# KULIN UPDATE

# **KULIN COMMUNITY 16 COOKING CORNER**

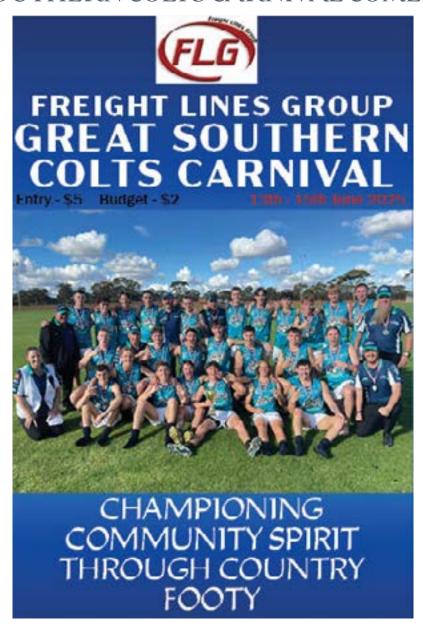
Invitation for new shareholders

Creamy Chicken Lasagna and Tiramisu that are worth the effort!

#### 5th June 2025 **BRAIN TWISTERS**

Give your noggin a workout this week with an Aussie Trivia Crossword.

## GREAT SOUTHERN COLTS CARNIVAL COMES TO KULIN!!



Head on down and support our up and coming football stars at the Freight Lines Group - Great Southern Colts Carnival 2025



## **CONTENT CORNER**



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/#newsletterscrol

#### How to advertise in the Kulin Update?

Complete the booking form found here www.kulin.wa.gov.au/council/news/communitynewsletter.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 - \$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 for more information.

Accepted document formats:
• PDF
• IPEG



#### 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

# DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

<b>17th</b>	June	2025
1st	July	2025
<b>15th</b>	July	2025
<b>29th</b>	July	2025
<b>12</b> th	Aug	2025
<b>26th</b>	Aug	2025

#### **DATES AND UPCOMING EVENTS**

## JUNE

10th June Australia's

Biggest Morning Tea

12th June Senior's Movie

Day

13th June Great Southern

Colts Carnival

25th June Council

Meeting

21st June Winter Solstice

# **COMMUNITY CALENDAR**



# A NOTE FROM TARYN...

Although there have been big variations in rainfall across the region, every drop is welcomed. With the promise of more on the way, we keep our fingers crossed. With the winter weather upon us the days have certainly shortened up and plenty of fires will be going. As the temperature drops, the likelihood of catching colds, the flu, and other illnesses increases. It's a good time to take advantage of fresh winter seasonal fruit and veges. While fresh is best, don't be afraid to utilise frozen fruit and vegetable as they are an easy addition to any meal. Even through the weather outside may be cold make sure maintain your activity and if it's not raining, rug up and get outdoors.

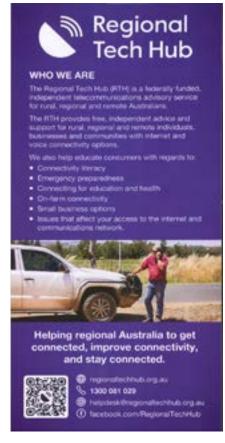
Kulin will be a hive of activity next weekend as we host the Great Southern Colts Carnival. It is a great weekend of footy and another fantastic display of how the community comes together to present such great events. Make your way to the Freebairn Recreation Centre on Saturday and Sunday to enjoy the football.

Kirra and I are looking forward to joining with the community next Tuesday (10th June) to raise funds for cancer research at our Australia's Biggest Morning Tea. We would love to build on the great success of last years event and welcome everyone to come along to the Freebairn Recreation Centre from 10am.

On Tuesday we had a visit from Regional Tech Hub. Regional Tech Hub services are free and their help desk team are all regionally based so they understand the challenges and faced with connectivity in the regions. They also provide support to small business, helping address and internet connectivity Again, this free needs. and independent advice offers tailored solutions to ensure businesses in rural, regional and remove areas have reliable and efficient communication systems, enabling them to stay connected and operate smoothly regardless their location.

The Regional Tech Hub can provide quick consultations or comprehensive Connectivity Reports tailored to your needs and location. Further information and contact details are available in this edition or give the CRC team a call for more information.

Toryn Ccalding Executive Manager Community Services





# Wale Greg Turner

The Councillors and Staff of the Shire of Kulin extend their heartfelt condolences to Valda, Andrew, Jonathon, Peter, Yvette and their families on the passing of Greg.

Greg was a valued member of our outside crew for ten years and made a lasting contribution to the Shire through his dedication and hard work.

Our thoughts are with Valda and the family during this difficult time.



#### Expressions of Interest - Kulin Scrap Metal Drive

The Shire of Kulin is calling for expressions of interest from local residents, farmers, and businesses who would like to participate in a Scrap Metal Drive aimed at cleaning up their properties.



To express your interest or for more information, contact the Shire of Kulin office by 30" June 2025

(08) 9880 1204.



Discover my internet options

# Choosing the right internet technology for your property

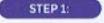


There are many internet technology types available depending on where you live and how you want to use the internet. These include fixed wireless, satellite, mobile broadband and fixed line. Use this guide as a starting point to find a suitable internet connection for your property.

You may be looking at your options to get connected to the internet or upgrade your service for many reasons:

- · To supplement your mobile broadband with other internet options.
- Moving house or building a new home and want to see what is available at your property.
- Unreliable internet connection and want to find something more suitable to your needs.
- People around you are using different technology types and you want to review your options.

