 Narembeen A1 12 140.56 Burracoppin A1 8 12 128.63 0 119.20 Nukarni A1 8 93.61 вк1 87.59 Corrigin A1 2 65.60 0 Kulin A1 2 55.18 0

#### B Grade

CDNA Winter Junior & Senior, Winter 2023

Fixture **Ladder** Statistics

Show advanced ladder

Show advanced ladder

#	TEAM	Р	PTS	%	W	L	D	BYE
1	HNC B	6	12	250.88	6	0	0	2
2	Southern Cross B	6	10	162.31	5	1	0	2
3	Narembeen B	5	6	129.73	3	2	0	3
4	Corrigin B	6	4	75.50	2	4	0	2
5	Kulin B	5	2	45.14	1	4	0	3
6	BK3	6	0	35.91	0	6	0	2

#### Junior

CDNA Winter Junior & Senior, Winter 2023

#	TEAM	Р	PTS	%	W	L	D	BYE
1	Nukarni Juniors	10	16	346.67	8	0	0	0
2	Kulin Junior	9	14	245.98	7	2	0	0
3	Kondinin Junior	9	14	117.65	7	2	0	0
4	Narembeen Juniors	9	12	166.94	6	3	0	0
5	Southern Cross Juniors	9	10	147.14	5	4	0	0
6	Burracoppin Junior	9	8	160.80	4	4	0	0
7	Corrigin Juniors	9	4	38.73	2	7	0	0
8	HNC Juniors	9	4	17.90	2	7	0	0
9	BK4	9	0	12.81	0	9	0	0

# **KULIN GOLF CLUB**

#### NONA WILSON LADIES OPEN DAY - JUNE 15TH

They say a picture says a thousand words and these ones do. A very happy and successful ladies golf day was held last Thursday with 60 ladies hitting off on our absolutely perfect golf course. Congratulations to all of our winners- it was especially special that Nonas daughter Cathy Wright along with her partner from Kojonup Club Annabelle House took out the major prize.

A huge thank you to the golfing men for helping out on the day and as usual our lady members excelled in the planning and running of the event.

We welcomed once again the ladies from Cottesloe Kojonup Royal Perth and our local association clubs.

If you haven't had a chance to check out our course this year then

come along to the Freebairn Centre any Sunday to hit off at 12 noon or Wednesday (ladies) to hit off at 10.

Our next big event is our annual Clayton Cup in August- plans are already underway and further details will follow as we get closer to the day.

W J Gangell Hon Secretary/Treasurer













# **KULIN GOLF CLUB**

#### PRESENTS

# **CLAYTON CUP 2023**



# Saturday August 19TH ....Tee Off 11 am Morning tea at 10.15 am--Men and Ladies welcome. Clayton Cup & combined Stableford Sausage sizzle lunch & dinner included-\$30.00 person.

# Entries to Phil Roads 0427 801 245 (late entries accepted)

\*\*afternoon tea plate and a savoury plate from Kulin members would be appreciated\*\*

# WINTER SPORT FIXTURES

DATE	SPORT	VERSUS	VENUE
1ST JULY		Hyden	Kulin
	(July	Hyden-Karlgarin	Kulin
		KHATS	Kulin
8TH JULY	<b>\$</b>	Juniors - BYE B Grade - BYE A Grade - BYE	School Holidays
8TH JULY		B Grade - BYE	School Holidays School Holidays

# **KULIN CWA**

The member's of Kulin CWA are thrilled to have a new air conditioner installed in the meeting room, by courtesy from a sponsorship grant from the Bendigo Bank.

Installation was quickly and efficiently achieved by Brenton Mullan of

Mullan Electricals.

Last Saturday the CWA provided "Time for Tea" aka a cuppa and scones with jam and cream and later a sausage sizzle which were most welcome on a really cold Market Day.

The restoration project of the historic 1937 CWA building is steadily progressing and local support is very much appreciated.

Jan Colbourne CWA



# **RECYCLING CALENDAR**



# Shire of Kulin Recycling Calendar 2023/2024

July 2023											
S	M	Т	W	Т	F	S					
						1					
2	3	4	5	6	7	8					
9	10	11	12	13	14	15					
16	17	18	19	20	21	22					
23	24	25	26	27	28	29					
30	31										

August 2023											
S	M	T	W	Т	F	S					
		1	2	3	4	5					
6	7	8	9	10	11	12					
13	14	15	16	17	18	19					
20	21	22	23	24	25	26					
27	28	29	30	31							

September 2023											
S	M T W T F										
					1	2					
3	4	5	6	7	8	9					
10	11	12	13	14	15	16					
17	18	19	20	21	22	23					
24	25	26	27	28	29	30					

