

THE KULIN UPDATE

16 November 2023

12 BARRY WEST

The Freebairn Recreation Centre was set up beautifully to formally recognise Barry's 34 years of service to Kulin Shire Council.

14 COMMUNITY CHRISTMAS

To celebrate the continuing commitments of our community members and volunteers, we invite everyone to our Community Christmas Party!

18 KULIN BUSH RACES

The finances are almost wrapped for 2023 and we are pleased to report that we made a profit of close to ...

BARRY WEST FAREWELL FUNCTION



L-R President Grant Robins, Cr. Brad Smoker, Barry West, CEO Alan Leeson



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 [here](#).

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 28 November 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.

Accepted document formats:

- PDF
- JPEG

Have you got news?

If you would like to share news or information with the Kulin community, please email marketing@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

- 28th November 2023
- 12th December 2023

HAPPY BIRTHDAY!

November

- 16th Zach Poletti, Joy Adams, David Carmody (Jnr)
- 17th Carly Bradford
- 18th Jean McInnes, Michelle O'Brien
- 19th
- 20th
- 21st Jill Argent, Mark Jetta Jr, Dominic Matthews
- 22nd Graeme Robertson
- 23rd Jacob Buttigig, Brax Tyson
- 24th
- 25th Ros Howell
- 26th Deb Brandis, Abbey Humphreys
- 27th James McInnes
- 28th Sara Wilson, Lorraine Brown



11. NOV/DEC 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 Junior Cricket (9am-4pm) Bowls (1:30pm)	13 Rubbish Dr Chukwunke @ Kondinin	14 Seniors Movie Day Recycling Dr Chukwunke @ Kulin Nurses Clinic Open Remedy Physio Yogalates	15 Council Meeting Dr Chukwunke @ Kondinin Nurses Clinic Open Kulin Motor Museum Remedy Physio Social Tennis	16 KULIN UPDATE Dr Chukwunke @ Hyden Social Softball (5:30pm-7:30pm)	17 Dr Chukwunke @ Kulin Junior Basketball	18 Kulin Motor Museum (10am-2pm) Pennants Tennis vs Narembeen
19 Bowls (1:30pm)	20 Rubbish Dr Chukwunke @ Kondinin	21 Dr Chukwunke @ Kulin Nurses Clinic Open Remedy Physio Yogalates	22 Dr Chukwunke @ Kondinin Nurses Clinic Open Kulin Motor Museum Remedy Physio Social Tennis (3:00-5:30)	23 Dr Chukwunke @ Hyden Social Softball (5:30pm-7:30pm)	24 Dr Chukwunke @ Kulin Junior Basketball	25 Kulin Motor Museum (10am-2pm)
26 Junior Cricket (9am-4pm) Bowls (1:30pm)	27 Rubbish Dr Chukwunke @ Kulin	28 Recycling Dr Chukwunke @ Kondinin Nurses Clinic Open Remedy Physio Yogalates	29 Dr Chukwunke @ Kondinin Nurses Clinic Open Kulin Motor Museum Remedy Physio Social Tennis (3:00-5:30)	30 KULIN UPDATE Dr Chukwunke @ Hyden Social Softball (5:30pm-7:30pm)	Dec 1 Dr Chukwunke @ Kulin Junior Basketball	2 Kulin Motor Museum (10am-2pm) Pennants Bowls vs Newdegate
3 Bowls Mixed Day (1:45pm)	4 Rubbish Dr Chukwunke @ Kondinin	5 Dr Chukwunke @ Kulin Nurses Clinic Open Yogalates Remedy Physio (8am-4pm) Seniors Christmas Lunch	6 Dr Chukwunke @ Kondinin Nurses Clinic Open Kulin Motor Museum Remedy Physio KDHS Year 10 Graduation	7 Dr Chukwunke @ Hyden Social Softball (5:30pm-7:30pm)	8 Dr Chukwunke @ Kulin Junior Basketball Grand Final	9 Kulin Motor Museum (10am-2pm)
10	11 Rubbish Dr Chukwunke @ Kondinin	12 Recycling Dr Chukwunke @ Kulin Nurses Clinic Open Seniors Movie Day Yogalates Remedy Physio (8am-4pm)	13 Dr Chukwunke @ Kondinin Nurses Clinic Open Kulin Motor Museum Remedy Physio KDHS Presentation Night	14 KULIN UPDATE Dr Chukwunke @ Hyden Social Softball (5:30pm-7:30pm)	15 Dr Chukwunke @ Kulin Community Christmas Party (4pm-8m)	16 Kulin Motor Museum (10am-2pm)

Kulin Shire Council

Kulin Shire Council Ordinary meeting was held on 15 November 2023 where recently elected members were officially sworn-in. Robbie Bowey, Jarron Noble, Brad Miller and Grant Robins made the Declaration of Office with Mary Lucchesi JP in attendance witnessing the Declarations. Congratulations to our newly elected Councillors who will each serve a four year term.

At this meeting the President and Deputy President were also elected. Congratulations to Cr. Grant Robins on his election to the position of President and Cr. Brad Smoker on

his election to the position of Vice President.

Congratulations to the new and returning elected members. Thank you to outgoing elected members Barry West and Lucia Varone for their commitment and service to the Kulin Shire Council.

Heavy Vehicle RAV Network

The Shire would like to remind all farmers and trucking contractors of the necessity to comply with road ratings under the Restricted Access Vehicle system. The obligation of compliance sits fairly with the responsible operator of the restricted

access vehicle. Most rural roads across the Shire have conditions attached to them with the aim of maintaining a safe environment for ALL road users. During the busy / peak time of harvest safe passage of all road users across the road network needs to be a priority.

For more information on approved RAV roads please head to the Main Roads website <https://mrwebapps.mainroads.wa.gov.au/hvsnetworkmap>.

