

THE KULIN UPDATE

06th November 2025

5 LOCAL GOVERNMENT ELECTIONS

Congratulations to the re-elected and newly elected Councillors.

10 HIGH FIRE SEASON INFORMATION

Information on Prohibited Burning and Aerial Firefighting

20 REMEMBRANCE DAY 11TH NOVEMBER 2025

With special permission, enjoy this reprint from The West Australian Newspaper on local connection Duncan McInnes.

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KULIN COMMUNITY HUB MELBOURNE CUP LUNCH

The Beautiful and the Bogan of Kulin came out to the Hub to watch Jamie Melham ride Australian horse Half Yours to a stunning victory in the 2025 Lexus Melbourne Cup becoming the first female jockey to ever win both the Caulfield and Melbourne Cup double!





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Kulin Community Resource Centre
your local connection

CONNECTING OUR LOCAL COMMUNITY

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/#newsletterscroll

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

1/4 page b/w - \$20
1/2 page b/w - \$25
1/2 page colour - \$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
- 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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

18th Nov 2025

02nd Dec 2025

DATES AND UPCOMING EVENTS

NOVEMBER

11th Remembrance Day

12th Council Meeting

25th Seniors Movie Day

DECEMBER

2nd Seniors Christmas Lunch

13th Community Christmas Party

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4 Doctor in Kulín Nurses Clinic Open (8:30 - 12:00) Yogalates Remedy Physio	5 Doctor in Kulín Nurses Clinic Open (8:30 - 12:00)	6 The Kulín Update Remedy Physio	7 Nurses Clinic Open (8:30 - 12:00)	8
9	10	11 Remembrance Day Doctor in Kulín Nurses Clinic Open (8:30 - 12:00) Yogalates Remedy Physio	12 Council Meeting Doctor in Kulín Nurses Clinic Open (8:30 - 12:00)	13	14 Nurses Clinic Open (8:30 - 12:00)	15
16	17	18 Doctor in Kulín Nurses Clinic Open (8:30 - 12:00) Yogalates Remedy Physio	19 Doctor in Kulín Nurses Clinic Open (8:30 - 12:00)	20 The Kulín Update Remedy Physio	21 Nurses Clinic Open (8:30 - 12:00)	22
23	24 Kulín to Cambodia Student Presentations	25 Senior Movie Day Doctor in Kulín Nurses Clinic Open (8:30 - 12:00) Yogalates Remedy Physio	26 Doctor in Kulín Nurses Clinic Open (8:30 - 12:00)	27	28 Nurses Clinic Open (8:30 - 12:00)	29

The Special Meeting of Council was held on Wednesday 29th October 2025 for the swearing in of councillors elect and the election of Shire President and Deputy Shire President. Mary Lucchesi JP attended the meeting to undertake the Declaration of Office and witness the declaration. Congratulations to all our elected councillors, and thank you to outgoing Councillors Michael Lucchesi and Troy Gangell for their contribution to our community during their time on council.

We're very pleased to welcome Kylie Ripp to the Shire of Kulin team! Kylie has joined us as our new Customer and Administration Officer, a role that covers Customer Service, the Community Resource Centre (CRC) and Finance areas. It's fantastic to have this position filled, and we're excited to see Kylie getting involved in our CRC events and courses. If you're visiting the Shire office or attending a local event, please take a moment to introduce yourself and say hello — we're sure Kylie will be a familiar face around town in no time!

I would like to encourage everyone to think about nominating individuals and

groups for the year's Citizen of the Year Awards. We're lucky to have so many deserving people in our community who go above and beyond to make Kulin a better place. They might be a quiet achiever, someone who goes the extra mile to help others, or perhaps the driving force behind a successful local event or initiative that brings pride to our town. These awards are a wonderful way to recognise the people who make a real difference — often without seeking recognition themselves. Don't miss the chance to say thank you to someone who makes our community shine!

St Luke's Family Practice is open and providing a fantastic, comprehensive service to our community every Tuesday and Wednesday. We're also pleased to share that St Luke's Family Practice is now a Medicare Bulk Billing Practice.

This means that eligible Medicare card holders will have no out-of-pocket costs for standard consultations. Instead, Medicare is billed directly — so there's no need to pay upfront or

claim a rebate later. The goal is to make healthcare more accessible and affordable for everyone in our community.

There's plenty happening in our community as we race toward the end of the year — tennis, bowls, cricket, the aquatic centre and swimming club, not to mention harvest, Christmas celebrations, and end-of-school events. Keep an eye on the community calendar and noticeboards for upcoming events, or pop into the Shire and have a chat with our staff if you require further information.

It's a busy and exciting time for everyone, but also a great reminder to check in with your friends, neighbours, and community members. A quick chat, a coffee, or a helping hand can make a big difference. Let's keep looking out for each other and finish the year strong, together.

Taryn Scadding

Executive Manager of
Community Services



Department of
**Primary Industries and
Regional Development**



SHIRE OF KULIN LOCAL GOVERNMENT ELECTIONS

Kulin Shire Council Leadership Confirmed

At its Special Meeting of Council held on Wednesday, 29 October 2025, the Shire of Kulin confirmed its leadership team for the next two years.



Councillors have unanimously re-elected Cr Grant Robins (left) as Shire President and Cr Brad Smoker (right) as Deputy Shire President, continuing their leadership roles in guiding the Council and the Kulin community.



The Shire extends its congratulations to both Cr Robins and Cr Smoker and looks forward to their ongoing commitment and dedication to serving the community.

We welcome Cr Lachlan Siviour (left) for his first term on Council, and welcome back Cr Clinton Mullan (right) for his second term and Cr Brad Smoker for his third term.



Thank you to Mary Lucchesi JP for conducting the swearing in ceremony.

Dr Segun Olumide Kulin Medical Centre every Tuesday and Wednesday

Appointments can be made by phoning 9880 1315, presenting to the centre, or by visiting our website and clicking the Kulin booking link.

**St Luke's Family Practice is now
a Medicare Bulk Billing Practice!**

We bulk bill eligible GP services, including:

- **GP consultations**
- **Chronic condition management plans & reviews**
- **Mental health treatment plans**
- **Health assessments**

**Fees may apply for non-eligible services.
Please ask our reception staff for more information**



www.stlukesfamilypractice.com.au



Kulin Medical Centre

Booking your next appointment with St Luke's Family Practice just got easier.

St Luke's website now has a dedicated booking button for each of our locations making it simple to find your clinic and book online - www.stlukesfamilypractice.com.au

You can also add St Luke's to your home screen for further convenience.



How to Add a Website to Your Phone Home Screen

For iPhone (iOS)



1. Open Safari
2. Tap the Share Button
3. Select "Add to Home Screen"
4. Name Your Shortcut

For Android



1. Open Chrome
2. Tap the Menu Button
3. Select "Add to Home Screen"
4. Check Your Home Screen

Kulin Health Services and Support

Monday	CLOSED	CLOSED	CLOSED
Tuesday	GP Clinic 10.00am-5.00pm	St Luke's Family Practice	9880 1315
	Health Nurses Outpatient Clinic 8:30am-12:30pm	Kulin Health Nurses	9880 1056
	Physiotherapy at The Remedy 8:30am-4:30pm	The Remedy	0409 868 144
Wednesday	GP Clinic 10.00am-5.00pm	St Luke's Family Practice	9880 1315
	Health Nurses Outpatient Clinic 8:30am-12:30pm	Kulin Health Nurses	9880 1056
Thursday	Physiotherapy at The Remedy 9:00am-4:30pm	The Remedy	0409 868 144
Friday	Health Nurses Outpatient Clinic 8:30am-12:30pm	Kulin Health Nurses	9880 1056



Kondinin Hospital 9894 1222
Emergency 000
Kulin Police 9861 5800



the bonebus

is coming to our practice on:

Kulin Medical Centre

11th December and 12th December 2025



**ARE YOU AT RISK OF A
FRACTURE? FIND OUT
WITH A BULK BILLED
BONE DENSITY SCAN**

Available now for those over 70 years of
age or with certain medical conditions

Ask your GP today!



thebonebus.com.au



1800 10 11 63



Kulin Aquatic Centre – Season Open

The pool season has officially kicked off with great weather over the weekend to start the season. This week looks a bit different, but no doubt the summer weather will kick in again very soon.

As we open the pool season, we regrettably say goodbye to Jones as our Aquatic Centre Manager. Jones has been with the Shire of Kulin for six seasons and has made a great contribution to not only our aquatic centre and waterslide, but as a great ambassador for our town and region.

Jones has forged genuine friendships and strong working relationships with everyone he's met, and we thank him sincerely for his dedication and service. We wish Jones and Maureen all the very best in their next adventure—just down the road at the Lake Grace Swimming Pool!

We are also pleased to announce that Contract Aquatic will be managing the aquatic centre this season. Brad has hit the ground running, and we're excited to welcome everyone back to our fantastic facility.

