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# THE KULIN UPDATE

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10.04.2025

## 6 ANZAC STORY

LOCAL GIRL  
REPRESENTED WA IN  
THE PREMIER'S  
ANZAC STUDENT TOUR

## 9 MEDICAL UPDATES

DOCTORS CLINIC HOURS  
UPDATE DUE TO  
HOLIDAYS

## 11 SPORTS UPDATE

WINTER SPORTS  
FIXTURES

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# ANZAC DAY

25th April 2025

*Lest we forget*



## Commemoration Service

Hosted by the Shire of Kulin & the Kulin CRC  
In remembrance and honour our servicemen and women.  
Commencing at 9:30am at the War Memorial  
& followed by a morning tea at the CWA



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 - \$50
- 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 [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)

## DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

22nd	April	2025
6th	May	2025
20th	May	2025
3rd	June	2025
17th	June	2025
29th	June	2025
12th	August	2025

## HAPPY BIRTHDAY!

### April

10th	Val Bradford, Lina Varone, John Ryan (Jnr)
11th	Beau Tyson
12th	Daniel Davies
13th	Murray Francis
14th	Robbie McInnes
15th	Toby McInnes
16th	Don Davies
17th	Blake Spurgeon
20th	Julie Dall

## DATES AND UPCOMING EVENTS

### April

10th	Netball Training
11th	KDHS Final Day Term 2
12th	Winter Sports at Kondinin
15th	KKFC Training
17th	KKFC Training Netball Training
18th	Good Friday
21st	Easter Monday
25th	Anzac Day

# COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>1</p> <p>Dr Chukwunke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm Remedy Physio Walking Group KKFC Training</p>	<p>2</p> <p>Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts FLC On the Road Men's Regional Health &amp; Wellness Initiative</p>	<p>3</p> <p>Playgroup Corporate Bowl 6pm Remedy Physio Hotel open from 4pm KKFC Training Netball Training</p>	<p>4</p> <p>Dr Chukwunke in Kulin Bowls Men's Open Day Nurses Clinic Open (8:30-12) FRC open from 12pm Hotel open from 12pm KDHS School Assembly</p>	<p>5</p>	
	<p>6</p> <p>Hotel open from 4pm KDHS Leadership Camp</p>	<p>7</p> <p>Hotel open from 4pm KDHS Leadership Camp</p>	<p>8</p> <p>Senior Movie Day Dr Chukwunke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm KDHS Leadership Camp Remedy Physio Walking Group</p>	<p>9</p> <p>Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts KDHS Leadership Camp</p>	<p>10</p> <p>The Kulin Update Remedy Physio Hotel open from 4pm Netball Training Men's Bowls Practice</p>	<p>11</p> <p>Dr Chukwunke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm Hotel open from 12pm KDHS Final Day Term 1 Bowls Men's Open Day Last Day of School - Term 1</p>	<p>12</p> <p>Bowls Closing Day Winter Sports at Kondinin</p>
	<p>13</p> <p>Hotel open from 4pm</p>	<p>14</p> <p>Hotel open from 4pm</p>	<p>15</p> <p>Dr Chukwunke in Kulin Yogalates Nurses Clinic Open (8:30-12) Remedy Physio Walking Group KKFC Training</p>	<p>16</p> <p>Council Meeting Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts</p>	<p>17</p> <p>Remedy Physio Hotel open from 4pm KKFC Training Netball Training</p>	<p>18</p> <p>Good Friday</p>	<p>19</p>
	<p>20</p> <p>Hotel open from 4pm Easter Monday</p>	<p>21</p> <p>Hotel open from 4pm Easter Monday</p>	<p>22</p> <p>Yogalates Nurses Clinic Open (8:30-12) Remedy Physio Walking Group</p>	<p>23</p> <p>Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts</p>	<p>24</p> <p>The Kulin Update Remedy Physio Netball Training</p>	<p>25</p> <p>ANZAC Day</p>	<p>26</p>
	<p>27</p> <p>KDHS Term 2 Commences</p>	<p>28</p> <p>KDHS Term 2 Commences</p>	<p>29</p> <p>Dr Chukwunke in Kulin Yogalates Nurses Clinic Open (8:30-12) Remedy Physio Walking Group KKFC Training</p>	<p>30</p> <p>Nurses Clinic Open (8:30-12) Kulin Arts</p>			

## CRC CORNER 10 APRIL

We are now well into Autumn, and you can feel the change in the weather. There is plenty of action within our farming community. Burning, ripping up, spraying and seeding are all happening. With some welcome rain last week lets hope for more soon.

We have plenty happening in the next few weeks with Easter, Blazing Swan, Anzac Day and winter sporting fixture. It's also school holidays and the CRC has some school holiday activities. Local tickets for Blazing Swan are now available at the Shire/CRC.

## ANZAC DAY 2025

Anzac Day preparations are well underway. I take this time on behalf of our community to thank Meggs Gibson for coordinating the Anzac Service in Kulin. I also thank him for entrusting the CRC staff to coordinate the event this year. We look forward

to seeing many community members on 25th April 2025 at the service and to enjoy morning tea at the CWA.

This year the Football, Netball and Hockey fixtures have been changed to play on Anzac Day in Corrigin. All games will begin at 1pm. Fixtures can be seen later in this edition. Good luck to all our teams.

The Kulin Community Hub will be serving a Diggers Dinner that evening. A reminder of the change to trading hours for Anzac Day – the Hub will not open until 12pm but will operate as normal from that time.

We currently have job opportunities at the Shire of Kulin with some great opportunity to join our fantastic organisation. Grader Operator, Truck Driver/Road Train Operator, and Diploma Qualified Educators. Excellent working environment and competitive salary packages. For more information visit our website [www.kulin.wa.gov.au/council/news/employment-opportunities.aspx](http://www.kulin.wa.gov.au/council/news/employment-opportunities.aspx).