October 2023											
S	M	T	W	Т	F	S					
1	2	3	4	5	6	7					
8	9	10	11	12	13	14					
15	16	17	18	19	20	21					
22	23	24	25	26	27	28					
29	30	31									

November 2023											
S	M	T	W	Т	F	S					
			1	2	3	4					
5	6	7	8	9	10	11					
12	13	14	15	16	17	18					
19	20	21	22	23	24	25					
26	27	28	29	30							

December 2023									
S	M	Т	W	Т	F	S			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

January 2024									
S	M	Т	W	Т	F	S			
	1	2	3	4	5	6			
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	31						

February 2024									
S	M	Т	W	Т	F	S			
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29					

March 2024									
S	M	Т	W	Т	F	S			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

April 2024									
S	M	T	W	Т	F	S			
	1	2	3	4	5	6			
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30							

May 2024									
S	M	Т	W	Т	F	S			
			1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30	31				

June 2024									
S	M T W T F					S			
						1			
2	3	4	5	6	7	8			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
23	24	25	26	27	28	29			
30									

Rubbish Only Recycling



#### WHAT CAN GO INTO YOUR RECYCLE BIN

- Glass All glass and ceramics, whole and broken
- Plastic All plastic containers and plastic wraps (empty with lids off)
- Paper All paper, junk mail and glossy magazines

# **RURAL AID**

#### COMMUNICATION - THE KEY TO SOLVING MOST ISSUES

As humans we sometimes over think or analyse situations and what people say or don't say. When our personal expectations in a situation are not met sometimes, we will become defensive. This defensive stance can result in stress, our ability to self-reason effectively is lessened and may lead to a stronger response such as sarcasm, anger, or intentional silence. It comes back to our thoughts and personal expectations shaped by our personal beliefs.

Texting, emails and other nonverbal conversations are for some the preferred way to chat. But how the nonverbal message is received can result in a positive reaction or a negative reaction. If I'm having a bad day and am already in a bad mood then chances are when I read a text then that text will be read in the same bad mood. This maybe contrary to the friendly caring tone the sender intended. If your immediate thoughts are telling you the text is negative take a step back and challenge that thought.

You send a text message or phone and leave a message, but don't get an answer. What does this mean? Immediate thoughts can intrude. Are they upset with me, are they angry, I always answer them. Step back; is this person in a situation that does not allow them to reply? Or have I forgotten that this person always takes a while sometimes even days to reply, its who they are. Living in the wheatbelt we all experience the times when we a travelling through an area with no phone reception the call drops

out. The intruding thought maybe 'they hung up on me'. But the reality or the truth is there was no reception.

Remember to consider two or three sides to a situation is a good habit to have. Step back pause and consider before you respond.

How do we ensure we say what we need to say effectively in a difficult or confronting situation? How can we confront someone in a way that the person knows we value and respect them? My advice is speaking the truth. We tell the truth about how we feel. The truth is the truth with very minimal other versions. Said from the heart with no intention of causing hurt, harm or to manipulate. Sometimes the person being told your truth will struggle to accept what you're saying and that's OK.

If you're on the receiving end of a difficult conversation listen without judgement, allow the person to finish what they have to say and how they feel. You might not like what they are saying but their truth is their truth. Reflect on what you've been told. Somewhere along the way a lot of us have forgotten that's it's OK to agree to disagree with others and it's OK to hear something hard to hear and still respect that person for their honesty. Its what true friends do.

When confronted with a difficult situation how do you have a civil conversation and maintain your respect for the person? One method is to use a positive – negative- positive

approach. For example: An employee has asked for a pay rise. The truth is you can't afford to give this valued employee another pay rise: "I know you feel you should be paid more, and you are very good at what you do". "But the business costs have tripled recently, and this year may not be as good as the previous years, so right now I have to say no to your request"." I hope you understand it's nothing personal it's a necessary business decision". In this example the truth may not be what the employee wants to hear but it's the truth stated with respect as well.

Being honest with yourself also includes when you're not feeling OK. Those close to you may also be expressing concerns as they have noticed you are different somehow. Acknowledge that they are letting you know because they really do care. When this happens be strong ask for help and when offered be strong accept the help. Call me it's what I'm here for. That's the truth.

Roger Hitchcock , Counsellor & Community Representative West Australia based in Narrogin

(Wagin and Surrounding Region)

M: 0460 310 661 P: 07 3153 4656

E: <u>roger.hitchcock@ruralaid.org.au</u> Head Office: 1300 327 624

Mental Health and Counselling Line 1300 175 594



# THROWBACK THURSDAY

# 2012 PINK DAY





















# **KIDS CORNER**

- A: What kind of cup doesn't hold water?
- B: What month of the year has 28 days?
- C: What's really easy to get into, and hard to get out of?



