

THE KULIN UPDATE

30 May 2024

9 WINTER SPORTS

See more on page 9 for the results and upcoming fixtures.

12 KULIN DISTRICT HIGH SCHOOL

Congratulations to all participants who put forth their best efforts.

16 JEWELLERY WORKSHOP

More information on page 16, create something unique for yourself to enjoy.

AUSTRALIA’S BIGGEST MORNING TEA



Thank you to everyone who joined us at Australia’s Biggest Morning Tea on May 23rd.



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



How to receive the Kulin Update via email?
Call or email us and let us know your name and email address so we can add you to the distribution list.
Alternatively, visit www.kulin.wa.gov.au/#newsletterscroll

How to advertise in the Kulin Update?
Complete the booking form found here - www.kulin.wa.gov.au/council/news/community-newsletter.aspx and send your advert and completed booking form to crccounter@kulin.wa.gov.au

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

What are the advertising costs?

1/4 page b/w - \$20
1/2 page b/w - \$25
1/2 page colour - \$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 for more information.

Accpeted 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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

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

HAPPY BIRTHDAY!

MAY	
31st	Seanna Savage
JUNE	
1st	Jennie McInnes
3rd	Robert Dall, Declan Sullivan, Luke Sullivan
4th	Craig Jasper
7th	Emily Pittard, Matt Schmook
9th	Deirdre Carroll, Rodney Duckworth
10th	Tim Day, Peter Lucchesi, Robyn Schorer
11th	Eileen Thewlis

DATES AND UPCOMING EVENTS

JUNE	
7th	Interschool Cross Country KDHS
11th	Seniors Movie Day
15th	COLTS Carnival
19th	Council Meeting

06. JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Great Southern Colts Carnival	27 WA Day	28 Dr Chukwuneke @ Kulin	29 Council Meeting	30 KULIN UPDATE	31 Dr Chukwuneke @ Kulin	01 All winter sports BYE
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Welcome to the last Kulin Update for May!

We hope that everybody’s seeding season has gone smoothly, and everyone got some rain over the past few days.

April Council Meeting saw Council undertake its annual review of Fees and Charges as well as the Policy Manual. Council has adopted the 2024-2025 Fees and Charges, and they are available to view on the Shire website (www.kulin.wa.gov.au). These Fees and Charges will be applicable from 1 July 2024.

We held our ‘Australia’s Biggest Morning Tea’ event at the FRC on Thursday 23rd May and it was a massive success. 26 community members joined us and thank you to everyone who cooked and donated food. Our talented local bakers certainly made the morning tea very tasty indeed. We have raised \$500.90 so far and welcome any further donations at the Shire/CRC. The donations are a fantastic contribution to this very worthy cause. According to Cancer Council Australia “\$500 helps provide training to leaders of

cancer support groups where people can meet and share their experiences in an emotionally supportive environment”, money raised also goes towards research, support, and prevention. A huge thank you also Iria and Aitor at the FRC for their work with setting up for the event.

The Great Southern Colts Carnival is back in Kulin for 2024 and 2025. This football carnival is the oldest of its type in Australia. Eight football associations will be represented at the two-day event held on 15th and 16th June 2024. The event showcases young football talent in the regions (Under 19’s) and many young country footballers have progressed to higher levels due to the exposure at this event. We guarantee there will be some fantastic football to watch, and as our local winter sporting teams have a bye, it is a great opportunity to head to the Freebairn Recreation Centre and enjoy the competition.

We recently welcomed photographer Julie Kenny to the Shire for four days to capture some images to be used in future promotional or Shire documents. Julie is the third

photography project through the CRC. The pieces taken by these three talented photographers have been used in our social media, advertising, promotional products, website, annual report and more. Being able to have such beautifully captured pictures of our community really showcases our Shire in a different light, with so much creativity and thought put into each image. Thank you to the wonderful Mary and Serge Lucchesi who looked after Julie while she was in town. We can’t wait to share the images.

Further in this edition you will find information about the new DPIRD dry season hotline and Drought Response WA website. During times of adversity, it’s important to take care of your mental health and wellbeing, and to call on the support of others if you need it. The hotline and website connect primary producers with services most relevant to their needs. We hope everyone enjoys their long weekend as all winter sports have a bye this weekend. The Shire and CRC will be closed Monday 3rd June and reopen Tuesday 4th June at 8.30am.



AVON WASTE Shire of Kulin Recycling Calendar 2023/2024

July 2023						
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30	31					

August 2023						
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September 2023						
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October 2023						
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November 2023						
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December 2023						
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31						

January 2024						
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February 2024						
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March 2024						
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31						

April 2024						
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28	29	30				

May 2024						
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June 2024						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Rubbish Only

Recycling

Christmas Day

WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There may be changes to the service on Christmas day. Shire will advise closer to date.

