

---

# THE KULIN UPDATE

---

11 July 2024

## 6 KKFC REUNION

It was a great night for all!

## 11 KULIN COMMUNITY HUB

Meet our new staff!

## 12 NONA WILSON LADIES OPEN DAY

Another excellent day held by the golf club.

---

## BLOKES NIGHT



See more on page 4



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](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 [rcmgr@kulin.wa.gov.au](mailto:rcmgr@kulin.wa.gov.au)

## DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

23rd	July	2024
6th	August	2024
20th	August	2024
3rd	September	2024
17th	September	2024
1st	October	2024
15th	October	2024

## HAPPY BIRTHDAY!

### JULY
































11th	Trevor Brewis, Lucy McInnes
12th	
13th	Toby Tyson
14th	Kate Niblock, Lee Stacey
15th	
17th	Eloise Mahe
21st	Fiona Lewis, John Bowey, Allyn Argent, Michael Lucchesi, Fraser Robertson, Bella Chapman
22nd	Ebonnie Poletti, John Munro
23rd	Jaxon Argent, Mitchell King
24th	Kat Carrie

## DATES AND UPCOMING EVENTS

### JULY

24th	Council Meeting
25th	The Kulin Update

# 07. JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02  Dr Chukwuneke @ Kulin  Kulin Walking Group 9am  Yogalates 10am  44th Australian Infantry Battalion Memorial	03	04	05  Dr Chukwuneke @ Kulin	06  Winter sports at Kulin
07	08	09  Dr Chukwuneke away  Kulin Walking Group 9am  Yogalates 10am  William Bradford funeral service	10  Kulin Blokes Night	11  <b>KULIN UPDATE</b>	12  Dr Chukwuneke away	13  Winter sports BYE
14	15	16  Dr Chukwuneke @ Kulin  Kulin Walking Group 9am  Yogalates 10am	17	18	19  Dr Chukwuneke @ Kulin	20  Winter spots BYE
21	22	23  Dr Chukwuneke @ Kulin  Kulin Walking Group 9am  Yogalates 10am	24  Council Meeting	25  <b>KULIN UPDATE</b>	26  Dr Chukwuneke @ Kulin	27  Winter sports at Kulin
28	29	30  Dr Chukwuneke @ Kulin  Kulin Walking Group 9am  Yogalates 10am	31	01	02  Dr Chukwuneke @ Kulin	03  Winter sports at Southern Cross

# CRC CORNER

Winter is upon us and while the sun is shining today the rain we have received over the past few days has been very welcomed. Let's hope next week we get some more.

Last night the CRC held the Kulin Bloses night. Thank you to all those who attended. It was a great turnout. A big thank you to Ambrose for his phenomenal culinary skills. In the wise words of Glenn – “Ambrose your cooking is the only thing I need for my mental health”. (Maybe we won't tell Chris from Regional Men's Health that!). Despite some challenges in the kitchen (mainly Belle being the challenge), the crew persevered and produced some top-quality dining. Look out for team Ambrose, Zina, Foops, Owen and Belle starting their own restaurant in the near future!

Special thank you to Foops, Zina and Owen for helping out in the kitchen, and to Iria and Aitor for helping with set up. Chris from Regional Men's Health talked about managing stress, looking after your health, and heaps of other really important things for blokes to be aware of. We had a great turn out, with a very wide variety of demographics, which is great to see. Shire of Kulin is looking for everyone

to complete the Workforce Housing Needs Survey which will help us find better housing solutions for workers in the Wheatbelt. We are asking all businesses, farming enterprises, works and other interested community members, from across the whole shire, to complete the survey. This information is being collected by the Wheatbelt Development Commission and will provide the framework for a business case. This project is being collaboratively undertaken by RoeRoc, comprising the Shires of Kulin, Corrigin, Kondinin and Narembeen. If you would prefer to get a paper copy of the survey call in to the Shire and we can assist you, or you can use the CRC computer to access the survey electronically. The link is open until 31 July 2024. <https://www.surveymonkey.com/r/XZSCMBQ>

The 2024-25 Shire of Kulin budget has been the focus over the past few weeks. Council will hold a budget meeting to discuss on 16th July 2024. As you will see later in this edition the Adopt a Tin Horse Project is open again. This is a fun way to get involved in our iconic Tin Horse Highway and help keep our horses looking great. It's also time to get your thinking caps

on for your next creation that can be entered into the Tin Horse Highway Competition.