Alan Leeson
CEO

Councillor	Position	Term Expires
Grant Robins	President	2027
Brad Smoker	Vice President	2025
Robbie Bowey	Councillor	2027
Jarron Noble	Councillor	2027
Clinton Mullan	Councillor	2025
Troy Gangell	Councillor	2025
Michael Lucchesi	Councillor	2025
Brad Miller	Councillor	2027



PUBLIC TENDER



OUTRIGHT PURCHASE

- 2022 Toyota Prado
- Pearl White
- Approx 58,000kms
- Vin/Chassi No. JTEBR3FJ50K278263
- Registration until July 2024
- Offers over \$60,000 inc GST
- Available mid December

Inspection can be arranged by contacting Judd on the details below.

Tenders will be accepted until 4pm Friday, 1st November 2023



JUDD HOBSON
EXECUTIVE MANAGER OF WORKS
For more information
0427 801 241
works@kulin.wa.gov.au



SHIRE OF KULIN

Facilities Cleaner – Permanent Part Time

The Shire of Kulin is seeking an organised and reliable person to join our team undertaking cleaning of Shire facilities within the Kulin townsite.

The successful applicant would need to be able to provide and maintain a high level of service to ensure each facility is always clean and presentable.

Excellent interpersonal skills and the ability to work with limited supervision are a requirement. Experience in cleaning commercial facilities is desirable (but not essential). You will work around 20-25 hours per week, with flexibility in working hours to meet needs as they arise.

This position includes liaising with Centre Managers, along with stock control of cleaning products and equipment.

For more information, go to www.kulin.wa.gov.au or contact Fiona Murphy on 9880 1204. Applications outlining employment history and 2 recent referees should be addressed to the Executive Manager of Financial Services and sent via e-mail to emfs@kulin.wa.gov.au or posted to PO Box 125 Kulin 6365.

Alan Leeson
Chief Executive Officer

SHIRE OF KULIN DRAFT LOCAL PLANNING POLICIES
AVAILABLE FOR INSPECTION**DRAFT POLICY NO.10 - EXEMPTION TO REQUIREMENT FOR DEVELOPMENT APPROVAL FOR NON-HABITABLE FARM BUILDINGS AND INCIDENTAL FARM STRUCTURES****DRAFT POLICY NO.11 – WORKFORCE ACCOMMODATION**

Notice is hereby given that the Shire of Kulin has prepared the abovementioned local planning policies pursuant to the Deemed Provisions of the *Planning and Development (Local Planning Schemes) Regulations 2015*.

The purpose of the proposed policies are to:

- i) provide an express exemption to the need for development approval for the construction and use of non-habitable farm buildings and incidental farm structures on all 'Rural' zoned land in the Shire's municipal district used for extensive agricultural purposes (i.e. broadacre cropping and grazing); and
- ii) guide the preparation, processing and determination of development applications and statutory referrals for workforce accommodation on all land in the Shire of Kulin and control its location, design, servicing, management, duration, decommissioning and rehabilitation or re-use in accordance with the aims and objectives of the local government's local planning framework.

Details of the proposed policies are available for inspection on the Shire's website ([Documents for Public Comment » Shire Of Kulin](#)) and at the Shire's Administration Centre, Johnston Street, Kulin, during office hours.

Comments on the proposed policies are now invited and can be emailed to admin@kulin.wa.gov.au or posted to the Shire's Chief Executive Officer at PO Box 125 KULIN WA 6365. The closing date for submissions is **Friday 24 November 2023**.

All submissions must include the following information:

- Your name, address and contact telephone number;
- How your interests are affected; whether as a private citizen, on behalf of a company or other organisation, or as an owner or occupier of property;
- Address of property affected (if applicable); and
- Whether your submission is in support of, or objecting to the proposal and provide any arguments supporting your comments.

All submissions received may be made public at a Council meeting and included in a Council Agenda, which will be available on the Shire's website, unless a submission specifically requests otherwise.

Alan Leeson
Chief Executive Officer
Shire of Kulin

26 October 2023

SNAKE HANDLERS

PLEASE CONTACT - 0419 232 951

CBH have qualified snake handlers and catchers. If you find a scaley friend in your house or yard you can call 0419 232 951 (Sam) and I can get one of our team members to you to remove the snake safely. I have handlers in Corrigin area, Kulin area and Kondinin Shire area over the harvest period. We are happy to offer this service to the community no charge.

If you do come across a snake please call and we can help. We do ask that you keep track of the snake as they don't remain in one spot and we can't spend all day looking for them.

KULIN RE-USE WATER SUPPLY

STARTING ON THE 1ST OF NOVEMBER 2023

The Shire of Kulin wishes to advise that the town re-use water supply to the oval will recommence the week beginning 1st November 2023. This water will be applied between the hours of 10:00pm and 3:00am so will have no impact on normal oval use.

EXPRESSIONS OF INTEREST

FORKLIFT COURSE

We are looking for expressions of interest in a forklift course on the 20th and 21st of February 2024 (2-day course). Please contact Jayde on to@kulin.wa.gov.au or call the Shire of Kulin on 9880 1204.



Kulin Shire Council Annual Meeting Dates 2024 Public Notice 2024 Notice of Meeting

Notice is hereby given that the 2024 Ordinary Council Meetings of the Shire of Kulin will be held on the following **Wednesdays**, commencing at 4:00pm

21 February	21 August
20 March	18 September
17 April	16 October
15 May	20 November
19 June	18 December
24 July	

Meetings are held at the Shire of Kulin Council Chambers, 38 Johnston Street Kulin. Copies of agendas and minutes can be accessed on the Shire's website at www.kulin.wa.gov.au



SHIRE OF KULIN

EARLY RATES PAYMENT PRIZE DRAW

1ST PRIZE - Les and Christine Tyson
\$500 Bank Account - provided by Kulin Community Financial Services

2nd Prize - Colin and Jacinta Holmes
2023/24 Family Season Pass to the Kulin Aquatic Centre (2 Adults, 2 Children)

3rd Prize - Peter and Kerry Riseborough
2024 Freebairn Recreation Centre Family Membership

Congratulations to the above recipients and thank you to all those who payed their rates by Friday 29th September 2023.



📞 9880 1204



KULIN RETIREMENT HOMES INC.

We are so excited to offer!!!!