JOBS BOARD- MAY

- Truck Driver / Road Train Operator - Shire of Kulin
- Casual Childcare Educators - Kulin Childcare
- Qualified Educator - Kulin Childcare
- Service Administrator - McIntosh Kulin
- Transfer Station Manager - Shire of Kulin
- Work Health & Safety Officer - WA Kaolin
- Customer 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
More information:
www.kulin.wa.gov.au/council/news/employment-opportunities



**Shire of Kulin
User Fees and Charges**

2024-2025 User Fees and Charges were adopted at the Ordinary Meeting of Council held on Wednesday 15th May 2024.

The full copy of the 2024-2025 User Fees and Charges can be downloaded from the Shire website.

2024-2025 User Fees and Charges apply from 1 July 2024

<https://www.kulin.wa.gov.au/documents/426/user-fees-and-charges-2024-2025>

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.

Nominations are now open for the WA Youth Awards 2024! Nominations close on June 28 2024. If you know someone in your community who is achieving great thing then nominate them at www.yacwa.org.au/wa-youth-awards-2024/



COLTS CARNIVAL 2024

15th & 16th of June

@ Freebairn Recreation Centre

KKFC are hosting this year's Grear Southern Colts Carnival on June 15th & 16th, come down to the Freebairn Recreation Centre to get amongst the 8 teams from across WA playing.

This annual carnival is a great weekend out and invites players from the Esperance region, Great Southern region, Ongerup association, Peel league, Upper Great Southern league, Lower South West, and Goldfields.



KULIN NETBALL CLUB VS CORRIGIN

Saturday NSG had a crack at a full game! I was filled in by super coach Laura on how they went and she said “they are playing so well as a team and are learning and loving new positions each week”.

Corrigin Juniors forfeited due to their school camp, so Kulin and Kondinin had a little scratch match. Milla Browning was pulled up from NSG and had a crack, and a lot of fun in Juniors! Go Milla!

This week B grade was lucky enough to adopt Leah back from Hockey due to their bye round! Leah has come back to Kulin on her travels and has been an

asset to our sporting community, did I mention she’s a weapon netballer too? Justine had an amazing game with some really good grabs of some hard to get balls. Nicole took out the Acres of Taste best on award this week, her ability to switch positions throughout the game was handy with 2 shooters out of Saturdays game. She offered some great mentoring to our young super shooters Bridie, Shauna and Zoe. Great job gals on getting a great score and even better, the Win! Kulin 40 Corrigin 35

The A1 side is really coming together, learning their roles they need to play and how to support each other.

Rumour has it there was a friendly competition between a few of the girls on the weekend, and when there is a competition to be won, a Baker is not going to lose! Well done Julia! Watching on the weekend, you all had an amazing game! Kulin 44 Corrigin 31

Well done to Belle for umpiring her first B grade game! I love reporting to everyone about our up and coming umpires! If you are rostered to umpire a B grade game this season, reach out to Belle, as she is very keen to get her experience up.

Danielle White

KULIN NETBALL CLUB VS NAREMBEEN

I missed NSG this week but from watching their training quickly on Thursday they look like they are shaping up to be some really great netballers! You can see the skill developing even at such a young age.

Juniors had a ripper game this weekend, just beating Narembreen by 1 point. Piper proved to be small but mighty in the goal circle, getting some amazing shots in, and Zoe didn’t even look like she broke a sweat during the juniors’ game even after playing an amazing B grade game right before! The girls faced some really strong defence from Narembreen, who have a really tall team, but their hard work paid off in the end.

Kulin 22 Narembreen 21

B grade was a great game that didn’t have much in it until the end. B grade had quite a full team this week, with Fiona Jasper, Zoe and Catherine all joining for the game. Catherine proved to be a massive asset and between her and Foops in defence, some great intercepts were taken. Justine Tyson ran rings around Narembreen and had some amazing plays in centre, and of course our youngsters shooting held up a really strong front against the tall Narembreen defenders. Fiona Jasper took home the Acres of Taste award for this week for her great work. Stell and Tess are really moulding the B

grade girls into a strong side. Kulin 21 Narembreen 17

A grade had another tough game, but they are proving to be such an impressive team. A few new players to the squad this year has not seemed to interrupt the coordination of this team, who just flow effortlessly. Jules, Sharnee and Alysha were working hard in goals, with Sharnee taking home the Acres of Taste award. A grade were lucky enough to have Megan Henry umpiring again, who has shown how much of an asset she is to our club - thanks Meegs! Kulin 30 Narembreen 43

Belle Brandis

Winter Sports Upcoming Fixtures			
ROUND 8 V NUKARNI		ROUND 9 V SX	
08/06/24		22/06/24	
<u>Netball</u>		<u>Netball</u>	
A1	1:00pm	A1	1:00pm
B	11:00am	B	11:00am
Jnrs	12:35pm	Jnrs	10:00am
<u>Football</u>		<u>Football</u>	
League	2:30pm	League	2:30pm
Reserves	12:45pm	Reserves	12:45pm
Jnrs	11:30pm	Jnrs	11:30pm
<u>Hockey</u>		<u>Hockey</u>	
A	BYE	A	11:45am
B		B	10:15am
C		C	1:15pm
Mens		Mens	3:00pm

