

# THE KULIN UPDATE

16 May 2024

## 5 THANK YOU KULIN

'Kulin we see you and thank you - forever a part of our hearts and history.'  
Astrid & Darren

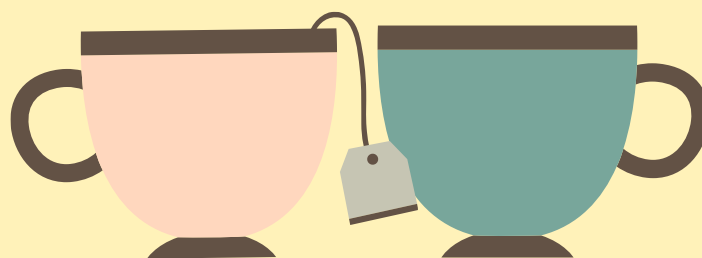
## 8 KULIN TO CAMBODIA

Congratulations to Kulin High School students Kailey, Shauna and Evalyn.

## 10 TANYA DUPAGNE

'I have lots of good memories, and would like to say a big thank you to everyone in town who was part of making them!'

The Kulin CRC and Shire of Kulin would like to invite you to join us for



## Australia's Biggest Morning Tea

### May 23, 10:30am

Freebairn Rec Centre

If you are able, please bring a plate to share

To RSVP, contact 9880 1204, or [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)





Mon - Fri 8:30 am - 4:30 pm  
 38 Johnston Street, Kulin WA 6365  
 (08) 9880 1204  
[crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)  
[www.kulin.wa.gov.au/crc-home](http://www.kulin.wa.gov.au/crc-home)



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

Call or email us and let us know your name and email address so we can add you to the distribution list. Alternatively, visit [www.kulin.wa.gov.au/#newsletterscroll](http://www.kulin.wa.gov.au/#newsletterscroll)

### How to advertise in the Kulin Update?

Complete the booking form found here - [www.kulin.wa.gov.au/council/news/community-newsletter.aspx](http://www.kulin.wa.gov.au/council/news/community-newsletter.aspx) and send your advert and completed booking form to [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)

### When are the deadlines?

All articles and booking forms are to be sent NO LATER than Tuesday, 4pm prior to the publication date.

### What are the advertising costs?

- 1/4 page b/w - \$20
- 1/2 page b/w - \$25
- 1/2 page colour - \$25
- Full page b/w - \$40
- Full page colour - \$80
- Front/ back - \$100

Members receive 20% off advertising costs, please contact [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au) for more information.

Accepted document formats:  
 • PDF • JPEG



### Achieved something?

We would love to share any community news or achievements in the newsletter, send through the information to [remgr@kulin.wa.gov.au](mailto:remgr@kulin.wa.gov.au)

## DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

28th	May	2024
11th	June	2024
25th	June	2024
9th	July	2024
23rd	July	2024
6th	August	2024
20th	August	2024

## HAPPY BIRTHDAY!

### May

17th	Neisha Duckworth, Sam Ellis
18th	Margaret Sullivan
22nd	Keith Wilson, Craig McInnes
23rd	Faye Williams
25th	Ty Toa
26th	Iggy Brandis
27th	Marg Waters
28th	Keven Giles, Sarah Gangell, De-Anne Giles
29th	Fiona Pittard, Nat Roads

## DATES AND UPCOMING EVENTS

### May

21st	Seniors Movie Day
23rd	Australia's Biggest Morning Tea
30th	After A Crash Workshop

2024 MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	01	02	03	04	05
	Dr Chukwuneke @ Kulin		Kulin Update	Dr Chukwuneke @ Kulin, Winter Sports @ Kondinin		
06	07	08	09	10	11	12
	Dr Chukwuneke @ Kulin,		Kulin Update	Dr Chukwuneke @ Kulin, Flu Vax Clinic @ Medical Centre	Winter Sports @ Hyden	
13	14	15	16	17	18	19
	Dr Chukwuneke @ Kulin	Council Meeting @ Shire	Kulin Update	Dr Chukwuneke @ Kulin	Winter Sports @ Corrigin	
20	21	22	23	24	25	26
	Dr Chukwuneke @ Hyden, Seniors' Movie @ CRC	Dr Chukwuneke @ Kulin	Kulin Update, Australia's Biggest Morning Tea	Dr Chukwuneke @ Kulin	Winter Sports @ Kondinin	
27	28	29	30	31	01	02
	Dr Chukwuneke @ Kulin		Kulin Update, After a Crash Workshop @ CRC	Dr Chukwuneke @ Kulin	Winter Sports BYE	
03	04	05	06	07	08	09
Public Holiday	Dr Chukwuneke @ Kulin		Kulin Update	Dr Chukwuneke @ Kulin	Winter Sports @ Kondinin	

Welcome to the second Kulin Update for the month of May.

Winter sports had a very successful weekend on May 11th, with all teams except one taking home a win. We receive such amazing feedback about the quality of our sports grounds from visiting towns and tourists, which proves that our rec facilities are something that we are really lucky to have as a community.

This is the first month of our 'Jobs Board', which is proving to be very helpful so far, and we hope to be able to continue to support economic and business development within the Shire through this and other avenues. If you or anyone you know has a position open, send through the details to [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au) to be featured.

If you have any ideas or suggestions for events or courses you would like to see the CRC run, feel free to let us know- we are always happy to accept your suggestions about ideas.

The amazing Julie Kenny visited Kulin recently, taking photos of our Shire as the third instalment of our photography project. The photos taken throughout this process have been and will be used for a wide variety of things, such as our social media, marketing and promotional products. The talented Nic Duncan, Daniel Njegich, and Julie Kenny have produced fantastic shots that we can all but marvel at, and having this bank of images to use has proved to be very valuable.

As June comes around, so does the end of financial year, which we are sure is a busy time for everyone. Make sure that you are taking care of your mind and body, we have included funding and support resources that are available to anybody later in this edition of the update, help lines are just a call away.

We have Australia's Biggest Morning Tea coming up on May 23rd (10:30am @ FRC), it would be great to see

members of the community coming and joining for a cuppa to raise money for cancer research. If you are able to, bring a plate to share. Other upcoming events include the Colts carnival, which is set for June 15th, the After a Road Crash workshop on May 30th, as well as golf, winter sports and other recurring events.

As you will read later in this edition of the Update, we have opened up a writing competition. This competition is open to anyone in the state of WA, however, we would love to see an abundance of Kulin entries. After having previously held art, photography and colouring competitions, we hope that this new art medium will unleash a whole heap of creativity.

Other than everything mentioned, it is busy business as usual at the Shire, we hope everybody is keeping warm.

Thanks for reading.  
Taryn Scadding, EMCS  
Belle Brandis, CDO

Kulin. Why did we stop? We had seen the Tin Horse Highway on social media and so it was on our bucket list. However, on arrival we were told about employment opportunities and just like that we had jobs in Kulin. Well we stayed from June 2023 to just after the KBR and returned January 2024 (unplanned), and we leave again on Saturday 11 May.

We have been welcomed, made life long friends both local, international and travelers through the caravan park community.

When talking to visitors, Kulin is an easy sell. The town takes pride in

its appearance, amenities, sporting facilities and children's play areas including the pool and water slide. The story of Kulin's success and growth, a community owned pub, pay what you think it's worth Caravan Park, Friday night bevvies at the pub or rec centre, 24 hour gym, physio, medical clinic, holistic masseur, Buckley's Breakaway, Macrocarpa Trail, Jilakin and Yerakine Rock, native flowers, orchids, Kulin Bush Races, Blazing Swan and Thorny Devils. The list goes on and local people could add even more.

Special thanks to - Bronwyn, Trish, Eloise, Stella (missy moo), Fiona and

Judd. The guys on the shire - especially Dan, Mick and Wayne, the gardening crew, Ambrose, Tyler and Florence, Iria and Aitor, Sebastian and Natalia, Hailey and Steve, Grant, Rob, Sarah, Ronan, Jones and Maureen, Anna, Lani, Michael, Dave (Tin Horse Automotive), our beloved Clarrie and Pam. Each of you has taught or shared something with us that is ours to treasure. And for the best laughter in Kulin, Trish and Zena are the ladies, their laughter will brighten your day.

Kulin we see you and thank you - forever a part of our hearts and history.

Astrid, Darren and Karma

On behalf of the Shire of Kulin we thank Astrid and Darren for their work with us. The timing was just perfect (both times) and we really appreciate the work you have done while with us. We wish you the very best on your next adventures and catching up next time you are passing through. Best wishes from the Shire of Kulin Councillors and Staff.

## JOBS BOARD- MAY

Truck Driver / Road Train Operator - Shire of Kulin

Casual Childcare Educators - Kulin Childcare

Service Administrator - McIntosh Kulin

Transfer Station Manager - Shire of Kulin

Work Health & Safety Officer - WA Kaolin

Community Service Officer - Bendigo Bank Kulin

Customer Service Specialist - Kulin Hardware & Rural

Gardener / town maintenance - Shire of Kulin

To add yours email [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au)

More information:

[www.kulin.wa.gov.au/council/news/employment-opportunities](http://www.kulin.wa.gov.au/council/news/employment-opportunities)



## MOTHERS DAY

Kulin Community Hub celebrated Mother's Day with a wonderful brunch.