I would like to welcome Kirra Pederick to the Shire/CRC team in the role of Community Development Officer. Kirra brings a passion for rural living and an engaging community. You will see Kirra out in the community and involved in community events and courses so please make yourself known and get in touch if you require assistance from our CRC.

With the Easter and Anzac Day public holidays please note that Shire of Kulin/CRC will be closed on Friday 18th April (Good Friday), Monday 21st April (Easter Monday) and Friday 24th April (Anzac Day).

Also note that the Doctors Surgery will be closed from Friday 18th April and reopening on Monday 28th April. Kulin Nurses Clinic will be open Tuesday 22nd and Wednesday 23rd April.

Wishing everyone a safe and happy Easter.

Taryn Scadding  
Executive Manager of Community

# Fire Break Compliance

The Shire of Kulin encourages all landowners to maintain a **minimum 3 - metre wide clear buffer**, immediately inside all external boundaries of land when undertaking seeding activity.

This will enable the necessary compliance with the Shire Fire Break Order requirements and safe firebreak access for emergency service/fire fighting vehicles.



INTRODUCING...

## KIRRA PEDERICK

### COMMUNITY DEVELOPMENT OFFICER

The Shire of Kulin is delighted to welcome Kirra as our new Community Development Officer. Kirra and her family moved to Kulin last September buying a house here, which they are lovingly renovating. As Kirra settles into her new role, she shared a little about her journey to Kulin and her passions.



*"I am so happy to be here in Kulin and settling into both my new role at the Shire of Kulin and the community itself. People often ask me, "Why did you move to Kulin?" and I feel like the honest answer is, "Why wouldn't you?" For a small town, it's just overflowing with warmth and welcome. From our very first visit when we brought our kids to the slide, to returning for the bush races, to eventually deciding to make Kulin our home, the town truly wove its spell over us.*

*I grew up in Western Australia, with my family farming at Kojonup and Moodiarup and I developed a love for the life and people in small rural communities - a connection that continues to shape my vision and values today. I cherish the traditions and history of coming together to help each other, putting in the work to get the job done, and knowing that you only ever get back as much as you put in.*

*Having travelled extensively across Australia for work and family reasons, coming back to the bush feels like coming home. It's an absolute privilege to contribute to and be a part of a rural community again, and I can't wait to get to know the town better and become a familiar face in the community."*

Kirra brings warmth, enthusiasm and a can-do attitude to her new role, we look forward to seeing her passion drive Kulin's growth and development. Please join us in extending a warm welcome to Kirra!



## Premiers Anzac Student Tour

### Youth connecting to the Anzac Legacy

In 2023 Matilda Miller whose family recently moved to Kulin was given the honour of being one of 10 students to represent Western Australia as part of the Premier's Anzac Student Tour. This competition is open annually to all Western Australian students in Years 8 to 11 and gives student ambassadors a unique opportunity to investigate the Anzac legacy. The students in Matilda's tour group explored the context of nation building between the wars, and the defence of the home-front during World War II.

They were guided by the question "Why might historical events matter to me, my community or the world?" Matilda embraced the opportunity to explore her own family's history, the trials and triumphs they shared with her which were felt throughout the small farming communities of Western Australia, shaped her thoughts that she happily shares with us in her winning essay.



**The 2023 Premiers Anzac Student Tour Ambassadors**

**War has a significant impact not just on the family at the time but also, on the generations after.**

"War is the greatest plague that can afflict humanity; it destroys religion, it destroys states, it destroys families," Martin Luther. This quote is an accurate summation of what it would be like to grow up in a family affected by war. War is a horrific act that afflicts every aspect of our lives, both consciously and subconsciously every day; the effects of war have significant physical and psychological impacts not just on the immediate family of

the person serving in war but also intergenerationally.

Families are affected both during the war and after with consequences and changes in the perception of war at the time and in future generations even a century on. World War II brought untold suffering throughout the world, both on the front lines and the home front, with families at home looking after houses, tending farms, and raising children. Among these was the Cochrane's; James Cochrane was a Private in the Australian Army serving in New Guinea and Port Moresby during World War II. During his service, his wife Sophie remained at home to raise their ten

children and maintain the family farm in Duranillin, Western Australia.

Sophie and her children faced many difficulties not unique to themselves. In addition to the daily worries for James' safety, finances were tight (this had provided a significant motivational factor for James and many others to join the war). With their lack of money and harsh conditions in early rural Australia, food was in short supply, and survival required foraging in the bush, a little mutton was a treat (as most was sold for money or given in trade), and some dairy from the family cow. Most produce from the farm was sold or traded to maintain it. To this day, the children of James and Sophie remember the hunger of the time and the ingenuity of the women who created meals from very little.

Another difficulty faced by the family on the home front was the

vulnerable position of a woman alone in a patriarchal society. The Cochrane's children remember many attempted and successful frauds, thefts, and even threats to safety. Among those were "tramps," often soldiers from the Great War who came home and suffered from its effects, as generations of this war would, with homelessness, unemployment, and addiction. They would wander around the bush, going from farm to farm, asking for food, tea, and tobacco. Incidents of violence, threats to women and children were not rare. The fears, vulnerability, and feelings of insecurity are just some of the difficulties passed on through their family and echoed by many others, continuing to impact future generations.

The effects of war on the family continued well after its conclusion. For men lucky enough to return from

the war, there were many challenges yet to face. Many of the surviving men had changed because of their experiences, becoming sceptical, suspicious of political and religious groups with the perception of their involvement in the suffering resulting in apathy or opposition. Communication was difficult with the men who came home as many would not speak about their experiences. Greg Cochrane, 15, when his father (James) returned, remembers his father saying, "(the) ones who didn't-do-nothing had a lot to say and the ones who were on the front lines won't talk about it; unless they are drunk." Many men took a long time before celebrating ANZAC day, believing it to be something to mourn to ensure it never happened again, rather than something to acclaim.