Thank you to all those who attended our Bloke's Night on the 10th. Thank you of course to Ambrose for his phenomenal culinary skills, in the wise words of Glenn – “Ambrose your cooking is the only thing I need for my mental health”, maybe we won't tell poor Chris from Regional Mens health that. Despite some challenges in the kitchen (mainly Belle being the challenge), the crew persevered and produced some top-quality dining, look out for team Ambrose, Zina, Foops, Owen and Belle starting their own restaurant in the near future.

Thank you of course to Foops, Zina and Owen for helping out in the kitchen, and to Iria and Aitor for helping with set up. Chris from Regional Mens Health talked about managing stress, looking after your health, and heaps of other really important things for blokes to be aware of. We had a really great turn out, with a very wide variety of demographics, which is great to see.

Taryn Scadding  
EMCS





## WE WANT YOUR INPUT! WORKFORCE HOUSING NEEDS SURVEY

The Shire of Kulin is participating in a study with the Wheatbelt Development Commission to analyse housing demand for workers in the ROEROC area (Shires of Kulin, Corrigin, Kondinin and Narembeen)

The study seeks to understand housing stock needs currently and into the future. To help understand housing needs, we would like input from the business community, farming enterprise, workers and other interested community members.

Please help us find better housing solutions for workers in the Wheatbelt by clicking the link below and answering a few quick questions. Survey will close on 31 July 2024.



<https://www.surveymonkey.com/r/XZSCMBQ>

Paper copies are available from the Shire of Kulin.



*kulin*



## WRITING COMP

Winners will be announced by end of July



## KKFC Reunion

Thank you to everyone who attended the premiership reunion, another thank you to Foops, Iria and CRC team for helping with getting the photos together.

It was a great night for all, and everyone enjoyed the amazing FRC facilities.

See some of the photos sent in below.

-Grantly, Graeme and Jay.



# KKFC REUNION



# SPORTS NOTICES

## KULIN VS BRUCE ROCK

First time versing Bruce Rock for the season, feels weird this late in but it gave us time to prepare for what we were up against!

NSG had a week off, and a well deserved sleep in for coach Laus and the parents!

Juniors came out fighting, and had a very good win over Bruce Rock. Their passes were much cleaner and they have really come a long way making space and clearing out!

KU 29 BR 5

B Grade..... Well, our comeback game wasn't the result I had hoped for and hyped the girls up for! This game got away from us within the first 5 minutes. Sloppy passes and some average catching, we could all

agree the break didn't do us any good! These are all things we know we do well, it just wasn't the case on the weekend. Bridie Northey and Shauna Meehan had their work cut out for them in the goal circle, their players were ON the entire game. They kept fighting though, and really stepped it up! There is a reason Emilys body is sore all week, and that is because she doesn't stop. Her intercepts are the best, always clean and sharp! Well done Shauna for taking home the star player and Acres of Taste voucher, and well, the silly goose hat actually suits you Foops!

KU 27 BR 53

A grade was tight this week, but lucky for them there is a superstar Syred who was able to be pulled up from Juniors (yes, juniors!) and play

out the game for them, in a position she doesn't normally play! Well done Zoe on playing an incredible game in WD for the A1 side. This game was a rollercoaster, the giels sometimes had a lead of 11 then falling back to just 2, it had them panicked, watching on, it was clear that Kulin had control over the game the entire time! Melanie Naisbitt had a lot to gain, redeeming herself from silly goose to star player this week, taking home the Acres of Taste voucher! Reens was the silly goose this week, not sure if it was for something on court or getting her engagement ring and wedding ring tangled so bad in her necklace nobody could work it out.

KU 40 BR 40

Daniele White

KULIN  
NETBALL  
CLUB

## CROWN GIFT CARD RAFFLE

FIRST PRIZE \$500 CROWN GIFT CARD  
SECOND PRIZE \$250 CROWN GIFT CARD



Tickets \$25  
Drawn 27th of July  
Contact Dani Biglin to purchase  
Cash or direct deposit  
BSB: 633 000  
ACC: 110 389 046  
Ref: Your ticket #