The pictures say a 1000 words.

A wonderful way to enjoy Sunday morning. The Hub was busy with locals and travellers enjoying their Sunday morning brunch - then offering a roast for lunch and dinner - well done crew.

The Hub would also like to wish Nat and Seb all the very best for their future travels and thank them for their time back in Kulin..

Wendy Gangell



## HELP PLEASE

ITS TIME TO THINK ABOUT ADOPTING A HIGHWAY HORSE IF YOU HAVEN'T ALREADY- WHAT FUN WE ALL HAD LAST YEAR SPRUCING UP OUR BABIES!

MY ADOPTED "DEAD CERT" IS FALLING TO PIECES - DON'T SUPPOSE SOMEONE OUT THERE HAS A HORSE OR COW SKELETON ON THEIR PROPERTY I COULD USE TO RECONSTRUCT WITH. IF NOT LOOKS LIKE I'LL BE CREATING WITH PLASTER OR POTTERY CLAY.

CONTACT ME IF YOU CAN HELP OR ARE INTERESTED IN THE ADOPT A HORSE PROGRAM

WENDY GANGELL



## 2024 Kulin to Cambodia - House Building and Humanitarian Tour

Congratulations to Kulin High School students Kailey, Shauna and Evalyn who have been selected to represent the Kulin Community on a life changing 7-day trip to Cambodia in July 2024 to help build homes for some of the world's poorest families.

The students will be travelling with teachers Mrs Megan Syred, Mrs Alecia Robertson and Gen Whisson from Consult Ag Kulin to work with The Helping Foundation Australia, who have coordinated volunteer building tours to Cambodia since 2008 and have built over 1,000 houses.

The initiative is being coordinated by Ben and Gen Whisson from Consult Ag Kulin (Cropportunity Pty Ltd) with support from the Kulin community and beyond. It aims to provide Kulin DHS students with an experience of a lifetime, building leadership and an appreciation of the incredible perks of life in Australia. While this initiative will be life changing for Cambodian families and an amazing opportunity for local students, we also see it as one small rural community helping another.

Eight out of ten Cambodians live in rural Cambodia, in fragile structures that offer little protection from the elements. During the rainy season, houses are often flooded and limited possessions are lost. Parents often get sick and cannot work. In Cambodia, if you do not work you do not earn. Children need to fossick for food for the family, so they have no time to attend school. Having a sturdy house not only provides shelter and security, but parents are also healthier, possessions are not lost to floods, and children in weatherproof housing are ten times more likely to attend school and are on a path to better employment and a better life.

### The 2024 Trip

This year's trip will take place 20th July – 27th July 2024 and will be based out of Siem Reap - home of the famous Ankor Wat Temples. It will involve visits to multiple projects and all funds raised will go towards these activities.

- Building Houses with Volunteer Builder's Cambodia.
- Handing over cows to poor families at Cows for Cambodia.
- Giving school uniforms to Orphans (Krousar Thmey Long Term Care Centre).
- Establishing an English learning project.
- Supporting babies and toddlers who have been abandoned.

### How You Can Help

Volunteers who attend a Helping Foundation Australia tour are expected to raise \$2000 each towards the cost of the houses. In turn a \$10,000 donation is required for the five Kulin School representatives. We would like to invite community members to join us in supporting this initiative by contributing an amount which will go towards the costs of the houses and building materials. All money donated is tax deductible and goes directly to the projects with no administrative costs. If we raise over the \$10,000 requirement, this will be carried over and used to support next year's trip.

### How to donate:

1. Go To [www.helpingfoundation.org.au](http://www.helpingfoundation.org.au) click on "donate now".
2. Scroll down the donate page adding name and email address.
3. Under "Volunteer Team" select "July 2024 Team".
4. Under " Volunteer Name" scroll down the list and select " Kulin Community Initiative" .
5. Add intended Donation amount.
6. Under " Charity " add "Volunteer Building Cambodia"
7. Add any Comments.
8. Click on " Proceed to payment" to

complete your donation.

9. On the new page click on "Donate"

10. Follow the prompts and complete the Volunteer Cambodia donation form.

11. At the bottom of the page click on add billing address manually, and add address.

12. Click on" Donate" button.

13. A receipt will be emailed to you.

For more information about this initiative or how to donate towards the cost of the new Cambodian family homes, please contact Gen Whisson on 0427 651 304 or email [gen@consultag.com.au](mailto:gen@consultag.com.au) And a VERY BIG thank you to those people who have already donated.

### Attached Images:

The three families who the Kulin Group will be building houses for in July. The families are standing in front of their existing houses. The students and teachers will physically meet these families and helping to build their new homes.

The Kulin representatives of this year's Cambodia Trip.



## 2024 Kulin to Cambodia - House Building and Humanitarian Tour



Thanks to Taryn and Stella at the CRC for asking me to provide an update to people in the Kulin community. Everything happened so fast when I got my diagnosis that I was unable to see a lot of you before I left town, or even explain what was going on.

Through my years at Camp Kulin, what the community didn't know was how ill I was. I didn't even know! I had so many symptoms, which I had for years but which got progressively worse while at camp. I was seeing specialists and doctors and having tests, but nobody had answers for me so I didn't have a name for what was wrong. That meant I decided to simply hide my symptoms.

There were a number of symptoms I had. The most obvious was the foot drop and muscle/tendon damage in my legs. That led to me breaking my foot/spraining my ankle multiple times, in fact I spent over a year of the seven I was in Kulin in a moonboot or aircast! Later on I was given a custom brace for my right leg to hold it in place, which was followed by one for my left leg not long after.

I also had severe tremors in both hands; spasms in my legs; extreme fatigue to the point I'd have to sleep at lunchtime to make it through the rest of the day; loss of fine motor skills in my hands so I was unable to hold things like keys without dropping them; endless nose bleeding and severe pain in both legs. Unknown to me, I was also running

dangerously high heart rates each time I stood up and had blood pressure crashes. This is why I felt so unwell so much of the time. This was later diagnosed as severe Postural Orthostatic Tachycardia Syndrome (POTS) linked to my main illness.

This all meant that when I was back in Kulin and had downtime, all my body was able to do was sleep. I wasn't able to get out of bed to get to the shower let alone attend any functions or events in town.

A doctor eventually suspected what was wrong with me. I had blood drawn and we airlifted it to Germany for testing at an internationally accredited lab. The doctor's suspicions proved correct. In my blood the lab found borrelia (Lyme Disease) and three other tick borne illnesses, Bartonella, Babesia and Rickettsia. I also tested positive to Epstein Barr Virus and Coxsackie Virus as well as Chronic Fatigue Syndrome, Myalgic Encephalomyelitis, Fibromyalgia, Autonomic Nervous System Dysfunction, Sensory Neuropathy, Motor Neuropathy and the POTS which was diagnosed later.

My doctor's words when he got my test results were "I can't even explain how you're still standing, let alone been able to work for the past seven years!"

Back in 2005, I had completed my third summer at a camp for underprivileged and at risk children

in New Hampshire, in what we now know was a Lyme endemic area. I was bitten by a deer tick. I did what we were trained to do at the time, I pulled off the tick and got on with my day. I felt unwell and had a bulls-eye shaped rash on my stomach after that, but didn't think anything of it until 20 years later. It turns out that when that tick bit me, it injected the Lyme bacteria and all the other tick borne illnesses into my bloodstream.

Australia doesn't recognise Lyme Disease, so no doctor ever thought to test me for it. They knew I was sick because all other my tests were abnormal, but didn't know why. It took over 10 years from me first showing symptoms to getting the diagnosis. By that stage, I was already extremely ill.

As Lyme isn't recognised here, it's not allowed to be treated here. That means that doctors are allowed to treat my symptoms, such as giving me heart medication for my fast heart rate, but can't treat the thing causing them.

My condition has continued to deteriorate. I've been unable to work for four years because I'm bedridden most of the time. I can't drive because I pass out multiple times each month due to my POTS. I have support workers that come into my house to do my laundry, cleaning and help with cooking, and I'm not allowed to leave the house unaccompanied. I have to use either a walker or a wheelchair

and my house is full of safety rails, ramps and assistive technology.

I have had 18 surgical procedures in three years due to complications, and now have an ECG machine implanted on the left side of my chest and an Infusaport on the right side, where they put the needles to run IVs because my veins have simply given up.

It's a huge change from my days at camp! I try to find the positives in each day, even if that's something as simple as being able to get up and have a shower. I do a lot of disability advocacy volunteering now, because it's important that people with disability have a voice.