Please note that the waterslide is not currently open as we await final sign-off for the newly installed splash pool. The recent upgrades at the base of the slide look fantastic and will no doubt provide hours of fun and entertainment throughout the season.

A poster for the Kulin Aquatic Centre with a blue water background and bubble graphics. It lists fees and charges, season pass prices, and contact information for November 2025.

KULIN AQUATIC CENTRE

FEES & CHARGES
CHILD - \$2.50
ADULT - \$4.50
SPECTATOR - \$2.50

SEASON PASS - POOL ONLY
CHILD - \$55
ADULT - \$90
FAMILY - \$170 (4 PEOPLE)
ADDITIONAL CHILD - \$55

NOVEMBER 2025
P: 9880 1222
E: pool@kulin.wa.gov.au

A poster for the Kulin Aquatic Centre with a blue water background and bubble graphics. It lists pool opening hours for November 2025, including a note about the waterslide.

KULIN AQUATIC CENTRE

POOL OPENING HOURS
SATURDAY & SUNDAY
11AM TO 6.30PM
MONDAY CLOSED
TUESDAY - FRIDAY
6AM TO 8AM
12PM TO 6PM

The Waterslide is not quite ready to open for the season. But don't worry — we'll let you know the moment it's ready for some summer fun!

NOVEMBER 2025
P: 9880 1222
E: POOL@KULIN.WA.GOV.AU



Shire of Kulin Prohibited Burning Information

**Prohibited Burning Period
from 1 November 2025 to 15 February 2026**

NO BURNING ALLOWED – PERMITS WILL NOT BE ISSUED

Fire Permits

No permits shall be issued to set fire to bush during the prohibited burning period except for reasons as specified under the Bush Fires Act.

The prohibited burning period may be extended at the discretion of the Council, and/or Chief Bush Fire Control Officer.

Brigade	Fire Control Officer	Contact
Kulin Town	Rod Diery Craig McInnes Judd Hobson	0427 037 705 0429 801 152 0427 801 241
Kulin North	Donald Bradford David Lewis Brendan Sloggett Lachlan Siviour	0427 801 252 0429 809 041 0427 081 925 0419 449 008
Kulin South	John Waters Darren Kirby Clinton Mullan John Bowey Braden Young	0429 898 030 0429 831 009 0429 001 651 0429 801 331 0488 973 246
Jilakin / Pingaring	Evan Wyatt Sean Scadding Michael Lane	0417 914 442 0429 080 907 0427 004 701
Holt Rock / Little Italy	Brent Hyde Cameron Mudge	0427 773 314 0429 700 123

Burning on Sundays and Public Holidays

From the start of the restricted burning time to the end of Easter, no person is allowed to light a fire on a Sunday or Public Holiday.

Campfires, BBQs and Pizza Ovens

	RESTRICTED BURNING PERIOD		
Fire Danger Rating	Campfires	Wood BBQ's	Wood Fired Pizza Oven
TOTAL FIRE BAN	NOT Permitted	NOT Permitted	NOT Permitted
CATASTROPHIC	NOT Permitted	NOT Permitted	NOT Permitted
EXTREME	NOT Permitted	NOT Permitted	NOT Permitted
HIGH	NOT Permitted	NOT Permitted	Permitted
MODERATE	Permitted on private property after 6pm – must be extinguished by 11pm	Permitted	Permitted

	PROHIBITED BURNING PERIOD		
Fire Danger Rating	Campfires	Wood BBQ's	Wood Fired Pizza Oven
TOTAL FIRE BAN	NOT Permitted	NOT Permitted	NOT Permitted
CATASTROPHIC	NOT Permitted	NOT Permitted	NOT Permitted
EXTREME	NOT Permitted	NOT Permitted	NOT Permitted
HIGH	NOT Permitted	NOT Permitted	Permitted
MODERATE	NOT permitted	Permitted	Permitted

Shire of Kulin Information



Aerial Firefighting Support and Water Bombing Operations

As we head into harvest and the high fire season, newly elected Shire Councillor Lachlan Siviour—who is also one of our local Fire Control Officers—shared important information regarding aerial firefighting support and water bombing operations in our region.

Thanks to recent coordination with the Department of Fire and Emergency Services (DFES), we can confirm that air support will be coming online in Narrogin from 1 November 2025. This means water bombers will be available for rapid deployment to assist with fire suppression across the Upper Great Southern, including the Kulin Shire. Water bombers are becoming an increasingly valuable tool in our firefighting efforts. When available, they can often be dispatched faster than ground crews can arrive on scene—provided they're not already attending another incident.

Key Points for landholders and community members to keep in mind

- If a plane flies overhead, it may return shortly to drop. Move away from the immediate drop zone and allow at least 30–50 metres of clearance.
- A typical drop zone is approximately 20 metres wide and 80 metres long.
- Planes often operate in pairs, but not always.
- Aircraft can split their drop tanks, so even if a plane appears empty, it may return for another pass.
- If water bombers are en route, you'll be notified via two-way radio. All personnel and landholders on the fireground should monitor Channel 5 unless otherwise directed.
- If asked to move due to an incoming drop, please do so quickly and safely. Aircraft cannot drop if people or vehicles remain in the zone.
- In extreme situations (e.g. entrapment), a drop may occur on a vehicle.
- If you prefer not to have fire retardant used on your property, please notify your local Fire Control Officer (FCO) or Chief Bush Fire Control Officer (CBFCO) before the season begins. Efforts will be made to record and respect these preferences.

The retardant currently in use is believed to be Monsanto Phos-Chek MVP-F, though this is being confirmed.

To stay informed during emergencies, DFES recommends downloading the free Emergency WA app, available on both the Apple App Store and Google Play. This official app provides real-time alerts and accurate information directly from emergency services. It's a valuable tool for landholders, residents, and travellers across Western Australia.

Features of the Emergency WA app

- Custom watch zones for up to 10 locations
- Instant notifications for bushfires, storms, floods, and Total Fire Bans
- Interactive maps showing current warnings and incidents
- Live ABC emergency broadcasts and accessibility options

The emergency WA app complements local updates and two-way radio communication, giving our community another layer of awareness and safety during high-risk periods.



For further clarification, please contact your local Fire Control Officer. Fire Control Officers' contact information is available on page 8 of the Update along with Prohibited Burning Period Information.

We thank DFES for their ongoing support and coordination. Stay safe and informed this fire season.

SHIRE OF KULIN FIREBREAK ORDER 2025/2026

Issued pursuant to Section 33 of the Bush Fires Act 1954

Notice to All Owners and/or Occupiers of Land

You are hereby required on or before 31st October, and thereafter up to and including 15th March, to have a 3 metre firebreak clear of all inflammable material on all rural and townsite land owned or occupied by you, as per the following requirements.

General Firebreak Requirements

Rural Land

- Immediately inside all external boundaries of the land.
- In such other positions as are necessary to divide land in excess of 400 hectares into areas not exceeding 400 hectares, each completely surrounded by a firebreak.
- Immediately surrounding any part of land used for crop.
- Parallel to and within 100 metres of the perimeter of all buildings, haystacks and fuel ramps situated on the land.
- Immediately surrounding any drum or drums or other receptacles situated on the land which are normally used for the storage of fuel, whether they contain fuel or not, provided that the firebreak required shall be not less than 5 metres wide.
- Immediately inside land on which bush has been bulldozed, chained or prepared in any similar manner for clearing by burning (whether you intend to burn the bush or not); provided that the firebreak required to comply with this paragraph only shall be not less than 7 metres wide. Where the land is prepared for clearing by burning after 19th September you shall provide the firebreak immediately.

Townsite Land – Area Less than 1 Hectare

- All hazardous material must be removed from the whole of the land except living trees, shrubs and plants.
- In the remaining area all vegetation is to be maintained to a height of no greater than 100mm.
- It is recommended that at least a 2m wide area immediately within the external boundaries of the lot, be clear of all flammable material except for living trees, plants and shrubs. (Note: any land of one hectare or above – rural provisions apply.)

Important Notes

These requirements are made pursuant to Section 33 of the Bush Fires Act 1954. Failure to comply with this notice may render the landowner or occupier liable to a penalty and the Shire may carry out the required works at the owner's expense. These requirements are in addition to, and not a replacement for, the duty of care under the Act to prevent fire on your property.

Registered Grain Out-Loading Hard Stand Areas

The Shire of Kulin may approve grain out-loading hard stand areas to facilitate safe out-loading of grain, including during periods when a Harvest and Vehicle Movement Ban (HVMB) is in place. A registered grain out-loading hard stand area must meet the following requirements:

1. Application Requirements

- Landowner must submit an application and statutory declaration.
- Photographs must show the nominated area is bare earth with a minimum 25-metre radius from any ignition source (for example and ignition source might be - augers, trucks, or other machinery). Multiple areas may be nominated in one application, however approval will be at the discretion of the Shire and not all nominated areas may be approved.
- An annual registration fee of \$250 + GST applies.
- GPS/map pin drop required for each nominated site.
- All applications must be lodged with the Shire by no later than 20 October of each year.