Permit No: LS221923624



## Winter Sports Results

### ROUND 9 V SX

22/06/24

#### Netball

A1 Won 73-24  
 B BYE  
 Jnrs Lost 28-26

#### Football

League Won 109-62  
 Reserves Won 69-10  
 Jnrs

#### Hockey

A BYE  
 B  
 C  
 Mens

### ROUND 10 V BK

29/06/24

#### Netball

A1 Won 40-35  
 B Lost 53-27  
 Jnrs Won 29-5

#### Football

League Lost 99-107  
 Reserves Lost 33-34  
 Jnrs

#### Hockey

A Won 8-0  
 B Won 4-0  
 C Won 1-0  
 Mens Lost 4-1

### ROUND 11 V HY

06/07/24

#### Netball

A1 Won 51-41  
 B Draw 25-25  
 Jnrs BYE

#### Football

League Won 96-45  
 Reserves BYE  
 Jnrs

#### Hockey

A BYE  
 B  
 C  
 Mens

## Winter Sports Upcoming Fixtures

### ROUND 12 V BURRA

20/07/24

#### Netball

A1 1:00pm  
 B 11:30am  
 Jnrs 10:00am

#### Football

League BYE  
 Reserves  
 Jnrs

#### Hockey

A 12:30pm  
 B 11:00am  
 C 2:00pm  
 Mens 3:15pm

### ROUND 13 V BK

27/07/24

#### Netball

A1 1:00pm  
 B 11:30am  
 Jnrs 10:00am

#### Football

League 2:30pm  
 Reserves 12:45pm  
 Jnrs 11:30pm

#### Hockey

A SEMIS  
 B  
 C  
 Mens

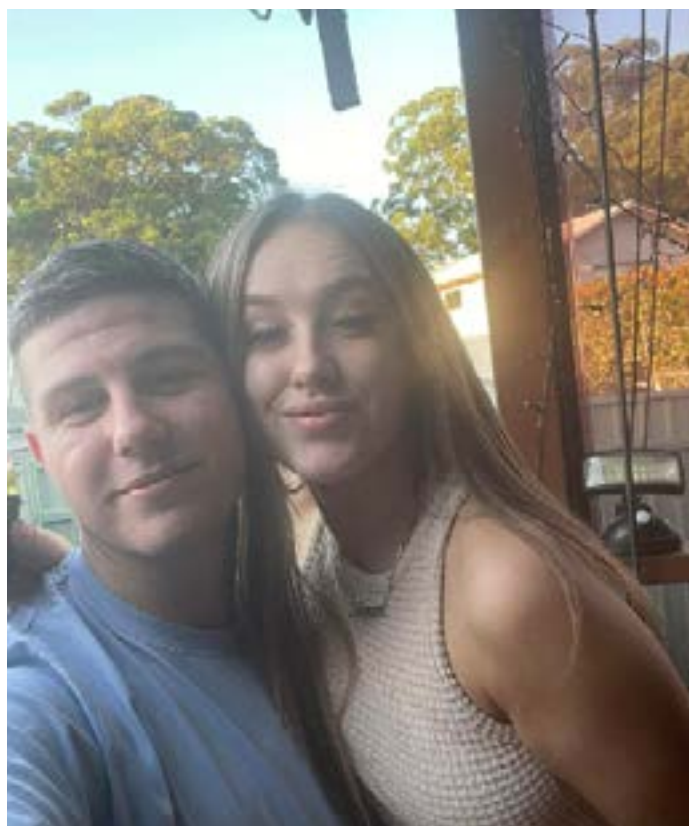
# WAR MEMORIAL



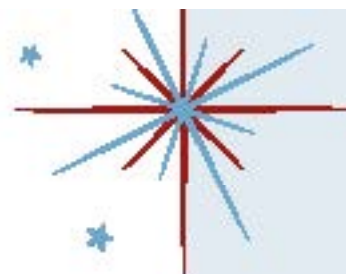
# KULIN COMMUNITY HUB

Meet Jessie and Conan! Next time you are at the Community Hub say hello to Jessie and Conan. They are in Kulin for the next three months. When speaking to them you will guess they are from Ireland. They plan to travel around Australia once they leave Kulin.

Wendy Gangell



## CHRISTMAS IN JULY



Join us at the  
Community Hub

Saturday 20th July 2024

Buffet dinner from 6:30pm



Book your table now

Contact us on 9880 1201



# NONA WILSON LADIES OPEN DAY

Another excellent ladies day held by our golf club recently . Huge thanks to club members, the Wilson family, the shire and rec centre staff and everyone that helps us present Kulin at its finest for our annual event.