Winter Sports Results			
ROUND 6 V CORRIGIN		ROUND 7 V NAREMBEEN	
18/05/24		25/05/24	
<u>Netball</u>		<u>Netball</u>	
A1	Won 44-31	A1	Lost 43-30
B	Won 40-35	B	Won 21-17
Jnrs v KN	Won 27-10	Jnrs	Won 22-1
<u>Football</u>		<u>Football</u>	
League	Won 83-82	League	Lost 101-41
Reserves	Lost 61-27	Reserves	Lost 110-0
Jnrs		Jnrs	
<u>Hockey</u>		<u>Hockey</u>	
A	BYE	A	Draw 0-0, Lost 2-1
B		B	Won 2-0 Lost 2-3
C		C	Lost 0-4
Mens		Mens	



AN ECO WARRIOR'S INITIATIVE



CONTAINERS FOR CHANGE AT KDHS

The Eco Warriors are getting Containers for Change back at the school on an ongoing basis. We are hoping to raise funds to contribute towards current and future sustainability programs at the school such as purchasing equipment to start a composting program and a worm farm.



From the end of May you are invited to drop your containers in the Containers for Change bin located on the Day Street entry to the school. There will also be two smaller collection bags located within the high school and primary school areas on the quad. Please encourage your children to donate their empty juice boxes and choc milk containers.



C11001701

THINGS WE CAN DO



Use reusable bottles or cups for beverages on the go.



Buy more bulk food and fewer packaged products



Pay attention and put your plastic waste in the correct recycling container.

ALTERNATIVELY, IF YOU WISH TO DROP YOUR CONTAINERS TO A COLLECTION POINT, BUT DONATE TO THE SCHOOL, YOU CAN GIVE OUR MEMBER NUMBER TO YOUR FRIENDLY COLLECTION PERSON WHO WILL POP THE FUNDS INTO OUR ACCOUNT. YOUR SUPPORT IS MUCH APPRECIATED!



Kulin Childcare Centre



We have three chickens at day care who are always well looked after, we really appreciate the eggs they give us and that they eat all our morning tea scraps! It's great for our Children to learn about the importance of being mindful around food waste, composting and repurposing the scraps as chook food really supports learning about sustainability.



Learning about composting has led into our theme focused on insects and mini beasts. Pictured right is a morning activity planned and prepared by our Educator Natalie. This activity included scrunching and ripping crepe paper which was then glued onto caterpillars. The scrunching is a great way to support muscle hand strength which in turn supports children to have better fine motor skills.



We are lucky enough to have a beautiful blood orange fruit tree in our back yard, the oranges are finally ripe. Children have enjoyed the fruit on the morning share fruit platter as well as making freshly squeezed orange juice after school.



On Wednesday the 22nd of May we participated in national simultaneous story time. This year's book was 'Bowerbird Blues' by Aura Parker. This story includes beautiful illustrations and a story about a Bowerbird who collects blue things to build it's nest and the journey it takes to find them natural and unnatural items. Sue is pictured left reading Bowerbird Blues to the children helping them develop language and learn literacy.



A purple volcano built in our sandpit, 'This activity not only supported their scientific inquiry skills but also promoted teamwork as they collaborated to create and observe the eruptions.' - Sue Knapp



KCCC Children and staff would like to thank the Shire of Kulin staff for filling the sand pit and mud kitchen with beautiful new sand! The children are ecstatic.










KULIN DISTRICT HIGH SCHOOL NEWSLETTER

TERM 2, WEEK 7

FACTION

CCCCRRRROOOSSSSSS

ROCKETS
WIN!



KULIN DISTRICT HIGH SCHOOL NEWSLETTER

TERM 2, WEEK 7

FACTION

CCCCRRRROOOSSSSSS

Faction X Country Results	1ST PLACE	2ND PLACE	3RD PLACE
8 & UNDER	Girl: Nina Boy: Parker	Girl: Georgie Boy: Hamish W	Girl: Evie Boy: Huxley
10 & UNDER	Girl: Milla-Rose Boy: Arthur	Girl: Sophie Boy: Ben	Girl: Milla Boy: Thomas
11 yr & Year 6	Girl: Freyja Boy: Sam	Girl: Amy Boy: Tyson	Girl: Kensi Boy: Toby
Open	Girl: Shauna Boy: Jacob	Girl: Molly Boy: James K	Girl: Jenny Boy: Curtis

Faction Points

1st: Jilakin Rockets (Purple): 453 Points

2nd: Freebalrn Flyers (Green): 417 Points:

A special thank you goes out to the parents and carers who generously volunteered their time to assist as course officials on the day. We also extend our gratitude to the Kulin Golf Club for allowing us to utilize the course. Lastly, a big congratulations to ALL participants who put forth their best efforts.

FLiRT is a name being used to describe multiple variants, including KP.2, the dominant strain right now.

There are several COVID variants right now which have the same “set of mutations,” and are being referred to as FLiRT.

KP.2 which comes from the JN.1 strain - is now the most dominant variant, accounting for 28% of cases.

The symptoms are similar to other COVID strains. Being sick and experiencing a chronic cough, elevated fever, sore throat or a runny nose should prompt you to get a COVID-19 test to ensure you are not contagious.