C: Trouble

B: All of them

ү: ү спрсяке

# **BRAIN TWISTERS**

Riddle: You walk into a creepy house by yourself. There is no electricity, plumbing, or ventilation. Inside you notice 3 doors with numbers on them. Once you open the doors you will die a particular way. Door #1 You'll be eaten by a lion who is hungry. Door #2 You'll be stabbed to death. Door #3 There is an electric chair waiting for you. Which door do you pick?

Riddle: What does man love more than life, hate more than death or mortal strife; that which contented men desire; the poor have, the rich require; the miser spends, the spendthrift saves, and all men carry to their graves?

	7		5	8	3		2	
	5	9	2			3		
3	4				6	5		7
7	9	5				6	3	2
		3	6	9	7	1		
6	8				2	7		
9	1	4	8	3	5		7	6
	3		7		1	4	9	5
5	6	7	4	2	9		1	3

#### FUN THINGS TO DO ON A RAINY DAY

#### Freshen Up Your Space

If you feel like you're in a rut, shaking up how your home looks in a prefect rainy day activity. Fortuntely, there's plenty you can do without spending a single cent or heading outside. You can rearrange the furniture; shop your closets and cupboards for baskets, artwork or vases to swap out what's on display; or rearrange your books to an aesthetic by-cover colour arrangement.

#### **Have A Styling Session**

If you feel like you're wearing the same clothes the same way all the time, being stuck at home may be the perfect opportunity to experiment. Pull out your clothes and accessories and try them on in new and intriguing combinations to see what works and perhaps even snap a shot or two so you can remember what you pulled together on those days when you're in a rush.

# Host A Chopped-Style Cooking Competition

Raid your pantry for a few ingredients, set teams and see who can come up with the most creative dish with what you have on hand. (Bonus: it might help you clear out some odds and ends that have been taking up your freezer or pantry space).

#### Pick Up A New Skill

You may not be speaking fluent French or knitting a sweater after a single rainy day at home, but it's perfect time to search out lessons on how to do what you love (or what you've always wanted to try). You can explore Youtube videos or learn anything from cake decorating to basic guitar chords, or opt for apps like MasterClass to invest in a full on class.

#### Find Your Zen

Rainfall is an incredibly relaxing sound all on it's own, so go ahead and embrace the zen vibe. Try out a new meditation or yoga workout, or simply daydream as you listen to the rain fall.

#### **DIY Dance Party**

All you need is an epic playlist to get the party started. Fortunately, most streaming services will even provide one, if you just say something like 'play party music' or 'play dance music'. Add glow sticks, sparkly accessories, and flashlight spotlights to kick it up a notch.

#### **Give Yourself Nail Art Manicure**

When you're stuck at home with nothing else to do, why not pamper and get creative juices flowering at the same time? Give your hands the full manicure experience, with a good soak, plenty of moisterizer, and a fresh bit of nail art.

#### **Solve A Crime**

A rainy day feels perfect for settling in with a good mystery. Listen to a true-crime podcast, catch a cozy mystery show on streaming or opt for a downloadable murder mystery game you can solve yourself.

#### **Break Out The Puzzles**

You can get the whole crew involved in solving a jigsaw puzzle or an online escape room, or download a fresh puzzle app to get your mind engaged.

# **Create Something For Someone You Love**

It's fun to make something for yourself, but even more fun to create something special with a loved one in mind. Whether you opt to bake a treat to bring over the next day, pen them a poem or heartfelt letter, or design a photo book of your favourite memories together, your recipient will love it.

#### **Upcycle Something For Your Home**

Turn trash into treasure, whether you convert a cool artwork from old greeting cards and calendars into coasters, or transform tin cans into cute planters with a little paint - or even give your verticle hanger hose reel a colourful makeover.

#### Start A Seed

All you need is water and a fruit pit or seed - like an avocado pit - some water and a few other things you have at home to launch your newest pet baby.

#### **Spy On Some Cute Animals**

Animals live cams can come to you from zoos, animal sanctuaries, wildlife centers, and your average backyards from around the world. Whether you love penguins, panda's, bird feeder action or just cute cats, you'll find a live cam to tune into for all the feels.

#### **Get Everybody Moving**

You don't have to be sedentary when you're stuck at home - there are plenty of fun things to do inside that'll keep everybody moving and active. Try building an obstacle course with pillows, blankets, balls and old boxes. Play a game of The Floor Is Lava, where you parkour from furniture to floor pillows to furniture. And of course, an old-fashioned pillow fight can be a perfect stress reliever.