2. Maintenance & Standards

- The registered area must be maintained with bare earth for a minimum of 25 metres from any ignition source at all times during its use.
- Approval does not negate the requirement for compliant firebreaks elsewhere on the property
- Registered areas are subject to inspection by a Fire Control Officer at any time without notice.

3. Operational Conditions During Out-Loading

- A dedicated fire unit with a minimum of 600 litres of water, pump, and hose must be present at the site.
- The fire unit must be attended by a person other than the person conducting the out-loading activity.
- Out-loading activity from registered areas may be suspended without notice at the direction of the CBFCO, DCBFCO or FWO(s), for example:-
 - o when there is an active fire within the Shire of Kulin
 - o when a Catastrophic fire weather forecast is issued by the Bureau of Meteorology.

Harvest and Vehicle Movement Bans – Exemptions for Fire Suppression Activities

During the period of a Harvest and Vehicle Movement Ban (HVMB), the Chief Bush Fire Control Officer (CBFCO) may grant an exemption for the movement of plant or equipment (for example, a dozer) that has been called into fire suppression activities in another local government area.

This exemption is subject to the following condition:

- a fire unit must be in attendance whilst that activity is undertaken, attended by a person other than the person moving the plant/equipment.

Firebreak Variation

If it is considered by the owner or occupier of the land that it is impractical to clear firebreaks to comply with this notice due to soil erosion, the spread of salinity or for any other reason, a request for a variation may be made to the Council not later than 1 September of each year.

Such a request must be in writing and include a detailed farm plan showing the proposed location of firebreaks or of the alternative fire protection methods to be used.

Burning of Garden Refuse During Restricted Burning Period (Sec. 24 (f) Bush Fires Act 1954)

- (1) A person must not burn garden refuse at a place (other than a rubbish tip) during the limited burning times for that place unless it is burned –
 - (a) in an incinerator in accordance with subsection (2); or
 - (b) on the ground in accordance with subsection (3).Penalty: \$3 000.
- (2) Garden refuse burned in an incinerator is burned in accordance with this subsection if –
 - (a) the incinerator is designed and constructed so as to prevent the escape of sparks or burning material; and
 - (b) either:-
 - (i) the incinerator is situated 2 m or more away from any building or fence; or
 - (ii) if the incinerator is within 2 m of a building or fence, the local government has given written permission for the incinerator to be used; and
 - (c) there is no inflammable material within 2 m of the incinerator while it is in use; and
 - (d) at least one person is present at the site of the fire at all times until it is completely extinguished; and
 - (e) when the fire is no longer required, the person ensures that the fire is completely extinguished by the application of water or earth.
- (3) Garden refuse burned on the ground is burned in accordance with this subsection if –
 - (a) there is no inflammable material (other than that being burned) within 5m of the fire at any time while the fire is burning; and
 - (b) the fire is lit between 6 p.m. and 11 p.m. and is completely extinguished before midnight on the same day; and
 - (c) at least one person is present at the site of the fire at all times until it is completely extinguished; and
 - (d) when the fire is no longer required, the person ensures that the fire is completely extinguished by the application of water or earth.
- (4) A local government must not give permission under subsection (2)(b)(ii) unless it is satisfied that the use of the incinerator is not likely to create a fire hazard.

AUTHORISED BY SHIRE OF KULIN CHIEF EXECUTIVE OFFICER

Bush Fire Brigade Protective Clothing

Do you require Protective Clothing for the Bush Fire Season?

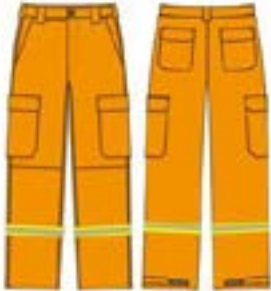
A duty of care exists for a Fire Control Officer to ensure that persons attending an incident has appropriate PPE (personal protective equipment). The same responsibility rests with those attending so please ensure you wear the required clothing, otherwise insurance issues may arise.

As we head towards the start of Bush Fire Season, the Shire of Kulin offers all our volunteers the opportunity to order protective clothing – coats, trousers and fire goggles supplied by Stewart & Heaton, and Honeywell 7600 face masks, provided by Scavenger Supplies.

The Shire cover the full cost of protective clothing as below, and will pay 50% of the cost of face masks or fire goggles. Ordering of any other items will incur charges. Please email to@kulin.wa.gov.au to request an order form.

PLEASE GET YOUR ORDERS IN ASAP

You must be a registered member of a bushfire brigade within the Shire of Kulin, and have not placed an order in the past 5 years.

Jacket J545 sizes: 82R to 132R 	Trouser T540 sizes: 77L to 97L 77R to 117R 87S – 132S 
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Honeywell Air Purifying Respirator (APR) 7600 Series Full Facepiece

The most comfortable mask available. Double flange sealing area made from premium grade silicone for a comfortable fit and optimum facepiece to face seal. Other features include wide field of vision: 5 strap harness and chin support.



Uvex Fire Goggles

Description

The combination of hard and soft material components with the uvex ultrasonic combines high mechanical rigidity with maximum wearer comfort – These goggles never press or pinch even when worn continuously. Flexible soft component adapts to the wearer's face and ensures full side protection for the eye area, including for those who wear glasses. The uvex ultrasonic has excellent ventilation, making sure that the climate around the eyes is pleasant and non-irritant.



PET REGISTRATIONS (DOGS & CATS)



There is State Government legislation in place to ensure control and registration of dogs and cats in our community. The State Government also sets all of the registration fees associated with the control and registration of dogs and cats. The registration period for 1-year and 3-years expires on 31 October.

The Shire of Kulin is responsible for enforcing and administering State Government legislation in our community. Registering and microchipping your pet makes it easier for our Rangers to help return your pet to you if they become lost.

WHEN TO REGISTER YOUR PET?

- Dogs aged over three months are required to be microchipped and registered
- Cats aged over six months must be registered, microchipped and
- sterilised



**IF YOU HAVEN'T REGISTERED YOUR PET FOR 2026, THEIR
REGISTRATION HAS NOW LAPSED AND IS OVERDUE!**



KULIN RE-USE WATER SUPPLY

STARTING ON THE 1ST OF NOVEMBER 2025

The Shire of Kulin wishes to advise that the town re-use water supply to the oval will recommence the week beginning 1st November 2025. This water will be applied between the hours of 10:00pm and 3:00am so will have no impact on normal oval use.



Celebrate our local heroes

Nominations close November 28th 2025

Community Citizen of the year Awards

Across Kulin, there are people and groups who make our community stronger, kinder, and more connected – and now's the time to recognise them. Whether it's a dedicated volunteer, a passionate young leader, a long-serving local, or a group that brings people together through events or initiatives, each award category celebrates the spirit of active citizenship. Time is running out to submit your nominations – don't miss the chance to celebrate someone who inspires you! Nominate online today at <https://www.citizenshipawards.com.au/nominate/> or call into the CRC and get a paper copy form.

*We're all part of the
story...*





KULIN COMMUNITY HUB MELBOURNE CUP LUNCH

The Beautiful and the Bogan: Kulin's Cup Day Chaos

Well, didn't the Kulin Hub turn it on for Melbourne Cup Day!

From flanno shirts to fancy frocks, stubby shorts to suit pants, beanies to fascinators—our local legends came dressed to impress (or at least to entertain). The beautiful and the bogan of Kulin were out in full force, ready to cheer on Aussie horse Half Yours and jockey Jamie Melham to a history-making win in the 2025 Lexus Melbourne Cup.

And what a win it was! Melham became the first female jockey to ever take out both the Caulfield and Melbourne Cup double. The cheers were loud, the punters were happy, and the champagne and beer were flowing—cold, crisp, and just how we like it.

Inside the Hub, the kitchen crew absolutely nailed it. The spread was top-notch, devoured with gusto, and followed by a fashion showdown that could rival Flemington, actually ours is probably way more fun! Rain clouds may have rolled in, but



the laughter and local spirit kept things warm, rowdy, and unmistakably Kulin. This year's fashion honours went to Tricia Robertson and Penny Nolan, who strutted their stuff with flair. Next year, we're calling it



early—accessories are going to be the battleground. How fancy or how bogan can you get? We can't wait to find out.



WHO NEEDS HAUTE COUTURE—WE'VE GOT HUB COUTURE! PENNY AND TRICIA SHOWED US HOW IT'S DONE IN FLANNO AND LACE, KULIN STYLE.

Big thanks to everyone who came down to celebrate the race that stops the nation, Kulin-style. Same time next year? Absolutely.

COMMUNITY NEWS

Kulin to Cambodia 2025 — An Unforgettable Experience

The 2025 Kulin to Cambodia team has returned home after an incredible week in Cambodia!

The group landed safely in Perth on October 18, tired but full of stories and memories from what was a busy, emotional, and rewarding trip.