I've also been lucky enough to stay in touch with many of the campers and volunteers from my time at Camp Kulin. Last weekend, 11 years after the first camp we ran, we had a reunion for some of the most regular camp attendees, sponsored by Mia Davies MLA. Those little 8 year olds are now all grown up, and in amongst them we have police officers, nurses, army officers, future doctors, mine site managers, trade apprentices, psychologists, social workers and more!

It was so great to hear how camp still impacts them today. I was sitting with a group of 10 campers at the end of the afternoon and every one of them told me they still have their entire collection of letters we gave them at

camp and they still read them when they are having a bad day as adults. They also still have their Camp Kulin signed t-shirts - some of them even wore them to the reunion!

They've asked me to pass on their thanks to the Kulin community, and those local families who sponsored them to be able to come, for giving them the opportunity to have their lives changed.

There was also special mention made of the local people who drove the buses for our excursion days (especially Paul, Red, Brian and Heather), the "nice people who came and cooked our Christmas dinners", "that crazy pool and rec centre lady" (Jane Ardagh), the "people who talked to us at ANZAC day", "those nice CWA ladies who gave us the party", and "all those people who made us cakes and stuff for morning tea, especially the chocolate cake lady" (Mary Lucchesi that's you!). These kids (they'll always be kids to me!) even remembered specific conversations they'd had with some of you.

So what now? My condition has continued to get worse, and I'm never sure what is coming next. It's just living day to day. There is a treatment program that runs out of Cyprus getting amazing results for my illnesses and providing options I can't get in Australia. I was talking about it in a radio interview about living with

disability, and a very generous donor contacted me and offered a donation to kickstart a treatment fund to help me get there. A group of friends and former camp counsellors/campers have now set up a fundraising page to help raise the rest of the funds I need (the link is <https://www.mycause.com.au/p/344147> if anyone would like to have a look).

If I can get to Cyprus, I'll undergo an intense 2 month treatment program with an expected six month recovery period back home. The aim for me is that the treatment will halt further deterioration and generate an improvement so I am able to function better on a daily basis and reduce all the complications. If we can even get a 20-50% improvement, that's a few more days a week I can get out of bed, more community roles I can take on and more advocacy I'm well enough to do in the Lyme/disability space. So fingers crossed I'll be able to make the trip.

I've been talking about my time in Kulin a lot lately with the reunion and also the presentation of my Order of Australia (OAM) last week, which I received for my work at Camp Kulin plus the work I did prior to that in Kwinana, America, Africa, Canada and Vietnam, so the request for me to write this was timely. I have lots of good memories, and would like to say a big thank you to everyone in town who was part of making them!



## Kulin Childcare Centre



The second week of May has marked the beginning of our compost theme learning. The children and Educators have been busy in the garden planting our donated seedlings and clearing out the compost bin to start a fresh.



Our learning inside has included learning a new song 'Herman the Worm' which incorporates actions to different parts of the song. This gives children the opportunity to practise their listening and coordination skills.

The Compost theme supports us to learn through play and learn alongside nature. We are lucky enough to have a beautiful yard at Kulin Childcare Centre and we get to spend many hours outdoors each day. Spending time in the garden can help children develop their identity. For the children to come in each week and watch the seedlings they have planted grow and change gives them a very strong sense of achieve and being proud.

Every day we try to change our outdoor environment. This can include using different equipment in different ways to provide new challenges for children or moving the equipment into a new setting for them to explore in a new way.

It has been very exciting to see how our smaller children's confidence and gross motor skills have grown in the past months. Our educators do an amazing job at supporting children to have confidence to navigate climbing frames and balance on planks.

Moving the balancing planks to make a track into the sandpit was very popular for driving trucks on as well as walking and jumping into the sand pit.



Thank you to our families and the community for supporting our centre. We are currently looking for donations of silk ribbon and paper plates if you have any that need a home.

KCCC Team



EDFL 2010



## KULIN VS BURRACOPPIN

Home game in Kondinin on the 4/05/2024 with all grades versing a very strong club, Burracoppin.

I caught the end of NSG and these kids are getting better every week, Hux taking after his mumma with a ripper intercept, born to be a defender. The passion from the kids and on this team is so refreshing! I love when they come and tell me all the positions they played that day. Laura has the kids reflecting on the game and each have to point out something they did well, which i find soo special.

Unfortunately I missed Juniors this week; we had a time clash and more unfortunately the Juniors did go down by 11 goals. Kulin 22 Burra 33.

Not our day again in B grade, poor passes and lacking getting in front of our player meant we lost this game, by a fair bit. Fiona Jasper making her come back from retirement was very handy in the goals, and although she was saying she was sore, Ashley Butters made some ripper intercepts in the defensive end, taking home the Acres of Taste weekly award. Kulin 25 Burra 52.

A grade was an amazing game to watch, this team is getting better each week, and will be unstoppable by the second half of the season! Everyone is learning their positions, and playing their role. The girls went into the last quarter pretty even, but Burra stepped it up even more this strong side. Chloe showing us she is made for outdoor

netball and stepping up and was the Acres of Taste best on. Kulin 32 Burra 38

Thank you to Alysha Sloggett who had a huge day on Saturday, umpiring 2 games and playing her own game of A1!

Our club desperately needs more umpires, so if you are thinking of picking up a whistle, please reach out! We are lucky to have some amazing umpires in our club, but we need more. I would also like to thank the people who do votes each week! This task is very much appreciated by myself and Chloe as captains.

Danielle White

## KULIN VS HYDEN

3 wins on the board for Kulin Netball Club on the 11/05/2024! What a ripper day!

It was a hot and muggy day in Hyden, which had us very worried when warming up. I didn't catch any of the Juniors this week, my apologies, but they had a very convincing win over Hyden. Kulin 40 Hyden 9

It feels so good to finally get a win in B grade. We had 12 players (amazing), and we definitely needed them all! Rolling subs, a life saver when things weren't going our way, we were able to change positions up and give people the rest when they needed it. Bridie really stepped it up this game, her hunger for that win showed in some really good intercept

queens, Gen and Foops! The Buttigig duo have taken their game up quite a few notches, and have improved their own personal performance so much! Congratulations Gen on being this weeks Acres of Taste best player. Kulin 25 Hyden 16

A grade was a lot! Firstly, well done to Bindi on umpiring this game, it would have been a tough one to do so! The entire game, there wasn't much in it, only ever up by a max of 4 goals. The girls were getting frustrated in the first quarter, but I'm sure some wise and stern words from the coach were made, and that stopped for the remainder of the game. Melanie was a great attribute to the team, being able to switch from defence down to shooter and then back to defence. Julia had to really work hard, but

nothing she can't do or handle, and was commended for that with the Acres of Taste weekly award. Kulin 34 Hyden 30

Congrats to Cassie Kempton for picking up the whistle and umpiring the Kondinin vs Hyden Juniors game! Cas is only 13 and I was told she did a ripper job, thanks Belle for assisting Cas!

We will be away again next week in Corrigin. It's a weird fixture this year, but we have to roll with it! Please remember to keep an eye on the umpire and scoring roster, if you are unable to fulfil your roster, please find someone who can or reach out to one of the committee members!

Danielle White



## KULIN GOLF CLUB

As our golf course slowly turns from brown to green our golfers are welcoming several newcomers to our local regulars on a Sunday.

We hit off at 12 noon so come along if you'd like to join in.

Ladies golf is Wednesday morning at 10am for coffee and hitting off for 9 holes at 10.30am. Fixtures are available at the Freebairn Recreation Centre.

This Sunday is a Captains choice day

so should be fun, see you there!

Mens Captain  
James Wilson 0447 813 664  
Ladies Captain  
Helen King 0437 809 027.

### Winter Sports Results

ROUND 4 V BURRA 04/05/24		ROUND 5 V HYDEN 11/05/24	
<b>Netball</b>		<b>Netball</b>	
A1	Lost 38-32	A1	Won 34-30
B	Lost 52-25	B	Won 25-16
Jnrs	Lost 22-33	Jnrs	Won 40-9
<b>Football</b>		<b>Football</b>	
League	Won 68-49	League	Lost 133-41
Reserves	Lost 75-7	Reserves	Won 55-38
Jnrs		Jnrs	
<b>Hockey v Souths</b>		<b>Hockey</b>	
A	Lost 5-0	A	Won 2-1
B	Won 1-0	B	Won 2-1
C	Lost 5-4	C	Won 5-0
Mens	Lost 0-2	Mens	Won 1-0

### Winter Sports Upcoming Fixtures

ROUND 6 V CORRIGIN 18/05/24		ROUND 7 V NAREMBEEN 25/05/24	
<b>Netball</b>		<b>Netball</b>	
A1	1:00pm	A1	1:00pm
B	11:00am	B	11:00am
Jnrs	10:00am	Jnrs	12:35pm
<b>Football</b>		<b>Football</b>	
League	2:30pm	League	2:30pm
Reserves	12:45pm	Reserves	12:45pm
Jnrs	11:30pm	Jnrs	11:30pm
<b>Hockey</b>		<b>Hockey</b>	
A	BYE	A	11:45am
B		B	10:15am
C		C	1:15pm
Mens		Mens	3:00pm





## Gardener / Town Maintenance

Applications are invited for the position of a full time Gardener / Town Maintenance with the Shire of Kulin.