The latest report from the Centers for Disease Control (CDC) published on May 11th, revealed that FLiRT has become the dominant strain quickly spreading across the United States. The CDC estimates that it currently accounts for 28.2% of cases, up from 15.9% just weeks ago when the previous report was released on April 27th. Meanwhile, the formerly dominant variant JN.1 fell from an estimated 28.2% of all coronavirus cases to 15.7% during the same two-week period.

“The FLiRT variant appeared in March,” says Tammy Lundstrom, MD, JD, the senior vice president at Trinity Health who led their COVID-19 response. “Throughout the COVID-19 era, new strains have continued to arise. Like other strains,

it appears highly transmissible, but it does not appear more virulent at this point.”

However, since just 22.5% of American adults have received a COVID-19 vaccine since September 2023, it’s no wonder that the new dominant variant went from accounting for an estimated 1.4% of new cases on March 16th to 6.4% of cases on April 13th to more than quadrupling (a 341% increase) in less than a month. But what does this mean for COVID-19 infections during summer? We spoke with experts to explain the new variant, symptoms to watch out for and how to protect yourself and your loved ones from the latest SARS-CoV-2 virus variant.

What is the FLiRT variant?

As fun as the name sounds, FLiRT is not the official designation for the dominant COVID-19 variant. That is actually a cheeky nickname for a whole family of different variants (any that start with KP or JN). “The FLiRT variants came to the forefront at the end of April,” says Nikhil K. Bhayani, MD, FIDSA, an infectious disease specialist and assistant professor at the Burnett School of Medicine at Texas Christian University. “One variant in particular has risen to prominence: KP.2.”

KP.2 is the official name of the variant mentioned above that has unseated JN.1 as the dominant strain. However, the FLiRT variants are all descendants of the JN.1 variant — meaning the “parent” variant (JN.1)

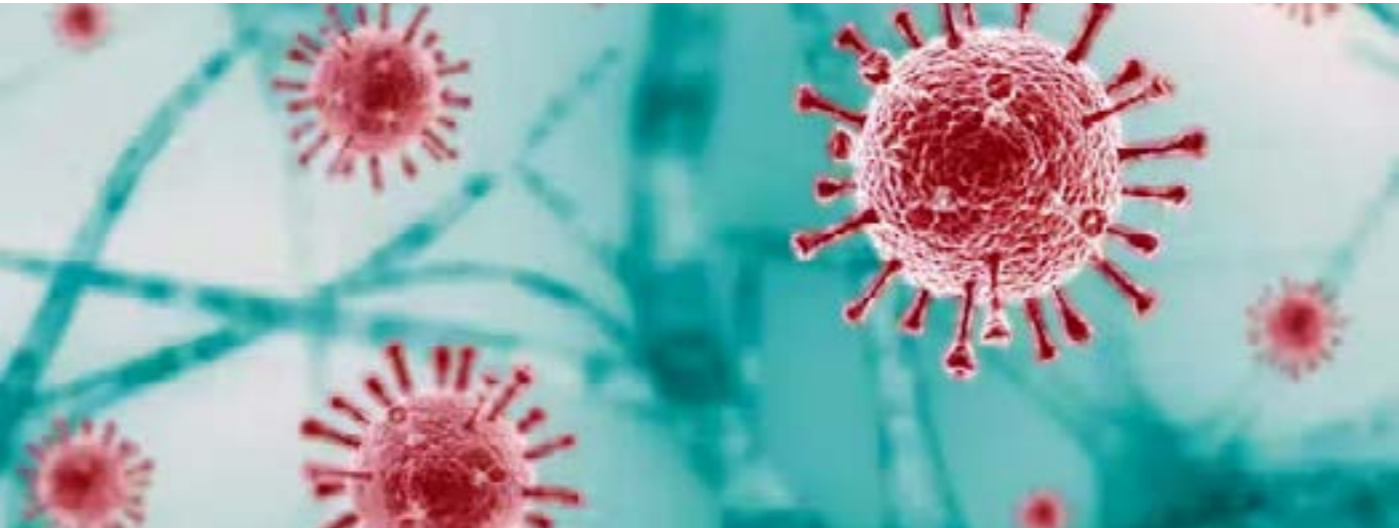
is being unseated by several “child” variants. Although KP.2 is quickly becoming the dominant strain of COVID-19, JN.1.7 currently accounts for an estimated 13.3% of new cases, while JN.1.16 is responsible for 10%, JN.1.13.1 accounts for 8% and KP.1.1 accounts for 7.1% of growing infections. Meanwhile, the “grandparent” variant BA.2.86, from which JN.1 mutated and which itself is a subvariant of Omicron, is listed at an estimated 0% of cases, according to the CDC.

What are the symptoms?

The good news is that KP.2 doesn’t seem to spark any surprise symptoms. “The symptoms are similar to other COVID-19 strains,” says Dr. Lundstrom. The CDC updated its list of possible symptoms in March, and those include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

“Like similar recent strains, the incidence of loss of taste and smell are not prominent,” adds Lundstrom.



