

---

# THE KULIN UPDATE

---

12th MARCH 2026

## 7 MEGA SPLASH

Kulin Aquatic Centre from 11am until 2pm. Last Mega Splash for the season on 15.03.2026.

## 16 NEW MEDICAL SERVICES

Welcome Matt from Great Southern Chiropractic, who will be providing Chiropractic services at the Kulin Medical Centre.

## 20 KULIN BUSH RACES

Saturday night was Volunteer Celebration, for all past and present volunteers over the 30 years. Monday was the AGM, all the updates inside.

---

## TENNIS GRAND FINAL



The Great Southern Districts Midweek Pennant Competition for 2025/26 was won by Kukerin - a team made up of women from Dudinin and Kulin.

The Grand Final was played on Wednesday 11 March against Lake Grace.

Congratulations to Lauren Mullan, Nicole Thompson, Yvonne Bowey, Rachel Ledwith, Marnie West, Helen Kirby & Jo Doney.



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



### *How to receive the Kulin Update via email?*

Call or email us and let us know your name and email address so we can add you to the distribution list

Alternatively, visit

[www.kulin.wa.gov.au/#newsletterscroll](http://www.kulin.wa.gov.au/#newsletterscroll)

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

Complete the booking form found here - [www.kulin.wa.gov.au/council/news/community-newsletter.aspx](http://www.kulin.wa.gov.au/council/news/community-newsletter.aspx) and send your advert and completed booking form to [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)

### *When are the deadlines?*

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

### *What are the advertising costs?*

1/4 page b/w - \$20  
1/2 page b/w - \$25  
1/2 page colour - \$50  
Full page b/w - \$40  
Full page colour - \$80  
Front/ back - \$100

Members receive 20% off advertising costs, please contact [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au) for more information.

Accepted document formats:

- PDF
- JPEG



### *Achieved something?*

We would love to share any community news or achievements in the newsletter, send through the information to [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au)

## DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

**24th March**  
**7th April**  
**21st April**  
**5th May**

## DATES AND UPCOMING EVENTS

### MARCH

**15th Mega Splash Kulin Aquatic Centre**

**18th Clean Up Kulin Day**

**18th Council Meeting**

**21st Kulin Triathlon**

**25th Kulin Community Hub AGM**

### APRIL

**6th Easter**

# MARCH 2026

| MON | TUE   | WED  | THU   | FRI   | SAT  | SUN  |
|-----|---|--|---|---|--|--|
|     |   |  |   |   |  | 1<br>Kulin Social Tennis 5pm   |
| 2   | 3<br>Yogalates 10am<br>Nurses Clinic 8:30am - 12noon<br>Remedy Physio                       | 4<br>Nurses Clinic 8:30am - 12noon<br>Butler's Garage 10am to 2pm  | 5<br>Doctor in Town<br>Corporate Bowls                      | 6<br>Doctor in Town<br>Nurses Clinic 8:30am - 12pm  | 7<br>Kulin Bush Races<br>Volunteers Event 5pm  | 8<br>Kulin Social Tennis 5pm   |
| 9   | 10<br>Yogalates 10am<br>Nurses Clinic 8:30am - 12noon<br>Remedy Physio                      | 11<br>Nurses Clinic 8:30am - 12noon<br>Butler's Garage 10am to 2pm   | 12<br>Doctor in Town<br>The Kulin Update<br>Corporate Bowls | 13<br>Doctor in Town<br>Nurses Clinic 8:30am - 12pm | 14<br>Butler's Garage 10am to 2pm  | 15<br>Mega Splash<br>Kulin Aquatic Centre<br>11am - 2pm<br>Kulin Social Tennis 5pm |
| 16  | 17<br>St. Patrick's Day<br>Yogalates 10am<br>Nurses Clinic 8:30am - 12noon<br>Remedy Physio | 18<br>Council Meeting<br>Nurses Clinic 8:30am - 12noon<br>Butler's Garage 10am to 2pm<br>Clean Up Kulin Day      | 19<br>Doctor in Town  | 20<br>Doctor in Town<br>Nurses Clinic 8:30am - 12pm | 21<br>Kulin Triathlon<br>Freebairn Rec Centre<br>Butler's Garage 10am - 2pm              | 22<br>Kulin Social Tennis 5pm  |
| 23  | 24<br>Yogalates 10am<br>Nurses Clinic 8:30am - 12noon<br>Remedy Physio                      | 25<br>Nurses Clinic 8:30am - 12noon<br>Butler's Garage 10am to 2pm<br>Kulin Community Hub AGM<br>Dining Room 6pm | 26<br>Doctor in Town<br>The Kulin Update                    | 27<br>Doctor in Town<br>Nurses Clinic 8:30am - 12pm | 28<br>WA Masters Football Carnival<br>Freebairn Rec Centre<br>Butler's Garage 10am - 2pm | 29<br>Kulin Social Tennis 5pm  |
| 30  | 31<br>Yogalates 10am<br>Nurses Clinic 8:30am - 12noon<br>Remedy Physio                      |  |   |   |  |  |

*It doesn't take much for a change in circumstances around the world to have a significant impact on communities like ours. In recent years we've seen just how quickly global events can flow through to regional Australia, affecting fuel prices, supply chains, and the cost of doing business.*

*It's a reminder that while towns like Kulin may feel a long way from the world's major centres, we are very much part of a global economy. What happens overseas can influence everything from the price of goods on our shelves to the availability of equipment and services local businesses rely on.*