#### **Have An Indoor Treasure Hunt**

Children in the house? One of the most fun things to do inside is a treasure hunt. Make one set of clues for every player, with each clue leading to the next one and finally to the treasure. Seal them in envelopes marked with a clue number.

Whoever solves the clues first and finds the treasure - a small toy, a movie, maybe some money or have your kids play as a team to solve the clues and uncover the treasure together.

#### **Mend Old Clothes**

Do you have a stack of old clothes you've been meaning to mend but never have? A dap spent indoors is the perfect opportunity to go through your closet and pull out all the items that need repairs.

#### NATIONAL BLUEBERRY MUFFIN DAY (11TH JULY)

#### Learn about National Blueberry Muffin Day

National Blueberry Muffin Day has been designed in order to celebrate the culinary delight that is the blueberry muffin. If you have never had a blueberry muffin before, you are seriously missing out. A lot of people never try blueberry muffins because they're not a massive fan of blueberries.

While muffins may not be the healthiest treat in the world, there are some health benefits that are associated with blueberries, which can make you feel a bit better for indulging on National Blueberry Muffin Day.

In fact, a lot of people consider blueberries to be superfood. This is because they can help with weight loss and healthy digestion, promoting the feeling of being full. They can also improve your mental health, protect against heart disease, assist with diabetes management, lower blood pressure, improve skin health and help with maintaining healthy bones. Who thought that something so small would be able to pack such a powerful punch of nutrients?

#### History of National Blueberry Muffin Day

The origin of the blueberry muffin is a tale of adaptation and culinary fortune. Once long ago there was a commonly used berry know as the bilberry, it was commonly used in all forms of baked goods throughout Europe.

When first arriving in America, the pilgrims realised that bilberries were not native to this new land, and so it was that the blueberry was discovered and found it's way into baking. What a fortunate day it was for the muffin when this occurred.

But in order to make a blueberry muffin, one must know how to properly use the blueberry. You see, you can't simply use any old blueberry. Fresh blueberries are delightful on ice-cream and sprinkled on pancakes, but have no place in muffins. Frozen blueberries are convenient and can be used to make an incredible smoothie but, like the fresh blueberries, turn to mush when processed in a batter. So for blueberry muffins, only dried blueberries will do.

# How To Celebrate National Blueberry Muffin Day?

The best way to celebrate National Blueberry Muffin Day is by enjoying a rich, flavourful blueberry muffin. Once you've gobbled down one (or multiple) you can share the wealth with your friends or co-workers. National Blueberry Muffin Day is a day for sharing, and also for learning the most important recipe you'll ever learn, the delicious blueberry muffin. Search them on the internet, and find one that speaks to your blueberry loving soul, and then prepare batch after batch until your craving for blueberry muffins is eased.

Another fun way for you to celebrate National Blueberry Muffin Day is by having a bake-off with your friends. Why not invite your loved ones over and see who can make the greatest blueberry muffin? It is always fun to do something a bit different with the ones you love, and this is a great way to spend a bit of time together and enjoy some delicious food in the process. You could also do different blueberry inspired desserts. Maybe you could take the muffins and get everyone else to do a different recipe each?

#### **Fun Fact**

A group of children helped bring about a Minnesota law giving the blueberry muffin recognition. As part of a study of state foods in a social studies class, third-graders from Carlton, Minnesota's South Terrace official state muffin. Acting on the initiative, the Minnesota legislature in 1988 so designated the blueberry muffin.

#### Warning

As scientists and bakers discover more about the benefits of blueberries, the demand for blueberry muffins continues to rise. Blueberry muffins are found in grocery stores and convenience shops nationwide. Consumers buy whole individually wrapped muffins and muffin mixes. In addition, blueberry muffins come in sizes from mini to jumbo. Be aware, however, that just because the packaging says blueberry does not mean they contain real blueberries. To be sure that your product contains real blueberries, look for the blueberry real seal, which states in writing that the product is made with real blueberries.



# **COOKING CORNER**

#### SNICKERS TRAY BAKE SLICE & FLOURLESS CHOCOLATE BROWNIES

#### **Snickers Tray Bake Slice**

#### **Ingredients**

- -200g butter, chopped
- -200g (1 cup) brown sugar
- -180g white chocolate, chopped
- -2/3 cup warm water
- -1/4 cup golden syrup
- -1 2/3 cups plain flour
- -1/3 cup self-raising flour
- -2 eggs
- -3x216g pkt Snickers Fun Size chocolate bars
- -180g dark chocolate, finely chopped
- -2/3 cup thickened cream
- -2/3 cup thick caramel topping
- -1/4 cup crushed peanuts

#### Method

#### Step 1

Preheat oven to 160C fan forced. Grease a 20 x 30cm slice pan. Line the base and sides with baking paper, allowing the paper to overhang the sides.