Each day was packed — mornings building houses, afternoons visiting local charities supported by our fundraising, and evenings sharing meals and reflections. Working in tough, hot, and muddy conditions, the students showed amazing resilience and teamwork. By week's end, they had truly impressed the adult team with their effort and attitude.



This year's Kulin team included students Tadhg McInnes, Cassie Kempton, and Jenny Manning, teachers Emily Bastian and Tiri Singh, and team coordinator Ben Whisson. They joined a larger group of 17, including Mike and Corinne Gurry from The

Helping Foundation.

During the week, the team:

- Built and handed over three homes to very grateful families
- Donated four pregnant cows through Cows for Cambodia
- Supplied new school uniforms to children at Krousar Thmey, a care centre for children rescued from trafficking
- Supported the Missionaries of Charity, who care for abandoned babies from birth to age five

The group also visited the Killing Fields, Phare Circus, training restaurants like Marum and Haven, and the incredible Angkor Wat Temple — the world's largest religious structure.

It was a jam-packed week that gave students and staff a true insight into Cambodian life and the lasting impact of the community's support.

A huge thank-you to everyone who contributed to making this trip possible — your generosity really does change lives.

Keep an eye out for the upcoming student



presentations, where Tadhg, Cassie, and Jenny will share their experiences firsthand. Details will be announced soon.

You can also catch highlights from the trip on our Kulin to Cambodia Facebook and Instagram pages.

Gen & Ben Whisson



KULIN TO CAMBODIA



The poster features a blue background with a large circular logo on the left that says 'KULIN TO CAMBODIA' around a smiley face. To the right of the logo is a white airplane icon. Below the logo, the text '2025 Student Presentations' is written in a large, white, serif font. Underneath this, two paragraphs of text describe the trip. To the right of the text is a photograph of a group of people standing in front of a large, ancient tree with thick roots. Below the photograph are three circular icons: a red one with 'STAY KIND', a blue one with 'THANK YOU', and a green one with a peace symbol. At the bottom of the poster, there are three logos: 'croppportunity', 'ConsultAg', and 'The Helping Foundation AUSTRALIA'.

2025 Student Presentations

In October, Kulin DHS students Cassie Kempton, Jenny Manning and Tadhg Molnes represented the Kulin community on a week long humanitarian trip to Cambodia.

Together with teachers Tiri Singh and Emily Bastian, and coordinator Ben Whisson, they helped build homes and connect with local families — an unforgettable experience made possible by the incredible support and generosity of many people and organisations.

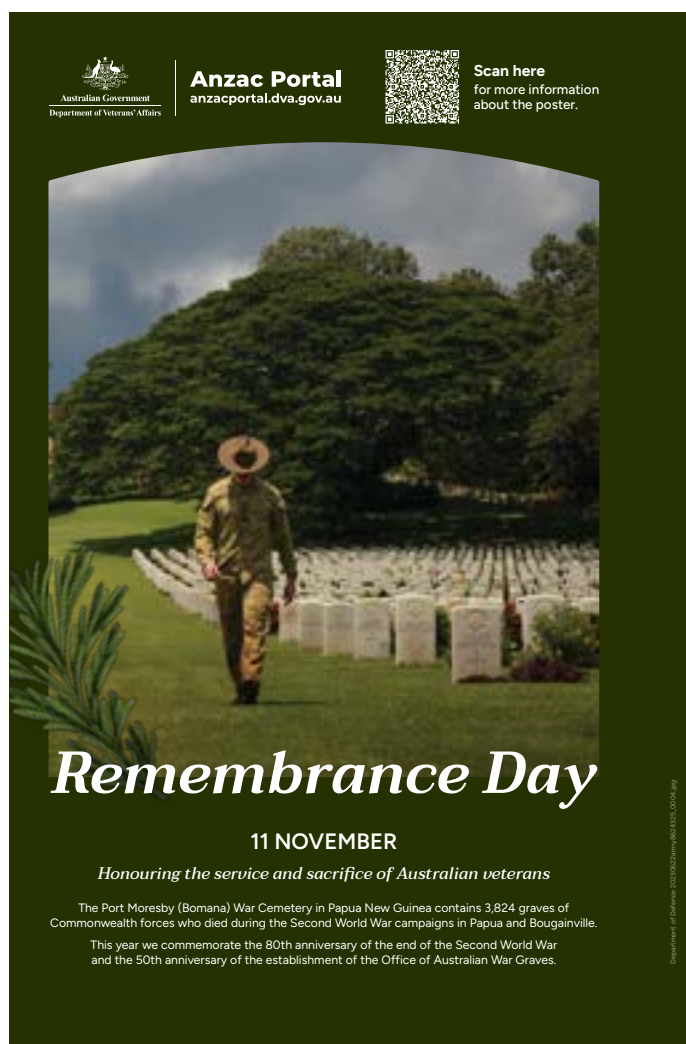
Please come and hear their stories and reflections from this inspiring journey!

📅 Sunday 23rd November 2025
🕒 2:00pm
📍 Freebairn Recreation Centre, Kulin

Afternoon tea and nibbles provided
Further information contact Gen Whisson E: gen@consultag.com.au

croppportunity | **ConsultAg** | **The Helping Foundation AUSTRALIA**

**Head on DOWN TO THE 2025
PRESENTATIONS and SUPPORT
THESE STUDENTS and THE
KULIN TO CAMBODIA Team.**



As Remembrance Day approaches, we share a remarkable story brought to us by Haydn and Robbie McInnes, cousins of the late Duncan McInnes.

With kind permission from The West Australian Newspaper, we are honoured to republish Duncan's obituary, which tells the incredible story of his service and legacy as the last known veteran of the Dunkirk rescue. Haydn and Robbie also shared with us that Duncan chose to stay behind to help the stragglers—a quiet act of courage that speaks volumes.

What a legend.

We hope you enjoy reading this tribute, and we extend our sincere thanks to the McInnes family and The West Australian Newspaper for their support in sharing this story with our community. Full credit to the author, Phil Harrison.

OBITUARIES

The West Australian
Friday, June 27, 2025

Last known veteran of Dunkirk rescue

Duncan Murdoch McInnes
WWII veteran and telegraphist
Born: Gosport, Hampshire, UK, 1920
Died: Lesmurdie, aged 105

Dropping out of school at 14, Duncan McInnes had to wait for his 15th birthday before he could be accepted into the Royal Navy. He was trained as a wireless telegraphist and would go on to bear witness to many pivotal moments in World War II.

The term "hero" is often bandied about so casually that the term itself can lose some meaning. But it is true that Duncan Murdoch McInnes received the British Empire Medal, in 1956. It is true he received the Russian Ushakov Medal, in 2015. It is also true he received the French Legion of Honour, in 2016.

Duncan Murdoch McInnes was born on February 1, 1920 in Gosport, Hampshire, to Duncan and Julia (nee Vaughan). His father's family came from the Isle of Skye. Growing up in Gosport, the family consisted of three boys and a girl.

Shortly after his 14th birthday he left school (to the disappointment of his headmaster) and procured himself a job as an errand boy at a grocer's before, in November 1934, going to the naval recruiting office in Portsmouth and applying to join the navy.

After finally convincing his father, the forms were signed. He was accepted on his 15th birthday and shortly after received orders to report to the boys training ship, HMS St Vincent. In his best clothes he said goodbye to his family and walked into the Royal Navy.

At the end of six weeks basic training, Duncan sat an examination which decided his future. Being in the top five of the class, he was offered training as a wireless telegraphist. After 15 more months of training in Morse code, electrical engineering, magnetism and the properties of battery storage, he passed his final examination and was drafted on to the HMS Nelson, the flagship of the home fleet stationed at Portsmouth.

The home fleet was sent to the Mediterranean to bolster the "Med fleet". The war in Spain lasted for three years from 1936 to 1939 when World War II broke out. In 1938 as a telegraphist Duncan was drafted to HMS Ramillies, stationed in the Mediterranean. During this time he was transferred to a number of different ships and while on duty on Sunday, September 3, 1939 at 11am he received a signal saying they were at war with Germany and sailing under sealed orders.

In May 1940, Duncan was on board HMS Saladin which rescued hundreds of troops from



the beaches of northern France. He recounts making seven return trips to the beaches while being dive-bombed by the Germans. Saladin was hit several times but remained afloat. Against the odds, he survived Operation Dynamo, the codename for the successful evacuation of 330,000 Allied troops from Dunkirk. Duncan has been described by various sources as the last known British survivor of Dunkirk.

Duncan recounted tales of receiving the signal declaring war on Germany; the SOS from the Athenia, the first liner to be sunk by U-boats during the war; seeing the Queen Mary plough through the cruiser HMS Curacoa with a huge loss of life; "wolf pack" U-boat attacks off the coast of Iceland; and receiving the signal telling of the sinking of the HMS Hood with only three survivors.