The successful applicant will be required to maintain and improve town gardens, parks, reserves, streets, footpaths and various Council properties, ensuring that works are completed in a safe and timely manner. Applicants will need to demonstrate a sound knowledge of lawn and garden care as well as the operation of light machinery.

Although the position reports directly to the Town Supervisor, the successful applicant will need to be able to work unsupervised for many day to day duties.

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

The successful applicant will be offered a remuneration package between \$70,000 and \$75,000 and will work an 84-hour fortnight spread across nine days (including an RDO).

The package includes superannuation, a housing allowance and may include overtime on occasion. In addition, the Shire offers generous additional superannuation for longer term employees, along with Key to Kulin benefits for local recreational clubs and facilities.

To obtain the application package visit Council's website [www.kulin.wa.gov.au](http://www.kulin.wa.gov.au). Queries in relation to the position can be directed to Executive Manager of Works Judd Hobson – email [works@kulin.wa.gov.au](mailto:works@kulin.wa.gov.au) or mobile 0427 801 241.

Applications outlining employment history and including the names of two recent referees must be received by **3pm on Friday 7 June 2024** and should be addressed to the CEO and sent via email to [ceo@kulin.wa.gov.au](mailto:ceo@kulin.wa.gov.au).

Alan Leeson, Chief Executive Officer



## SHIRE OF KULIN FREEDOM OF INFORMATION

Section 96(1) of the Freedom of Information Act (1992) requires each local government, at intervals of not more than 12 months, to ensure that an up-to-date Information Statement about the agency is published.

The Information Statement must set out:

- The Local Government's Mission Statement
- Details of legislation administered
- Details of the agency structure
- Details of decision making functions
- Opportunities for public consultation in the formulation of policy and performance of agency functions
- Documents held by the agency
- The operation of FOI within the agency

This document has been prepared by the Shire of Kulin to satisfy Part 5 of the Act, and is correct as at May 2024. Copies of this document can be obtained from:

Freedom of Information Co-Coordinator  
Shire of Kulin  
24 Johnston Street  
Kulin WA 6365

Or on the Shire of Kulin website at [www.kulin.wa.gov.au](http://www.kulin.wa.gov.au)

Enquiries may be made to that office by telephone 9880 1204 Monday to Friday 8.30am to 4.30pm, or by email to [eso@kulin.wa.gov.au](mailto:eso@kulin.wa.gov.au)



### transfer station

Expressions of interest are called for any person or organisation to apply for the day to day management of the Kulin Transfer Station.

Opening Hours:

Monday 10am- 3pm

Thursday 10am - 3pm

Sunday 10am - 3pm

Responsibilities: Maintaining a high level of customer service, provide DRUM MASTER service, maintaining a clean facility, ensuring that all rubbish delivered is sorted and placed in the appropriate allocated area.

In return: Salvage rights to scrap metal collected.

Please direct enquiries to Executive Manager of Works - Judd Hobson (0429 801 241). Closes 20th May, 5pm.



## TRUCK LICENSING

HR and MC truck Licensing courses are scheduled to be held in Kulin in September 2024.

Register your interest with  
Kulin CRC – [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au)





## SEEDING

Seeding program for 2024 has been completed. Thank you to Les and Brenton Tyson, and Tim and Donald Bradford for supplying air seeders, Jarron Noble for spraying, Tim Barndon for supplying seed, Ben Whisson for organising new Titan AX seed, Brad Miller for organisational skills, Chad Frantom for transport of fertiliser and seed, and fuel trailer, Tim Day for helping to move gear, and Justine Tyson for being the agronomist this year.

# Medical Services - Kulin

## CHANGE OF DAYS

Please note change of days for next week due to Silverchain/WACHS change over in Hyden


**Monday 20th May - Kondinin**

**Tuesday 21st May - HYDEN**

**Wednesday 22nd May - KULIN**

**Thursday 23rd May - KONDININ**

**Friday 24th May - Kulin**



# SENIORS SUNDOWNER

DATE: MAY 23RD  
TIME: 3:30 ONWARDS  
WHERE: KONDININ BOWLING CLUB

QUIZ + ART ACTIVITY  
PARENTS WITH CHILDREN MOST WELCOME

PLEASE CONTACT JOY ADAMS – 0428 882 022





# WA YOUTH AWARDS 2024

Nominations for the 2024 Youth Awards are now open. This annual event recognises Western Australians aged 10 to 25 years for their achievements and contributions to the community. The Youth Awards recognise and reward young people for their achievements and significant work in the community.

If you know a young person who is achieving head to <https://www.yacwa.org.au/wa-youth-awards-2024/nominate/> to nominate them.






kulin



# WRITING COMP

Kulin CRC is taking submissions to the 2024 Kulin Writing Competition. Open to all WA residents.

**Submissions close June 30th**

**Please read entry information before submitting.**

## SHORT STORY

Under 10s - No word restrictions

10-15 - Under 1500 words

15-24 - 1000-3000 words

25+ - 1000-4000 words

## POETRY

Under 10s - No word restrictions

10-15 - Under 500 words

15-24 - Under 500 words

25+ - Under 500 words

## OTHER (Eg essay, biography, etc)

Under 10s - No word restrictions

10-15 - Under 1500 words

15-24 - 1000-3000 words

25+ - 1000-3000 words

Submissions will be judged and announced in Kulin Update, Kulin Shire website and on social media

## STORY

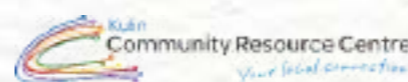
Winner's work will be professionally printed and published

## POETRY

Winner's work will be professionally printed and framed

## OTHER

Winner's work will be professionally printed and published



kulin



# WRITING COMP

## HOW TO SUBMIT:

1. Email your name, number, email, age and work to [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au)
2. Bring a physical copy of your work to the Kulin CRC, with record of your details attached and ATTN to CDO
3. Submit online via <https://form.jotform.com/241348354817057>

1. Eligibility: The competition is open to all Western Australian residents in the following age categories: Under 10s, 10-15, 15-24, and 25+.

2. Submission Guidelines:

- o Participants may submit entries in the categories of Short Story, Poetry, or Other.
- o Submissions must adhere to the specified word count limits for each category and age group as specified

3. Submission Deadline: All entries must be submitted by the specified deadline, which will be communicated through the official channels of the Shire of Kulin. No late entries will be taken.

4. Judging Process: Submissions will be judged based on creativity, originality and overall quality of writing. The decision of the judges is final.

5. Notification of Winners: Winners will be informed personally and then will be announced through the Kulin Update, the Kulin Shire website, and on social media platforms.

6. Prizes:

- o Short Story:
  - The winner's work will be professionally printed and published.
- o Poetry:
  - The winner's work will be professionally printed and framed.
- o Other:
  - The winner's work will be professionally printed and published.

7. Copyright: By submitting an entry, participants grant the Shire of Kulin the right to publish their work in print and digital formats for promotional purposes related to the competition. However, participants retain all rights to their work.

8. Disqualification: Entries that do not adhere to the submission guidelines or contain inappropriate content will be disqualified.

9. Amendments: The Shire of Kulin reserves the right to amend these terms and conditions or cancel the competition at any time without prior notice.

10. Acceptance of Terms: Participation in the competition constitutes acceptance of these terms and conditions.

For any inquiries or further information, please contact [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au)/9880 1204.

## ABC NEWS

What are geomagnetic storms and why do they produce the aurora australis and borealis?

Flares and coronal ejections shooting off from the Sun's surface struck the Earth overnight, causing a severe geomagnetic storm.

It was the strongest such event in about 20 years, leading to stunning aurora australis light displays in skies across southern parts of Australia and the southern hemisphere.

People in the northern hemisphere also saw and photographed stunning images of pink, red, green and violet skies brought on by the aurora borealis early on Saturday morning.

The solar event is predicted to continue over the weekend, bringing more bright aurora light shows with it.

But what are geomagnetic storms exactly, and how do they produce auroras?

What is a geomagnetic storm?

Geomagnetic storms originate from a specific type of activity taking place on the Sun.

Large "clouds" containing billions of tonnes of plasma embedded within an ejected magnetic field erupt from the Sun's outer atmosphere, or corona.

These eruptions are known as coronal mass ejections (CMEs).

Unlike solar flares, which travel at the speed of light and reach Earth in about eight minutes, CMEs travel at a more sedate pace.

Officials put the current average at 800 kilometres per second.

These ejections sometimes travel towards Earth, where they can temporarily disturb the Earth's

magnetosphere, resulting in geomagnetic storms.

The current storm was caused by an ejection that emanated from a massive sunspot cluster that is 17 times wider than Earth.

The Bureau of Meteorology's (BOM) Space Weather Forecasting Centre issued a geomagnetic storm warning on Friday.