#### Follow these steps to find the right connection:



Location – understanding what technology types are available and most suitable for your location is important. The easiest way to do this is to search each provider's website to see if they cover your property.

- First, find your address using Google Maps, making sure the marker is where you want the internet access to be located, and note the GPS coordinates. Further instructions on how to do this can be found on our website.
- Search each of the following sites to find out the coverage your property has with each technology (depending on your location you may be eligible for several or only one type):

#### nbn

- Use the nbn rollout maps to discover what type of nbn connection you are mapped for. Once you identify this, you need to research Retail Service Providers (RSPs) in your area that suit your requirements.
- nbn are not the provider in this instance, they provide the infrastructure for the technology, while RSPs sell the internet service to you using the nbn infrastructure, so you will need to contact your preferred RSP to get connected. The types of technologies you can access using nbn infrastructure include:
  - nbn° Fixed Wireless
  - nbn\* Fixed Line
  - nbn° Sky Muster° Satellite

You can only be mapped for one type of nbn connection and you can't choose your connection type.

#### LEO satellite (Starlink)

 Check your coverage with Low Earth Orbit (LEO) satellite technology through SpaceX Starlink on Starlink's website.

#### Mobile broadband

- Check your ability to access the mobile broadband network.
   There are three main network carriers who provide mobile network towers Telstra, Optus, and Vodafone. All mobile providers in Australia use one of these three carriers to connect you to a 4G or 5G network. Check your address on the mobile network provider maps to find out your options:
  - Telstra
  - Optus
  - Vodafone

#### WISPs

 Check if you can access a Fixed Wireless service through a wireless internet service provider (WISP). They are independent internet providers and use different towers and equipment.
 To find out if there is a WISP in your local area or nearby, check your address against the WISP map on our website.

NB: providers contact us to be added to this map, so it may not list every possible provider in your area.

regionaltechhub.org.au

#### Let the Regional Tech Hub help you find a connection

The Regional Tech Hub can complete a free and independent report of the options available to you. This is called a "Connectivity Report". Head online to our website and fill in the form to request a Connectivity Report.

You will receive an individualised report outlining all the connectivity types available to you at your specific location, with tips on how to get connected and stay connected. The Connectivity Report process can also help with:

- Addressing issues including addresses that are incorrectly mapped, missing or have more than one residence on a
  property. Moving house or building a new home and want to see what is available at your property.
- Checking to see if you have line of sight to a nbn Fixed Wireless tower.
- Checking all broadband options, including nbn, mobile broadband and WiSPs.
- Matching a connection to your needs and wants depending on your locality.

#### STEP 2:

# Once you have established what technology type is available at your location, you should then consider the following factors:

- Cost different technology types, and the RSPs who supply your internet service, will have different costs for installation and supply of
  equipment. You may also need additional equipment to boost your connection or distribute it further across your property, depending
  on your requirements. There are also ongoing costs such as plans to consider. It is useful to know what your budget is before looking
  into your options.
- Usage requirements knowing what you want to use the internet for will heavily influence the type of technology you will choose.
   Activities such as gaming, sending and receiving emails, movie streaming, agtech, and business operations all have different data, technology type, performance, and speed requirements, as does the number of people per household using the connection at the same time. Consider if your usage needs are going to grow over time and if the technology type, provider and plan will support that.
- Latency and ping times this is different to speed and is particularly important for activities such as gaming and video conferencing. Satellite technology for example can have a higher latency due to the distance the signal has to travel.
- Data allowances/caps/metering different plans have different monthly data allowances, and different ways to restrict usage once
  you have exceeded your monthly data allowance. This is where knowing what you want to use the internet for, as well as what your
  budget is, will help you identify the RSPs and their plans that suit your needs.
- Reliability and stability if you want to know if you can depend on your internet connection, due to business or emergency
  needs for example, you might like to research reviews and speak to local experts. Factors such as congestion should be
  considered some technologies, such as mobile broadband, can become congested if too much demand is placed on a tower
  and are not designed to be used as a fixed internet solution.
- Customer support, local regulations and security requirements –
  knowing the level of support you will need with your connection will also
  influence the provider and technology you decide to use. Factors such
  as Australian-based support, response times, and methods and times of
  contact and support may differ, and may be more important to you if you
  rely on connections for business or emergencies. Understanding what
  security factors are applied to the technology against what you will be
  using it for, and any local regulations and restrictions on equipment is
  also important.

To find out more about the types of technologies and what they offer, or for further details on how to work through these steps, there is a wealth of easy-tounderstand resources available on our website or give us a call.



SCAN ME

# Can I have multiple Internet connections?

Yes, you can. It can be useful in regional areas to have a backup service. You are restricted to one type of nbn technology (the type your address is mapped for), however you can have a Sky Muster satellite connection and Telstra mobile data connection for example. Internet technology is constantly changing, so it is important to check in from time to time to review any improvements in what you can access.

#### Find out more or get in touch with us:

Call us on 1300 081 029:

Hotine/Live Chat Operating Hours (AEST/AEDT):
Mor: 12pm – 5pm Tue: 12pm – 5pm
Wed: 9am – 2pm Thu: 9am – 2pm
Frt: 9am – 2pm

regionaltechhub.org.au

Visit www.reglonaltechhub.org.au to:

- Book a time to speak with us on the phone through the Book an appointment tab on our website
- Ask for a free, customised Connectivity Report on your options through our website
- Ask to progress an issue with your service provider using our Escalation Form on our website

# WINTER SPORTS UPCOMING FIXTURES



# WINTER SPORTS UPCOMING FIXTURES



#### Men's Fixtures

#### APRIL

Sun 27 Opening Day Ambrose

#### MAY

Sun 4 Stableford

Sun 11 Bisque Par

Sun 18 Captains Choice

Sun 26 Par.