He also told of the joy at picking up seven survivors from a Sunderland flying boat shot down in the Bay of Biscay after the disappointment of finding an empty life raft. Duncan's insistence that the prevailing current be followed further found the men and saved their lives.

During his navy service he helped establish radio transmitters throughout Malaya and was present at the Japanese surrender on board the HMS Persimmon following the atomic bomb detonations at Hiroshima and Nagasaki.

He also established transmission aerials on public infrastructure which freed up

communications in the Russian Zone of East Berlin. Duncan went on to become a communications officer in Sumatra, Indonesia, before leaving the Royal Navy in 1960 and joining a telecoms company.

During his time in the navy, before migrating to Australia in 1982, Duncan travelled the world with his wife, Amy, as his expertise in telecommunications was becoming widely known.

Duncan was a proud Freemason and was a member of lodges in Canada, Germany, England, the Central Hills Day Lodge in Kalamunda and the Grand Lodge of Western Australia, in Subiaco.

Duncan had married his sweetheart, Amy Day, in 1940 and they had four children — Amy, Duncan, Bruce and Jane.

Their nine grandchildren, five great-grandchildren and five great-great-grandchildren were part of a family who supported him in so many ways. Amy passed away in 2011.

Duncan's unpublished memoir recounts: "In my solitude I have my Amy's presence with me. I cannot express how I miss my gal. It was a chance meeting many years ago with a lass on holiday, who became the centre of my life.

"One talks of destiny and on reflecting on my life, I feel that I have done nothing that will make me be remembered and yet like thousands of wireless operators we have, during our lifetime, recorded hours of action in the real world."

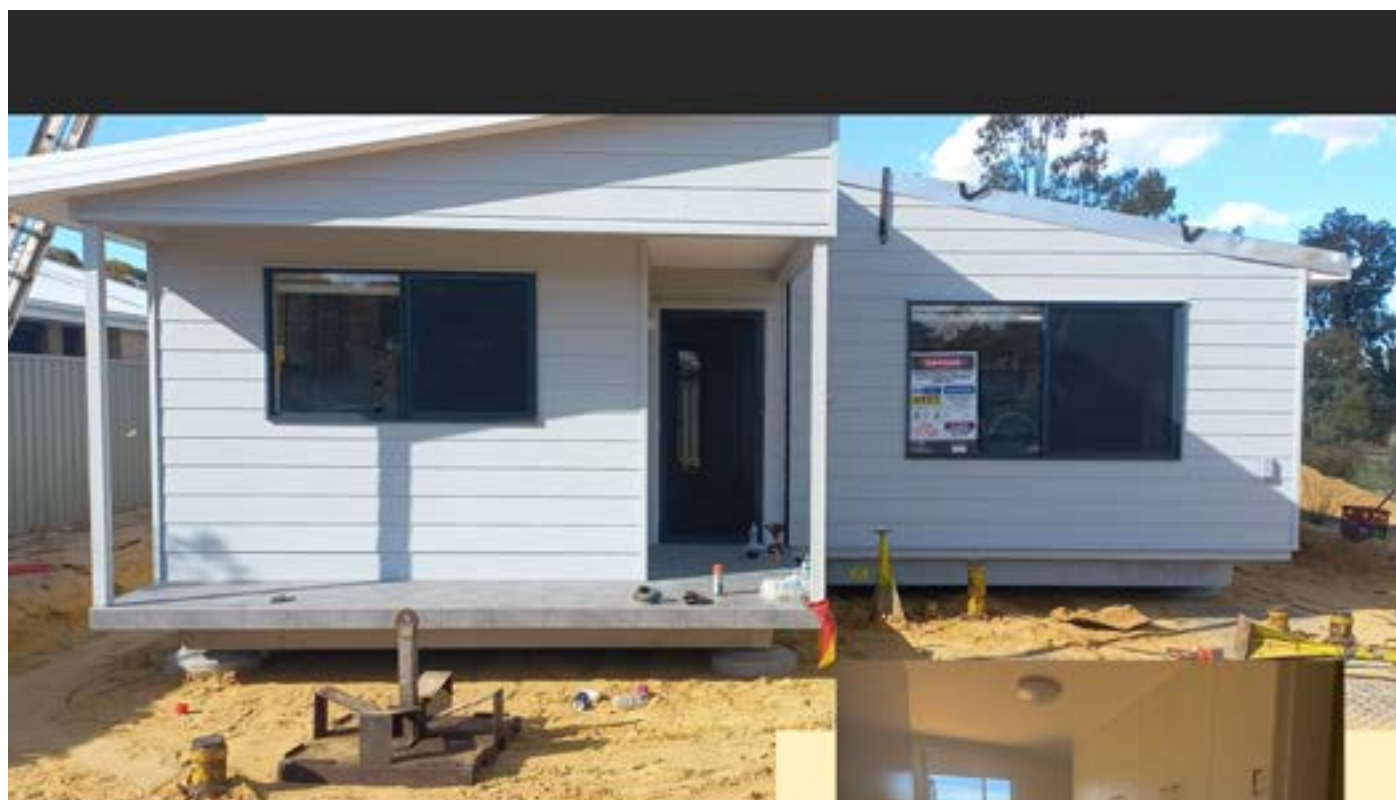
Those are the words of a real hero. **Phil Harrison**

To place death notices in the classifieds advertisement columns, please call 13 22 80.

If you would like to recommend someone who has recently died as a subject for this page, contact Kelly Somers.

Phone: 9482 3228 ■ Email: kelly.somers@wanews.com.au ■ Post: GPO Box 1959, Perth, WA 6843

KULIN RETIREMENT HOMES



KULIN RETIREMENT HOMES

GORDON ST, KULIN
WORKMAN ESTATE

Modular WA house has arrived in Kulin.
The house is currently a building site
and although people are welcome to
pass by on the street, we request locals
to stay clear of the site.



**Home open
soon!**

UNIT:

- 2 Bedroom
- 1 Bathroom
- Kitchen
- Laundry

CONTACT:

Annette Lewis
Shire Office
9880 1204
finance@kulin.wa.gov.au

KULIN BOWLING CLUB LADIES 2 DAY CLASSIC



We had a very successful event and our thanks go to all our sponsors and club members who made it happen - Kulin Bowling Club

Kulin Childcare Centre



This Monday we started our week with a walk within our garden exploring the Flora around us. Children collected items from the garden in baskets and buckets. The focus on our garden in our learning environment on this day allowed children to mindfully explore the growth around us. As a group the children gathered and discussed their collected items, where they were from, what they smelt like and how they felt.



The educators supported the experience guiding the process through to creating a group artwork in the way of a collage. This beautiful piece of work was something everyone could add to and help create.

Recently our children transformed into little mechanics and engineers taking apart this tractor in our front yard. They removed all the screws and bolts with the tools until it was completely dismantled. This is a fabulous opportunity to transfer knowledge seen at home in the garage or maybe in the farm shed. The children practiced their fine motor skills and showed great patience during this play activity.



Halloween was filled with fun songs, decorations, craft, and sensory play at Kulin CCC. I did notice there was a lot of leaving our tiny spiders in places to scare the educators which is a lovely display of the relationships fostered within our service.



Our last day open to children is **Friday 19th of December 2025**. We are looking to re-open in mid-January depending on demand and staffing. Please email the centre with dates for the New Year including preferences of permanent days.

Thank you to our families and community for supporting us.

Kid's Corner

The Kulin Update Kid's Activity Page
Colour, create and celebrate!

Hey Kids, we've just finished making some cool new Adventure Passports for the Shire of Kulin! Why don't you ask your grown-ups to pop into the Shire and pick one up for you! They are great fun!



Until then, you can colour in this picture and dream up all sorts of fun adventures you could have around Kulin!





KULIN CHRISTMAS MARKETS

You are invited to join the Kulin Christmas Markets being held during the Kulin Community Christmas party at the Freebairn Recreation Centre.

DECEMBER

13

4.30-7.30PM

FOR A STALLHOLDERS' APPLICATION
PLEASE FILL OUT OUR ONLINE FORM OR
CONTACT ERIN BAILEY 0429809013

WWW.JOTFORM.COM/ERINBAILEY/2025XMASMARKETS

Kulin Christmas Markets

Saturday 13th Dec 4.30-7.30pm Freebairn Recreation Centre

- Stalls will be inside (all spaces will be approximately 3m X 3m).
- The fee will be \$10 per space (Non-for-profit organisations are free).
- Setup from 3pm.
- **VENDORS SELLING FOOD:**
 - must obtain approval from the Kulin Shire's Environmental Health Service (EHS). **Applications for approval must be received by the EHS at least 5 working days prior to the event;**
 - at least one person at you stall must have completed Hygiene Officer training - <https://hospitalityhygiene.com/>
- All vendors will be covered under the Kulin Shire public liability insurance.
- **All vendors must supply their own tables, chairs and any equipment needed for their stall.**

NAME/BUSINESS NAME:	
ADDRESS:	
PHONE:	EMAIL:
PRODUCT DESCRIPTION:	
PLEASE MARK YOUR MARKET SPACE PREFERENCES	
☐ SINGLE SPACE \$10	☐ DOUBLE SPACE \$20
WILL YOU BE SELLING FOOD?	
☐ NO	☐ YES
Do you need a Food Vendors form?	
☐ YES	☐ NO
PAYMENT OPTIONS	
☐ Non-profit group (no fee)	☐ Direct Debit – Kulin Arts Council - Bendigo Bank BSB 633000 #109904896 (please state your name in the payment description)
☐ Pay on the night	☐ Pay at Kulin CRC
I agree to <u>provide all my own equipment</u> and will leave my area clean at the conclusion of the Markets.	
Signed:	Date:
For more information or to return an application contact Erin Bailey 0429 809 013 erin@kulin.com.au	





Save the Date!