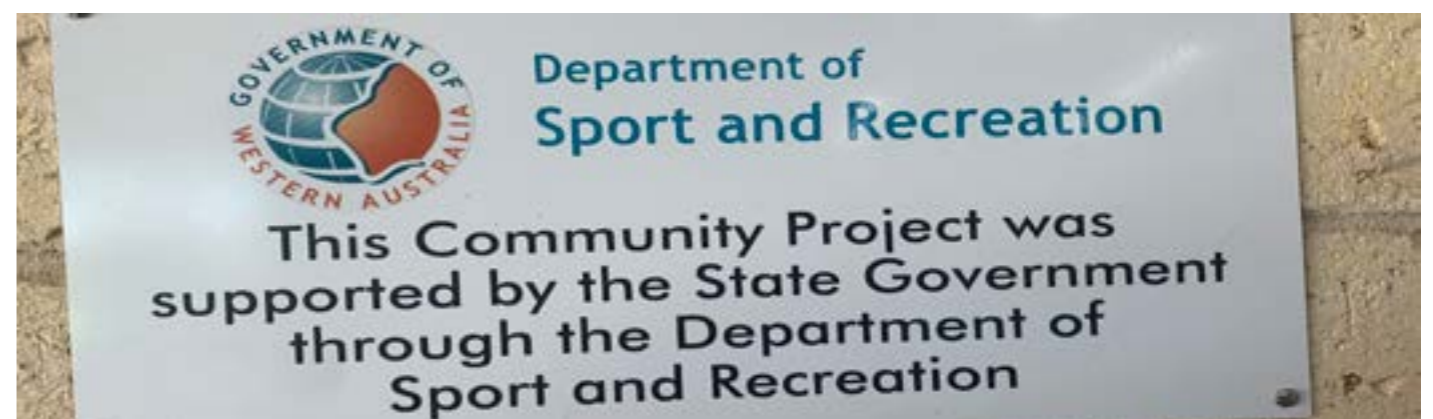
New Refurbished One Bedroom Unit at Kulinda Village for Rent, this unit will be available end of November 2023.

We also offer a One Bedroom Unit for Rent (this unit is only available to middle of January 2024)

Annie Lewis
9880 1204



On the 8th of November 2023 the Freebairn Recreation Centre turned 20! Officially opened by Mrs Joan Richards (Freebairn Family) & Mr Ron Alexander, Director General, Department of Sport and Recreation. Let's take a look back in time to the Official Opening of the FRC on the 8th of November 2003.



On Wednesday 1 November 2023 the Kulin Shire Council hosted a function to recognise 34 years of service and dedication from retired Councillor Barry West.

The Freebairn Recreation Centre was set up beautifully to formally seat all of the guests who enjoyed a delicious three course meal and shared in the acknowledgement of Barry's contribution to the Kulin Shire Council from 1989 to 2023.

Master of Ceremonies, Cr Brad Smoker welcomed everyone and read out the list of apologies before inviting Cr Robbie Bowey, on behalf of Council, to speak on Barry's long and dedicated service. Here is an excerpt from the speech:

Barry West has provided significant leadership and guidance to the Kulin community with 34 years of continuous service to the Kulin Shire Council. Highly respected by his peers, Barry has made a high calibre contribution to the Shire of Kulin.

Following the retirement of Clarrie King from the Kulin Rock ward, Barry West was elected as councillor in May 1989. Sworn in by JP Mr John Wilson, Barry continued his service to the Shire of Kulin for 34

continuous years, concluding with his final meeting last month. 34 years equates to approximately 374 council meetings (give or take a few), amounting to about a year of his life.

Barry was elected Deputy President for twelve years from 2003 – 2015 and President for six years from 2015-2021. He represented Kulin Shire on the local RoeROC council for 18 years during his tenure as Deputy President and President, also serving two years as Chairperson of RoeROC.

A long standing involvement with the Western Australian Local Government Association (WALGA) Barry was awarded a Meritorious Service Award from the Country Shires Association in 2022. Barry was Shire of Kulin Central Country Zone Representative from 2011-2020, zone delegate and member and deputy Chair of the Zone Executive Committee from 2019-2021.

In September this year, Barry was deservingly awarded the Eminent Service Award from West Australian Local Government Association (WALGA). He is the only Kulin councillor to have received this prestigious award.

Barry Donald West has served the

Kulin Shire Council and Kulin community with dedication, passion and commitment for 34 years, giving generously of his time and effort over such a long period of time. Thank you.

President Grant Robins then presented Barry with a framed Certificate of Appreciation, a set of Waterford Crystal glasses, a Kulin Shire plaque and Barry's nameplate from the Council Chambers. President Robins took the opportunity to thank Barry and proposed a toast in his honour.

Following main course, Barry responded, taking the time to talk about what has been important to him over his journey as a Councillor with the Shire of Kulin and acknowledging the leaders and Councillors he looked up to and learnt from when he first started. Thanking past and current Councillors, staff and family Barry is grateful for being able to have been involved with so many fantastic community projects over the years and will look forward to watching what comes next.

Cr Smoker concluded the formalities and thanked all those for attending the evening.



COMMUNITY CHRISTMAS



To celebrate the continuing commitments of our community members and volunteers, we invite everyone to our Community Christmas Party!

Why Thank a Volunteer Day

When 15 December 2023, 4:00pm onward

Where Visitor Discovery Zone

Who Everyone is invited!

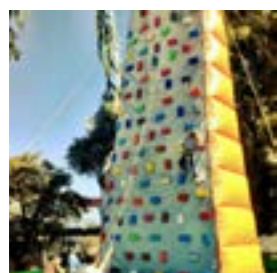
How much No entry fee at all, band, entertainment and the real life Santa are at no cost. The food vans are the only thing that will require payment

Big kids: BYO or utilise the pub across the road (permit to consume alcohol approved)

Supported by the Department of Communities

For the Kids

Face painting, and 2x inflatables will be available at no cost, a very, VERY special guest from the North Pole will also be visiting.



Entertainment

Band 'Groovy Tuesday' will be playing 4:30-7:30pm



Food

Food trucks 'Fire Truck Pizzeria' and 'Excuse my French Crepe Van' will be keeping our bellies full



CHRISTMAS IN VEGAS



This year, Seniors Christmas has made a move across countries, celebrate in style in Vegas! We would love to see all your faces at our Christmas Luncheon, please RSVP with your name and dietary requirements.