These opinions are still held today and are evidence of the intergenerational burden of war.

The consequences of every war in history still shape the world. War is an emotive and controversial topic, with opinions shaped by individual families' experiences. Winston Churchill wrote "History is written by the victors," a statement relevant even in the non-combatant family units, with every family being affected by war differently,



**James and Sophie Cochrane and family circa 1955**

# LOCAL UPDATES

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depending on the outcome. Those on the ‘losing’ side potentially being viewed as the villains, perhaps even the cause of the war, their families sharing in the shame. The ‘victorious’ likely remembered as heroes, their families viewing their actions with pride with war and its consequences a necessary evil. History shows things were never this simple, as society became more sceptical of the propaganda through access to more comprehensive, more detailed, transparent media technologies. Older generations often accept that war has multiple perspectives and the lesson of history whereby violence begets more violence.

This first-hand trauma has metamorphosed into values that are evident in the youth of today, evolving as an inheritance to be treasured and feared.

This inheritance and perception of war is a blend of the influences and experiences of the generations that came before. War has become romanticised, thought of as an adventure, a necessary and noble sacrifice. To comprehend and understand what it is like to grow up in a family afflicted by war, there is a need to learn about both sides of the story, the winners and the losers, the combatants and non-combatants.

Accepting that there is still more to learn and room for opinions to develop to further understand the inheritance of war while hoping, it never becomes a first-hand account. It is essential to realise that views will never lack a bias as the nationalistic tone set from the education system onwards reinforces this, teaching a one-sided conversation of good versus evil. War is to be mourned and thought of with regret for the lives lost, the families torn apart, with fathers, sons, mothers, and daughters lost, a horrible thing that can be prevented. As John Dingle wrote, “War is the failure of diplomacy.” It is a great travesty that humans still haven’t learned that fighting and killing is not the way to solve problems after so many wars.

Matilda Miller.





# Kondinin Medical Services

## Change of Service Hours

Please note a change to Doctor Services in April 2025

Mon	Tue	Wed	Thu	Fri
14 Doctor - Kondinin	15 Doctor - Kulin Kulin Nurses Clinic Open	16 Doctor - Kondinin Kulin Nurses Clinic Open	17 Doctor - Hyden	18 <b>EASTER</b> Doctor and Nursing Clinic <b>CLOSED</b>
21 <b>EASTER</b> Doctor Surgery <b>CLOSED</b>	22 Doctor Surgery <b>CLOSED</b> Kulin Nurses Clinic Open	23 Doctor Surgery <b>CLOSED</b> Kulin Nurses Clinic Open	24 Doctor Surgery <b>CLOSED</b>	25 <b>ANZAC Day</b> Doctor and Nursing Clinic <b>CLOSED</b>
28 Doctor - Kondinin	29 Doctor - Kulin Kulin Nurses Clinic Open	30 Doctor - Kondinin Kulin Nurses Clinic Open		

# Kondinin Medical Services

## Flu Vaccination Clinics

Government funded flu shot clinics will be held on the following mornings

- Wednesday 9th April - Kondinin
- Tuesday 15th April - Kulin
- Wednesday 16th April - Kondinin
- Thursday 17th April - Hyden

These free clinics are open to everyone over 65, and Aboriginals over 50. Some people over 50 with chronic conditions may also be eligible.

Bookings are essential  
 On Mondays and Wednesdays call 9889 1753.  
 On Tuesdays and Fridays call 9880 1315.  
 On Thursdays call 0429 082 746

**PROTECT YOURSELF  
 AGAINST THE FLU  
 THIS SEASON**

## 2025 AFL MASTERS SOUTHWEST CARNIVAL

“The 2025 AFL Master’s Southwest Carnival was held at the Freebairn Recreation Centre on Saturday 29<sup>th</sup> of March, with roughly 6 footy teams including our local lads playing we had around 120 players.

I am sure they all enjoyed playing some football, in what turned out to be quite a hot day!! More to the point I think the cold beers were thoroughly enjoyed after!

Big thanks to all the sporting clubs and volunteers who made the day run very smoothly! ”

Caroline Carrie  
Manager  
Freebairn Rec Centre



## WINTER SPORTS UPCOMING FIXTURES

ALL GAMES AT KONDININ

### 12TH APRIL 2025

#### KK VS NUKARNI

Football

12.45pm  
2.30pm

B Grade  
A Grade



AFTERS AT  
THE KONDININ  
CLUB

#### KK VS NUKARNI

Netball

10.00am  
11.30am  
12.45pm  
1.00pm  
2.30pm

Junior KU  
B Grade KU  
Junior KO  
A1 Grade KU  
A2 Grade KO

K  
U  
L  
I  
N

#### KK VS MERREDIN

Hockey

10.45am  
12.00pm  
1.30pm  
3.00pm

C Grade  
A Grade  
B Grade  
Mens



## WINTER SPORTS UPCOMING FIXTURES

ALL GAMES AT CORRIGIN

### 25TH APRIL 2025

#### CORRIGIN VS KK

Football

1.00pm  
2.30pm  
4.30pm

D Grade  
B Grade  
A Grade



DIGGERS  
DINNER ON  
AFTER AT THE  
KULIN HUB

Netball

1.00pm  
1.00pm  
2.30pm  
2.30pm

Junior KU  
B Grade KU  
Junior KO  
A1 Grade KU

K  
U  
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Hockey

1.00pm  
2.30pm  
3.45pm  
5.15pm

A Grade  
C Grade  
B Grade  
Mens



SCHOOL HOLIDAYS  
CRAFT DAY

1:00 PM TO 3:00PM

Bikkie Decorating

Easter Colouring

Cost: \$5 per child, afternoon tea and craft supplies provided.