Kulin

Community Christmas Party

Let's come together to celebrate the spirit of
Kulin!



Saturday the 13th of December 2025

from 4:30pm to 8:30pm

at

The Freebairn Recreation Centre



Enjoy live music, festive food, games for all ages, and a visit from Santa! Bring your picnic rugs, wear your Christmas colours, and share the joy with neighbours and friends.

More details to come in The Kulin Update and on community noticeboards.

If you are interested in helping out and volunteering reach out to Kirra at the Shire office or email kulincdo@kulin.wa.gov.au



*Let's make this
a night to remember!*





Seniors Christmas Luncheon

Save the date for the Kulin Seniors Christmas Luncheon celebration. It's going to be summer so glam up in summery dresses and bright tropical shirts. Think of Elvis strumming a ukelele under a palm tree with a Christmas hat.



**Tuesday the 2nd December 2025 from 11:30am
at the Freebairn Recreation Centre**

Enjoy delicious food, tropical Christmas music and raffle prizes. The Shire of Kulin and CRC are looking forward to saying thank you for the wonderful contribution our seniors make to our community.

**RSVP to kulincdo@kulin.wa.gov.au or on 98801204
by the 18th of November.**



UPCOMING EVENTS

KULIN RETIREMENT HOMES INC. AGM

Notice is given by the Kulin Retirement Homes committee that the Annual General Meeting will be held on **Wednesday 26 November 2025 at 10.30am** in the Shire Meeting room.

AGENDA:

- Open Meeting
- Apologies
- Confirmation of Minutes from previous AGM
- Business arising
- Correspondence relating to AGM
- Presentation of Auditors report
- Adoption of Auditors report
- Presentation of Chairman's report
- Adoption of Chairman's report
- Election of Office Bearers
- Appointment of Auditor
- Vote of thanks to outgoing Office bearers
- Adoption of Special Resolution
- Close

All Welcome

Seniors Movie Day

Tuesday | 25 November | 11am - 1pm

Left at the altar, a young executive takes her Caribbean honeymoon cruise with the last person she ever expected -- her estranged father. Although they depart as strangers, they soon gain a new appreciation for love, life, family and each other.

KRISTEN BELL

KELSEY GRAMMER

LIKE FATHER



Coffee & tea provided | Free event

WOK THIS WAY - FOR SAUCY NIGHTS AND STIR-FRY DELIGHTS

Stirfry's back on the menu, because sometimes you just need a little sizzle in your week. It's not fancy, it's not authentic, but it's fast, flavourful, and full of heart.

For those of you who haven't yet noticed, I love to cook. It's one of the ways I look after the people I care about. I feed them. I hope that the food I make, cooked with care and good intentions, doesn't just nourish their bodies, but maybe gives them a little comfort as well.

I love seeing my family gathered around the table, enjoying food I've cooked, laughing, talking, sharing their thoughts and opinions. Sometimes it's loud and chaotic, sometimes it borders on argumentative, and other times it's quiet and reflective. But sitting down together for a meal is a way to come together, to show respect to each other, and to be actively present in each other's lives. For me, it's a simple but very special way I connect with my friends and family.

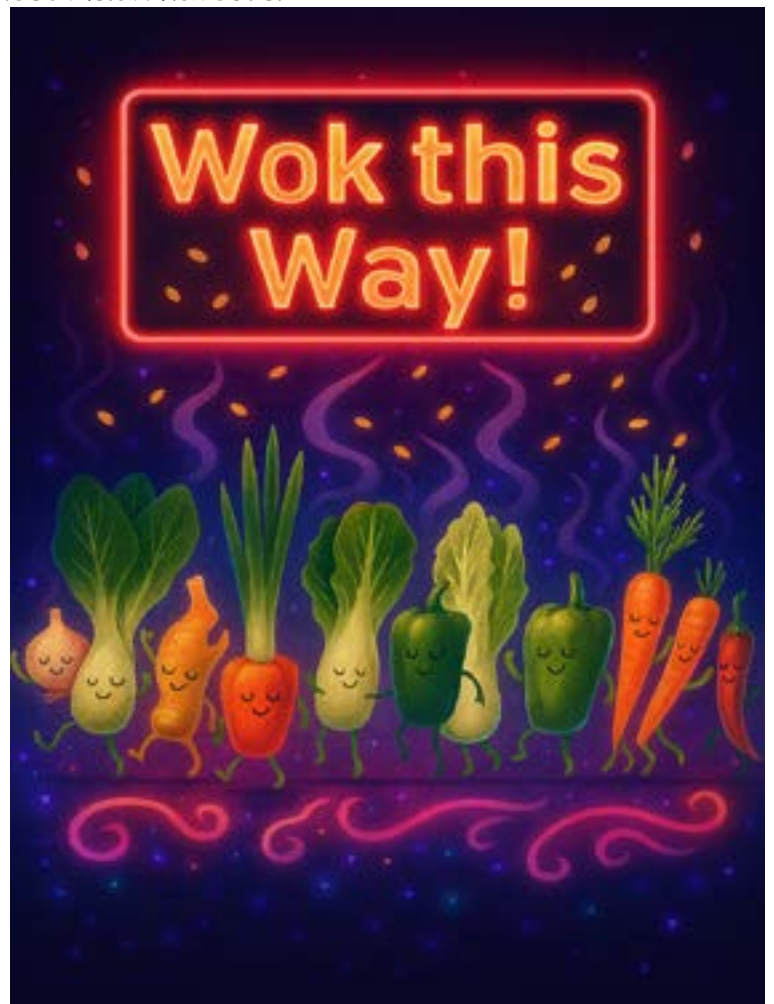
I like to make different things. I absolutely have some old faithful recipes that I use over and over again, but there are some dishes I don't cook as often, or I go through phases. Recently, it was pointed out that I haven't made much in the way of stir-fries, Chinese or Thai food, lately. So after a quick look in the pantry, I was happy to find I had everything on hand to remedy that.

So family, you asked for it—here come some of those Asian flavours.

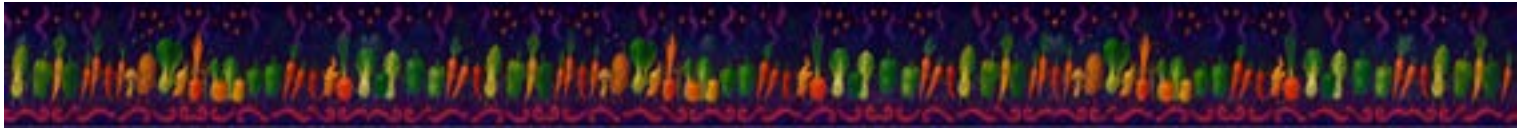
Now, I definitely don't claim to be an expert, and none of this is in any way authentic. But it is tasty, and it's inspired by memories of what felt like the fanciest of nights out when I was a child: going to a Chinese restaurant. We'd put on good clothes, sit at tables with white tablecloths, and then the food would come out, steaming hot and sizzling. The air would fill with spices and aromas, and my mouth would start watering. I'd look at the feast in front of us, awestruck by the glossy sauces and bright colours of the vegetables. And then I'd eat until I couldn't possibly fit in another bite.

It was a rare and delicious treat, and a fun time feeling posh for a night.