If you would like to RSVP as a table, please let us know who will be joining you.

DECEMBER **05** 12:00 PM

Freebairn Recreation Centre

RSVP TO BELLE OR STELLA BY 24/11 -

9880 1204 OR

RCMGR@KULIN.WA.GOV.AU



Get to know the health of your soil

Join us for practical advice and ideas around building resilience on your farm!

Get to know the health of your soil through simple DIY tests in this practical field day led by Soil Scientist Philip Mulvey. We will discuss the importance of mending and maintaining the small water cycle and how to build and track carbon on your farm.

Bring along with you a sample (about 250g) of your best and your worst topsoil and a 30cm deep sample. Bring 4 empty jars to do your testing with. 4 samples in total to participate in the DIY testing.

During this event we will discuss:

- What is a healthy water cycle, actions that contribute to loss of water cycle and maintaining a healthy water cycle
- Why carbon in soil requires water cycling, how carbon in soil builds drought resilience and measuring carbon in soil as a crop
- DIY Soil Assessment in practice using Ryzo's Soil Properties Observation Tests (SPOT)

Event Details

When: Thursday 7 December
9.30am – 2.30pm with lunch provided

Address: Bencubbin Recreation Centre,
283 Monger Street, Bencubbin WA 6477

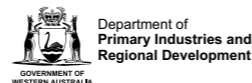
To Register

Visit <https://www.trybooking.com/CNFCZ> or scan the QR Code. Tickets capped at 15 soil sampling participants'.



Participants will receive a pH kit, Access to SPOT App and Carbon Farming Handbook.

wheatbeltnrm.org.au/events



Harvesting Hope: Seed Collection Workshop

From Seed to Success: Collecting the right seed for the job!

Wheatbelt NRM is proud to support a practical workshop in field techniques for seed collection for use in restoring saline waterways in the Wheatbelt.

Event Details

When: Friday 8 December
7.30am – 10.30am with morning tea provided

Address: 898 Nambling South Road, Ucarty WA 6462

To Register

Please register your interest with Dimity dboggs@wheatbeltnrm.org.au

wheatbeltnrm.org.au/events



THANK YOU!

The dust has finally settled and hopefully everyone has recovered from the hottest Kulin Bush Races yet! Despite the heat, it was another hugely successful year. The positive feedback we have received from our patrons has been AMAZING!

The finances are almost wrapped up for 2023 and we are pleased to report that we made a profit of close to \$450,000!! This is a phenomenal effort! This money will make its way back into our community to improve facilities and infrastructure around our town and surrounds.

Kulin Bush Races Committee would firstly like to thank all our amazing volunteers for making our event happen. We appreciate the time, energy and resources that everyone contributes. The way you all smile and look after our patrons is a credit to Kulin. Whether you work a few shifts over the weekend or put in hours in the weeks leading up. Every little bit counts, THANK YOU!

Thank you to all our local businesses. The extra pressure that the bush races puts on you leading up to and over the weekend is intense. You continue to work hard whilst serving our visitors with a smile.

Thank you to all our local sponsors. Your support is very much appreciated and without our sponsors, our event would not be possible.

Finally, a huge thank you must go to the Shire of Kulin. We are extremely lucky to have the robust support of our wonderful shire. From watering the track, washing chairs, putting up signage, dealing with patron enquiries and more. We appreciate every single thing you do!

If you haven't been involved in volunteering at the Kulin Bush Races, we would love you to get involved in the future. Even a few shifts over the event weekend will help to fill the rosters and take



the pressure off. Volunteering is extremely rewarding and proceeds from our event benefits everyone in our community.

Enjoy a well-deserved break from Kulin Bush Races and if you would like to be more involved in the future, please keep an ear out for our AGM.

We would like to wish everyone a safe and enjoyable festive season.



We hope you enjoy the following feedback from a couple who attended KBR.

Congratulations to the committee, volunteers and general population of Kulin. You guys are amazing.

You have done yourself, your town and every visitor to the 2023 KBR proud.

As it said on the back of our t-shirts, we were lucky to be there.

The organisation that went into the weekend was second to none, there was not one single thing that we could suggest to make it any better. The fact that it truly was a family event was impressive. We didn't come across or hear of any trouble or problem from anyone which that alone with 4000 people was fantastic to see the level of respect that everyone had for each other.

Our deepest thanks and a huge pat on the back to each and every one of the volunteers, no question too hard, no request too big.

It made our hearts happy to see a country community pulling together and working as one to make magic happen.

Fingers crossed we win the fastest finger on the 'get tickets' lottery for tickets again next year.

Completely impressed and KBR fans,

Wendy & Ian



DO YOU HAVE A ROOM FOR A COUPLE OF MEDICAL STUDENTS FOR THREE NIGHTS?

Curtin Medical Student Rural Immersion Week
TUESDAY 12 TO FRIDAY 15 MARCH 2024

Share your town and rural lifestyle with doctors of the future

Over 100 second year Curtin University medical students will attend the Curtin Medical School Student Rural Immersion Week, and hopefully be inspired to work in rural Western Australia.

During their stay, they will visit local farms, industry, general practices, hospitals and schools, and participate in community activities.

Do you live in or near Brookton, Corrigin, Dalwallinu, Katanning, Kondinin, Kulin, Moora or Wongan Hills?

As a host, we will ask you to provide accommodation for two or more students for three nights, be able to assist with transporting them to/from town, and share what it is like to live in your town with the students.

You are invited to come along to a Thank You dinner with the students on the Thursday night.

Why host?

If you live in or near one of these towns we would love to hear from you!

This is a life-changing experience for the students, with many having no previous exposure to rural life.

By providing these rural immersion opportunities early in their degree, it has been proven that students are more likely to explore rural career opportunities and have a better understanding of treating rural patients.

Some students continue to keep in touch and visit their host families, some return to do seasonal work and placements, others have joined mentoring programs and some have inspired host family members to pursue tertiary studies in health and medicine.