In my travels talking to people I have been reminded that not everyone realises the practical assistance Rural Aid also provide. Especially when Farmers are facing or have experienced natural events such as fires, floods, cyclones and drought. So I’ve decided to use this month’s article to highlight the support ‘other than counselling’ Rural Aid provides. Especially in these trying times.

Rural Aid currently supports around 18,000 registered farmers across all agricultural sectors in Australia and collaborates with over 60 small rural towns to foster community development. Our efforts predominantly support family-run farms, encouraging farming families to register and utilise our services to assist with resilience and growth.

Rural Aid began in 2015 with the ‘Buy a Bale’ initiative to help Queensland farmers in drought. At this time a lot of WA farmers assisted by donating hay and funds. This included WA farmers and truckies taking a truck convoy of hay over the Nullarbor. Rural Aid since then has expanded its services and initiatives to include, investing in strong communities, mental health counselling, disaster support, and support for sustainable agriculture practices. Rural Aid’s central commitment remains providing support to farmers and rural communities in the recovery from

Natural Disaster.

Below are the current initiatives assistance and services Rural Aid as a whole team working together provides.

Disaster Assistance

- Fodder
- Domestic water
- Domestic water tanks
- Disaster Financial Assistance
- Farm recovery events
- www.FarmArmy.com.au free job hosting platform for Farmers
- <https://www.ruralaid.org.au/mental-health-wellbeing/> - counselling services
- “One conversation at the right time with the right person can change everything.”
- Sustainable Ag Educational Resources: <https://www.ruralaid.org.au/educational-funding/>
- <https://www.ruralaid.org.au/community-development/>
- Community Engagement

Accessing assistance does require Farmers to register online with Rural Aid and provide proof that they are a registered Rural Farming business. But registering does have its advantages. In the last few weeks farmers who had registered in the Southwest after the fire event in 2022 phoned and requested hay and water assistance. As their details were all set

up the process to get this aid to these farmers was easier. Even where you may feel your OK now, registering does not mean you need help now and does not mean you have to talk to a mental health counsellor. But if in the future a natural event occurs Rural Aid will call you as you are registered. When in hard times you will be able to access assistance as the required registration paperwork has been done. Everything has some red tape.

For more detailed information about our initiatives and support, please phone 1300 327 661 or visit Rural Aids website at <https://www.ruralaid.org.au/about/>

Remember to look after yourself and those around you. You are the expert on how you are feeling both physically and emotionally. If you are struggling reach out and ask for help.

Roger Hitchcock

Counsellor & Community Representative West Australia based in Narrogin (Wagin and Surrounding Region) Rural Aid Australia
M: 0460 310 661
P: 07 3153 4656
E: roger.hitchcock@ruralaid.org.au
Mental Health and Counselling Line 1300 175 594



WITH MCKENZIE SILVER
JEWELLERY WORKSHOP

MAKE YOURSELF A RING

My name is McKenzie. I am a bench jeweller with five years of experience. Currently, I work full-time at Peppermint Grove Jewellers and independently run my own business called Silverlily. I would like to invite you to a fun workshop which I have put together. Join me and create something unique for yourself to enjoy.



WHEN & WHERE

28th of June at 5:30 pm it will take around 3 hours. You will be served drinks and snacks throughout the night. This will be hosted at Kulin District High School.

WHAT WE WILL DO

I will guide you through the process of creating a custom wax ring, similar to the one in the picture on the left. I will provide step-by-step instructions to make it easy for you.

PRICE

The cost for the afternoon session is \$100, which includes creating a wax prototype of your desired piece. However, if you wish to have the prototype cast in sterling silver, there will be additional charges. The estimated cost for casting in sterling silver is around \$100 gold is also an option, but the final price will depend on the weight of your wax prototype.

THE END PRODUCT

I will take the wax carving and cast it in your preferred metal to create an exact replica of your design - a finished ring. You will get your finished ring back within the following two weeks.

CONTACT

Please contact Tessa if you are interested in attending.
Phone: 0429880155



SENIORS MOVIE DAY

TUESDAY | 11 JUNE | 11:00AM - 1:15PM



A scientist invents downsizing, a scientific procedure which shrinks people and also has financial benefits. Paul and Audrey, a married couple, decide to downsize to live a wealthy and peaceful life.



FREE EVENT | TEA AND COFFEE PROVIDED | KULIN SHIRE CHAMBERS





Government of Western Australia
WA Country Health Service

Ngamari Free

Keep community spaces free from the toxic chemicals found in second hand smoke.

- No smoking anywhere on hospital or school grounds.
- No smoking near outdoor eating and drinking areas.
- Never smoke within 10 metres of playground areas.



Everyone has the right to ngamari free air!