#### IUNE

Sun 1 Stableford-Longest Port

Sun 8 Captains Choice

Wed 11 Wickepin Mid Week Open Day

Sun 15 1st Champtonship Round

Thurs 19 Harrismith Open Day

Sat 21 Corrigin Open Day

Sun 22 Canadian Foursomes

Sun 39 Par

#### TULY

Sun 6 2nd Championship Round

Pri 11-13 Kondinin Open Days

Sun 13 Biaque Par

Sun 20 3rd Championship Round

Fri 25-27 Hyden 3 Day Event

#### Men's Fixtures

Son 27 Stableford

Thurs 31 Yealering 3 Person Ambrose

#### AUGUST

Sun 3 Captains Choice

Sun 10 4th Championship Round

Sat 16 Clayton Cup

Sun 17 No Organised Golf

Sat 23 Yealering Open Day

Sun 24 Par

Sun 31 5th Championship Round

#### SEPTEMBER

Sat 6th Harrismith Open Day

Sun T Stableford. Nearest to the Pin.

Sun 14 Closing Day

#### SPECIAL THANKS

TO ALL THE

LOCAL BUSINESSES

FOR THEIR ON GOING SUPPORT

#### KULIN GOLF

CLUB

FIXTURES

2025



#### Office Bearing

President Charlie Spurgeon 0448809086 Vice Pres Ray August 0417982962 Sec /Tres Wendy Gangell 0429805224 Mens Captain James Wilson 0447812663 Mens Vice Captain Neil Saunders 0477247478 Ladies Captain Helen King 0437809027 Ladies V/Cap Ellen Marchei 0439801240 Groundsperson Ray August 0417982962 Ladies Delegate H King and E Marchei FRC Delegate C Spurgeon, J Wilson & H King Handicapper James Wilson and Bruce Pinlay Auditor A Mullan Bendigo Bank

#### Starting Times

Wednesday 10.30

Sunday 12.00

Subs: \$140 flat fee with no ball fees OR. \$75 with \$5 ball fee Non Members/Casual Players \$5 ball fee

EFT Details 888 633108 Acc No 109946111

Bookings Contact Ray August 0417982962

PLAYERS MUST BE FINANCIAL MEMBERS OF BOTH GOLF AND FRC BY 18 MAY

#### Ladies Fixtures

#### APRIL

Sun 27 Captains Choice - Ambrose

Wed 30 Bring a Friend - Ambrose

#### MAY

Stableford Sun 4

Wed 7 Captains Choice

Sun 11 Bisque Par

Wed 14 Stableford

Sun 18 Captains Choice

Wed 21 Stableford

Sun 25 Par.

Wed 28 Stableford

#### TUNE

Stableford-Longest Putt Sun 1

Wed 4 Stableford

Sun 8 Captains Choice

Wed 11 Count your Patts

Sun 18 1st Championship Round

Wed 18 Stableford

Thurs 19 Harrismith Open Day

Sun 22 Canadian Foursomes Wed 25 Busy See

Thurs 26 Nona Wilson Day-Kulin Open Day

Pri 27-39 Renal Bronne

Sun 29 Par

#### TULY

Wed 2 Stableford

Thurs 3 Newdegate Open Day

Sun 6 2nd Championship Round

Wed 9 Captains Choice

Pri 11-13 Provincial @ Moora Golf Club

#### Ladies Fixtures

#### JULY

Pri 11-13 Kondinin Open Days

Sun 13 Binque Par

Wed 16 Stableford

Bun 20 3rd Championship Round

Wed 23 Stableford - Longest Patt

Pri 25-27 Hyden 3 Day Event Men and Ladies Sun 27 Stableford

Wed 30 Stableford

#### AUGUST

Pri 1-3 Assoc Carrival @ Namembeen

Sun 3 Captains Choice

Wed 6 Stableford, Count your Putte

4th Championship Bound

Wed 13 Stableford

Thurs 14 Association Foursomes @ KUKERIN

Sat 16 Clayton Cup

Sun 17 No Organised Golf

Wed 20 Stableford

Sun 24

Wed 27 Captains Choice

Sun 31 **5th Championship Round** 

#### SEPTEMBER

Wed 3

Sun 7 Stableford -Nearest to the Pin

Wed 10 Ladies Mid Week Golf Closing Day

Thurs 11 Corrigin Open Day

Sun 14 Closing Day

**Better Health Coaching Service** for Western

**Australians** 

The Better Health Coaching Service is a **FREE**, telephonebased health program designed to help adults in Western Australia prevent or manage chronic health conditions.

**BETTER HEALTH CO.** 



#### Are you looking for support to:

- Make healthier food choices.
- Be more active
- Manage stress better
- Improve your sleep routine
- Drink less alcohol
- Quit smoking
- Build social connections with family and friends
- Manage health conditions like diabetes, heart disease, or cancer

#### You are eligible for FREE support if vou are:

- Over 18 years of age
- Living in Western Australia
- Looking for healthy lifestyle support to prevent or manage a newly diagnosed health condition

Talk to your GP to see if this service is suitable for you, or sign up using the details below:



**300 822 953** 

Monday to Friday 9am-5pm (AWST).