For further information, contact Rural Health West:

T 08 6389 4500

E futureworkforce@ruralhealthwest.com.au





LEMON CUPCAKES

Lemon Cupcakes

Ingredients

- 125g golden caster sugar
- 125g unsalted butter, at room temperature
- 2 lemons, zested plus 4 tbsp juice
- 2 eggs
- 125g self-raising flour
- 185g icing sugar, sifted

Lemon Sugar Topping

- 100g golden caster sugar
- 1 lemon, zested

Method

Step 1

To make the lemon sugar, whiz 50g golden caster sugar in a food processor with most of the lemon zest, then mix in the remaining sugar onto a baking tray and leave to dry for 1 hour.

Step 2

To make the cakes, heat the oven to 180C/160C fan/gas. Beat the sugar, butter and lemon zest using an electric mixer until light and fluffy, give it plenty of time as this will make the cakes nice and light. Add 1 egg at a time with a spoonful of the measured flour to prevent curdling. Finally, mix in the remaining flour and 2 tbsp

lemon juice. Line a bun tin with cases and divide the mix between them. Bake for 18-20 minutes, until risen and light golden. Cool on a wire rack.

Step 3

Mix the icing sugar and 2 tbsp lemon juice until smooth. Remove the paper cases from the cakes and sit on wire racks. Ice the tops of the cakes. Sprinkle with lemon sugar and the remaining zest and leave to set.

Classic Swiss Roll

Ingredients

- Butter, for the tin
- 3 large eggs
- 100g caster sugar, plus extra 3 tbsp to dust
- 1 tsp vanilla extract
- 100g plain flour
- 1/2 tsp baking powder
- 250g strawberry jam

Method

Step 1

Heat the oven to 200C/fan 180C/gas. Butter and line the base and sides of a 23cm x 34cm x 2cm swiss roll tin. Whisk the eggs and caster sugar for 3 minutes with an electric hand whisk until thick and pale. Add the vanilla and whisk for another few seconds. Sieve in the flour and baking powder in to batches, then use a large metal

spoon to fold the flour into the batter. As you fold, gently lift and shake any large pockets of flour to break them up.

Step 2

Once the batter is just combined, carefully pour into the tin, using a spatula to scrape the bowl clean. Ease the batter to the corners of the tin and lightly smooth the top. Bake for 10-12 minutes until golden springy.

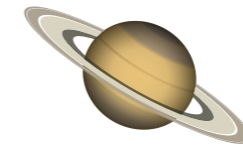
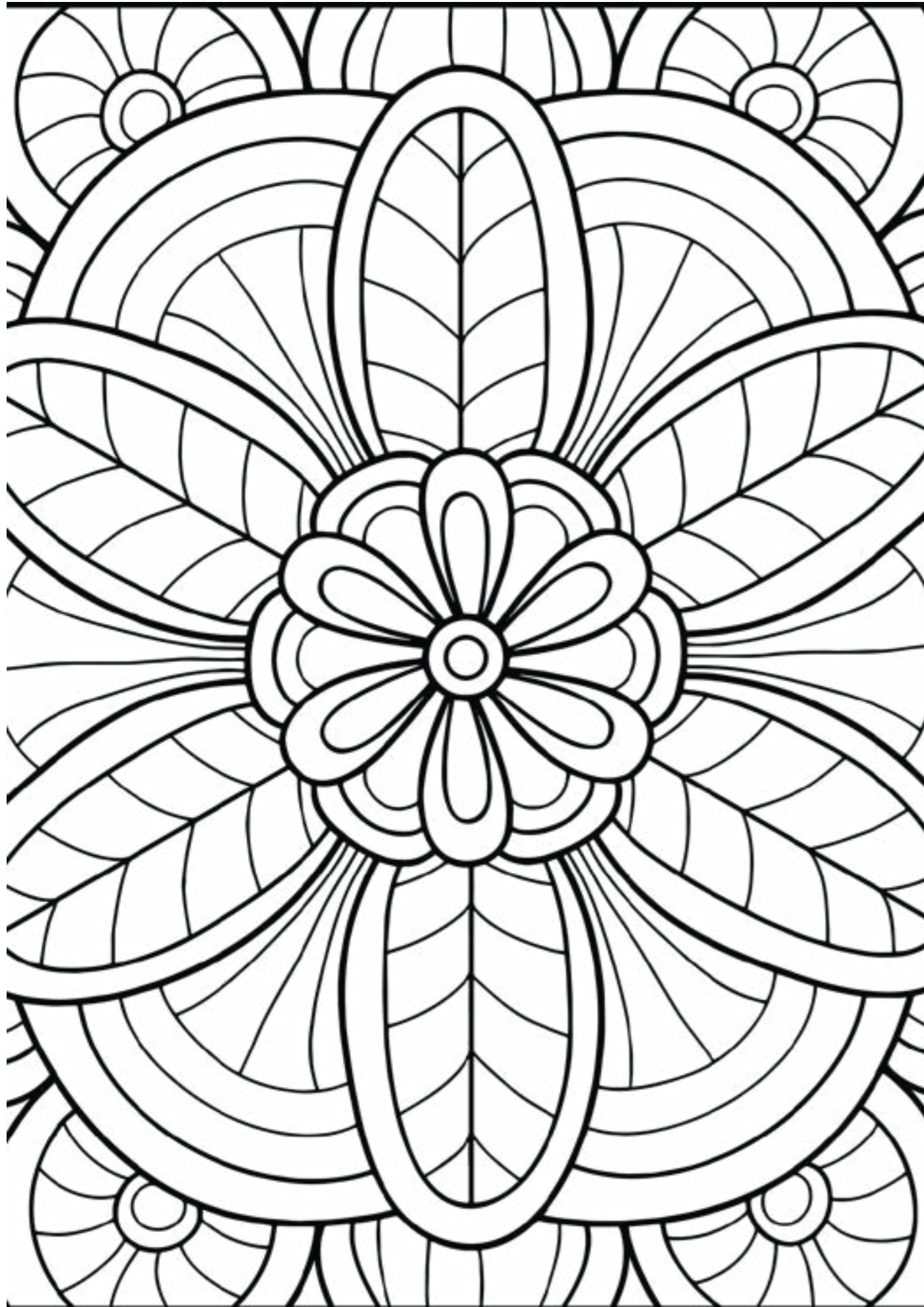
Step 3

While the sponge is baking, cut a large rectangle of baking paper. Dust the paper with the extra caster sugar. Once the cake is cooked, tip the sponge onto the sugared paper and peel off the lining paper. Push the short end of the sponge 2cm away from the edge of the paper. Fold the edge of the paper onto the short edge of the sponge and roll both up together while the sponge is still warm. Leave to cool rolled up.