So while I can't guarantee that my humble knock-offs will transport anyone to that level of foodie bliss, I can say they're pretty darn tasty. I pack in plenty of veggies for goodness and



because, let's be honest, it looks pretty too. See what you think, and let me know. As always, from my table to yours, enjoy! *Kirra Pederick* – *Community Development Officer*



Tasty Chicken Stir-fry

Ingredients:

Chicken

- 750g chicken thigh, cut into bite-sized pieces
 - 1 tsp onion powder
 - 1 tsp garlic powder
 - 1 tsp paprika
 - 2 tbsp cornflour
 - Salt and white pepper, to taste
- taste), cut into 2cm pieces, most seeds discarded
 - 3 spring onions, cut into 2cm pieces (white and green parts separated)
 - 1 bunch bok choy or Chinese broccoli, cut into 5cm pieces
 - 1½ tsp white pepper or ground Sichuan peppercorns
 - ¾ cup whole roasted peanuts (or ½ cup halved)

Stirfry Sauce

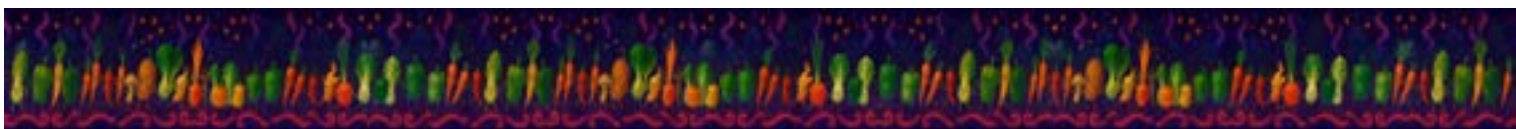
- 2 tsp cornflour
- 1 tbsp light soy sauce
- 1½ tbsp dark soy sauce
- 1½ tbsp rice wine vinegar
- 1 tbsp Chinese cooking wine
- 3 tbsp sugar or honey
- ½ tsp sesame oil
- ½ cup water

Stirfry Ingredients

- 2 tbsp peanut oil (or other cooking oil)
- 2 tsp minced garlic
- 1 tsp crushed or freshly grated ginger
- 2 medium carrots, sliced diagonally
- 6–10 dried chillies (adjust to

Method

1. Make the sauce: In a small bowl, dissolve cornflour in light soy sauce. Stir in remaining sauce ingredients. Cover and set aside.
2. Prep the chicken: In a large bowl, mix cornflour, spices, salt and pepper. Add chicken pieces and toss to coat evenly.
3. Start the stirfry: Heat oil in a wok or large pan over high heat. Add garlic, ginger, and chilli. Cook for 30 seconds until fragrant.
4. Add chicken and carrots: Stir-fry until chicken turns white, then add carrots. Continue cooking until chicken begins to brown slightly.
5. Add veggies: Toss in capsicum, snow peas, and white parts of spring onions. Cook for about 1 minute.
6. Sauce it up: Pour in the sauce and white pepper. Stir constantly until it thickens into a glossy syrup.
7. Finish with greens and crunch: Add bok choy or Chinese broccoli, green spring onion tops, and peanuts. Taste and adjust heat with extra chilli or pepper if desired.
8. Serve: Spoon over jasmine rice and garnish with crushed peanuts and fresh coriander for a fancy finish.



GET YOUR HANDS IN THE GARDEN

Edible Flowers - The curious journey from garden mischief to edible magic



When I was a little kid, I was a prolific creator of “mixtures.” Armed with a bucket, a spoon, and boundless imagination, I’d gather clover, grass, curious leaves, a splash of water, and (most controversially) flowers from Mum’s garden. I quickly learnt which blooms were fair game and which ones would send me sprinting down the paddock, glancing fearfully back over my shoulder as Mum discovered her roses had been decapitated in the name of culinary art.

Bless my aunties, uncles, and grandparents for indulging me. They’d bravely pretend to taste my concoctions, nodding solemnly as I offered up spoonfuls of what I now realise probably looked (and smelt) like compost soup. Deadheads were free to use, capeweed was a staple, and sprigs from the Geraldton Wax or *Virgilia capensis* trees were prized additions. In my mind, it was beautiful. In reality... well, let’s just say it was more “garden mulch” than “gourmet.”

Years later, I wandered into Nan’s kitchen and stopped in my tracks. There, nestled in a salad bowl, were actual flowers. Real, edible blooms. I hadn’t been so far off the mark after all – you can eat flowers!

These days, I’ve retired the bucket and spoon, but I still love the idea of adding a few blossoms and blooms to my bowl. It’s a little bit of whimsy and a lot of fun. Is it fancy? Kind of. Is it a bit extra? Probably! But does that matter? Not one bit.

So, if you’re keen to add some colour to your plate and garden, here are a few edible flowers ready to be planted in November:

Kirra Pederick – *Community Development Officer*



GROW A LITTLE BEAUTY

Edible flowers to plant in November

DISCOVER THE WHICH FLOWER SEEDS ARE READY TO SOW EACH MONTH FOR OUR WARM CLIMATE ZONE



Agastache



Amaranth



Borage



Chamomile



Chive Blossom



Lavender



Marigold



Nasturtium



Sweet Alyssum



Viola

- **Agastache (Anise Hyssop)** - Upright and fragrant, agastache prefers full sun and well-drained soil. It's drought-tolerant once established and attracts bees and butterflies. The purple flower spikes have a sweet, liquorice-like flavour—ideal for teas, desserts, or fresh garnishes.
- **Amaranth** - A heat-loving plant with dramatic burgundy plumes, amaranth grows tall and bold in full sun. It's drought-tolerant and thrives in well-drained soil. The young leaves are nutritious and edible, while the flowers have a mild earthy flavour that works well in grain dishes or as a garnish.
- **Borage** - Borage grows quickly in full sun and tolerates poor soil. Its fuzzy leaves and stems need space, and it self-seeds generously. The star-shaped blue flowers taste like cucumber and are perfect for summer drinks, salads, or freezing into ice cubes.
- **Chamomile** - Prefers full sun and light, sandy soil. German chamomile is best for tea, while Roman chamomile is more ornamental. The apple-scented blooms are soothing and ideal for infusions, calming teas, or gentle syrups.
- **Chive Blossoms** - Chives grow easily in full sun or part shade and are perennial in most climates. The round purple flower heads bloom in spring and early summer. Their mild onion flavour adds colour and punch to savoury dishes, compound butters, or vinegar infusions.
- **Lavender** - Thrives in full sun and well-drained soil, especially in dry climates. Prune after flowering to maintain shape. The fragrant purple spikes are best used in baking, syrups, infused oils, or herbal sachets. Use sparingly for a floral lift.
- **Marigolds (Calendula officinalis)** - Hardy and cheerful, calendula prefers cooler seasons and tolerates light frost. Sow directly into garden beds and deadhead regularly for continuous blooms. The petals have a tangy, slightly bitter flavour and can be sprinkled over soups, rice dishes, or baked goods for colour and zest.
- **Nasturtiums** - Easy-going and fast-growing, nasturtiums thrive in poor soil and full sun. Their trailing habit makes them ideal for hanging baskets or garden borders. Both the leaves and vibrant orange, red, or yellow flowers have a peppery bite—perfect for salads, sandwiches, or pesto.
- **Sweet Alyssum** - Low-growing and fragrant, alyssum is a great companion plant that attracts beneficial insects. It thrives in full sun to part shade and reseeds readily. The tiny white or purple flowers have a mild, slightly sweet taste—lovely in salads or as a garnish.
- **Violas** - These dainty blooms love cooler weather and partial shade. They self-seed easily and grow well in containers or tucked into garden edges. Their sweet, mild flavour makes them ideal for decorating cakes, freezing into ice cubes, or floating in drinks.



Stopping Family and Domestic Violence:
#PLAY YOUR PART



CALL TO FARMERS!

16 Days in WA is a campaign to bring awareness to Family and Domestic Violence. We know it's Harvest, it is busy and the weather is never what we want but we need YOUR help us get the message out this year!

We are asking farmers to put a hay bale out close to a road and decorate it in a way that will bring awareness to the campaign.

From Perth to Albany all the way to Lake Grace any everywhere in between, help us bring vital attention to this campaign and play your part to stopping Family and Domestic Violence in Western Australia.



16 Days in WA

25 November – 10 December



Learn more about
how you can
play your part

Q: 16 Days in WA

#16DaysinWA

#PlayYourPart

RURAL AID NOV ARTICLE

Sympathy versus Empathy – We hear a lot about how it's better to use empathy rather than sympathy. Especially when we are supporting another who is struggling or experiencing hard times. But what is the difference between sympathy and empathy?

Empathy is to have the ability to understand and share the feelings of another person. Sympathy is feeling sorrow or pity for another person or to agree or respond in support of a point of view. To me sympathy is a personal feeling that does not need to be shared with the person you are supporting. Empathy is an ability to connect with a similar feeling to the other and is shared with the person you are supporting.

Sympathy fuels disconnection. How? With sympathy we may say 'hey don't worry you will get over this' - not helpful. Sympathy when verbalised may create an uneven power dynamic and can lead to the other withdrawing. Further isolating themselves and not speaking out because to them your comment means you don't understand or have no idea.' Don't worry you'll get over this', or worse 'It's time

to move on now eh'.

Empathy = Connection. With Empathy we walk in the other's shoes, we recognise the perspective of the other person. Using Empathy is a choice. I've stopped paused and will ensure I support rather than give a judgement. Empathy may make us vulnerable, because when we connect to the other it can bring up a similar feeling from our own past. With empathy it is OK and more powerful to admit when we don't know how to help. 'I don't know what to say right now I'm just glad you have told me'.