For more information call the Wheatbelt Tackling Indigenous Smoking team at
Wheatbelt Aboriginal Health Service (WAHS) on:

Telephone: (08) 9690 2888

65 Wellington Street, Northam,
Western Australia 6401

f MyHealthyWheatbelt



Wheatbelt Aboriginal Health Service
WA Country Health Service

COMMUNITY | COMPASSION | QUALITY | INTEGRITY | EQUITY | CURIOSITY

The symbols used are from paintings by B. Wilder, K. Stack, B. Dick and G. Taylor. The illustrations are the work of P. Rayly at Workspace Design and Revlin Creative

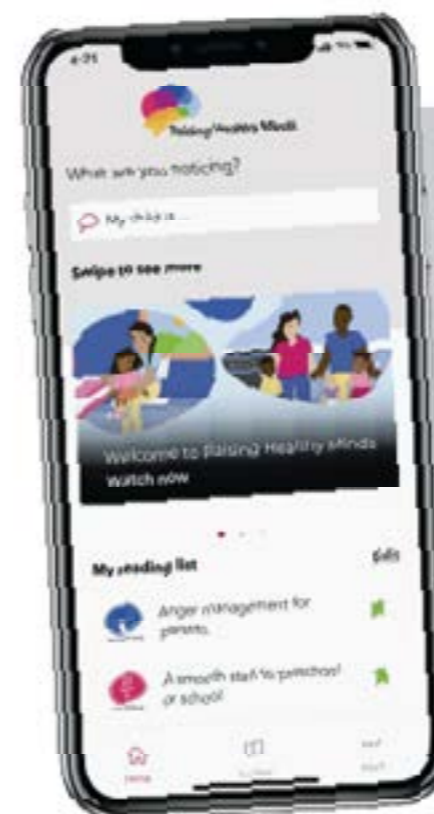


Raising Healthy Minds

Do you have a question about your child's emotions, behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help you raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support your child's social and emotional wellbeing from birth to age 12.



Download the app from Google Play or the App Store

GET IT ON
Google Play

Download on the
App Store



Find out more about Raising Healthy Minds at
raisingchildren.net.au/rhm



Face-to-Face Training available in the Wheatbelt

To express your interest in any of the training listed, please email Jordyn Drayton at jordyn.drayton@holyoake.org.au

Keyworker Plus (Alcohol and other drugs skills training for mental health professionals and paraprofessionals)	3 Days	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Trauma Informed Care and Practice	1 Day	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Mental Health First Aid	2 Days	https://mhfa.com.au/courses
• Adults		
• Youth	2 Days	https://mhfa.com.au/courses
• Older Adults	2 Days	https://mhfa.com.au/courses
• Aboriginal	2 Days	https://mhfa.com.au/courses
• Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	Online & 2x ½ Days	https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/
Gatekeeper Suicide Prevention Training for professionals, first responders and paraprofessionals	2 Days	https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/
Applied Suicide Intervention Skills Training (ASIST) for community members and volunteers	2 Days	https://www.livingworks.com.au/programs/asist/
safeTALK suicide awareness training for community members and volunteers	½ Day	https://www.livingworks.com.au/programs/safetalk/
Strong Spirit Strong Minds Ways of Working with Aboriginal People training	2 Days	https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/
Volatile Substance Use (VSU) and Incident Reporting Program	1 – 2 hours	Presented by the WCADS AOD Prevention Officer. School presentations will be conducted in collaboration with Road Safety & Drug Education (SDERA) Branch representatives. Topics include: what is a volatile substance; effects and harms of VSU; prevalence of use; harm minimization strategies; Incident Reporting Program; and coordination of community responses.



Rural Minds training – mental health training with modules on risk and protective factors for rural communities	½ Day	https://www.rrmh.com.au/programs/rural-minds/
Distress and Why Mental Health and Wellbeing Matters (delivered by Regional Men’s Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Talk to a Mate (delivered by Regional Men’s Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Looking after Your Mates – Suicide Awareness (delivered by Regional Men’s Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals, and communities	1 Day	https://www.rrmh.com.au/programs/deadly-thinking/
Staying SAFE with SOLID yarning – suicide prevention yarning for communities	½ Day	
DV (Domestic Violence) Alert Training	2 Days	https://www.dvalert.org.au/
Accidental Counsellor	½ Day	https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/
Workplace Wellbeing & Professional Selfcare Workshop	½ Day to Full Day	Developed and delivered by Wheatbelt Suicide Prevention Coordinator – select from: <ul style="list-style-type: none">• Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis• Introduction to Suicide Prevention• De-Briefing• Professional Self Care Tips and Strategies• Language, Communication and De-Escalation Skills• Navigating Change and Uncertainty – with Clients and Organisations• Mentally Healthy Workplace• Burnout / Compassion Fatigue• Emotional Intelligence within the Workplace• Mental Toughness and its impact on Productivity• Development of a Workplace Wellbeing Strategy / Strategic Plan

*To express your interest in any of the above training please email Jordyn Drayton at jordyn.drayton@holyoake.org.au