WINNERS



COTTESLOE CREW



THE SPONSORS



THE CAPTAIN WITH THE WINNERS

Cottesloe & Pamela	13	21	Emma Wilson & Jill Tomlinson	24	34
17	18	22	Jane Dull & Janet Repacholi	25	35
19	20	23	Emma Kinnear & Carla Love	26	36
21	22	24	Erica Jones & Yuki Polwood	27	37
23	24	25	Maria Guinness & Denise Spurgus	28	38
25	26	26	Suzanne Condon & Kathi Schrie	29	39
27	28	27	Kylie Mortimer & Shonie Heather	30	40
29	30	28	Dorien Pascoe & Miranda Noack	31	41
31	32	29	Emma Michel & Madie Noack	32	42
33	34	30	Di Haynes & Bev Gonzalez	33	43
35	36	31		34	44
37	38	32		35	45
39	40	33		36	46
41	42	34		37	47
43	44	35		38	48
45	46	36		39	49
47	48	37		40	50
49	50	38		41	51
51	52	39		42	52
53	54	40		43	53
55	56	41		44	54
57	58	42		45	55
59	60	43		46	56
61	62	44		47	57
63	64	45		48	58
65	66	46		49	59
67	68	47		50	60
69	70	48		51	61
71	72	49		52	62
73	74	50		53	63
75	76	51		54	64
77	78	52		55	65
79	80	53		56	66
81	82	54		57	67
83	84	55		58	68
85	86	56		59	69
87	88	57		60	70
89	90	58		61	71
91	92	59		62	72
93	94	60		63	73
95	96	61		64	74
97	98	62		65	75
99	100	63		66	76

THE SCORES



PRESIDENTS ADDRESS



SUPPORTING OUR CAFE



EVENING AT WALKERS WINERY

With the recent celebrations of the Kondinin Golf Club celebrating 100 years, I thought it timely to investigate our own clubs inauguration.

Golf

In 1929 land was set aside for the golf course, and the first three fairways were cleared and prepared.

By 1932 there were three more

fairways and 3 underway. A corrugated iron leant-o-shed provided clubroom.

Facilities until 1952, in conjunction with the tennis club, a cement brick pavilion was constructed. Also in 1952, 7 more fairways were planned, they were cleared and cropped with oats for 2 years. The site was subsequently developed but was wet in winter and became known as 'The tiger country' and two fairways replaced.

The Statement of Significance, of the clubhouse at the time reads, 'the place represents the evolution and continued development of the tennis and golf clubs and identities associated with them. It represents a way of life.'

Heritage Council of WA

W J Gangell  
Hon Sec/Treasurer

---

## Kulin golf club Presents CLAYTON CUP 2024



**Saturday August 17TH ....Tee Off 11 am**  
Morning tea at 10.15 am--Men and Ladies welcome

**Clayton Cup & combined Stableford**

**Sausage sizzle lunch & dinner included-\$30.00 person**

**Entries to JAMES WILSON 0447812663**

**By wed 14th Aug**

**(late entries accepted)**

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

## Kulin Childcare Centre



We have been exploring sensory play this past week at KCCC. Painting with shaving cream and food colouring. Children love using something different to paint with and being able to explore the texture of the foam.



On the right the children are painting pigs in mud but very much building hand eye coordination rolling the paint covered marbles around the tray to make tracks,.



The children helped make new playdough for the week. This is great practice for maths and science, the process of measuring, following a recipe and having made something completely different to what we had at the start. Playdough supports sensory play, but also supports hand strength and scissors skills. We also used playdough to practice cutting with a knife and fork!



We are so very excited at KCCC to have our new play equipment arriving which we have purchased with funds from the Kulin Bush Races grant. We are very grateful, and the children have enjoyed exploring the new obstacles in our yard everyday since arrival!



A big thank you from KCCC to our families and community for supporting the centre.

## SENIORS MOVIE DAY

TUESDAY | 16 JULY | 11:00AM - 1:00PM

### Mrs. Doubtfire



AFTER A BITTER DIVORCE, AN ACTOR DISGUISES HIMSELF AS A FEMALE HOUSEKEEPER TO SPEND TIME WITH HIS CHILDREN HELD IN CUSTODY BY HIS FORMER WIFE. AFTER A BITTER DIVORCE, AN ACTOR DISGUISES HIMSELF AS A FEMALE HOUSEKEEPER TO SPEND TIME WITH HIS CHILDREN HELD IN CUSTODY BY HIS FORMER WIFE.



FREE EVENT | TEA AND COFFEE PROVIDED | KULIN SHIRE CHAMBERS

## 'ADOPT A TIN HORSE' PROJECT

Kulin locals, we  
need you!!

Some of the horses on our Tin Horse Highway are looking a bit shabby!

We are calling out to any locals who can spare a small amount of time to 'adopt a horse' and give it some TLC.

We can all pitch in to help maintain our wonderful Kulin tourist attraction and open air art gallery.

### WHAT DOES IT INVOLVE?

Whatever is required to spruce up your new baby. Mostly it will involve a lick of paint and perhaps some minor repairs. Nothing too strenuous! Just do it at your own pace and when it suits you.