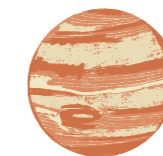
Step 4

Stir the jam to loosen. Carefully unroll the sponge, but don't flatten it completely or it will crack. Use a palette knife to cover the inside of the sponge with the jam and then roll it up again without the paper. Put on a plate seam-side down to serve.





PLANETS



Horizontal

Vertical

- 1. It is the largest planet
- 2. It was the first planet seen with a telescope
- 3. It is the last planet in the Solar System
- 4. It is the planet closet to the sun
- 5. It is the hottest planet
- 6. It is the only planet that has only 1 sun
- 7. It is called the "Red Planet"
- 8. It has a lot of wind



PLANTS

Watering Your Plants

All houseplants have slightly different watering requirements, depending on how they're grown and changes in plant growth through the seasons. It's best to water on an as-needed basis rather than by a set calendar schedule. In general, plants grown in well-drained potting mix in an appropriate-size container should be watered when the top 1/2 to 1 inch of soil feels dry. Cacti and succulents need less water; flowering plants usually need slightly more.

Overwatering is one of the most common causes of houseplant death. If you're not sure how much to water, it's better to err on the dry side than to give your plants too much moisture. When you do water, avoid splashing onto leaves and stems, which can encourage diseases and leaf spotting.

Fertilize Houseplants Periodically

Like watering, there's not an easy rule to know how much to fertilize. It depends on the plant growth rate and age, and the time of year. Most houseplants put on a growth spurt in spring and summer, so this is the best time to fertilize them. During the short days of fall and winter, most houseplants don't need much, if any fertilizer. Follow label directions to know how much plant food to use.

Like overwatering, it's important to avoid overfertilizing your houseplants. Too much fertilizer can burn their roots and stunt their growth. For flowering varieties, use a fertilizer in which the three numbers on the label are relatively equal. If the nitrogen content is too high, the plant may grow a lot of leaves, but few flowers. It's also a good idea to use a fertilizer that includes micronutrients to avoid deficiencies.

Propagate Houseplants When Needed

Several types of houseplants benefit from being propagated by division or other methods once in a while. It helps to rejuvenate an overgrown plant and encourage fresh growth. Plus, it's an

inexpensive way to get more plants out of the ones you already have.

Some houseplants, such as bromeliads, send up new shoots at the base of the plant or offsets, which you can divide and put into new pots. Climbing houseplants such as philodendron and pothos form new roots where their stems come into contact with soil, so they're good candidates for starting new plants from cutting. You can root new African violets from a single leaf; just put the stem end in a bit of water for a couple of weeks.

Other houseplants, such as spider plant and strawberry begonia, reproduce by sending out runners with new plantlets at the end. It's super simple to root these to start new plants; usually you just need to soak the base of the plantlets in water for a few days, to help them develop roots, and then you can plant them in soil.

Repot Overgrown Houseplants

Not sure if your houseplants need repotting? Check the root systems. If the roots are circling the inside of the container, it may be time to repot the plant. If the plant has outgrown its pot, you can transplant it into a slightly larger container. If you'd like to keep it in the same pot, trim off some of the roots with a sharp knife and replant it into the container using fresh potting soil.

As you repot your houseplants, it's also a good time to divide those with multiple stems to create new plants. Spring and summer are the best seasons for repotting your houseplants.

Remove Dust From Plants

Almost all houseplants look better with regular cleaning. Dust collects on leaves, so wash them with a gentle shower of room-temperature water or dust the, off with a soft brush if the plants have hairy leaves (which can hold onto moisture and encourage disease). For plants with smooth leaves, you can also use a cloth to gently wipe away any dust that collects on leaves. Not only does this

improve your plants appearance but it's actually help it to soak up more light.

Prune And Pinch Back Houseplants

You can prune any time of the year, but fall is a natural time to break out your pruning scissors after a summer of growth. The main reasons for pruning houseplants are to make them look better and keep them from getting too large. Similar to propagating, cutting overgrown houseplants back to 4 - 6 inches tall helps rejuvenate them. This technique is effective in encouraging new growth for trailing plants such as Swedish Ivy and Pothos that may have become bare at their bases. Try to make your cuts just above a set of buds or side shoots on a stem you want to cut back. These are where the new growth will start. Also, remove any dead or diseased leaves and stems to help prevent the problem from spreading.

Pinching means removing stem tips, either with your fingernails or pruners. Pinch out the tip of a stem and the top most leaves to encourage the growth of side buds. Plants that grow rapidly often look best with frequent pinching to keep them compact and fuller.

Deadhead Flowers And Remove Dying Leaves

Trim faded flowers from your plants to encourage more blooms and help prevent disease problems. While you're at it, be sure to remove yellow, brown or withered leaves. Use a narrow-blade hand pruner or sharp scissors to make a clean cut without tearing the plants stem. It's a good idea to wipe off the blades of your pruners with rubbing alcohol before moving on to a different plant to avoid spreading any pests and diseases.

Control Insect Pests

Several insects commonly attack houseplants. Insecticidal soap is an easy-to-use, effective treatment for most soft-bodied pests such as aphids and spider mites. A forceful spray of water from the hose helps knock down the population of these pests too.