#### Step 2

Place the butter, sugar, white chocolate, water and golden syrup in a large saucepan over low heat. Cook, stirring occasionally, for 5 minutes or until smooth and combined. Remove from heat and set aside for 5 minutes to cool.

#### Step 3

Add plain and self-raising flours to the golden syrup mixture. Stir until smooth. Add eggs, 1 at a time, stirring, until combined then pour into prepared pan.

#### Step 4

Finely chop 4 Snickers Fun Size chocolate bars. Scatter over mixture. Bake for 25 minutes or until a skewer inserted into the centre comes out clean. Set aside in pan to cool.

#### Step 5

Meanwhile, combine the dark chocolate and cream in a microwave-safe bowl. Microwave on High, stirring every 30 seconds, until smooth. Place in the fridge stirring occasionally, for 30 minutes or until chilled, thick and glossy.

#### Step 6

Spread choc mixture over cake layer. Arrange remaining Snickers on top. Drizzle over caramel. Sprinkle with nuts. Set aside before slicing.

# Flourless Chocolate Brownies (Gluten Free)

#### **Ingredients**

- -1 cup dark chocolate chips / melts
- -6 tbsp unsalted butter
- -1/4 tsp cooking salt
- -3/4 cup brown sugar
- -1 tsp vanilla extract
- -2 large eggs
- -2/3 cup almond meal
- -1/3 cup rice flour

#### Method

#### Step 1

Preheat the oven to 180C with a rack in the lower part of the oven

#### Step 2

Grease and line a 20cm / 8" square pan with baking paper with excess

overhang so it's easy to lift out the brownie when it's cooked.

#### Step 3

Place chocolate, butter and salt in a heatproof bowl. Microwave in 3 x 30 second bursts on high, mixing in between, until melted and smooth. You could also do this over simmering water on the stove.

#### Step 4

Mix well to combine the chocolate and butter then leave to cool for 5 minutes.

#### Step 5

Stir in the vanilla and sugar. Crack the eggs straight into the bowl, and stir until combined.

#### Step 6

Add almond meal and rice flour, and mix very well until fully combined.

#### Step 7

Pour the batter into the prepared pan and smooth the surface. Bake for 25 minutes or until the brownies are slightly puffed all over and a toothpick inserted into the centre comes out moist but clean. You want it to be moist.

#### Step 8

Cool brownies for at least 30 minutes in the pan. Remove the brownie by holding the edges of the baking paper, fully cool on a rack. Then cut into squares.





# SAVE THE DATE PINGARING CENTENARY

8TH SEPTEMBER 2023









# PINGARING CENTENARY

#### HELP US SPREAD THE WORD!

Pingaring is celebrating its 100th birthday on the weekend of the 8th of September, 2023.

Come and help us celebrate! With various activities and events to take you back in time.

Experience the history and stories Pingaring has to tell!

First proceedings begin Friday night at the town gazebo, with the main celebrations kicking off on the Saturday.

Food trucks are available on both days.

For More Infomation and Updates follow our Facebook page: Pingaring Community

SEE YOU THERE!



# FREEBAIRN RECREATION CENTRE



WINTER SPORTS SOCIAL COMMITTEES
INVITE YOU TO

# CHRISTMAS IN JULY

# SATURDAY JULY 1ST FREEBAIRN RECREATION CENTRE

Dress in your favourite Christmas attire - ugly sweaters, reds and greens, antlers, and santa hats!

HOLIDAY THEMED COCKTAILS/MOCKTAILS FOR PURCHASE



# SCHOOL HOLIDAY PROGRAM

# School Holiday Program

# SALT DOUGH ORNAMENTS



### Location

Kulin Recreation Centre

#### Cost

\$5.00 limited spots

#### Date

The 4th of July 2023

#### **Time**

1pm - 3:00pm

# Age

4 and over4-6 parent present

Please RSVP to Stella at 9880 1204 or crccounter@kulin.wa.gov.au



# **SCHOOL HOLIDAY PROGRAM**

# School Holiday Program Hot Chocolate and Board Games

Ages 4 and over are welcome to make there way down to the rec centre for some board games and hot chocolate. You are also more than welcome to bring your own board games to share with everyone.

Where: Kulin Rec Centre

When: The 5th of July 2023

Time: 10am - 12pm

Cost: Free

Age: 4 and over, 4 - 6 need a parent present

Please RSVP to Stella on 9880 1204 or crccounter@kulin.wa.gov.au





SCHOOL HOLIDAY
PROGRAM

# INDOOR MOVIE

Make sure to bring something comfy, could be your blanket, pillow or beanbag. This movie will go for 2 hours, if you would like popcorn, please bring a gold coin.