**All paint will be supplied by the Kulin Bush Races.**

### HOW CAN YOU ADOPT?

You can adopt a horse on your own, with your family or between a few friends. It'll be a fun little project to work on together!!

Chat to Wendy if you can help. She can assign you to a tin horse or if you have a specific one that you would like to look after then just let her know.

**Contact Wendy for all the adoption info on 0429 805 224**



**MANY HANDS MAKE LIGHT WORK**





CRISP WIRELESS

# KULIN BUSH RACES

## TIN HORSE HIGHWAY COMPETITION

[www.kulinbushraces.com.au](http://www.kulinbushraces.com.au)

**HEAD TO OUR WEBSITE FOR ALL THE  
COMPETITION RULES & NOMINATION DETAILS**

Register to enter by 31st August 2024  
Registrations or any queries to Wendy Gangell  
0429 805 224 or [wendy@agsolutionswa.com.au](mailto:wendy@agsolutionswa.com.au)





## ECLIPSE

For Survivors of Suicide Attempts



## Free 8 week online support group

for survivors of suicide attempts in the Wheatbelt

Expressions of interest are now open

Lifeline WA in collaboration with Holyoake is offering a free eight week support group to provide people with the opportunity to connect with others who have survived one or more suicide attempts. The group will help develop skills to improve the ability to cope with suicidal thoughts and feelings. The group will have two facilitators including a peer who has their own lived experience.

Location: Online

Date: Groups run during school terms

Commitment: 3 hours per week

Group Size: Up to 10 members

Cost: Free

Eligibility Criteria

- Age 18 or over
- Survived one or more suicide attempts
- Able to attend all sessions
- Live in the wheatbelt

For more information or to register, scan the QR code or visit:

[www.lifelinewa.org.au](http://www.lifelinewa.org.au)

<https://holyoake.org.au/eclipse>





## **Autism & Anxiety:** **Practical Strategies for Supporting Teens** Presented by the Autism Association of Western Australia.

Did you know that anxiety is one of the most common co-occurring symptoms in young autistic individuals? The teenage years come with many pressures and challenges. Because of this, anxiety is something that affects all young people at some point.

In this webinar we will explore:

- Key facts about anxiety
- Practical strategies for helping teenagers with Autism to cope with anxiety
- Available resources, services and supports.

A no cost, two-hour information session specifically designed to support parents and relatives of children and adolescents with Autism aged 12 to 17 years.

### **Online Session**

Tuesday, 16 July 2024

6pm - 8pm AWST via Zoom

For more information and to register please contact [seminars@autism.org.au](mailto:seminars@autism.org.au)

Supported by



# THROWBACK THURSDAY

## BRIDE PARADE 2007



## MATCHA BAKED DOUGHNUTS & CAKE POPS

### Matcha Baked Doughnuts

#### Ingredients

- 1/4 cup melted coconut
- 1/3 cup cane sugar
- 1 large egg
- 3/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 teaspoon matcha powder
- 1/8 teaspoon nutmeg
- Heaping 1/4 teaspoon sea salt
- 1/2 teaspoon vanilla
- 1 1/3 cup flour
- 1/2 cup almond milk

#### Decorating option 1: Matcha Glaze

- 1/2 cup powdered sugar
- 1/8 to 1/4 teaspoon matcha powder, depending on desired green color
- 1 tablespoon almond milk

#### Decorating option 2: Matcha Cane Sugar

- 1/2 cup cane sugar
- 1/4 to 1/2 teaspoon matcha powder, depending on desired green color
- 1/3 cup melted coconut oil

#### Decorating option 3: Matcha Powdered Sugar

- 1/2 cup powdered sugar
- 1/4 to 1/2 teaspoon matcha powder, depending on desired green color

#### Instructions

##### Step 1

Preheat the oven to 220C and lightly grease one standard 6-hole doughnut pan.

##### Step 2

In a medium bowl, whisk together the coconut oil and sugar. Add the egg and whisk to combine. Add the baking powder, baking soda, matcha powder, nutmeg, salt and vanilla and whisk to combine.

##### Step 3

Alternately add the flour and the milk, beginning with the flour, until thoroughly combined. The batter will be thick, and a spatula drawn through should leave an indentation.

##### Step 4

Spoon the batter into the doughnut pan (it will be thick and sticky). Bake for 10 minutes before removing from the pan. Remove from the pan and place on a wire rack to continue cooling.