B betterhealthcoaching.com.au/wa



The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.



29 May 2025

#### Kulin Community Hub Pty Ltd - Invitation for New Shareholders

The Directors of The Kulin Community Hub Pty Ltd are excited to share a unique opportunity as we reopen applications for new shareholders, following renewed interest from members of our community.

Our aim is to uphold The Kulin Community Hub (Kulin Hotel) as the key social venue of our town and to stabilise our financial position, maintain a family-friendly environment, and continually enhance our service to both the local community and the growing number of travelling visitors.

The Kulin Shire has successfully developed several attractions — including the Visitor Discovery Zone and the Kulin Aquatic Centre, along with other initiatives that have made our town an appealing destination. With this increase in visitors, it's more important than ever to have a central, welcoming venue.

Operating a hotel business is not without its challenges. Rising costs such as insurance and government utility charges continue to place pressure on our financial viability. However, with ongoing community support, the Kulin Community Hub can continue to be a long-term, vibrant social hub for everyone.

The Kulin Community Hub is an essential community asset, and we invite you to support its future — not only as a patron, but also as a shareholder helping to shape its direction.

The Directors and existing shareholders would warmly welcome your contribution and commitment in helping preserve and strengthen this important local institution. Becoming a shareholder means investing locally and boosting our economy now and for generations to come.

Please feel free to contact any of the Directors for more information regarding shareholder opportunities and options on taking up this offer:

Graeme Robertson	Wendy Gangell	Nicole Thompson
0427 429 251	0429 805 224	0428 890 012
Joe Varone	Michael Lucchesi	Braden Young
0427 668 073	0427 804 050	0488 973 246

We believe the 'Hub' is more than just a building, it is the cornerstone of our town and together we can continue to ensure Kulin remains a strong, connected and thriving community.



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

#### Know the symptoms of bowel cancer!

#### Did you know?

Bowel cancer is one of the most common cancers affecting both women and men in Western Australia. Unfortunately, in 2019, more than 1,300 Western Australians were diagnosed with bowel cancer, and just over 400 people lost their lives from the disease.

So, it is important to be aware of the common bowel cancer symptoms and to visit your doctor if you have any concerns.

Your health matters to your loved ones. Know the symptoms of cancer.

If it is bowel cancer, the earlier it's found, the greater the chance of successful treatment.

#### Common symptoms of bowel cancer include:

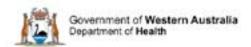
• blood in your poo (even just one time)

for more than four weeks:

- a new pain, lump or swelling in your tummy
- feeling tired or looking pale
- losing weight without trying
- a change in your normal bowel habits, such as runny poo, pooing more often or finding it hard to poo.

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

For more information about cancer symptoms, visit: <a href="www.findcancerearly.com.au">www.findcancerearly.com.au</a> or call the Cancer Council Information and Support Line on **13 11 20**.



Call us on 13 11 20 findcancerearly.com.au

## **KULIN CHILD CARE CENTRE**

#### **Kulin Childcare Centre**

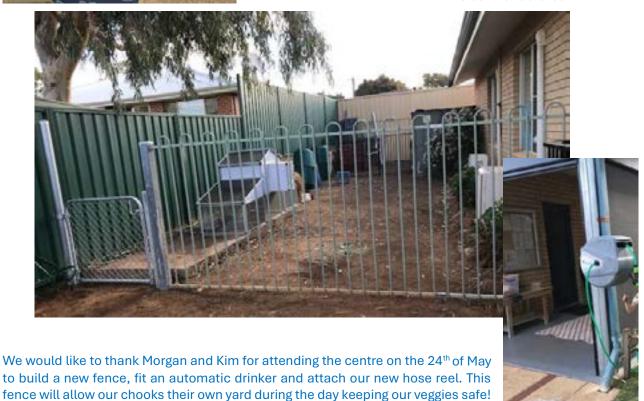
During May we have been spending time working on our counting both up and down. We have been doing this most mornings at mat time using felt board songs and our fingers to practise counting. Singing a rotation of familiar songs with visual aids to represent numbers allows children to build on their numeracy skills.







Heading into June we will continue our counting but also include shapes and colours. Magnetic tiles and construction blocks are great play set which we can use to incorporate intentional teaching. Both of these provide opportunity for children to use their cognitive skills as the organise the items to build structures.



Thank you to our families and the community for supporting us create a wonderful space for our children.

It also helps children and educators who prefer to be not so close to the chooks!



# Shire of Kulin Recycle Calendar 2025-2026

July 2025										
S	M	T	W	Т	F	S				
		1	2	3	4	5				
6	7	8	9	10	11	12				
13	14	15	16	17	18	19				
20	21	22	23	24	25	26				
27	28	29	30	31						

August 2025									
S	M	Т	W	Т	F	S			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

September 2025										
S										
	1	2	3	4	5	6				
7	8	9	10	11	12	13				
14	15	16	17	18	19	20				
21	22	23	24	25	26	27				
28	29	30								

	October 2025										
S	M	T	W	Т	F	S					
			1	2	3	4					
5	6	7	8	9	10	11					
12	13	14	15	16	17	18					
19	20	21	22	23	24	25					
26	27	28	29	30	31						

	November 2025									
S	S M T W T F									
						1				
2	3	4	5	6	7	8				
9	10	11	12	13	14	15				
16	17	18	19	20	21	22				
23	24	25	26	27	28	29				
30										