# Please RSVP to Stella on 9880 1204 or crccounter@kulin.wa.gov.au

#### **Where**

Kulin Recreation Centre

#### When

Friday the 7th of July 10am-12pm

#### Age

Ages 4 and over 4-6 can pick up and drop off, but parents are welcome to stay

#### Cost

Gold coin for popcorn



#### **SCHOOL HOLIDAY PROGRAM**

#### SCHOOL HOLIDAY PROGRAM



#### Blueberry Muffins and Board Games

When: Monday the 10th July Where: Kulin Rec Centre

Time: 1pm - 3pm

Cost: \$5.00

Age: 4 and over welcome Ages 4 - 6 need a parent

present.

#### **RSVP NOW**

P: 9880 1204

E: CRCCOUNTER@KULIN.WA.GOV.AU

# DELICIOUS

**BLUEBERRY MUFFINS** 



#### INGREDIENTS

- Self raising flour
- Salted butter
- Brown sugar
- Fresh blueberries
- Milk
- Eggs



#### SCHOOL HOLIDAY PROGRAM

### SCHOOL HOLIDAY PROGRAM MAKE YOUR OWN BATHLOMES

WHEN: FRIDAY THE 14TH OF JULY WHERE: KULIN RECREACTION CENTRE

**TIME: 1PM - 2:30PM** 

**COST:** \$5.00 LIMITED SPOTS

AGE: 4 AND OLDER, 4-6 NEED A PARENT PRESENT

#### **INGREDIENTS**

- Baking Soda
- Citric Acid
- Epsom Salt
- Corn Starch
- Water
- Essential Oils
- Almond Oil
- Food Colouring



Please RSVP to Stella on 9880 1204 or crccounter@kulin.wa.gov.au





## Seniors Movie Day

Tuesday | 11.07.2023 | 11:00am-1:00pm

Free Event I Tea & Coffee Provided I Kulin CRC Chambers



After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte).

#### Weekend Workshops at the



### Sat 15th & Sun 16th July

10am-3pm

All materials supplied BYO lunch

Morning/afternoon tea available

Bookings essential with Erin Bailey 0429 809 013



Mosaics with
Doug Whiting
\$25 for one day
\$40 for two days



Card Making with Odette Kermode \$25 Saturday only 10am-1pm







Macrame with
Erin Bailey
\$25 Sunday only







## LAKES LOCAL ACTION GROUP WORKING FOR YOUR INDUSTRY

## MANY YEARS EXPERIENCE ON THE GRAINS SEEDS AND HAY INDUSTRY A WELCOME TO OUR NEW CHAIRMAN JIM SULLIVAN WHO HAS GRACE/KULIN/KONDININ/DUMBLEYUNG AND WICKEPIN SKELETON WEED UPDATE IN SHIRES OF LAKE

WINTER SPRAYING IS UNDERWAY THE CONTRACTOR WILL CONTACT YOU BEFORE SPRAYING

COMMITTEE

IF YOU HAVE SEEDED THROUGH YOUR SQUARES THEY WILL BE SPRAYED OUT AS PER THE PROGRAM REQUIREMENTS (UNLESS PRIOR APPROVAL BY DPIRD AND LAG,

SPRAY DIARIES MUST BE RETURNED TO THOSE PROVIDED LONTREL WHO WILL BE CONTACTED FOR DELIVERY SOON

ANY QUESTIONS REGARDING YOUR INFESTATIONS OR THE PROGRAM

CONTACT

SUPPORTED BY YOUR INDUSTRY

LAKES LOCAL ACTION GROUP COORDINATOR

LYN CARRUTHERS 0409351373

CHECK YOUR INFESTED AREAS MONTHLY ESPECIALLY IF STOCKED

CHECK ONE MONTH AFTER STOCK REMOVED

REPORT WILD DOG SIGHTINGS AND ATTACKS

> Please report any Wild Dog sightings, tracks or stock attacks to the EWBG. Your input will ensure coordinated control across the Eastern Wheatbelt.