##### Step 5

Make your desired decorating option:

##### Step 6

Matcha Glaze: in a small doughnut-sized bowl, whisk together the powdered sugar and matcha powder, then whisk in the almond milk until smooth. Dip each doughnut in the glaze and let the excess glaze drip off.

##### Step 7

Matcha Can Sugar: In a small doughnut-sized bowl, mix the cane sugar and matcha powder. Add the melted coconut oil to a separate bowl and dip both sides of each doughnut first into coconut oil, and then into the sugar mixture. The coconut oil helps the sugar adhere and it also produces the most fried doughnut like taste.

##### Step 8

Matcha Powdered Sugar: In a small doughnut-sized bowl, mix the powdered sugar and matcha powder. Dip both sides of each doughnut into the sugar, tapping off any excess.

### White Chocolate Mud Cake Pops

#### Ingredients

- 1/2 x 600g iced white chocolate mud cake
- 375g packet white chocolate melts
- Rose pink food colouring

### Method

#### Step 1

Remove and discard icing from cake. Using your hands, roughly break up cake, into small pieces and place in a large bowl. Continue breaking cake into smaller pieces until finely crumbled. Place 2/3 cup chocolate in a heatproof, microwave-safe bowl. Microwave on medium (50%) for 1 to 2 minutes, stirring every 30 seconds with a metal spoon, or until smooth. Add melted chocolate to cake mixture. Stir until well combined. Roll 2 level teaspoons of mixture into a ball. Place on a baking paper-lined baking tray. Repeat with remaining cake mixture.

#### Step 2

Place 1/4 cup chocolate in a heatproof, microwave-safe bowl. Microwave on medium (50%) for 1 minute, stirring every 30 seconds with a metal spoon, or until smooth. Dip 2cm of 1 end of each lollipop stick into melted chocolate. Push 1 lollipop into each cake ball. Return to tray. Freeze for 20 to 30 minutes or until firm.

#### Step 3

Set aside 1/3 cup chocolate. Place remaining chocolate in a small heatproof, microwave safe bowl. Microwave on medium for 2 to 3 minutes, stirring every 30 seconds with a metal spoon, or until smooth. Dip cakes, 1 at a time, into melted chocolate. Tap stick on side of bowl to drain excess. Push stick into foam. Stand for 10 minutes or until set.

#### Step 4

Place remaining chocolate in a heatproof microwave-safe bowl. Microwave on medium for 1 minutes, stirring every 30 seconds with a metal spoon, or until smooth. Tint pink with food colouring. Spoon into a snap-lock bag. Snip off 1 corner. Drizzle balls with chocolate. Stand for 20 minutes or until set. Serve.



Name \_\_\_\_\_

Date \_\_\_\_\_

# WORD PUZZLES

## BRAIN TEASERS

Write the meaning of each picture below!

CAR JACK TON

SKIING

DOODLE

BED FA ST

CA SE  
CASE

LATE NEVER

GET IT  
GET IT  
GET IT  
GET IT

Beeeeee

DOOR

## COVID-19

If you have COVID-19, also called coronavirus disease 2019, you may have some questions. COVID-19 can affect people differently. Whether you're caring for yourself or someone else at home, here is some basic information on emergency care, how to stop the spread of the COVID-19 virus and when you can get back to being with others.

### At-Home Care For COVID-19

Many people with COVID-19 get better with rest, fluids and treatment for their symptoms. Medicine you can get without a prescription can help. Some examples are:

- Fever reducers
- Pain relievers
- Cough syrup or medicine

A person at high risk of serious COVID-19 illness may be offered medicine to prevent mild illness from getting worse.

Groups at higher risk are people aged 65 and older, babies younger than 6 months, and people with certain medical conditions. Those conditions include blood disorders and chronic diseases.

If you are looking after someone with COVID-19, help the person track symptoms. You may need to help with childcare or getting food and any medicine needed. And it can help to take care of the persons' pet.

For as long as COVID-19 symptoms get worse, stay home and apart from people who don't have COVID-19. That will help stop the spread of the virus. People with weakened immune systems may need to stay apart, also called isolate, for longer. Your healthcare professional can advise you on what's best in your situation.

If you have COVID-19 and are staying separate from others, it can be stressful. You can take these actions to help your body and mind through the illness and isolation:

- Eat healthy foods

- Get the rest you need
- Try relaxation exercises
- Keep up with hobbies you enjoy
- Connect with others through phone or video calls

Also, if you're caring for someone with COVID-19, think about how it might affect your health. If you are age 65 or older or have chronic medical conditions, you may be at higher risk of serious illness with COVID-19.