Children under 7 years must be accompanied by a supervising adult.

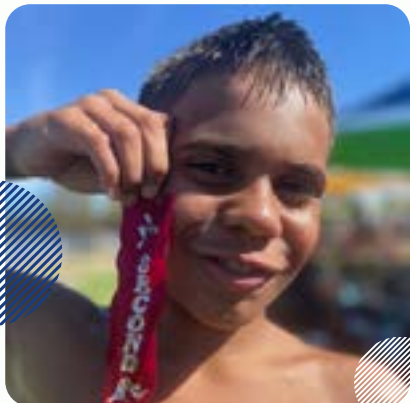


Make an ANZAC Poppy

Make an Easter Basket

AT THE FREEBAIRN  
RECREATION CENTRE

Monday 14<sup>th</sup> April



## Swimming Carnival INTERSCHOOL



### RESULTS

#### Outright

- 1<sup>st</sup> Narembeen 440 pts
- 2<sup>nd</sup> Kulin 186 pts
- 3<sup>rd</sup> Corrigin 156 pts
- 4<sup>th</sup> Bruce Rock 88 pts

#### Handicap

- 1<sup>st</sup> Narembeen 440 points
- 2<sup>nd</sup> Corrigin 337 points
- 3<sup>rd</sup> Bruce Rock 369.25 pts
- 4<sup>th</sup> Kulin 304.25 pts

- Boys 11 year old Runner Up - Arthur
- Girls 12 year old Runner Up - Freyja
- Boys 12 year old Champion - Erik
- Boys 15 year old Champion - Jacob and Tadhg



## Kulin Childcare Centre



Over the past weeks we have been exploring our ocean theme. This learning topic supports not only knowledge for animals and fish, but it also allows our children to extend their knowledge around sustainability and how we can help look after our oceans.

This theme has also laid way for some beautifully bright coloured craft activities.



Our pretend office corner has been very popular with our children during free play. Computers and phones are all apart of our day to day lives and our children witness us using these during work and home life. The joy of typing and making a phone call on this table allows them to work and communicate as they have seen their caregivers do over time. This transfer of knowledge into imaginative play allows our children to discover their self and also interact as a group in play.



Singing in early education is an important way for children to build on their social emotional skills, grow confidence, and practice memory and actions. Singing in care settings can also start a passion for lifelong learning.

*Thank you to our families and community for supporting the Kulin Child Care Centre.*

# The 2025 Federal Election

## Issue of writs

Monday 31 March

## Close of rolls

8pm, Monday 7 April

## Close of nominations

Midday, Thursday 10 April

## Declaration of nominations

Midday, Friday 11 April

## Start of early voting

Tuesday, 22 April

## Close of postal vote applications

6pm, Wednesday 30 April

## Election day

Saturday, 3 May



Authorised by the Electoral Commissioner, Canberra

# Seniors Movie Day

Tuesday | 13 May | 11am - 1pm

*Yesterday (2019) is a comedy directed by Danny Boyle about Jack (Himesh Patel), an amateur musician who discovers that he can magically steal the music from a successful band, The Beatles, and pass it off as his own.*



Coffee & tea provided | Free event



## VOL. 8 NO. 6 JULY 2001 - WHAT A COMMUNITY!

### We Need A Bank – We Get A Bank

Now we've won a WA Tourism Award for the Kulin Bush Race weekend!

After four years as finalists, two of which were Special Commendation years, we have finally achieved the ultimate recognition from the WA Tourism Commission.

Seven locals at the Burswood Convention Centre represented kulin where 730 people were wined, dined and entertained during a very enjoyable evening. The tension was building amongst our party as our category edged closer. We had

resigned ourselves to the fact that we were already winners by finalists and anything extra is a bonus.

The other finalists in our category were Black Rock Stakes (wheelbarrow race in the Pilbara and the Avondale Discover Farm (Beverley). And the winner is: Kulin Bush Races.

The next few minutes were a blur, but our excited group was pleasantly surprised at the very positive acclamation strengths with the Tourism Commissions stamp of approval on our event.

The Kulin Bush Race weekend has set a standard that must be maintained or improved. The benefits to our community over the six years since inception have been significant. The financial injection of funds into our community is beneficial to all, but the primary aim of the Race weekend is to raise the profile of Kulin and attract visitors to our area. This has certainly been achieved.

Congratulations to everyone in this vibrant community for the ultimate recognition in the Tourism sphere. A job well done.

**Pictured at the WA Tourism Awards:  
Barry and Wendy Gangell, Graeme and Tricia Robertson, Bernadette and Ric Havenstein**



# COOKING CORNER

## BEEF & BROCCOLI STIR FRY & PISTACHIO OAT SQUARES

### Beef & Broccoli Stir Fry

#### Ingredients

- 1 tsp sesame oil
- 500g beef rump steak, thinly sliced
- 1 head broccoli, cut into florets
- 1 tsp sesame seeds

#### Stir Fry Sauce

- ¼ cup soy sauce
- 1 tbsp brown sugar
- 1 tsp five spice powder
- 2 cloves garlic, crushed
- 1 tsp crushed ginger
- 1 tsp sesame oil
- 1 tbsp cornflour

#### Method

##### Step 1

Whisk together all of the ingredients for the stir fry and set aside until ready to use.

##### Step 2

Place the broccoli in a bowl and cover with boiling water.

##### Step 3

Place a large non-stick frying pan over a high-heat. Add the sesame oil and once heated, add the beef and quickly brown for 3 minutes.

##### Step 4

Drain the broccoli and add to the pan.