	December 2025										
S	S M T W T F S										
	1	2	3	4	5	6					
7	8	9	10	11	12	13					
14	15	16	17	18	19	20					
21	22	23	24	25	26	27					
28	29	30	31								

	January 2026									
S	M	Т	Т	F	S					
				1	2	3				
4	5	6	7	8	9	10				
11	12	13	14	15	16	17				
18	19	20	21	22	23	24				
25	26	27	28	29	30	31				

February 2026									
S	M	T	W	Т	F	S			
1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20	21			
22	23	24	25	26	27	28			

March 2026										
S	M	Т	W	Т	F	S				
1	2	3	4	5	6	7				
8	9	10	11	12	13	14				
15	16	17	18	19	20	21				
22	23	24	25	26	27	28				
29	30	31								

April 2026										
S	M	T	W	Т	F	S				
			1	2	3	4				
5	6	7	8	9	10	11				
12	13	14	15	16	17	18				
19	20	21	22	23	24	25				
26	27	28	29	30						

May 2026						
S	M	T	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

General Waste Only
Recycle Only



#### WHAT CAN GO INTO YOUR RECYCLE BIN

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

There will be NO changes to the service over the Christmas Period.

Jack Frost is certainly out and about in the mornings now. I'm up before the sun inches its way over the horizon and although its more than a little chilly there is a bit of magic in the frost on the grass. Hearing it crunch under my boots as I do my morning chores outside and admiring the patterns and silvery sparkles around me. Closely followed by a quick dash back inside for a warm cuppa. But just because that chill has set in doesn't mean we can't be starting on the pretty things that will bloom a little later. We can start seeds in seed trays and pots or even direct sow some more hardy varieties.

Billy Buttons are an Australian Native, these cute little butter yellow balls rise above slender silver foliage and flower throughout spring and summer. They are drought tolerant and tough enough to handle our hot summers.

Thinking ahead to cut flowers old fashioned Canterbury Bells are one of the prettiest blues. They flower right through summer and work well in containers where its easier to keep the water up to them. They take a while to germinate so plant them into pots under the verandah now for a pretty summer display.

If you're hoping for something different try Cerinthe. It's beautiful with a mix of blues and purples and mauve with nodding belle blossoms that last through the cooler months.

Cleome sometimes called a "spider flower" has delicate flowers that are totally at odds with



its toughness. It stands tall and will deal well with long hot summers plus Bees love it.

Corn Cockles come in white or purple and are said to be easy to grow flowering later in the year for a drought tolerant hardy annual on a tall willowy stem.

Delphiniums will create tall columns

of flowers throughout the spring. They do need a little watering but make lovely cut flowers and attract bees and butterflies.

For those of us who like the scented flowers Mignonette is an old fashioned favourite. Its sweet fragrance caused it to be placed on windowsills in Victorian times to mask unpleasant odours.

And last but certainly not least Pyrethrym. This natural insecticide with its white daisy flowers and ferny grey foliage is tough and pretty and makes a great companion plant.

What are you planting in your winter garden? Have you got any tips or suggestions? Let me know!

Kirra Pederick
Community
Development Officer

Some days life seems determined to test us - more than one spanner gets thrown into the works, you've lost both paddles, your boats sprung a leak and your way up the infamous creek we all know about. On those days a little indulgence can make all the difference. This week someone I know needed a pick me up, so I pulled out the stops and whipped up something special. Maybe someone you know would like a special dinner, this one is delicious and definitely ticks the boxes, it was just what the doctor ordered.

### Creamy Chicken Lasagne Recipe

#### Lasagne Filling:

- 1kg chicken breast, cut into small bite-sized pieces
- 1–2 tablespoons olive oil
- 1 teaspoon salt, pepper to taste
- · 300 grams sliced mushrooms
- · 1 onion, diced
- 6 tsp minced garlic
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp fresh sage leaves, chopped (All herbs can be substituted for dried Italian herbs if you want.)
- 2 cups fresh spinach leaves
- 1 cup broccoli or broccolini, chopped into bite-sized pieces
- 1 cup frozen peas

#### Béchamel Sauce:

- 8 tablespoons butter (or olive oil)
- 9 tablespoons plain flour
- 2 tablespoons fresh rosemary, chopped
- 1.2L milk
- 2 tsp salt
- 1 tsp nutmeg
- ½ tsp white pepper

#### Cheese Layer:

 3 cups fresh or grated mozzarella cheese
 500g ricotta

- · 1 egg
- 1 tablespoon lemon zest
- Black pepper to taste
- ¼ teaspoon nutmeg
- 1 cup parmesan or pecorino cheese, grated

#### Lasagne Sheets

Fresh ones are best but you can use dried.

#### Method:

Preheat your oven to 180°C (fanforced).

If using dried lasagne sheets, parcook them in boiling water and lay them out on baking paper until needed. (Skip this step if using fresh lasagne sheets.)

#### Make the filling:

- Brown off the chicken in olive oil, seasoning with salt and pepper, then set aside in a large bowl.
- Brown off the mushrooms, onion, and garlic on medium heat.

  (Avoid stirring too much—let the mushrooms go golden.) Cook in batches if needed. Remove and add to the bowl with the chicken.
- Add spinach, broccoli, and peas to the pan. Cook until the spinach has wilted, then add to the chicken mix.
- Gently combine the chicken and vegetables until evenly mixed.

#### Prepare the cheese layer:

Mix all cheese layer ingredients together in a separate bowl, ensuring thorough combination.