### Warning Signs Of COVID-19

Carefully watch yourself or the person you're caring to see if COVID-19 symptoms are getting worse.

Get emergency help right away for any of these symptoms:

- Breathing problems or not being able to catch your breath
- Skin, lips or nail beds that are gray or blue
- New confusion
- Trouble staying awake or waking up
- Chest pain or pressure that is constant

This list doesn't include all symptoms. If you or a person you're taking care of has symptoms that worry you, get help. Let the healthcare team know about a positive test for COVID-19 or symptoms of the illness.

Protecting others if you have COVID-19

To prevent the spread of the COVID-19 virus to others, stay home and apart from anyone you live with for as long as you have worsening symptoms. You can wear a face mask if you must be around other people.

You also can take other actions that lower the chance of spreading the virus that causes COVID-19:

Wash your hands well and often using soap and water for at least 20 seconds. Cover your coughs and sneezes.

Clean and disinfect surfaces you touch often.

Do not share towels, cups or other items if possible.

Use a separate bathroom and bedroom if possible.

Get more airflow in your home.

Once you're feeling better and haven't had a fever for a full 24 hours without taking medicine for fever, you can go back to being around others. If your fever comes back or you start to feel worse, return to isolation until your symptoms improve and you are fever-free without fever-reducing medicine for 24 hours. But listen to the advice of your healthcare professional.

In the five days after isolation, to help prevent the spread of the COVID-19 virus, you can wear a mask and keep up with the actions that prevent the coronavirus from spreading. These actions are helpful even if you never had symptoms but tested positive for COVID-19.

### Protecting Yourself While Caring For Someone With COVID-19

As you care for someone with COVID-19, avoid touching that person's fluids. Wash your hands after cleaning up waste such as used tissues, vomit, stool or urine.

Continue all the actions that help prevent the spread of the virus that causes COVID-19. This includes washing your hands with soap and water for at least 20 seconds, not touching your face, wearing a face mask when you're in the same room as the person who is ill, and cleaning the home. But avoid cleaning the room where the person is isolating and set aside bedding, towels and utensils for the sick person only to use.

Avoid direct physical contact with the person who has COVID-19. Also try to limit visitors until the person has recovered.



## SHARK AWARENESS DAY

### What Is Shark Awareness Day?

July 14 is Shark Awareness Day, a day created to dispel myths about sharks and to raise awareness about the importance of sharks to the ocean. It is a day to recognize the great risk of extinction many species of sharks and rays face, and how we can act to save them. Timed around the famous Shark Week by Discovery Channel and now National Geographic's Shark Fest, when millions view the thrilling (but tiresome) re-enactments of jaw-gnashing shark attacks and leaping great whites, this day is intended to celebrate these magnificent cartilaginous fish.

Sharks are among the oldest living lineage of species in the ocean, with fossil records dating back at least 420 million years ago. Modern-day sharks have been around for about 100 million years, predating the dinosaurs and even surviving them in the last major extinction event in the Miocene.

### A Short Summary Of Sharks

From the mako to the basking, from the great white to the hammerhead, from the nurse to the tiger, sharks roam our oceans (and in a couple of cases our freshwater rivers). These toothy fish, which are closely related to rays, live for around 30 years on average, but some species make it to over 100, with one Greenland shark discovered to be at least 272!

Their most distinctive feature is of course their razor-sharp teeth, sharks can have as many as seven rows of gnashers and go through up to 30,000 of them in their lifetimes. Another key weapon in their hunting arsenal is their electrical sensitivity, able to pick up on electromagnetic fields better than any other animal. This allows them to seek out their prey, even if hiding or camouflaged.

With so many species found all over the globe, it's no wonder that these water-dwellers also possess a few weird and wonderful quirks! Did you know, for example, that bamboo

sharks can't actually swim (instead they push themselves along the sand with their fins) or that frilled sharks' pregnancies last a lengthy 3.5 years? Did you know that hammerheads have a 360-degree vision or that female sharks will occasionally reproduce via parthenogenesis (essentially a type of cloning)? It's nothing short of enthralling whenever it comes to sharks!

### How To Celebrate Shark Awareness Day?

There are loads of fin-tastic ways to get stuck into Shark Awareness Day. As the event is all about tackling stigma and increasing awareness, one of the best ways to celebrate is to find out more about these seas (and occasionally river) dwellers. Check out the multitude of online resources available from websites such as the Shark Research Institute or Sharks or Sharks of the World, and see what documentaries are available in your country.