##### Step 5

Make a space in the centre of the pan and pour in the stir-fry sauce. Bring it to a simmer then stir through the beef and broccoli.

##### Step 6

Cook while stirring until the sauce thickens up and beef is cooked through.

##### Step 7

Serve immediately on top of steamed rice with a sprinkle of sesame seeds.

#### Notes

- You could also use beef fillet, beef flank or sliced stir fry beef.
- To avoid the beef stewing, cook it quickly over a high heat.

### Pistachio Oat Squares

#### Ingredients

- 1 cup raw shelled pistachios
- 1 cup rolled oats
- ½ tsp sea salt
- ¼ cup maple syrup, more drizzling on top
- 2 tbsp olive oil
- 1/3 cup unsweetened coconut flakes
- Additional handful of chopped pistachios for the

topping

#### Instructions

##### Step 1

Preheat the oven to 350 degrees and line an 8-inch square pan with parchment paper. In a food processor with the S blade attached, process the pistachios, oats and salt for about 30 seconds, until a meal starts to form. Drizzle in the maple syrup and olive oil while the motor is still running and the meal begins to come together into a crumbly, almost-wet dough.

##### Step 2

Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through. You want the squares to be a little soft – don't overbake these.

##### Step 3

Carefully lift the cooled dough out of the pan by holding to sides of the parchment paper. Cut it into squares. Drizzle a little maple syrup over the top for extra sweetness, if you like. Store the squares in a sealed container for up to week.

- To make these gluten free be sure to use Certified Gluten Free Oats



## VOL. 7 NO. 10 NOVEMBER 2000 - KON KUL KATS DO IT AGAIN

A team of eleven seniors from Kulin, Hyden and Kondinin recently travelled to Perth to take part in the Common Health Games held at South Lake Leisure Centre.

Leaving Kondinin on Monday 2nd October, some via Narrogin, the rest via Brookton. We all met at our accommodation, Noalemba Accommodation Conference Centre. After checking into our rooms, we went on a sightseeing tour of Fremantle, (for some it was a nostalgic tour, others it was new territory) ending up in South Perth. Arriving home we all gathered in Coral's bedroom cum kitchen cum dining room to a smorgasbord of Chinese Cuisine and a dew reds to see us through the night.

We were all up bright and early Tuesday morning, breakfasted in Corals room to the melodious tune of the fire alarm! Dressed for the games we hit the shopping centers arriving at the games venue around 10.00am, feeling very much like 'Poor Country Cousins' when we saw the elaborate decorations the city teams had at their tables, (huge banner and team decorations while we had crepe streamers).

The opening ceremony was performed by Grahame Mayberry. Then the flame was passed around the hall, our own Coral was chosen to carry the flame to the cauldron.

Our first day at the games found us a bit rusty. We finished 4th with a few second and third ribbons as our reward.

Back to our quarters for some of us while the rest of the team did some serious shop crawling. When they arrived home we had a fashion parade of their purchases. Quick showers and we headed for Fremantle again, this time to Cicerellos for dinner, Seafood Platters and more wine.

A more subdued group arrived back at our digs, not so many nips of red tonight – all too tired.

Wednesday morning all up bright and early, showered and fed, all except Cliff who couldn't see any need to hurry.

Headed for the games venue around 9.30. Peter had to take Trixie to Kings Park first, she wasn't able to go to the games on Wednesday due to another

commitment.

The opening ceremony was again performed with much dignity. Another member of our team, Ula, was chosen to light the cauldron this time. She received a kiss on the cheek for her effort and said she wasn't going to wash her face for a week!

Today saw the team play much better (with some ringins as we didn't have a full time). We won the day bringing home the trophy and 14 hold medals (somewhat like our Australian Olympians) and more second and third ribbons.

That afternoon a tired but elated team headed home. Some took the scenic tour via Narrogin, the rest after picking up Trix came home the short way through Brookton. Although weary we replayed the games all the way home. On Friday Lee received a phone call from Carol in Esperance to say our combined teams had won the all over shield for the games beating all the big city teams! We had a great three days and all hope we can go again next year.

Trix Boyd

## VOL. 5 NO. 6 JULY 1998 - NETBALL NEWS

We have had some mixed fortunes, but everyone is working hard. Well done to the Kulin 2 girls who had a long awaited and well deserved win last week. The start of things to come.

Congratulations to Kate Riseborough who was selected in the Midlands Region U/12 squad recently. Well done Kate.

Don't forget our Cocktail Night on the 10th July. We will be at the Golf Club

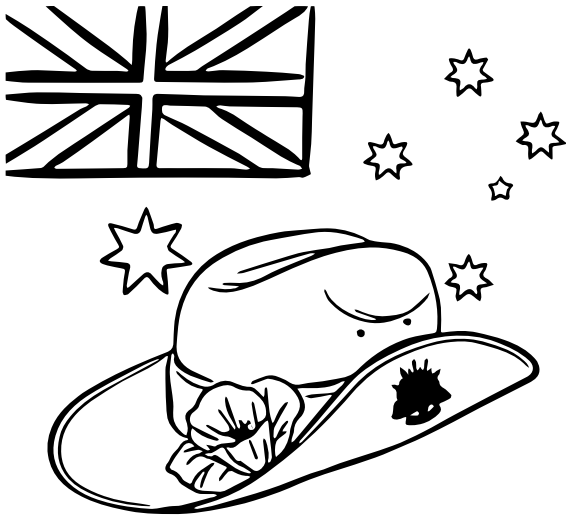
beginning at 7pm. Neat casual dress is required and we will have a Juke Box for your entertainment. Cost is \$12 per head, which includes your meal and one free cocktail of your choice. Our Mystery Flight raffle will be drawn on this night, so make sure you buy your tickets so you have a chance to be whisked away to somewhere with no kids or work. See you all there.