> > admin@ewbg.com.au 0455 724 848







### PRIVATE SALE 19 BULL STREET, KULIN OFFERS FROM \$125,000

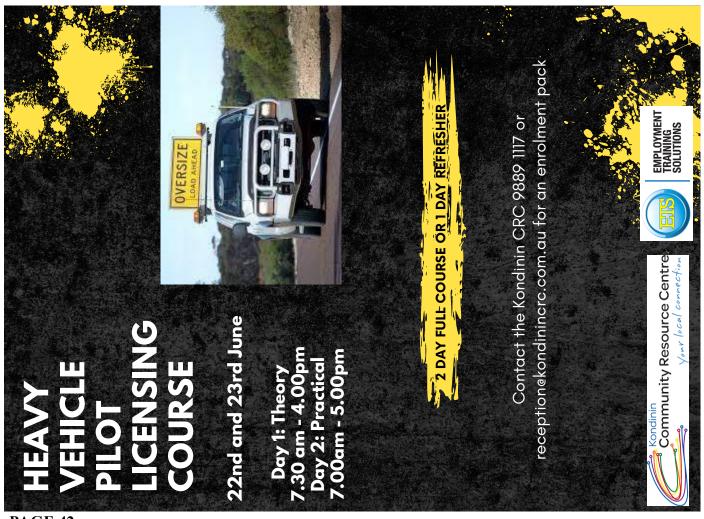
Three bedroom, one bathroom, neat and tidy home. Currently tenanted with very reliable tenants.

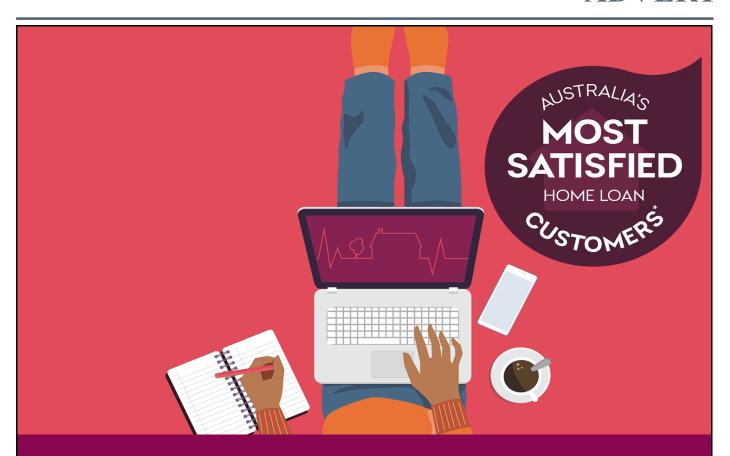
Home has recently been repainted throughout and kitchen revamped.

Great investment property.



Please contact Robyn on 0437 305 165





## Time for a home loan health check!

With interest rates on the rise, there's never been a better time to review your home loan.

Enquire online at bendigobank.com.au/healthcheck or call your nearest branch on 9880 1422.



Kulin



#### **Bendigo Bank**

\*Roy Morgan Single Source (Australia), December 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT\_29803133, 29/05/2023

#### **ADVERTS**



#### **DUFFY ELECTRICS**

Residential

Commercial

🗸 Industrial

Tv installation

Air Conditioning

DUFFY ELECTRICS
EC 14885

Ryan Duffy 0409 806 047

duffyelectrics@outlook.com Servicing Wickepin and surrounds

# / McINTOSH & SON



McIntosh & Son Kulin are looking for a regular cleaner for our branch.

- 12 hours per fortnight
- Days / hours are flexible and can be determined by you
  - Option to either set up through your ABN, or employed directly

Duties include (but not limited to):

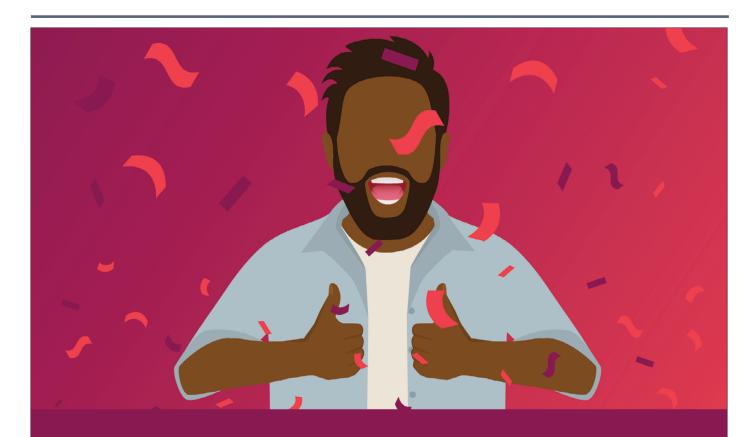
- Keeping show room, offices, bathroom, toilet and kitchen sanitised, cleaned and mopped
- **Emptying office bins**
- Clean windows
- Wash cleaning cloths, tea towels etc.
- Order & restock cleaning equipment as required

# TO APPLY CALL (08) 9880 2556 kulin@mcson.com.au • 294 Pump Road, Kulin WA 6365

Weintoshandson.com.au 45

#### Make the Best In-Season Nutrient Decisions





# Want to \*\* Winsurance?

#### Take out insurance through us for your chance to WIN!\*

Insurance you can rely on is worth its weight in gold. And when it's provided through Australia's Most Trusted Bank', you can be confident it's insurance worth having.