You can also do your bit to help protect sharks. Try avoid shark products wherever you can, something like shark-fin soup is pretty obvious, but many beauty products such as soap and makeup include squalene, which comes from shark livers, and leather items such as bags and belts could be made from shark skin, known as shagreen. More generally, try to reduce your seafood consumption or ensure that it is sustainably and safely sourced to help combat overfishing and bycatch.

### Why Sharks Are So Significant?

The vulnerable status of these feisty fish, with many species classed as threatened and some even as critically endangered by the International Union for Conservation of Nature (IUCN), has serious implications that go far beyond just the sharks themselves.

As top predators, sharks are vitally important for healthy ecosystems, preventing the populations of other animals from getting too large and often preying on the old and sick,

which helps keep the remaining populations in good shape.

This also has knock-on effects for wider oceanic and planetary conditions. For example, by keeping sea turtle numbers in check, sharks also help maintain seagrass levels, which are an important carbon sink. A balanced ocean ecosystem means a healthy planet, and sharks are essential to maintaining that balance.

### History Of Shark Awareness Day

Sharks are one of the oldest species on the planet, with fossil records showing they were cruising our oceans at least 420 million years ago. Modern-day sharks have been around for 100 million years – even that's back when the dinosaurs existed!

Nowadays there are over 500 species of shark, ranging from the tiny dwarf lantern shark, able to fit into the palm of your hand, to the gigantic whale shark, which can clock in at up to 10pm. However, this is nothing compared to the megalodon, a now extinct relation of the modern/day great white, which may have reached sizes of a whopping 20m!

Some cultures, such as Hawaiian and Pacific Island cultures, have long revered and respected these impressive hunters and predators, with various legendary tales and mythologies. Unfortunately, however, cultural depictions of these creatures have by and large been a significant contributing factor to the fear and stigma surrounding them. You're hard-pressed to find a shark film that doesn't portray these animals in at least a partially negative light, and the majority of Hollywood blockbusters, from *Jaws* and *Deep Blue Sea* to *The Shallows* and *47 Meters Down*, have perpetuated the idea of sharks as bloodthirsty, vengeful monsters.

Those familiar with sharks will know that this unfair reputation is far from the truth, and the sad fact remains that these magnificent creatures are threatened far more by us humans than we are by them.



**Regional Safety Services**  
Helping Make Regional Businesses Safer

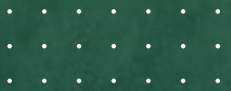
# NATIONAL FARM SAFETY WEEK

16-23 July

*We offer affordable, practical and non-judgemental services.*

**Learn More**

- Onsite safety appraisals
- Online safety forms
- Online safety training



Call for  
more information  
**0407420126**

*[www.regionalsafetyservices.com.au](http://www.regionalsafetyservices.com.au)*



**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](mailto:lorna@tidybookkeeping.com.au)

**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 9522 2871	<b>Merredin Office</b> Old Town Hall 16 Mitchell Street Merredin WA 6415 PH 08 8041 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://www.instagram.com/miadaviesMLA">@miadaviesMLA</a> <a href="https://www.tiktok.com/@miadaviesmla">@miadaviesmla</a>
---	--	---

Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam

**Peter Rundle MLA**  
Member for Roe

<p><b>Narrogin Office</b> Ph: 9881 1225 83 Federal Street Narrogin WA 6312</p> <p><b>Esperance Office</b> Ph: 9071 6555 107 Dempster Street Esperance WA 6450</p>	<p><b>DEPUTY LEADER OF THE NATIONALS WA</b></p> <p><a href="http://www.peterrundle.com.au">www.peterrundle.com.au</a>   PeterRundleRoe  E: <a href="mailto:peter.rundle@mp.wa.gov.au">peter.rundle@mp.wa.gov.au</a></p>
---	---

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

Pick up service last Wednesday of the month

Kulin

Scan me

Member (if required) register for your Member ID at [www.containersforcharity.com.au](http://www.containersforcharity.com.au) or simply scan the link on the right with your phone camera. Please ensure you select Western Australia when registering.

## DUFFY ELECTRICS

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



Ryan Duffy  
0409 806 047

[duffyelectrics@outlook.com](mailto:duffyelectrics@outlook.com)

Servicing Wickepin and surrounds

**CONSIDERING  
SELLING?**  
We're here to help

CONTACT STEVE TODAY!  
Nutrien Harcourts Narrogin  
0427 794 500

*Steve*  
**WRIGHT**

**Nutrien Harcourts**  
YOUR LOCAL RURAL REAL ESTATE SPECIALIST

## 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

# CAPTURED BY YOU

---