It categorised the storm as level G4, which is severe.

The G-scale is a measure of global geomagnetic activity, which refers to fluctuations in Earth's magnetic field. The G scale ranges from G1 (minor) to G5 (extreme).

"G4 geomagnetic conditions are expected on 10 May 2024, reducing to G3 with a chance of G4 on May 11," the bureau said.

What is causing the auroras?

Andrew Cole from the University of Tasmania's physics department says the auroras seen across the Earth's skies Saturday morning are a direct result of the geomagnetic storm.

"About a day or two ago, the Sun had a large burst of magnetic activity and ejected a pretty big blob of material into space, and that happened to intersect with the Earth last night," Dr Cole said on Saturday.

"That disturbs the upper atmosphere and the Earth's magnetic field, which in turn causes charged particles to glow and produce the really beautiful southern and northern lights."

He said multiple ejections looked to have occurred, with the first effectively clearing the way for a second one to strike Earth "much more quickly and more powerfully than predicted".

He said only strong geomagnetic storms produced light displays that were visible to the naked eye.

"[If] you get a really strong display, it can look like anything from a dim pinkish or greenish glow, which could just be on the southern horizon, to curtains of shimmering light or pillars extending up nearly vertically," he said.

"Typically the colours will be reddish or green, but in very, very strong auroras like this one, you can get violet as well.

"It's spectacular to see with the eye. It's actually kind of emotionally affecting — much more than a still photo because you can see things moving in real time.

How rare is this event?

Coronal mass ejections (CMEs) are happening all the time and, like other solar activities, they ramp up as the Sun approaches the peak of its 11-year cycle.

"The Sun goes through periods where it's quite active or it's very quiet, and we happen to be in an active phase at the moment," Dr Cole said.

While storms at level G1 can happen 1,700 times each cycle, G4 storms like the current one don't happen often.

Dr Cole said this geomagnetic storm, which was expected to continue into Monday, was "the strongest event of this kind to hit the Earth in about 20 years".

The last one of this strength occurred in October 2003 during a series of solar storms dubbed the "Halloween storms".

The last one before that took place in 1989, Dr Cole said.



Photo by Cassi-Dee Lewis



Photo by Ashley Buttigig



Photo by Fiona Jasper



## Funding and support information for WA primary producers

This document provides some useful resources and information on loans, programs and support services to assist growers, pastoralists and industry experiencing hardship in challenging times.

### Season information

Season 2024: information for WA farmers and pastoralists - seasonally relevant information and management options in broadacre and south-west agricultural areas and the Southern Rangelands of Western Australia.

### Options to investigate

#### Loans and programs

- Drought loans for farm businesses are available to eligible business from the Australian Government's Regional Investment Corporation (RIC). The RIC provides loans to farm businesses to help them prepare for, manage through and recover from drought. Farmers meeting eligibility and lending criteria requirements can apply for loans of up to \$2million.
- AgBiz Drought Loans can also be provided by the Australian Government RIC to small businesses located in a drought affected region to help them manage their business during a drought. Small businesses directly linked to the farming sector in drought-affected communities that meet the eligibility and lending criteria can apply for loans.
- The Farm Management Deposit Scheme, overseen by the Australian Tax Office allows eligible primary production businesses to set aside pre-tax income which can be drawn upon when required to supplement business cash flow. The sums held in an FMD are not assessed for income tax, until the financial year they are withdrawn from deposit and utilized in the business. FMDs are held by authorised deposit taking institutions and attract market rates of interest.
- The Farm Household Allowance Program provides farming families experiencing financial hardship with access to the Centrelink income support system. Eligibility criteria includes thresholds to ensure a farm has a commercial purpose and the proprietor contributes a significant portion of their labour and capital to the farm enterprise. The farm business must commit to improved planning and training for long-term financial management of the business.

#### Farm Debt Mediation Scheme

- Available to assist farm and pastoral businesses resolve commercial debt disputes regarding loan agreements with their financial institution. Mediation is conducted by an independent mediator in an impartial and safe environment. For more information visit the website, email [ruralbusiness.developmentunit@dpird.wa.gov.au](mailto:ruralbusiness.developmentunit@dpird.wa.gov.au) or call 1300 374 731.

### Support services

- The Regional Mens Health Initiative (RMHI) is a wellbeing and health education project aimed at improving outcomes for men and communities in regional, Western Australia. RMHI enables individuals, groups and communities to be self-sustaining and self-managing of wellbeing challenges. Phone: (08) 6314 1436
- Rural West provides free financial counselling to all primary producers and aims to transition clients through a financial crisis, improve their financial well-being and resilience, and improve business profitability or facilitate a dignified exit. Phone: 1800 612 004
- Rural aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.
- Other rural support services are available, here is a comprehensive list.
- Drought, disaster and rural support – Australian Government ([agriculture.gov.au](http://agriculture.gov.au)) - provides a list of programs and services to help prepare for, manage and recover from droughts, floods, pests and diseases, and other market disruptions.

### Natural disaster assistance

The WA Government website lists support during emergencies caused by floods, cyclones or major bushfires or other natural disasters.

- Prepare warnings & incidents, recovery - Department of Fire and Emergency Services - provides simple advice and directs you to resources where you can find practical actions to prepare for and cope during a bushfire.
- Farm recovery after fire information and support services for recovery after fire.
- Animal welfare in emergencies - links to animal welfare during bushfires and recovery.
- Disaster recovery funding for WA is listed here when a natural disaster has been declared.
- Disaster Assist lists some arrangements to help with relief and recovery costs such as:
  - Disaster Recovery Payment may be provided as a one-off recovery payment to assist individuals and families that have been significantly affected by a major disaster.
  - Disaster Recovery Allowance a short-term income support payment to assist individuals who can demonstrate that their income has been affected as a direct result of a disaster.

### More information

For further information or clarification, please contact:

- Kelly Hill, Manager Regional Intelligence and Adoption (Great Southern and South West) (08) 9892 8507 or [kelly.hill@dpird.wa.gov.au](mailto:kelly.hill@dpird.wa.gov.au)
- Christine Zaicou-Kunesch, Manager Regional Intelligence and Adoption (Gascoyne and Mid West) (08) 9956 8549 or [christine.zaicou-kunesch@dpird.wa.gov.au](mailto:christine.zaicou-kunesch@dpird.wa.gov.au)
- Juana Paynter, Regional Intelligence and Adoption (Wheatbelt) (08) 9690 2146 or [juana.paynter@dpird.wa.gov.au](mailto:juana.paynter@dpird.wa.gov.au)
- Brendan Nicholas, Manager Regional Intelligence and Adoption (Esperance) (08) 9083 1110 or [brendan.nicholas@dpird.wa.gov.au](mailto:brendan.nicholas@dpird.wa.gov.au)



For information and resources to assist this season, visit the Season 2024 webpage at [agric.wa.gov.au/Season2024](http://agric.wa.gov.au/Season2024)



# The WA Student Assistance Payment

Helping you get the things you need for your kids.

**\$150**

For each Kindergarten and primary school student

**\$250**

For each secondary school student

To help ease cost-of-living pressures on families with school-aged children, the State Government is offering the WA Student Assistance Payment.

This payment is to help you get the things you need for your kids. From new school shoes, backpacks and sports equipment to uniforms, healthy meals, school excursions and more.

### Get ready to claim

Download the ServiceWA app to your mobile device.

Available from the Apple App Store or Google Play Store.

Locate the student's 8-digit WA student number (WASN).

You'll find it on:

- school reports
- previous NAPLAN results
- secondary student's SmartRider

If you have trouble locating the number, contact your school for assistance.

Claims open Monday 15 April

For more information about the WA Student Assistance Payment and how to claim, go to [education.wa.edu.au/wasap](http://education.wa.edu.au/wasap)

Claim on the ServiceWA app



STAT  
Special Tertiary Admissions Test



## Do you want to go to university, but you're not qualified?

If you'll be at least 20 years of age before 1 March 2025 then sitting the STAT may get you there.

STAT is a national aptitude test you can use for entry to tertiary study at these Western Australian universities:

- Curtin University
- Edith Cowan University
- Murdoch University
- The University of Notre Dame Australia
- The University of Western Australia

For more information or to download a STAT booking form, visit our website at [www.tisc.edu.au](http://www.tisc.edu.au) or visit us in person at:

### Tertiary Institutions Service Centre (TISC)

Level 1, 100 Royal Street  
East Perth WA 6004

Telephone: (08) 9318 8000  
Office Hours: 9.00am – 4.30pm (Mon to Fri)



# TAKE THE PLEDGE

**DRIVE SO OTHERS SURVIVE**



**National Road Safety Week**



## After A Road Crash: Supporting Yourself and Others



**Date:** Thursday, 30 May 2024

**Time:** 9:00am – 12:00pm

**Location:** Freebairn Recreation Centre, Kulin

**RSVP:** Belle Brandis, [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au) / (08) 9880 1204

Each year in Western Australia, thousands of people are impacted by road trauma. Responding or first on scene at a car crash, losing family and friends, dealing with injuries, caring for those injured, causing a crash or witnessing a serious crash, can have a devastating and enduring impact.