Empathy - I'm here with you, I'm here to support you and walk beside you. Empathy can just be sitting with the other and just being there for them, listening without the need to comment unless asked.

Sympathy is a response which rarely makes something better, but it does have its place. Sympathy to me should be viewed as a personal thought, something which pops into our mind, is real, but does not have to be verbalised.

Sympathy as with all emotions the resulting feelings are

important. Even the so-called negative emotions are there to prepare us. Be curious pause, step back and analyse why you have this feeling. Your brain is trying to help you. It is never a good idea to say, "I know how you feel", because you don't. (sympathy) But you may think this and be aware of the similarities which enables you to be empathic.

Thoughts generated from strong feelings can become our reality. It is very important to listen to your feelings both mentally and physically. That gut feeling that something is not OK. As the expert on yourself listen to yourself and be that good strong example to others, that it's OK to not be OK, break your silence and seek help.

Roger Hitchcock

Counsellor & Community Representative West Australia based in Narrogin (Wagin and Surrounding Region)

Rural Aid Australia
0460 310 667
roger.hitchcock@ruralaid.org.au



Keeping Safe – Everyone's Responsibility

November 1, 2025

Warrior Wellbeing Articles

When we are nearing the end of the year, we are all busy trying to get jobs done and often feeling tired. Our nerves can be a bit raw and sometimes we are just over it. Everyone gets a bit tired and rundown, from kids at school to mums and dads at home and/or at work.

We all know there's lots of work to get done to get us through to the end of the year. This may include finishing the harvest, various stock work, that last FIFO swing before holidays, getting that last job finished and having kids end of year school events to attend. This can lead to us working beyond our limit.

We all have a varying capacity to both absorb those extra things thrown at us and our ability to get the job done, this can differ depending on an individual's work ethic and how we are hard wired (our DNA). We should never assume what I can do is the norm, then place that expectation on family members, employees or work colleagues.

Work Health & Safety (WHS) gives us a legislative framework to guide us, but it doesn't allow for the cultural context in which us blokes sometimes operate. The cultural context for blokes means our approach to risk taking (we are hard wired risk takers); our need to get the job done (task orientated/deadlines); and our approach to winning, can cloud



our judgement around keeping safe both in the workplace and in our personal life. We need to be aware and manage our behaviour otherwise we will invariably fail in our responsibility to stay safe.

Keeping safe needs to start somewhere, it is no different to our individual health. I always say that my health is my responsibility, it is not my doctors, my workplace or my wife's. However, my wife is very good at giving me a good kick up the backside (nagging) to get me to the doctor to do my annual service visit, my dentist appointment or my skin check.

Therefore, when it comes to keeping safe, both as an individual and collective it is everyone's responsibility. It is up to all of us whether we are in the workplace, belong to a community group, or within our family setting to be vigilant about working and keeping safe.

Some tips for keeping safe:

- Constantly remind ourselves

- about work protocols;
- As employers, have realistic expectations of our employees, including family members in the family business;
- Lookout for work colleagues, be aware and respond to behaviour changes. Talk to them about it;
- Try and maintain a balanced life, we can only do so much before fatigue becomes an issue;
- Outside busy times take time out;
- Enjoy what we do.

When another year winds down, let's keep safe by staying focused on the job at hand, so we all can get to enjoy the holiday break when it arrives.

By The Regional Men's Health Initiative

75 York Rd, Northam WA 6401

(08) 6314 1436

regionalmenshealth.com.au





www.stlukesfamilypractice.com.au

Kulin Skin Clinic

With Dr Segun



When: Tuesday 11th of November 2025

Where: Kulin Medical Centre 38 Johnston St

Please phone Kulin Medical Centre to book your appointment on 9880 1315.



Skin Clinic appointments will be bulk billed for all current Medicare card holders.



Mental and Physical Safety on our Roads



App-solutely helpful

Check out these mental wellbeing apps which you can download from your app store:

Smiling Mind

A free mindfulness app.

Chats for Life

How to support your mates with a chat.

The Resilience Project

A daily wellbeing journal.

Work and life pressures can impact your mental health

Heavy vehicle operators are valued contributors to Western Australia (WA) and are relied on for our essential goods and services. Long work hours and being far away from family and mates can take its toll.

In WA, approximately 75% of serious road crashes are due to a simple mistake, a momentary lapse in attention or fatigue.¹ Mental and physical health is important for overall quality of life and for workplace safety – making sure you arrive safely at the end of the day.

Pressure, it all adds up

It is normal to feel the pressure from things like:



Being away from those you care about



Pressure from industry and regulators



Tight deadlines



Financial stress



Lack of access to amenities and healthy food options



Not much time to exercise or relax

These pressures can impact your:

- Mood, such as feeling exhausted, angry, anxious, sad, aggressive, frustrated, unmotivated
- Family and relationships
- Energy levels and sleep
- Wellbeing

While work and life pressures can affect your mental health, good mental health can improve your alertness on the road.

REFERENCE

1. Road Safety Commission. Driving Change: Road Safety Strategy for Western Australia. Road Safety Commission 16, (2020).

Service Your Mind

Where to go for support

There are many ways to get support when you need it:

- ✚ Talk to a GP or health professional if your concerns are ongoing.
- ✚ Use your Employee Assistance Program (EAP) if you have one.
- ✚ Search the MaPS on Our Roads eDirectory of services

Impacted by a road crash?

Reach out to Injury Matters' Road Trauma Support WA program, offering free information, support and counselling to those impacted by a road crash. **Call 1300 004 814.**

For immediate support, **contact Lifeline 13 11 14**

Talk to a Mate

Talking about work and life pressure isn't always easy, but it helps when you have the right person to talk to. The key thing is to talk to someone.

Choose someone who knows you. Choose a mate who you have known for a while – and who knows you and what you are usually like. If you have been behaving differently (eg. less social) they might have already noticed.

Someone who respects others. The longer you have known a person, the more you may know if this is someone you can trust.



Ask yourself: Does this mate talk about others? Do they respect others' privacy?

Choose a time that suits you both, then decide what you want to say.

"I need to get a few things off my chest. Do you have a minute?"

"Mate, things have been a bit rough..."

"Are you free for a phone call on Sunday?"

It is okay to ask for what you need. Your friend will tell you what they can and can't provide. If you need support, continue this chat with your GP or a health professional.



@ info@injurymatters.org.au

1300 004 814 (free call)

injurymatters.org.au/mapsonourroads

THE REMEDY

PHYSIOTHERAPY KULIN

At Freebairn Recreation Centre Kulin

SAM HARVEY

PHYSIOTHERAPIST

Available Tuesday's in Kulin (weekly)

- General Physio
- Sports injuries
- Pre- & post-op rehab
- Strength and conditioning
- Clinical Pilates (1:1 or 2:1)

Special interests:

- Lower limb injuries
- Neck pain & headaches
- Acute lower back pain



**USE IT OR
LOSE IT**

Use your private health insurance before it renews on January 1st!

CONTACT



Scan the QR to book online

Ph: 0409 868 114
E: admin@theremedyphysio.com.au

The Remedy Kulin
Freebairn Recreation Centre

The Remedy Narrogin
Physiotherapy available Mon - Fri
Reformer Pilates Classes available Mon - Sat
21A Egerton Street, Narrogin

ALICE BARTLEY

PELVIC HEALTH PHYSIO

Available Thursday's in Kulin (fortnightly)

Women's and Men's Pelvic Health Physio

- Pelvic pain
- Pre- & post-natal care
- Continence, bowel & bladder dysfunction
- Hip & abdominal pain

Cancer Rehab:

- Every stage of cancer treatment and recovery

Special interests:

- Hip & pelvic related sporting injuries & returning to running



Dr Andrea Ruben BVMS, PO Box 543 MERREDIN WA 6415 Ph: 0428212945 ABN9974533081

Pat And Chat Mobile Vet Kulin Clinic Dates 2025

Tues 11th February, Monday 10th March, Monday 7th April, Monday 5th May
Wednesday 4th June, Monday 30th June, Monday 29th July, Wednesday 27th Aug
Friday 26th Sept, Monday 20th Oct, Monday 17th Nov, Monday 15th Dec

Please ring or text Andrea on 0428212945 for an appointment



BOOK ONLINE KULIN CLINIC





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.

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

DUFFY ELECTRICS

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- ⚡ Tv installation
- ⚡ Air Conditioning



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com
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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
St Luke's Family Practice
Dr available Tues & Wed

Kondinin- 9889 1753
KN Hospital- 9894 1222

Kulin Nursing Station
9880 1056
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 Truc Nguyen
0426 018 782
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

DRIVING ASSESSOR

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

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. To donate your cans to
KCCC use their ID
(C10351204) or to donate
your cans to the ARTS
CENTRE use their ID
(C10333381)

DEFIBRILLATOR LOCATIONS

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

PINGARING
Public Toilets
Pingaring Ag Solutions
Pingaring Golf Club

DUDININ
Dudinin Tennis Club

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