Our capable, dedicated and friendly staff throughout the branch network are ready to help with all your insurance needs.

Feel like a winner, contact us about insurance today!



Community Bank · Kulin 9880 1422



^Roy Morgan Quarterly Update February 2023. \*AU 17+ only. Starts 1/6/23 12 01am AEST. Ends 30/6/23 11:59pm AEST. 1 entry/policy. Daily Draws: 12pm AEST, each weekday from 2/6/23 to 3/7/23, The Bendigo Centre – Bath Lane, Bendigo VIC 3550. Prizes: 30x insurance rebate up to \$3,000 paid by direct deposit or cheque (1 per Daily Draw). Winners at bendigobank.com.au/insurance within 7 days of each Daily Draw. Bendigo and Adelaide Bank Ltd ABN 11 068 049 178, at 25.62. Bendigo and Adelaide Bank Ltd ABN 11 068 049 178, at 50 under its own AFSL 237879 under an agreement with the insurer Insurance Australia Limited ABN 11 000 10f 272, AFSL 227681 t/as CGU Insurance. Any advice is general and doesn't consider your personal circumstances. Read the PDS and TMDs at bendigobank.com.au/insurance to see if the product is right for you. (1819266–1862754) (05/23)

#### **LOCAL CHURCHES**

UNITING CHURCH 10:30am Morning tea 11:00am Service starts 1st and 3rd Sunday of each month CATHOLIC CHURCH Fr Truc Nguyen M: 0426 018 782 8am 1st, 3rd and 4th Sunday 10:30am 2nd and 5th Sunday ANGLICAN CHURCH Regular services in Kulin have stopped for the time being, however, the Anglican church can be made ready for special services.

Katheryn Wilson- 0429 801 228 Bunbury Office- 08 9721 2100

#### **KULIN MOTOR MUSEUM**

Wednesday 10am- 12:30pm Saturday- 10am-2pm Clarrie- 9880 1058 Bill- 0429 804 615 John- 0427 386 849

#### **KULIN LIONS CLUB**



Kulin Lions Club collect old glasses, hearing aids and stamps. Please feel free to drop off any of these items at the Kulin Post Office. Push bikes and batteries can be dropped off at Haydn's shed.

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

#### CONTAINERS FOR CHANGE

ARTS CENTRE

A simple way to make a contribution to the Kulin Arts Centre is to support their Containers for Change collection. Simply return your containers and use the ID C10333381.

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

KULIN CHILDCARE CENTRE
You can help support our
local Child Care centre
with just your bottles and
cans. Drop your eligible
containers into the bin
behind the Memorial Hall
or to any Containers For
Change donation point
using the ID C10351204

#### JUSTICES OF THE PEACE

MT Lucchesi 9880 4050 JM McInnes 9880 1360 R Noble 9880 1383 BW Sloggett 9880 9063

#### **SNAP SEND SOLVE**

Reporting local issues just got easier!

Being a community legend has never been easier!

Spotted an issue in your community like graffiti, illegal parking, dumped rubbish, trip hazards or abandoned trolleys? Time to get Snapping!

Snap Send Solve is the free app that simplifies the reporting of community issues across Australia and New Zealand.

We've made reporting quick and easy which means when you see an issue while you're out, you can let the responsible authority know with only a few taps.

Become a community legend and download Snap Send Solve today.

#### KULIN CHILDCARE CENTRE CLOSED

The centre will be closed from Monday 3rd July to Friday 14th July 2023 while the centre is getting new flooring installed.

#### **Kulin Contacts**

Nursing Hours: Tuesday & Wednesday 8:30am-2:30pm

CHSP Co-Ordinator / Nurse by Apt: Thursday & Friday

Kulin Doctors Surgery: 9880 1315

Kondinin Medical Centre: 9889 1753

Kondinin Hospital: 9894 1222

Western Power: 13 13 51

Water Supply: 13 13 75

Kulin Water Depot: 9880 1356

Crime Stoppers: 1800 333 000

Kulin Police: Kulin Police station is staffed by 2 officers who are available to respond to incidents 24/7. Your local police can

be contacted as follows:

For emergencies: 000

For non-urgent incidents: 131 444

Officer at Kulin Police Station: 9861 5800

Did you know that you can use your smart phone to report local issues? Just download the free Snap Send Solve app and get Snapping! When you're out in the community, you are our eyes and ears. If you see something that doesn't look right, just Snap Send Solve it!