Road Trauma Support WA will be delivering a free, three-hour workshop for community members who may be exposed to road trauma as part of their work and/or personal life, who would like to know how they can support themselves and others impacted by grief, loss, and trauma.

The information session will help you get better informed on:

- The impact of road trauma in WA.
- Common reactions experienced after a crash.
- Understand the impact of grief, loss, and trauma.
- Respond appropriately to those impacted by grief, loss, and trauma.
- Self-care strategies to reduce the impact.
- Find out where and how to access support for yourself and others.

For more information about the Road Trauma Support Service WA please visit the website at [www.rtswa.org.au](http://www.rtswa.org.au). If you have any queries, please contact the Injury Matters team at [admin@rtswa.org.au](mailto:admin@rtswa.org.au).

1300 004 814 (free call) [www.rtswa.org.au](http://www.rtswa.org.au) Road Trauma Support WA



The Road Trauma Support Service WA is provided by Injury Matters and funded by the Road Trauma Trust Account with contract management through the Road Safety Commission WA.

SENIORS MOVIE DAY

MRS HARRIS GOES

TO PARIS

TUESDAY | 21 MAY | 11:00AM - 1:00PM

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own. A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.



FREE EVENT | TEA AND COFFEE PROVIDED | KULIN SHIRE CHAMBERS

UNICORN COCONUT ICE AND SNOWBALL COOKIES

Unicorn Coconut Ice

Ingredients

- 5 1/4 cups icing sugar
- 4 1/2 cups desiccated coconut
- 3/4 tsp cream of tartar
- 11/2 x 396g cans sweetened condensed milk
- 180g copha, melted
- 1/2 tsp vanilla extract
- Pink food colouring
- Sprinkles, to decorate

Method

Step 1

Grease an 18cm x 28cm slice pan. Line base and sides with baking paper, extending paper 2cm above the edges of pan.

Step 2

Combine icing sugar mixture, desiccated coconut, and cream of tartar in a bowl. Make a well. Add sweetened condensed milk, copha, melted and vanilla extract. Mix well to combine. Transfer half the mixture to another bowl. Using pink food colouring, tint 1 portion pink.

Step 3

Press plain mixture over base of prepared pan. Using the back of the spoon, press firmly to level the top of mixture. Top with pink mixture. Using the back of the spoon, press firmly to level the top of mixture, being careful not to push the pink mixture into the white. Decorate with sprinkles, pressing to secure. Cover, refrigerate for 2 hours or until firm.

Step 4

Lift coconut ice from pan. Cut into squares. Serve.

Snowball Cookies

Ingredients

- 1/4 - 1/2 cup Nutella
- 3/4 cup firmly chopped or ground pecans
- 8 1/2 tbsps unsalted butter
- 1 1/2 cups powdered sugar
- 1/2 tsp vanilla extract
- 1/4 tsp kosher salt
- 1 1/4 cups all-purpose flour

Method

Line 2 baking sheets with parchment paper.

Spray another baking sheet with nonstick spray. Divide the Nutella into 1/2 tsp sized balls and place the balls on the sprayed baking sheet. Be sure they aren't touching. Freeze for at least 30 minutes.

Chop the pecans in a food processor until fine. Don't process too much or the nuts will turn oily. Set aside. If a food processor isn't available, place the pecans in a resealable bag and roll or pound until the nuts are finely chopped.

In the bowl of a stand mixer, beat the butter and 1/2 cup powdered sugar on medium-high speed until the mixture is light. Add in the vanilla extract, salt and ground pecans.

Add the flour and mix on low speed until the flour has been incorporated. Roll the dough onto a clean work

surface and knead gently for 30 seconds. Form the dough into a ball, cover loosely with plastic wrap, press gently to flatten into a disc, and place in the refrigerator for 30 minutes to form up.

Preheat oven to 190C. Remove the Nutella balls and cookie dough from the fridge. (If the Nutella balls start to soften, place them in the freezer for a few minutes.) Pinch off a 2-inch piece of the dough and divide it in half. Slightly flatten one half in the palm of your hand and place a Nutella ball in the middle of the dough. Top it with the other dough half and wrap the 2 sides together around the Nutella ball. Gently roll the cookie in your hands to seal the edges and to form a ball. Place the cookie ball on a parchment-lined cookie sheet, 2 inches apart, and repeat until all cookies are made.

Place the trays of cookies in the refrigerator for 30 minutes.

After 30 minutes, place the cookies in the hot oven and bake 14-16 minutes or until they are light golden brown and firm to the touch. Remove from the oven and let rest 3 minutes on the baking sheet.

Place 1/2 cup powdered sugar in a bowl and roll the warm cookies, one at a time in the sugar. Return them to the still hot baking sheet to cool another 5 minutes. Roll the cookies with a second coating of powdered sugar. Allow to completely dry.

If a third coat of powdered sugar is desired, place powdered sugar in a small wire sieve and sprinkle it over cookies.

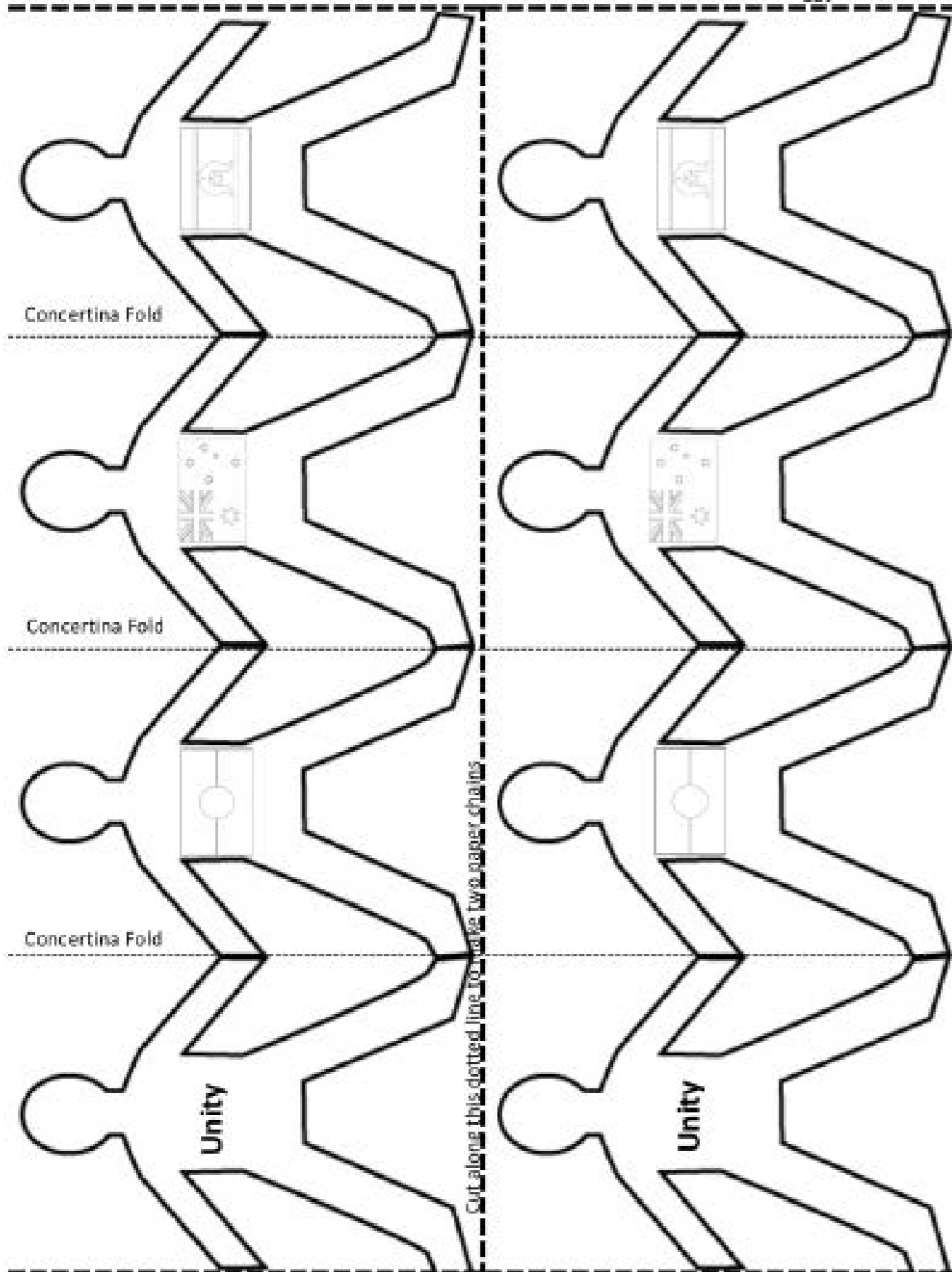




Sorry Day Paper Chain Craft



Cut



Motivation



- |         |             |          |
|---------|-------------|----------|
| HUSTLE  | PERSISTANCE | DREAM    |
| INSPIRE | SUCCEED     | BEST     |
| WORK    | POWER       | GIVE     |
| BLESSED | TEACH       | WINNER   |
| BELIEVE | READING     | THINK    |
| JOURNEY | IMAGINATION | SHINE    |
| BREATHE | HUMBLE      | PROGRESS |
|         |             | RESPECT  |

## STAYING WARM THIS WINTER

### Dress For The Weather

Let's start with the basics. You need to dress for the temperature and wear layers. It can sometimes feel cumbersome and bulky, but it's one of our best defenses against the cold. So put on the warm pants and jumper, pull on your thick socks and/or tights and appropriate footwear. If you're still cold, consider adding thermals to your layers.