WORLD PANCREATIC CANCER DAY (NOVEMBER 17 2023)

World Pancreatic Cancer Day is all about shining a light on the disease, taking action to raise awareness of the disease, the signs, symptoms and risks and the need for earlier detection. Sharing messages and information and pancreatic cancer research is important, but you can easily raise funds for pancreatic cancer research - the opportunities are endless. Not sure what to do? Here are some ideas to get you started:

- Healthy lifestyle challenge
- Create a tribute or in-memory page for a loved one
- Host a morning tea on World Pancreatic Cancer Day
- Hold a "bake-a-thon" at work
- Organise a #PlayinPurple Gold day at your local club
- Host a pancreatic cancer BBQ fundraiser
- Shave your head for pancreatic cancer
- Corporate team building - educate your workmates about pancreatic cancer while doing something fun
- Book or garage sale - clear out unwanted items and donate the proceeds to pancreatic cancer research

It's easy to set up a personalised fundraising page and share your event with your friends, family and colleagues.

What Is The Pancreas?

The pancreas is part of both the digestive (exocrine) system and the hormone-producing (endocrine) system. It is a long, flat gland about 13-15cm long that lies between your stomach and spine.

The pancreas has two main functions:

1. To help with digestion (exocrine)
2. To control the amount of sugar in the blood through hormones (endocrine)

Exocrine (digestive) Function

Groups of exocrine cells produce juices called enzymes that help break down food. The juices flow through the pancreatic duct from the pancreas into the duodenum (part of the small intestine). Most of the pancreas is made up of exocrine tissue.

Endocrine (hormone) Function

Scattered among the exocrine tissue are small groups of endocrine cells. These release hormones that control the level of sugar in the blood - the hormone insulin decreases this level, while the hormone glucagon increases it.

The Signs of Pancreatic Cancer

Pancreatic cancer often doesn't cause any outward signs or symptoms in the initial stages, which can make it hard to diagnose early. Unfortunately, little is known about the exact causes of pancreatic cancer, so it can be difficult to determine why some people get the disease and others don't.

Research has identified some risk factors that identify a person who is more likely than others to develop pancreatic cancer.

Risk Factors Include:

- Smoking (cigarette smokers are about twice as likely to develop pancreatic cancer)
- Ageing
- Type 2 diabetes
- Obesity
- Pancreatitis (long-term

- inflammation of the pancreas)
- Certain types of cysts in the pancreatic duct known as intraductal papillary mucinous neoplasms (IPMNs), an appropriate specialist should make this assessment
- Overconsumption of alcohol
- 1 in 10 cases is a result of inherited genetic factors

Symptoms Of Pancreatic Cancer

Symptoms of pancreatic cancer can also be vague and may come and go, while the severity can also vary for each person.

It is important to remember that more common illnesses may cause these symptoms and you should always speak to your medical practitioner if you have any concerns.

Conditions such as pancreatitis (inflammation of the pancreas), gallstones, irritable bowel syndrome (IBS) or hepatitis (inflammation of the liver), can also present these symptoms.

Some of the symptoms that may indicate pancreatic cancer are:

- Jaundice, yellowish skin and eyes, dark urine, pale bowel motions and itchiness of the skin
- Indigestion (heartburn)
- Appetite loss
- Nausea or vomiting
- Unexplained weight loss
- Pain in the upper abdomen, side or back, which may cause you to wake up at night
- Changed bowel motions, including diarrhoea, severe constipation, or pale, foul-smelling stools that are difficult to flush away



Seniors Movie Day

Tuesday | 21.11.2023 | 11:00am - 1:00pm



Free Event | Coffee and Tea Provided | Kulin CRC Chambers

After her ailing mother wanders off during a blizzard, Bridget returns to her childhood home in Chicago, accompanied by her rebellious daughter. Forced to referee between her father's stubborn insistence that his wife remains at home and her equally determined brother's efforts to place her in a "memory care" facility, Bridget struggles to make sense of a lifetime of family conflict. With her mother's decline becoming increasingly obvious, long-simmering resentments bubble to the surface.

SENIORS MOVIE DAY

TUESDAY | 12.12.2023 | 11:00AM - 12:40PM



The King, impressed by Elizabeth's pleading, asks her to report back on the people's feelings towards him and his midnight speech on the radio. Each girl, incognito, is chaperoned by a Royal Army officer with an itinerary to be back at Buckingham Palace by 1:00 a.m. Soon realizing the Queen's planned itinerary does not fulfil their expectations of fun and meeting the ordinary people, Margaret is the first to slip away from her escort, followed by Elizabeth. Both princesses are separated on two different buses and have their own night-long adventure. Margaret is befriended by a Royal Naval officer seeking to take advantage of what he believes is just an ordinary girl.

FREE EVENT | COFFEE AND TEA PROVIDED | KULIN CRC CHAMBERS

Weekend Workshops at the



Sat 18th & Sun 19th November
10am-3pm
All materials supplied
BYO lunch \$2 Morning/afternoon tea available
Bookings essential with Erin Bailey 0429 809 013

Card Making with Odette Kermode
Saturday 10-1pm: 3 shaker cards for adults only \$25 pp
Saturday 1.30-3pm: 5 tag cards \$15 for adults and kids
Sunday 10-11.30: 5 tag cards \$15 for adults and kids



Felting with Pam Williamson
\$35 Saturday only



Macrame with Erin Bailey
\$35 Sunday only



Creative Kulin Kids
1st, 8th, 15th, 22nd November
Creative Arts sessions for kids
2.45-4.15pm
Kulin Community Arts Centre
\$5 per session
All ages welcome.
For more information or to book your child in,
please contact Erin Bailey 0429 809 013 arts@kulin.com.au




Kulin Christmas Markets



Saturday 16th December 2023
9am-1pm
Kulin Memorial Hall

\$10 per stall

Stallholder application forms and information available from:
www.facebook.com/kulincommunitymarkets
Online form: www.jotform.com/ErinBailey/kcm16122023
Erin Bailey 0429 809 013 erin@kulin.com.au
Kulin CRC T: 9880 1204 crccounter@kulin.wa.gov.au



Wheatbelt Inpatient Rehabilitation Service

Do you have an upcoming surgery that may require rehabilitation?

Want to be more independent at home?

Are you not doing as well as you expected after illness?

The Inpatient Rehabilitation Units at Northam and Narrogin Health Services would like to hear from you.