#### Make the béchamel sauce:

- In a medium saucepan, melt butter over medium-low heat.
- Add flour and stir for 2-3 minutes on medium heat until golden.
- Whisk in milk one cup at a time.
- Add rosemary, stirring constantly (do not walk away!) until it just comes to a simmer—it will thicken.
- Add salt, nutmeg, and white pepper. Stir until incorporated, then set aside.

#### Assemble the lasagne:

- Spoon enough béchamel sauce into the lasagne dish to cover the base.
- Layer on your first lasagne sheets.
- Sprinkle half of the cheese mix evenly.
- Top with half of the chicken mix.
- Drizzle béchamel sauce over to cover nicely.
- Repeat layers, finishing with a third layer of lasagne sheets.

- Pour remaining béchamel sauce over the top, spreading evenly.
   (Optional: grate over a little mozzarella and parmesan.)
- Cover tightly with baking paper and aluminium foil and bake for 40 minutes
- Remove cover and bake for 10–15 minutes more until golden and bubbling.
- Rest for 10–15 minutes before cutting.

#### Notes: Quick shortcuts

Use shredded rotisserie chicken instead of chicken breasts.

Use store-bought béchamel sauce.

Use pre-shredded melting cheese mix (but still add seasoning!)

Freezing tip: Let it cool completely before freezing. Defrost gently—not in the microwave, or the sauce may separate.

- stand mixer).
- Slowly add sugar and vanilla, continuing to beat until stiff peaks form.
- Fold in mascarpone cheese until combined.
- Add coffee and liqueur to a shallow bowl.
- Dip lady fingers quickly on both sides (don't soak them!) and layer them in a single layer in an 8x8" pan.
- Smooth half the mascarpone mixture over the top.
- Add another layer of dipped lady fingers.
- Smooth remaining mascarpone cream over the top.
- Dust generously with cocoa powder (use a fine mesh strainer for best results).
- Refrigerate for at least 3–4 hours (even better after 1–2 days).

## Espresso Martini Recipe

#### Ingredients:

- · 2 parts vodka
- 1 part coffee liqueur
- 1 part espresso
- Coffee beans (for garnish)
- Ice cubes

#### How to Mix:

- Brew fresh espresso.
- Grab a cocktail shaker and measure in the espresso, coffee liqueur, and vodka.
- Fill with ice cubes all the way to the top.
- Shake vigorously until the shaker frosts on the outside.
- Strain into a waiting glass.
- Garnish with coffee beans on top of the foam.

Sip and enjoy!

# Tiramisu Recipe

#### Ingredients:

- 360ml thickened cream
- 250g mascarpone cheese (room temp)
- ½ cup white sugar
- 1 tsp vanilla extract
- 1½ cups cold espresso
- · ¼ cup coffee-flavoured liqueur
- 1 pack lady fingers
- Cocoa powder for dusting

#### Method:

 Add thickened cream to a mixing bowl and beat on medium speed with electric mixers (or use a



#### Kirra Pederick Community Development Officer

And remember if you are going through a tough time, reach out. There are always people around to listen and help. It might not be making you a special dinner, it could just be listening.

None of has to go through the tough stuff alone.



Sally Dolly Shirley Daryl Olympia Julia FIELD PARTON MACLAINE HANNAH DUKAKIS ROBERTS

# Seniors Movie Day Thursday | 12 June | 11am - 1pm

M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy Desoto (Daryl Hannah).

Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children.

Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

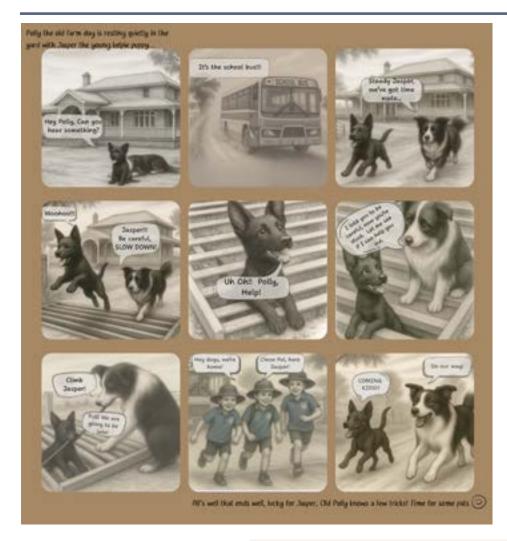
Coffee & tea provided | Free event

Steel Magnolias

-



# KIDS CORNER



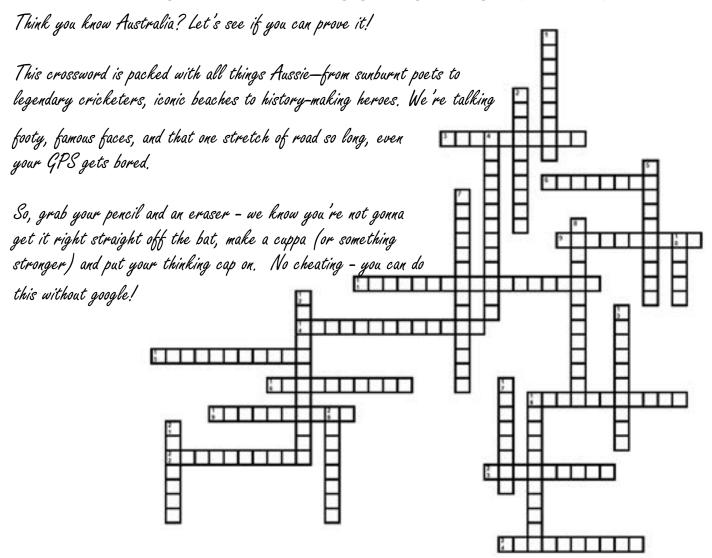
# Jasper's Misadventure

Jasper the puppy is very excited for the kids to get home from school... What could go wrong?