KULIN PLANT FARM



Chocolate Chip Blondies And Sour Cream-Chocolate Chip Scones

Chocolate Chip Blondies	incorporated; fold in 2/3 of chocolate.	Heat oven to 210C. Line a baking sheet with parchment.
Ingredients	Step 4	Step 2
<ul style="list-style-type: none">- 1 1/4 cup all purpose flour- 1/2 tsp baking powder- 1/4 tsp kosher salt- 1/2 cup unsalted butter, at room temp- 1/3 cup packed dark brown sugar- 1/4 cup granulated sugar- 1 large egg- 2 tsp pure vanilla extract	Spread the batter into the prepared pan and top with remaining chocolate. Bake until beginning to brown around edges, 15-18 minutes.	In a large bowl, whisk together the flour, sugar, baking powder, and salt. Add the butter and, using a pastry blender or two knives, cut it in until the mixture forms small crumbs. Add the chocolate chips and toss to combine. Male a well in the center of the mixture.
Method	Step 5	
Step 1	Let the blondies cool completely in the pan before cutting into pieces.	Step 3
Heat oven to 180C. Lightly coat an 8-inch square pan with cooking spray. In a medium bowl, whisk together the flour, baking powder and salt.	Sour Cream-Chocolate Chip Scones	In a bowl, whisk together the sour cream, egg, and vanilla. Add to the flour mixture and, using a fork, gently stir until incorporated (do not overmix). Bring the dough together into a ball.
Step 2	Ingredients	Step 4
Using an electric mixer, beat butter and sugars until light, 2 minutes. Beat in egg and then vanilla.	<ul style="list-style-type: none">- 2 cups all-purpose flour- 1/4 cups granulated sugar- 1 tbsp baking powder- 1/2 tsp kosher salt- 6 tbsp cold unsalted butter- 1 1/4 cup semisweet chocolate chips- 3/4 cup sour cream- 1 large egg- 1 tsp pure vanilla extract	On a lightly floured surface, shape the dough into an 8-inch round (about 1 inch thick). Cut into 8 wedges, separate, and transfer to the prepared baking sheet. Bake until golden brown, 12 to 14 minutes.
Step 3	Method	
Reduce the speed to low and gradually add the flour mixture, beating until	Step 1	





Gardening

B J E M L Z H E S O R N A W
 V O R D X T U P G M Y I K O
 H L Z I S C N J B E D F Q R
 U X G R O W E A H K R A P M
 Q D Y T N I D O L C S E E D
 M H E J B F R G U P K L R X
 Y P C A Y S A Z N I T V E J
 E W K Q D M G B H O R F W U
 L I O S T C E J O Y A P O N
 G L Y W K U N R A D Q Z L I
 P T O S E H S U B R M C F X
 I Z N K R E L Q W A T E R O
 M D I G U X D P E Y C H T B
 R W T A F O V S Z N L Q J S

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD



Tree Valley Academy

WORLD ENVIRONMENT DAY

Why Do We Celebrate World Environment Day?

This day is observed to increase global awareness and the importance of environmental health and challenges. This is accomplished by taking a variety of steps to safeguard nature and the environment, resulting in a good and healthy atmosphere for all. The United Nations Environment Program’s (UNEP) World Environment Day is an opportunity to reflect on how we are intertwined with nature. Also, how completely and unmistakably we rely on it for our survival.

Nature is in a state of emergency as time is running out. To solve these critical concerns, we need to take immediate action. Realize it’s only one earth and our focus should be on living sustainably in balance with nature. As our society evolves, our environment suffers the consequences of embracing environmentally hazardous technology and resources.

What can I do to support World Environment Day?

While the industry has made our life simpler, it also has detrimental repercussions on the environment. Here are some ways that can help contribute to saving the world, because together we can do so much.

- Try growing a flower in a flowerpot or caring for a sapling.

- Keep your surroundings and roadways clean.

- Say “yes” to public transportation as well.

- Make sure plastic should be avoided at all costs.

- Purchase wonderful recycled-products handicrafts.

- Encourage your community to segregate their dry and wet waste.

- Alternate energy sources such as solar or geothermal energy.

Here are 5 Green DIY tips for your house.

1. Microwave a bowl of water with a few lemon slices for 2 minutes to clean and scent the microwave.
2. For a customized cleaning solution, add a few drops of your favorite essential oil (tea tree or lavender).
3. Make dusters or mops out of old shirts, towels, or other household linen.
4. Fill the kitchen sink with a cup of vinegar. Allow it to sit for an hour before unplugging it and pouring cold water down the drain to clear it out.
5. Mix lime/lemon juice with

a pinch of salt to clean and disinfect naturally.

Celebrate at home or in society by taking these small steps.

- Turn off the TV and all unneeded lights when not using it.

- Instead of taking a shower, take a bucket bath to save water.

- Fix leaky faucets and keep the tap closed while shaving or brushing your teeth.

- Recycle the water you use to wash your vegetables and use it to irrigate your plants.

- Plan a community clean-up in your society.

- Make a cleaning cloth from old shirts.

- Do not lazily surf on laptops, PCs, or mobile phones in excess.

- Plant a tree in your yard. Give a sapling as a gift.

- Don’t throw food away or waste it; you can always replenish your plate.

- Instead of harsh chemicals, use green, eco-friendly items at home.



WA DAY

What Is WA Day?