What we require from you:

- Active participation in daily therapy with our allied health team
- Goal setting
- Assist with discharge planning

Find out more

Watch the video via the QR code or give our rehabilitation team a call:

Northam 08 9690 1752
Narrogin 08 9881 0385



Narrogin Hospital Rehab Service helping people to achieve their goals



(Pictured- Stacy Forrest Subacute Coordinator, Scott Glassby Physiotherapist, Zoe Dick Registered Nurse, Pias Tabungar Allied Health Assistant)

After sustaining a fall and a fractured ankle Karen was transferred to the Narrogin Health Service Inpatient Subacute Service from a Perth tertiary hospital for ongoing rehab. *“This service allows patients to receive the care they need close to home without the extended stay in Metro sites”* reports Subacute Coordinator Stacy Forrest.

During her stay, Karen worked closely with the allied health team to ensure she meet all of her goals before discharging home stating the team *“Were professional and included me in all decisions relating to my ongoing treatment. They always kept me updated regarding my progress”*. One of her highlights during the stay was the daily Physiotherapy sessions *“as I never felt that I was being pushed too hard, but at the same time, I noticed how well my strength progressed at each session”* reports Karen.

On reflection of her time in the Subacute Service Karen reports *“I have no hesitation in recommending this program to others. In fact, without it, I feel that I would have been very disadvantaged in my recovery”* and *“everything about my experience with the service was positive.”*

Operating since July 2020, the Narrogin Inpatient Subacute Service has been able to assist over 95 patients in a setting close to home. *“Having family and friends able to visit can really help to improve mood and engagement in therapy. Being closer to support networks and familiar surroundings often leads to greater functional outcomes”* says Stacy.

If you would like any further information about the Narrogin Subacute Service, then please contact Stacy Forrest Subacute Coordinator on 9881 0385

Have you had any of these...

... for more than 4 weeks?

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

... once or more?

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



If you have and you are over 40...

Tell your doctor

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

Partner:



Government of Western Australia
Department of Health



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

06/2018

DID YOU KNOW?



SKELETON WEED SEARCHING COMMENCES

NOVEMBER 15TH

SKELETON WEED ON YOUR PROPERTY IS YOUR RESPONSIBILITY AND MUST BE TREATED

LEGAL REQUIREMENT UNDER THE BAMA ACT

- IF YOU HAVE ACTIVE SKELETON WEED (CODE 1 OR 3) PASTURE PADDOCKS OR HARVESTED PADDOCKS POST TWO WEEKS PLEASE CONTACT HYDEN KARLGARIN SEARCH CONTRACTORS TO GET THESE SEARCHED AS PART OF THE PROGRAM ASAP.

0427 896 079 (ANDREA)

REINFESTED CODE 2 PADDOCKS ARE ALSO ELIGIBLE FOR SEARCH ASSISTANCE. MARKING OF SQUARES HAS BEEN REDUCED IN SIZE TO 10M FROM OUTER MOST PLANT CHECK YOUR INFESTED AREAS MONTHLY AND TREAT, SUMMER SPRAY CONTROLS HAVE BEEN REVISED WINTER SPRAY IS ERADICATION CONTROL. ESPECIALLY IF STOCKED CHECK ONE MONTH AFTER STOCK REMOVED.

ANY QUESTIONS REGARDING YOUR INFESTATIONS OR THE PROGRAM

CONTACT

LYN CARRUTHERS 0409 351 373

LAKES LOCAL ACTION GROUP COORDINATOR



KULIN RETIREMENT HOMES INC. AGM

Notice is given by the Kulin Retirement Homes committee that the Annual General Meeting will be held on **Thursday 30 November 2023 at 10.30am** in the Shire Meeting room.

AGENDA:

- Open Meeting
- Apologies
- Confirmation of Minutes from previous AGM
- Business arising
- Correspondence relating to AGM
- Presentation of Auditors report
- Adoption of Auditors report
- Presentation of Chairman's report
- Adoption of Chairman's report

- Election of Office Bearers
- Appointment of Auditor
- Vote of thanks to outgoing Office bearers
- Close
- All Welcome.

Kondinin Community Resource Centre Inc

Kondinin CRC has a permanent part time position available for a **Finance Officer**.

The application package is available on request from the Kondinin CRC at coordinator@kondinincrc.com.au or by contacting the CRC on 9889 1117.

Selection criteria must be addressed when applying.

Applications close at 4 pm on Thursday 30th November 2023

Written applications must be submitted to:

The Coordinator, Toni Smeed

Kondinin Community Resource Centre, either by
• Post to PO Box 10, Kondinin WA 6367

• Hand delivered to Kondinin Community Resource Centre

• Email: coordinator@kondinincrc.com.au with the subject line: Employment

O:\CRC Staff\APPLICATION PACKAGES\ADVERTISING POSITIONS\Finance Officer.docx

DUFFY ELECTRICS

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



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com

Servicing Wickepin and surrounds

Make the Best In-Season Nutrient Decisions



Using nutrient Fuel Gauges and inSITE Plant Analysis, your local Area Manager can help you make the best in-season nutrient decisions.

Speak with Steve today!



Steve Cooke, Area Manager - Corrigin

Mobile: 0429 934 243 Email: scooke@summitfertz.com.au



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, 4th Sunday and 5th

10:30am 2nd 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

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

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

JUSTICES OF THE PEACE

MT Lucchesi 9880 4050
JM McInnes 9880 1360
R Noble 9880 1383
BW Sloggett 0427 081 925

FEEDBACK

We regularly get fantastic feedback and we love to share it with everyone as it truly is a team effort to make our visitors feel welcome and enjoy their stay.

"We wanted to congratulate you on the presentation & amenities in your lovely little caravan park. It was a pleasure to stay in such a neat & tidy park, with spotlessly clean amenities. It was also a pleasure to walk along the charming & very interesting Discovery Trail. And of course we loved the Tin Horse Highway! Congratulations once again on your town."

I visited your area last week, to see the Ravensthorpe Wildflower Show amongst other things, and made a point of returning to Perth via Lake Grace and Kulin to see the Tin Horse Highway. It is something I have meant to do since reading about it in a novel, I think it was written by Fiona Palmer. Anyhow, my reason for writing is to acknowledge the work that went in to making what I think is around 100 horses. Most of the horses appear to be well maintained, which is essential to preserving this great tourist attraction.

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!