Colour in your own picture of Jasper, Polly and the kids playing on the farm.



#### AUSTRALIAN CULTURE CROSSWORD



#### **Across**

- [3] Famous Western Australian Beach known for its camel rides.
- [6] Which Australian City is known as the city of churches?
- [9] Australian swimmer who won seven Olympic gold medals between 1956 and 1964.
- [11] Australian poet who rose the famous line "I love a sunburnt country"
- [14] What is the nickname for the Sydney Harbour Bridge.
- [15] The longest straight road in Australia.
- [16] Author of 'The Book Thief'.
- [18] Who wrote the famous Australian poem 'The Drovers's Wife'?
- [19] Australian artist who painted the famous 'Shearing the Rams'.
- [22] Australian aviator who was the first woman to fly solo from England to Australia.
- [23] Australian band that released the hit song 'Down Under' in
- [24] Australian Beach famous for its surf culture and annual lifeguard competitions.

#### Down

- [1] Australian actor who spoke the line "That's not a knife. That's a knife."
- [2] Australian cricketer widely regarded as one of the greatest batsmen of all time.
- [4] Famous Australian novel by Tim Winton about a young boy set in the South-West of WA.
- [5] What significant event happened in Australia in 1901?
- [7] Australian poet nicknamed after an instrument wrote 'The Man from Snowy River'.
- [8] Wine Region located south of Perth.
- [10] How many teams were originally in the AFL?
- [12] Australian athlete who lit the Olympic flame at the 2000 Sydney Olympics.
- [13] Which Australian cricketer was known as 'The King of Spin'?
- [17] Australian tennis player who won 11 Grand Slam singles titles in the 1960's.
- [18] Australian actor famous for playing Wolverine in X-Men.
- [20] (8 letter word) when the war began First book in a series of Australian Young Adult novels.
- [21] What famous horse won the Melbourne Cup three times in the 1930's?

# THE QUIET STRUGGLES WE FACE & HOW WE CAN SUPPORT ONE ANOTHER

Lately, I've been thinking about the silent, day-to-day struggles we all carry. The things we don't talk about. The things we don't always want to talk about.

We are often told to speak up, to share our burdens because "a problem shared is a problem halved." And mostly, that's true. But for me—and for many people I know—there are times when I simply need to work through my problems on my own. That doesn't make me ashamed of them, or weak, or falsely strong. It just means that, at this moment, I'm figuring things out in my own time.

It's important to remember that this isn't about shutting people out or shutting down—it's about processing my own thoughts and emotions, working toward solutions in a way that feels right for me. And while I encourage anyone who wants to share their struggles to do so, I also believe we need the choice to decide when and how we share.

More importantly, we need to trust that when we do choose to open up, there will always be people ready to listen and support us. But support doesn't always mean talking about our worries—sometimes, it's simply being there in quiet companionship.

Support can take so many forms, beyond conversations and heart-to-hearts.

Maybe you can offer your presence, simply sitting together with no expectations—just quiet company. For some, a

hug can work wonders. For others, it's a distraction, helping someone else or doing something entirely different.

Sometimes, support is found in the smallest gestures—like coming home to a note that says, "Dinner's sorted tonight,"



or finding that the washing has been brought in and folded. Maybe it's someone telling you a funny story—a little moment of joy in the midst of a difficult day.

Of course, community, friends, and family play a huge role in helping us refill our happiness cups, but we can also do this for ourselves.

Refilling Your Own Cup - Self-care isn't overrated. It's necessary.

Sometimes, taking a break means a sneaky weekend away, an afternoon nap, or even just five minutes of peace.

If you ask my children, they'll tell you that more than once, they've looked outside at the end of a long workday to see me sitting silently in my car, just taking five minutes to find my balance before stepping inside. Other times, no matter how freezing it is, I'll bundle up and go for a walk—letting the cold air clear my thoughts.

I used to ride horses, and nothing gave me an energy boost, a wailing wall, or an outlet quite like saddling up and heading out.

Sometimes escape is what we need—a book to lose ourselves in, an adventure, a moment to switch off and create something. Some of my friends love to colour, or build. Others cook, finding purpose in small acts of care.

Whatever it is, whatever refills your cup, it matters. If you're looking for idea's on self care check out the little picture here. Or honestly do whatever feels right for you.

Whether you're offering support or seeking it, know that there is always a way forward—and most of all, you are not alone.

Kirra Pederick Community Development Officer

## AROUND THE WORLD



The shortest day and longest night, a time of celebration and hope.

The trees are stark and bare in winter, Mist curls around their feet.

The brooks are running fast and pooling deeply, Where the waters meet.

The sleepy twilight sends the day to flight, And the bush slides into night.

Winter in the Bush - James Aitchison

Honouring the Winter Solstice: A Celebration of Light and Tradition As the world turns and the seasons shift, there comes a night held significant throughout the ages—the Winter Solstice, the longest night and the shortest day of the year. It is a time when darkness gathers, but rather than despair, humanity has, for thousands of years, greeted the solstice with light, warmth, and celebration.

Ancient societies built monuments aligned to the solstice, demonstrating their deep connection to the natural world. Newgrange in Ireland and Maeshowe in Scotland are illuminated by the sunrise on the solstice, while Stonehenge is famously positioned toward the solstice sunset.