Hockey Happening

We have Country Week on the 26th of July where we are staying at the Broadwater Pagoda (not bad eh!!)

The girls competing in Country Week from Kulin are:

Shelley Scadding – Jennie Lucchesi – Dee Gribble – Lara Marchie – Yvonne Hobson – Robbie Bowey is umpiring and Chris Tholstrup will be the Manageress.



## ANZAC DAY 2025

Lest we forget



Name \_\_\_\_\_  
Year \_\_\_\_\_

The Shire of Kulin and the Kulin CRC are holding an Anzac Day Colouring Competition for primary school students this year. Colouring sheets are available from the Shire Office or from Kulin District High School and must be handed in at the school before school holidays or to the Shire Office by Tuesday the 22nd of April. We have a prize for the best colouring sheet and we can't wait to see your amazing colouring kids!

High School Student's we did not forget you either, it's your chance to show some creativity and shine in our Anzac Day Art Competition. Details are in the feature below and entry forms are also available at both the school and the Shire Office. We are so excited to see what you are inspired to create!

# ANZAC DAY ART COMPETITION 2025

In honor of ANZAC Day 2025, we invite students from Year 5 upwards to participate in an art competition celebrating the enduring values of courage, sacrifice, endurance, and mateship. This competition offers young artists a platform to express their interpretations of these themes through visual art.

**Eligibility:** Open to local high school students.

**Theme:** Artworks should reflect one or more of the following ANZAC values: Courage, Sacrifice, Endurance, Mateship. Participants are encouraged to draw inspiration from historical events, personal stories, or contemporary interpretations of these themes.

**Art Specifications:**

Participants may use any medium, including painting, drawing, collage, or mixed media. Art pieces must be no larger than A3 (297 x 420 mm) and no smaller than A5 (148 x 210 mm).

**Judging Criteria:**

Creativity and originality, Interpretation and expression of the theme & Overall impact and emotional resonance

**Submission Details:**

All entries must be submitted by Tuesday, April 22, 2025 and are to be delivered to the Shire of Kulin at Johnston Street, Kulin WA. Each submission must include a completed entry form as follows. Printed forms are available at the school and shire.

**Prizes:**

First Place: \$50 gift card, Second Place: \$25 gift card and, Third Place: \$15 gift card

**Exhibition:**

Artworks will be displayed in a special ANZAC Day exhibition at the ANZAC service before being moved to the Shire of Kulin Community Resource Centre.

Lest we forget

# Easter Crossword



## Across

- 3. Religious symbol
- 4. Yellow or white spring flowers that grow from a bulb
- 6. The day of the week that Easter is celebrated
- 7. Baby chicken
- 8. Used to carry eggs
- 9. Looking for eggs

## Down

- 1. Easter eggs are made from this treat
- 2. The day of the week that Easter is celebrated
- 5. Easter's month
- 8. This animal is said to deliver Easter eggs

## HOW TO BE MORE ECO FRIENDLY

### Smart Thermostats

A smart thermostat is a home efficiency solution that is more easily implemented in the short term. These wifi-enabled features can be remote-controlled from any smart device. They can be connected to your central heating, boilers, and air conditioning systems.

This ever-evolving technology remembers your home's heating patterns and knows when to heat or cool down your home based on outside temperatures. They use presence-sensing technology that automatically switches off your system when you leave the house and fires it up in time for you to come home.

### Energy Efficient Lighting

Energy-saving light bulbs last up to 12 times as much as traditional bulbs, providing the same light quality for much less energy. 80% of the energy used to power traditional bulbs is lost in heating energy, whereas LED light bulbs run at 80-90% energy efficiency.

According to the Energy Saving Trust, they can reduce carbon emissions by up to 40kg annually.

### Use Eco-Cleaning Products

Many mainstream cleaning products containing detergents, preservatives, or foaming agents are made from various toxic chemicals that wash up into streams and rivers, causing water pollution that enters ecosystems and damages biodiversity.

Switching to products that contain sustainably grown or raised ingredients and non-synthetics reduces the risk of exposure to toxic chemicals harmful to humans and the environment.

You can also easily make your natural cleaners by mixing vinegar, lemon juice and bicarbonate of soda. This sustainable and cheaper alternative reduces toxic chemicals and packaging waste in your home.

### Biodegradable Household Products

While you cannot control whether or not the products you dispose of will end up being recycled and reused, you can purchase products made up of non-synthetic ingredients that are biodegradable to limit the impact of this waste.

Biodegradable products dissolve due to contact with bacteria and fungi. This means that if they come into contact with nature, they won't cause any environmental harm, as they disappear through natural processes.

These products might include:

- Recycled toilet paper
- Natural ingredient shampoo
- Natural deodorant
- Bamboo toothbrush
- Washcloths made from hemp or agave fibers

### Double or Triple Glazed Windows

Double-glazed windows have two sheets of glass panels with a gap, and triple-glazed windows have three sheets with two gaps. The gaps keep air or gas (usually argon gas) vacuum-sealed. The gas prevents heat loss since it is a poor thermal conductor, so heat cannot easily pass through it. Low-E glass is most effective for preventing heat loss as it has an invisible layer of metal oxide on one internal layer reflecting heat directly inside.

As well as keeping your home warm, upgrading your windows reduces outside noises travelling into your house and increases security. New windows cost can be low with the help of grants.

### Cavity Wall Insulation

In older buildings with cavity walls, an inner and outer wall with an air gap in between, it's a good idea to fit some insulation to optimise your home, especially if you're considering investing in a heat pump. Insulation comes in various types and materials,

including wood fiber and polystyrene. Insulation boards are best suited to large areas and cavity walls. For keen DIY-ers, this type of insulation is fairly easy to cut and fit yourself.