WA Day takes place on the first Monday in June each year. It’s a day to celebrate all Western Australians, recognizing our Aboriginal history, early European settlers, and the many from all over the world who have made, and continue to make, Western Australia their home. It’s a day for each of us to reflect and celebrate all the great things our people, our lifestyle, our culture, and our potential.

What Is the History of WA Day?

Prior to 2012, June 1 was known as Foundation Day, which marked the day when the first European settlers, under the command of Captain James Stirling RN, Lieutenant Governor, arrived from Britain to settle the Swan River Colony. In April 2012 Foundation Day was formally changed to WA Day following bipartisan political support in the Western Australian Parliament. The legislation emphasized that the new “State Day” was to be inclusive of all people no matter how long they have called themselves Western Australians.

What Are the Western Australian of the Year Awards?

The Western Australian of the Year Awards recognize Western Australians who demonstrate excellence in their field and make a positive contribution to our community. There are seven award categories – Aboriginal, Arts

and Culture, Business, Community Professions, Sport and Youth. The overall Western Australian of the Year is selected from the winners in these award categories.

What Happens on The WA Day Long Weekend in June?

Every year the WA Day long weekend kicks off with the Western Australian of the Year Awards presentation on the Friday night. Over the WA Day long weekend, everyone can join in celebrating all that makes our state great by attending the free WA Day Festival events in metropolitan and regional areas state-wide.

About WA Day

WA Day is a universal celebration of all Western Australians, recognizing our Aboriginal history, early European settlers, and the many people from all over the world who have made, and continue to make, Western Australia their home.

As a vast geographic area comprising many different urban, rural, and regional communities, as well as being a very multicultural community, the emphasis for WA Day celebrations is on inclusion of all people.

Our Purpose

Community Participation

Encourages state-wide participation, with a focus on regional and remote Western Australia.

Social Inclusion

Unite all people, young and old, from all ethnicities and cultures, who have made Western Australia their home. Celebrate WA Day legislated principles acknowledging Aboriginal people as the original inhabitants and traditional land owners.

Civic Pride

Increase our sense of pride and community, celebrating all that it means to be Western Australian.

Aboriginal Engagement

Acknowledge the histories, the diverse cultures and contributions made by Aboriginal people to Western Australia.

Celebrate our history.

Raise awareness and foster discussion on the history of WA Day, our unique heritage, culture and diversity, identity, and location.

Promote Excellence

Recognize and celebrate excellence and achievements by inspirational Western Australians who deliver positive outcomes for communities at a state, national or international level.



IMPORTANT NOTICE

WARNING! DON'T RISK LOSING YOUR EYE SIGHT

Are You Being Treated For Any of These Health Conditions:

- High Blood Pressure
- High Cholesterol
- Diabetes

Or, are you taking medications for ailments like Rheumatoid Arthritis or Heart Disease?

If so, the delicate blood vessels in your retinas could be at serious risk... which can have a devastating impact on your ability to safely drive or do the things you love doing.

Glasses Loose? Get A Complimentary Adjustment

Is Your Vision At The Safe Driving Level?

An eye test can show this and reveal hidden health problems that may impact your daily life. For your own peace of mind, an optometrist funded by the Health Department is visiting Kulin on **Friday 7th June** to conduct eye tests. Eye tests are billed to Medicare for eligible card holders. Scan The QR code Below To Claim Your Appointment with Kulin's Visiting Optometrist or call 9791 3864



Scan me

Graham Shipway Mobile Optometrist 6/81 Uduc Rd Harvey



Lorna's Tidy Bookkeeping

Mobile Bookkeeping and Payroll Services

Setup/tidy up/ongoing.

15 Years Experience – Sole Traders/Companies

Mobile: 0437 990 339

Email: lorna@tidybookkeeping.com.au

BAS Registered





Hon Mia DAVIES MLA
Member for Central Wheatbelt

Northam Office 171 Fitzgerald Street (PO Box 92) Northam WA 6401 PH 08 9622 2871	Merredin Office Old Town Hall 16 Mitchell Street Merredin WA 6415 PH 08 9041 1702	mia.davies@mp.wa.gov.au facebook.com/MiaDaviesMLA @miadaviesMLA @miadaviesmla
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Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam



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 or simply scan this link on the right with your phone camera. Please ensure you select Western Australia when registering.



Scan me



1300 489 832

Drought response hotline
Connecting WA primary producers with relevant services

The new 24/7 Drought response hotline 1300 489 832 provides real-time assistance and connects primary producers with services most relevant to their needs.

There are also a number of financial support measures available, including interest free loans and hardship grants.

The Drought Response WA website is a one-stop online destination for information and support available to primary producers being impacted by drought. You can access the information at

www.wa.gov.au/organisation/departments/primary-industries-and-regional-development/drought-response-wa



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

Returning and new clients encouraged to contact Peter on 0439520425

Available August September October

DUFFY ELECTRICS

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



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com
Servicing Wickepin and surrounds

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

Just staying in this amazing town. Love it with the friendliest people.

Came for a night and extended it to 5.
One of the best free camps and caravan parks since leaving QLD.

Thank you all.

Wendy and Merv