The Romans embraced the season with Saturnalia, a festival dedicated to Saturn, the god of agriculture. For days, revelry ensued—people exchanged gifts, feasted, and overturned social norms in a joyful, lighthearted celebration. The Norsemen of Scandinavia observed Yule, burning massive logs that could smoulder for up to twelve days, in a symbolic battle against the grip of night.

Further south, the Inca civilisation honoured their sun god Inti with Inti Raymi, a festival of renewal,

celebrating the sun's power and ensuring its return. Across China, Japan, Iran, and among the Native American tribes, the solstice was embraced as a time to mark the cycles of life, reinforcing the connection between people and nature's rhythms.

Although the Northern and Southern Hemispheres experience the solstice at opposite times of the year, the reverence remains. In the Northern Hemisphere, the solstice occurs around December 21st or 22nd, marking the deepest night of winter. Families and communities gather, lighting candles, bonfires, or hearth fires—reminders that light will always return.

Meanwhile, in the Southern Hemisphere, the solstice falls on the 21st this year, bringing its own unique beauty. Though winter here lacks the snow-covered landscapes of the north, it holds a quiet magic—crisp air, secret fog that shrouds the world in a cloud, and the hush of nature at rest. Many Indigenous cultures of Australia and South America have long celebrated the solstice as a time of renewal, and the tradition continues today—whether through intimate gatherings, spiritual observances, or honouring nature's cycles.

Despite the hemispherical

difference, the symbolism remains universal—the solstice reminds us that darkness is only temporary, and the promise of warmth, light, and renewal is on the horizon.

Over generations, whether through rituals, storytelling, feasts, or gift-giving, the solstice has been a time of unity, hope, and remembrance. Some believe that during this time, the veil between worlds grows thin, allowing spirits and ancestors—those who have gone before us—to linger close again. Others see it as a time for reflection—a moment to turn inward, reconnect with family and friends, and find peace in nature's quiet transformation.

So when winter bares its teeth and the wind howls long and cold, before reluctantly acquiescing in a gradual retreat to spring, why not embrace a Winter Solstice celebration of your own? Light a bonfire, gather loved ones, share food and drink, and reflect on the enduring beauty of the seasons. Even as the winds turn cold and the night stretches long, nature reminds us that light and renewal always follow the dark.

#### Kirra Pederick

Community Development Officer



# REGIONAL TRAINING CALENDAR JUNE TO NOVEMBER 2025

proposed dates TBC

	HR open			
LOCATION	JULY	AUG	SEPT	ОСТ
MERREDIN	8-11		24-27	
BEVERLEY	13-16		29-30	1-2
NARROGIN	22-25		10-13	
KATANNING	27-30		15-18	
WONGAN HILLS		6-9		7-10
CORRIGIN		11-14		12-15
WAGIN		26-29		
KULIN			1-3	
JERRAMUNGUP				21-22
PINGRUP				23-24
LAKE GRACE				25-30

MC-A					
JULY	AUG	SEPT	ОСТ		
8-11		24-27			
13-16		29-30	1-2		
22-25		10-13			
27-30		15-18			
	6-9		7-10		
	11-14		12-15		
	26-29				
		1-3			
			21-22		
			23-24		
			25-30		

Please note the above dates are estimated and for a range of training dates yet to be confirmed. Dates will be offered and confirmed once student numbers have been met in each location.



# The WA Student Assistance Payment

Helping you get the things you need for your kids.





If you're a parent or carer of school-aged kids, you can claim the second round of the WA Student Assistance Payment.

All WA school kids from Kindergarten to Year 12 are eligible if they are enrolled at school. You can claim through the ServiceWA app, online or by sending in a claim form.

For more information on how to claim education.wa.edu.au/wasap



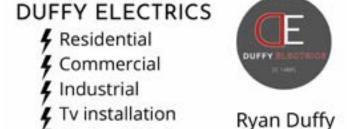
# EMERGENCIES DONT WAIT AND NEITHER SHOULD YOU

At Heartlands Veterinary Hospital, we provide 24/7 emergency care for pets and their families across the Wheatbelt. Whether you're five minutes down the road or hours away, you can count on us when your pet needs urgent care — day or night.





14 Macartney St, York (08) 9641 1383
 After Hours Emergency 0418 264 423



Air Conditioning

duffyelectrics@outlook.com Servicing Wickepin and surrounds

0409 806 047









Big enough to trust. Small enough to care.

Call 1800 654 089 whitfert.com.au

# Personal Reliability, Flexible Efficiency and Convenient Value

The experienced Whitfert team are focused on just one thing – your fertiliser!

WEDNESDAY 18<sup>™</sup> JUNE 2025 10.15AM - 12.30 PM MERREDIN CRC

# CATCHMENT PLANNING WORKSHOP

Featuring Mulloon Institute hydrologist Lance Mudgeway in combination with the opportunity to speak with wheatbelt landholders involved in the whole of catchment planning process completed in the Gabby Quoi Quoi Catchment.

Morning tea and lunch is provided.

Attendees will gain a landholders perspective on implementing catchment management plans on

farm

Register



This is an inclusive community event.

For further details contact

Alex Johnson

ajohnson@wheatbeltnrm.org.au













## **GENERAL INFORMATION**

#### 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 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 KULIN MOTOR MUSEUM

#### **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

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

#### **DEFRIBRILLATOR LOCATIONS**

#### **KULIN**

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

**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