### Filling Gaps Between Your Floorboards

Gaps between older floorboards are inevitable as the wood expands and contracts due to varying air humidity levels. This causes avoidable draughts, which waste your home's heating energy.

You can fill these to exclude draughts using dust, resin or acrylic fillers, or wood filler strips, which you can find in most DIY stores.

### Window Seal Replacement

You should replace your window seals every 5-10 years since they expand and contract with the changing temperature over time and lose their air-tight grip.

Resealing your windows prevents heat loss from draughts and prevents moisture from building up, which can eventually lead to mould and further structural damage to the area around your windows.

### Wash Your Clothes Less

Synthetic material sheds microplastics in the washing machine, which reach the ocean. The ocean floor holds over 14 million tonnes of microplastics. This number is increasing, with textiles contributing 500,000 tonnes yearly. 16% of the microplastics released into the oceans come from washing these synthetic clothes. The toxic fibres degrade ecosystems and are ingested by sea life and, eventually, mammals, including humans.

Over washing your clothes at high temperatures will also affect their quality over time. It's also a great waste of water and energy from your washing machine. Also, be sure only to buy non-toxic detergents and avoid the use/overuse of tumble dryers.

## EASTER MONDAY

### Is Easter Monday a Public Holiday?

Easter Monday 2025 is a local observance in Christmas Island and a national holiday in 6 states, 2 external territories and 2 territories.

### What Do People Do?

Many people spend Easter Monday with family or friends, carrying out home maintenance or attending sports matches. Easter Monday is the last day of many music festivals held during the long weekend. These include the National Folk Festival, the Byron Bay East Coast Blues and Roots BluesFest, the Australian Gospel Festival and a range of local events.

Many people enjoy the Easter eggs that they received during the weekend. They may also eat an Easter bilby, a chocolate model of a small, endangered mammal native to Australia. A recent campaign attempted to persuade children that the Easter bilby, rather than the Easter bunny, brings Easter eggs. This is because rabbits are seen as pests that destroy natural habitats and agricultural crops.

### Public Life

Easter Monday is a public holiday throughout Australia. Schools, businesses and other organisations are closed. Many large stores and

shopping centers are closed. Small stores and those selling building materials, household goods or motor vehicle parts may be open. If they are open, they may have shorter trading hours than on regular Mondays. Public transport services are often restricted and may not run at all. There may be congestion on the roads and at airports as people return from vacations and when sports and cultural festivals end.

### Background

Easter Monday is celebrated as a holiday in many Christian cultures. In previous times, the Easter celebrations often lasted eight days. This period was known as the Octave of Easter and is still called that in some church calendars. The Easter date depends on the ecclesiastical approximation of the March equinox. In many places, there were egg rolling competitions and people poured water over each other. This may have originated in the Catholic custom of taking holy water, which had been blessed on Easter Sunday, home to sprinkle on the house and food. Gradually, the celebrations in the week after Easter became shortened to just the Monday after Easter. The custom of a holiday on this day was brought to Australia by the early English, Welsh, Scottish and Irish settlers.

### Easter Eggs

Modern Easter celebrations revolve around eggs. They may be painted, rolled down hills or eaten if they are of the chocolate variety. The Christian tradition of an egg is an aid to represent rebirth and resurrection – new life being born from the egg. Its also been said that egg recalls the shape of the stone that rolled away on Easter Sunday from the tomb that held Jesus' body.

This egg tradition is almost certainly a distillation of a much older pagan custom celebrating spring. The ancient Persians celebrated their new year at the time of the vernal equinox by painting eggs.

Its adoption into the Christian traditions would have been quite seamless, as eggs are banned during the period of Lent preceding Easter – in fact in many households the last eggs before Easter would have been used to make Pancakes on Pancake Tuesday.

If you're looking for another way to enjoy eggs during the Easter season, check out Bussiere's, France, on Easter Monday, when the locals cook up 15,000 eggs to create a giant omelet.



## DUFFY ELECTRICS

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



Ryan Duffy  
0409 806 047

duffyelectrics@outlook.com

Servicing Wickiepin and surrounds



## PROPERTY ACCESS FOR EMERGENCIES

In an emergency, every second counts. By registering your property access codes with St John WA, you can help paramedics reach you faster when you need help. This simple step ensures that if you cannot open the door yourself – like if you've had a fall – we can still get to you quickly and safely.

It is as simple as purchasing a lock box (key safe) from your local hardware and registering it with St John WA via the below method. You can also register property details for someone else – like a family member or someone you support – if they aren't able to do it themselves.

To register, simply go to <https://stjohnwa.com.au/ambulance-and-health-services/register-your-property-access> to fill out the form or give St John WA a call on 93341222 between 9am and 4pm, Monday to Friday.

*Rest assured, all your details are kept secure and will only be accessed if there is a Triple Zero (000) call to your property. We take your privacy seriously and are committed to keeping your personal information safe.*



**SUMMIT FERTILIZERS** Local Service

Summit Fertilizers Area Managers live and work in your local communities, and understand what matters most for your farm to succeed, backed with over 35 years of agricultural knowledge and recommendations customised for your needs.

For more information on how Summit can partner with you for growing success, please contact your Local Area Manager.