When you head outdoors, add more layers - including a coat, hat, gloves, and scarf. You can also buy a fantastic range of heated vests, socks, scarves and gloves. They can be a little pricey, but they may be worth that initial outlay if you're outdoors a lot. Check online or in-store at outdoor suppliers.

If you're at home and still feeling the cold, grab a blanket for your legs as you sit at your desk or on the couch. You can use any warm blanket or heated throw. Whatever you choose, just be careful you don't trip on it when you get up.

### Deal With Draughts

When the wind's howling outside, you know it's trying to find a way indoors. So, cover the bottom of your door with a door snake or an old towel, add some door seals. Pull your curtains and blinds over the windows at night and during miserable days to keep the warmth inside. If you have floorboards, consider putting down rugs (just be careful they don't become a trip hazard).

### Install Heavy Curtains

Thick curtains made from heavy weight; tightly woven fabrics can prevent heat from escaping your home.

For the best result, curtains should be fitted as close to the window frame as possible, extend below the sill and well over the sides of the window frame, and a pelmet fitted over the top. This acts to seal the window from the rest of the room and prevent heat loss. Curtains will also keep the hot air outside in summer.

### Let The Sunshine In

Open your curtains and blinds on sunny days to let the sunshine on your windows. Even with a chilly wind, the sun will bring wonderful warmth into your home. Remember to close them when the sun starts to go down.

### Winter-Proof Your Bed

There's nothing like slipping into a deliciously warm bed on a cold night, especially if there's soft flannelette involved. So, swap out your lightterm everyday bedding for heavier winter ones. Add layers, a top sheet, and extra blankets. If you have floorboards in your bedroom, adding a rug under your bed can prevent draughts from making their way to your bed.

### Get Active

When the weather allows, go for a brisk walk outdoors, wearing appropriate clothing and you'll warm up in no time. Save on pricey petrol and walk to the shop/school/post office instead of driving.

When you're at home, exercise indoors using an online program, a DVD, or an app. Play with the kids. Clean the house. Do anything that gets you moving, and you'll feel warmer than if you sit in one place for hours.

### Shorten your Showers

Many of us use our shower to warm up sore joints and muscles so we can get moving. However, hot water uses a lot of energy; even a few minutes will add to your bill. If you can, shorten the time you spend in the shower. Aim for four minutes or less. You can use a timer or sing your favorite song.

### Snuggle up.

Get comfy on the couch with your partner, kids, and pets. Grab a warm blanket or doona, share your body heat, and enjoy being together.

### Use Heat Packs And Hot Water Bottles

If you're feeling stiff and sore, heat packs or hot water bottles can provide temporary pain relief and help you get moving. But you need to be careful when using them.

If you're using a heat pack or wheat bag, let it cool completely before you reheat it. Don't sleep with your wheat bag or smother it behind you in your chair or bed. This can cause it to overheat and catch fire. Always carefully follow the manufacturer's instructions and never overheat them in the microwave.

If you're using a hot water bottle, use hot water from the tap, not boiling water. Wrap it in a cloth or use a cover so it doesn't come into contact with your skin.

Always examine your hot water bottles and heat packs before use, and toss them out if you notice signs of wear or damage. And always check their temperature before use to ensure they're not too hot.

## NATIONAL SORRY DAY

### What Is National Sorry Day?

National Sorry Day for Australia is a special day that occurs in Australia every year. It is a day of remembrance and commemoration to highlight the impact of past policies of forcible removal of the Stolen Generations.

National Sorry Day for Aboriginal and Torres Strait Islander Peoples in Australia. So much so that the Aboriginal and Torres Strait Island flags are often seen during National Sorry Day, making them somewhat of a symbol for the day.

The Aboriginal flag is horizontally divided into two halves, with the top half of the flag being black and the bottom red, with a yellow circle in the center. The Torres Strait Islander has three horizontal stripes, with the top and bottom stripes being green and the middle stripe being blue. Each stripe is divided by a thin, black line. A white dharri or deri is positioned in the center of the flag with a five-point star beneath.

The day is an opportunity for all Australians to remember past mistakes and build bridges for a richer, stronger future together.

### When Is National Sorry Day 2024?

On the 26th of May 1997, a report called Bringing Them Home was tabled in Parliament.

This report details the hardship was undergone by the Indigenous children who were forcefully removed from their families. This was part of official government policy during the 20th century. These children are now referred to as the Stolen Generation.

The report also included a list of recommendations for what the government should do to reconcile

and move on from these past mistakes. One of these recommendations was for the government to issue a formal apology to the Aboriginal and Torres Strait Islander Peoples.

The first National Sorry Day was held exactly one year later. It has been held on the same day every year since.

### What Happens During National Sorry Day?

National Sorry Day is a yearly opportunity for all Australians to reflect upon past mistakes and learn more about the current issues facing Aboriginal and Torres Strait Islander Peoples. It also gives Australians a chance to outwardly show their commitment towards reconciliation.

typical activities and events that take place during National Sorry Day include:

- Concerts and BBQs. These are a great way to socialize with members of your local community.

- Reconciliation walks or street marches. Reconciliation walks and marches symbolize Australians to learn about the experiences of Aboriginal and Torres Strait Islander Peoples.

- Media statements from politicians in Federal, State and Local governments. It is vital that government figures remain committed to reconciliation efforts.

### How Will You Commemorate National Sorry Day 2024?

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### How Will You Commemorate National Sorry Day 2024?

You can look for events occurring in your community or create your own. If you work in a school, why not plan some ways to get the children involved in National Sorry Day 2024? You can use some of our resources on National Sorry Day to teach kids about the mistakes of the past. If the children you teach are young, why not focus on our resources that promote inclusivity?

### National Sorry Day Facts

- National Sorry Day, as it stands isn't an official national holiday.

- National Sorry Day is a newer event than NAIDIC week, which was established in 1972. National Sorry Day, on the other hand has only been around since 1998.

- Many events have an emblem of sorts, and National Sorry Day is no exception. It was agreed that the hibiscus flower should be the official symbol of this day of observance.

- Each year, thousands of Australians observe National Sorry Day. In fact, in the year 2000, over 200,000 people walked across the Sydney Harbor Bridge to mark this day.



National 20-26 MAY 2024  
**Volunteer**  
 Something for Everyone Week

*Thank you*

**Kulin Sub Centre Volunteers 2024**

*Rachel Argent, Yvonne Dowey, Rodney Duckworth, Elana Frantom,  
 Mitchell King, Alysha Sloggett, Brendan Sloggett, Kaye Tyson, Jack Wilson,  
 Braden Young and Julie Young.*

To our current and past serving regional St John WA Volunteers,  
 as well as their friends, families and employers who support them,  
 we just wanted to say.....

Thank you for the strength you give to the communities across WA.  
 Thank you for your resilient, courageous actions.  
 Thank you for always helping those in need.  
 Thank you for the vital role you play in building a stronger WA.



**Wheatbelt Regional Office Team**

St John volunteers are living legends  
 are we're looking for more. Join Us.

St John Volunteer



Kaylor Andrews  
 Wheatbelt Regional Education Officer  
 Cancer Council Western Australia  
 Kaylor.Andrews@cancerwa.gov.au

**Find Bowel Cancer Early**

Your health is worth it.  
**Know the symptoms  
 of bowel cancer!**

Living a healthy and fulfilling life is important to us all. But ignoring our health and not seeing a doctor if we have unusual symptoms could have a serious impact on our life and wellbeing. It is important to be aware of cancer symptoms and get checked out by a doctor, clinic nurse or Aboriginal health worker if you notice anything unusual.

**Did you know?**

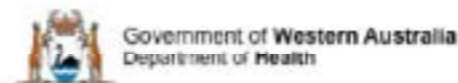
Bowel cancer is one of the most common cancers affecting both women and men in Western Australia. Unfortunately, in 2019, more than 1,300 Western Australians were diagnosed with bowel cancer, and just over 400 people lost their lives from the disease. So, it is important to be aware of the common bowel cancer symptoms and to visit your doctor if you have any concerns. If it is bowel cancer, the earlier it's found, the greater the chance of successful treatment.