<b>GERALDTON</b> Murray Simkin 0429 947 919				
	<b>COOROW</b> Juliet McDonald 0429 945 332			
	<b>MOORA</b> Alana Alexander 0417 490 047	<b>WONGAN HILLS</b> Sartha Marais 0429 579 541		
	<b>NORTHAM</b> David Armstrong 0447 109 545	<b>KELLERBERRIN</b> Tracey Hobbs 0429 470 007	<b>MERREDIN</b> Kobus Marais 0427 766 508	
<b>WILLIAMS</b> Mark Stephens 0427 788 521	<b>CORRIGIN</b> Steve Cooke 0429 934 243	<b>NARROGIN</b> David Hull 0477 923 684	<b>LAKE GRACE</b> Brett Coxon 0427 766 508	<b>ESPERANCE (W)</b> Matt Ryan 0408 092 355
<b>BUNBURY</b> Ralph Papalia 0427 766 535	<b>KOJONUP</b> Chloe Turner 0447 469 245	<b>ALBANY (E)</b> Andrew Wallace 0427 083 820	<b>ESPERANCE (E)</b> Nick Donkin 0428 715 045	
	<b>ALBANY (W)</b> Mark Ladny 0498 223 421			

# Local Tickets Available Now

## Wednesday 16 April to Tuesday 22 April 2025

Available at Shire of Kulin/Kulin CRC

- \$100 includes only the Saturday night for people who would like to attend the big burn
- \$280 for the whole week and includes camping on site
- If people would like to pop in and out on the \$280 ticket that is allowed, you must park in a designated overflow parking area to minimise vehicles driving around on site. Those who wish to camp for the week can do so in general camping.
- Free entry for Children under 12 when accompanied by an adult with a ticket.
- Tickets must be purchased in person. Tickets will be required to be presented at the gate for entry to the event



AVAILABLE FROM WEDNESDAY 02.04.2025 TO SUNDAY 27.04.2025



# MIGHTY BUYS



RRP<sup>A</sup> \$9  
**OUR PRICE**  
**\$4**

**Samba 2Kg Hardwood Briquettes**  
Made from Quebracho hardwood charcoal. Chemical free, high heat & long burn time.  
9342937006023



RRP<sup>A</sup> \$16.50  
**OUR PRICE**  
**\$9.95**

**Hot Devil Mini Gas Blow Torch**  
Auto ignition. Refillable. Bonus 18ml butane gas. HD3200.  
9331413005674



RRP<sup>A</sup> \$35.95  
**OUR PRICE**  
**\$25**

**Lion 3Pk Heavy Duty Ratchet Tie Down Set**  
4m x 32mm, 400Kg lashing capacity.  
9314458011619



**\$25**

**Grilled Portable Butane Stove**  
Adjustable heat temperature. Piezo electric ignition with overheat protection. Includes carry case. (Gas canister not included.)  
9316487194523



BETTER THAN HALF PRICE



RRP<sup>A</sup> \$99  
**OUR PRICE**  
**\$49**

**Rockwell 18V Impact Driver Kit**  
180Nm torque. RD2949.  
6943475838775



RRP<sup>A</sup> \$139  
**OUR PRICE**  
**\$63**

**Queen Wheelie Bin 240L**  
100L \$42  
120L \$48  
9326548501542 / 702 / 641

MIGHTY HELPFUL<sup>®</sup>  
**MITRE 10**



SCAN HERE  
TO VIEW OUR  
MIGHTY BUYS

# MIGHTY BUYS



RRP<sup>A</sup> \$99  
OUR PRICE  
**\$79**

**Yard Force 1600W High Pressure Washer**  
1005PGL 390L/11.5m power cord & water hose.  
High pressure/rotary function. EWU19A-AU.

6332500740002



RRP<sup>A</sup> \$269  
OUR PRICE  
**\$179**

**Stanley FatMax V20 18V Brushless Blower Kit**  
Variable speed. 160Km/h air speed. Boost mode.  
SFMCDL7M1-XE.

10.467319136



INCLUDES

4.0AH BATTERY & CHARGER



RRP<sup>A</sup> \$183  
OUR PRICE  
**\$99**

**Built Wheelbarrow with Moulded Pour Spout 80L Poly Tray.**

93376102017021



INCLUDES

2.0AH BATTERY & CHARGER

RRP<sup>A</sup> \$269  
OUR PRICE  
**\$149**

**Yard Force 24V Pole Pruner & Hedge Trimmer Kit**  
5.5m/s cutting speed, 1.7-2.2m total cutting length & angle adjustment. Includes shoulder strap & 0° bar & chain. LS C21-AU.

6332500751002



RRP<sup>A</sup> \$209<sup>EA</sup>  
OUR PRICE  
**\$139<sup>EA</sup>**

**Garage Select™ 4 Door 2 Drawer Steel Cabinet**  
800W x 400D x 1800Hmm. Lockable door & drawers. 2 x fixed & 2 x adjustable shelves. 40Kg load rating per shelf.

- Galvanised Steel
- Powder Coated Steel

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MIGHTY HELPFUL  
**MITRE 10**

# GENERAL INFORMATION

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## 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

Kulin Nursing Station:  
Tues, Wed & Fri  
8:30 - 12:30

## 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

## TIP SHOP OPENING DAYS

Sunday | Monday | Thursday  
10am - 3pm

## KULIN TRANSFER STATION

The station is open  
Sunday | Monday | Thursday  
10.00am - 3.00pm

## 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 True Nguyen  
1st, 3rd, 4th, 5th, 8.00am

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 - 0429 804 615  
J. Munro - 0427 386 849

## KULIN LIONS CLUB

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

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

## CONTAINERS FOR CHANGE

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

## KCCC ID

C10351204

## ARTS CENTRE ID

C10333381

## DEFIBRILLATOR LOCATIONS

KULIN  
Kulin District High School  
Kulin Caravan Park  
Public Toilets (Johnston St)  
Aquatic Centre  
Freebairn Recreation Centre  
Kulin IGA  
Butler's Garage & Museum  
Kulin Memorial Hall

PINGARING  
Public Toilets  
Pingaring Ag Solutions  
Pingaring Golf Club

DUDININ  
Dudinin Tennis Club

## DRIVING ASSESSOR

Kulin has one assessment day a month. Call BENDIGO BANK KULIN for bookings or enquiries - 9880 1422