**Common symptoms of bowel cancer include:**

- blood in your poo (even just one time) for more than four weeks:
- a new pain, lump or swelling in your tummy
- feeling tired, looking pale, losing weight without trying
- a change in normal bowel habits such as runny poo, pooing more often or finding it hard to poo.

If you have noticed unusual tell your doctor, clinic nurse or Aboriginal health worker without delay. It doesn't mean you've got bowel cancer – often these symptoms turn out to be something less serious, but it's important to tell your health professional and get checked out to be safe.

For more information about cancer symptoms, visit: [www.findcancerearly.com.au](http://www.findcancerearly.com.au) or call the Cancer Council Information and Support Line on 13 11 20.



Call us on 13 11 20  
[findcancerearly.com.au](http://findcancerearly.com.au)

Community Bank  
Kulin

## Customer Service Officer

We're all about service. Are you?

- **An opportunity to help people in a positive environment.**
- **Permanent / Full time position**
- **Located in Kulin**

Join us in walking the talk when it comes to supporting our customers, giving back, and making our communities a better place to live. As a Customer Service Officer, you will be the face of Community Bank Kulin, performing a key role in our vision to be Australia's most customer connected bank.

You will be given the support you need to do what you do best – listening to customers and using your skills to help them with transactions, provide education on our online platforms and tools, recommend the bank's products and services, and assist them to achieve their financial goals.

There's so much more to a career with Bendigo Bank than just banking. You bring your brilliant mind, and we'll help you take your learning to the next level with on-the-job training and external development opportunities - we want you to shine. After all, YOU are the difference that makes us the better big bank.

Have any questions or want to know more before you apply? Feel free to call our Branch Manager, Charmaine, on 08 9880 1422 for a confidential chat.

Visit [bendigobank.com.au/jobs](https://bendigobank.com.au/jobs) to find out more or to submit your application, quote reference number 940253. Applications close on Sunday, 12th May 2024.

 **Bendigo Bank**

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## ARE YOU OUR NEXT CUSTOMER SERVICE SPECIALIST?

We are proudly affiliated with Nutrien AgSolutions, the largest Agricultural service and input company in Australia, and Mitre 10, a well-established company in the home improvement and hardware industry. We specialise in all agricultural supplies including merchandise, chemicals, and fertiliser, along with hardware and giftware.

Providing such a diverse range of products and services, our business has potential to mould to your strengths. This is an exciting opportunity for someone wanting to work in rural industry, with the potential to study agriculture, agronomy, or business at the same time if the applicant wishes.

Located 283km southeast of Perth in the heart of the Wheatbelt, Kulin is an energetic, exciting, and dynamic community. It is well serviced with high quality infrastructure, especially sporting facilities, schooling to year 10, daycare, medical facilities, and a broad range of community groups.

Kulin Hardware & Rural is looking for an additional person who is responsible and professional to join our energetic customer focused team.

### Key Responsibilities

Our customer base is broad, and the focus of your role is to provide a memorable experience for all customers either in store or over the telephone, in addition you will:

- Assist customers with sales, pricing, and product queries, whilst providing a high level of customer service.
- Perform inventory control through ordering, receipting, merchandising, dispatching of goods and rolling stocktakes.
- Adhere to Environment, Health & Safety Compliance procedures.
- Assist with keeping the overall presentation of the store.
- Ad hoc duties as per managements request

### About you

To be successful in this role you will have previous experience in a team support role in a busy environment. You'll have a passion for Australian farming and agriculture, In addition, you will demonstrate:

- Strong communication skills both written and verbally.
- A high level of attention to detail and practical organisational skills.
- An Enthusiastic approach and can work well in a busy team environment.
- The ability to understand the needs of the customers.
- Basic computer skills and be capable of learning multiple systems.
- The ability to lift and conduct repetitive movements.
- Hold a current 'C' class drivers licence and be capable of delivering product on farm or in town.
- Hold current Forklift Licence or the willingness to obtain.

This a full time role, with the successful candidate required to work **8.00am – 5.00pm Monday – Friday**, with the availability to cover 2 Saturdays per month highly desirable.

### Why work for us?

This role will suit someone who is looking for more than just a job, it will provide you with a happy, positive, and very supportive work environment, plus the backing of two big corporate brands opens many opportunities for learning and development.

**To apply or for further information** contact Hayden & Carly Williams on 0439 999 284 or email [hayden@kulinhr.com.au](mailto:hayden@kulinhr.com.au)

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**BAS Registered**



**Hon Mia DAVIES MLA**  
 Member for Central Wheatbelt

<b>Northam Office</b> 171 Fitzgerald Street (PO Box 92) Northam WA 6401 PH 08 9622 2871	<b>Merredin Office</b> Old Town Hall 16 Mitchell Street Merredin WA 6415 PH 08 9041 1702	<a href="mailto:mia.davies@mp.wa.gov.au">mia.davies@mp.wa.gov.au</a>  <a href="https://www.facebook.com/MiaDaviesMLA">facebook.com/MiaDaviesMLA</a> <a href="https://twitter.com/miadaviesMLA">@miadaviesMLA</a> <a href="https://www.instagram.com/miadaviesmla">@miadaviesmla</a>
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Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam



**Peter and Kerry look forward to servicing Pingelly and surrounding towns for all your shearing needs.**

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**CONTAINERS FOR CHANGE** All Good Refund Centre Pty Ltd

Pick up service last Wednesday of the month

**Kulin**

Member ID required, register for your Member ID at [www.containersforchange.com.au](http://www.containersforchange.com.au) or simply scan this QR code with your phone camera. Please ensure you select Western Australia when registering.

Scan me

AGRD

GOVERNMENT OF WESTERN AUSTRALIA ROAD SAFETY COMMISSION

**Look away for two seconds at 60km/h...  
...and you miss 33m. Or 27 prams.**

It might only be a second or two, but if you're checking your phone, finding your sunnies, or even doing your make-up, you're not looking at the road ahead.  
Do you know the distance of distraction?

KNOW THE DISTANCE OF DISTRACTION

rsc.wa.gov.au

**SHIRE CONTACTS**

FRC- 9880 1000  
CRC- 9880 1204  
Caravan Park-  
0439 469 850  
Pool- 9880 1222  
Depot- 9880 1218  
KCCC- 9880 1636

**JUSTICES OF THE PEACE**

MT Lucchesi 9880 4050  
JM McInnes 9880 1360  
R Noble 98801383  
BW Sloggett 0427081925

**MEDICAL CENTRE**

Kulin- 9880 1315  
Kondinin- 9889 1753  
KN Hospital- 9894 1222

Nursing hours KU:  
Tues & Wed 8:30 - 2:30  
CHSP Co-ordinator  
Thurs & Fri

**EMERGENCY CONTACTS**

Emergency centre-  
9880 1079  
SES - 13 25 00  
Western Power- 13 13 53  
Water Auth.- 13 13 75  
Kulin Water Depot -  
9880 1356

**POLICE CONTACTS**

Crime Stoppers-  
1800 333 000

Kulin Police Station is staffed by two officers who are available to respond to incidents 24/7. Your local police can be contacted as follows:

Emergency: 000  
Non-emergency: 131 444  
KU Station - 9861 5800

**REPORTING MINOR ISSUES**

The Shire of Kulin uses Snap Send Solve, simply download the app and use your smart phone to report a variety of issues directly to the Shire.

**LOCAL CHURCHES**

Uniting Church  
1st & 3rd Sunday of each month, 10:30am

Catholic Church  
Fr Truc Nguyen  
1st, 3rd, 4th, 5th, 8am

Anglican Church  
By request  
K. Wilson 0429 801 228  
Bunbury office- 9721 2100

**KULIN MOTOR MUSEUM**

Wednesday 10am-12:30pm  
Saturday 10am-2pm  
C. King 9880 1058  
B. Colbourne 0429804615

**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**

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

KCCC ID  
C10351204

ARTS CENTRE ID  
C10333381

## Feedback

150km from the farm is Kulin, a small but mighty town of about 300 people. Let us tell you a little about the town:

🌻 "WA's most hilarious highway" leads you right into town! The Tin Horse Highway is a 20km stretch that keeps you entertained on your drive with a collection of community art.

🌻 Kulin has the largest regional waterslide in WA!

🌻 Every October the town comes alive for the Kulin Bush Races. The event is SO popular now that tickets for the 2023 event sold out in just over a minute.

🌻 There are so many places to take a picnic lunch and enjoy the view - Buckley's Breakaway, Jilakin Lake and Rock, Dragon Rocks Nature Reserve.

🌻 If you're passing through in wildflower season, you just HAVE to visit please like The Macrocarpa Walk Trail, Hopkins Nature Reserve and Dragon Rocks.

🌻 Butlers Garage was built in the mid-1920's and operated until 1994. Today, it has been restored and is home to the Kulin Museum and the Men's Shed.

Have you visited Kulin? Maybe you'll be lining up for tickets to the Bush Races this year?