*This reality highlights both the challenges and the resilience of regional communities. While we can't control global events, strong local networks, open conversations, and collaboration between businesses and community leaders help ensure towns like ours remain adaptable and prepared for change.*

## **Kulin Business Forum**

*In order to retain a strong business community and support our local businesses, the Shire of Kulin urges all business owners, whether you have a shopfront or operate from home, to attend the Business Forum to be held on Tuesday 17 March 2026.*

*This is an opportunity to have all our businesses, regardless of size, in the room to discuss the challenges they face and the opportunities ahead. The forum will be facilitated by WBN and will help*

*guide future support and initiatives for our business community.*

*We need to hear your voice, so please come along and be part of the conversation.*

## **Curtin Medical School Student Rural Immersion Week**

*A huge thank you to families in our community who supported the program by hosting students at their homes. I had the pleasure of meeting the students while they enjoyed a wonderful lunch from Acres of Taste at the Kulin Aquatic Centre. The waterslide was a highlight of the day with all the students braving the weather and enjoying our fantastic facility.*

## **Clean Up Kulin**

*The CRC would love the community to join in the Clean Up Kulin event to be held next Wednesday 18th March 2026. Join our Kirra, Kylie, students and community groups to give the town a tidy up. Further information is in this edition or call Kirra at the CRC with any other questions.*

## **Some great feedback!**

*Our community really does step up time and time again. Some great feedback received at the Shire of Kulin. Well done to everyone involved.*

*On behalf of the Danite Group may I pass on our sincere thanks to the Shire and the community of Kulin for their support recently whilst we were managing an accident site near town.*

*Thankfully a positive outcome for all concerned involved in the accident. As these are trying events and not planned our response is critical for a positive outcome. From the time our team reached out to the Kulin Hotel for accommodation in advance to when the last signs were removed from site we were blown away by the community feeling. Your works team involved were as good as it gets assisting in cleaning the roads and applying traffic management prior to our arrival, to assisting in logistics during the task that made our task much easier, bloody awesome! Special thanks to the Davies Family for their valued assistance on site. Finally, I'm sure you all know it but your local Police that attended the site was one of the nicest people you would run into and assisted way beyond what would be expected. All in all, it's so refreshing to have dealt with a great bunch of country folk.*

*Keep an eye out for courses, event and opportunity to be involved in our community and please reach out if you have any suggestions you would like to see in our community.*

*Taryn Scadding*

**Executive Manager of  
Community Services**

## **CULTIVATING KULIN COMMITTEE** *Annual General Meeting*

**14th April 2026**

**6 PM**

**Kulin Community Hub**

**Enquires and apologies to Taryn**

**emcs@kulin.wa.gov.au**

**0429 630 842**



### **Agenda**

**Present & Apologies**  
**Approval of Membership Applications**  
**Declarations of Interest**  
**Minutes of previous meeting**  
**Business Arising from previous minutes**  
**Executive Committee Reports**  
**President's Report**  
**Treasurer's Report - Financial Statement**  
**Election of Executive Members**  
**Nominations/re-nomination of positions**  
**Nominations of Management and Committee Positions**  
**Appointment of Auditor**  
**Meeting Close**

**A general meeting will follow the AGM**

# KULIN BUSINESS FORUM

**Your Business. Your Voice. Kulin's Future.**

Small businesses are the backbone of Kulin's local economy, and your voice plays an important role in shaping the future of our community. We know running a business in a small regional town comes with unique challenges, including workforce shortages, limited resources, and ongoing housing pressures.

We want to better understand the challenges and opportunities facing our business. Your experience and perspective are important, and we need to hear your voice.

Join us for a discussion where local businesses can share their issues, highlight opportunities, and work together on ideas that support the future of business in Kulin. Your input will help guide conversations, identify priorities, and ensure local concerns are heard.

The evening will be facilitated by Peter Lowen, CEO of the Wheatbelt Business Network. Peter works closely with local business owners to strengthen connections and ensure Wheatbelt businesses have a strong voice.

**TUESDAY**

17 March, 2026 | 6.00pm - 8.00pm

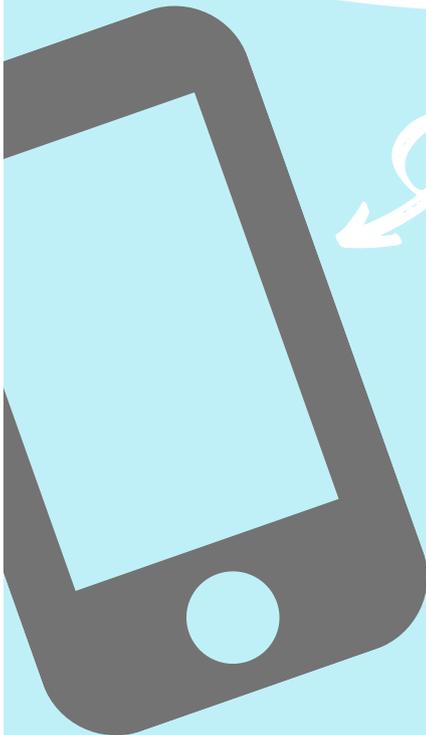
**FREEBAIN RECREATION CENTRE**

RSVP Taryn Scadding [emcs@kulin.wa.gov.au](mailto:emcs@kulin.wa.gov.au) or 08 9880 1204



## ADULT SUPPORT SERVICES

DO YOU OR SOMEONE YOU CARE ABOUT NEED SOMEONE TO TALK TO?

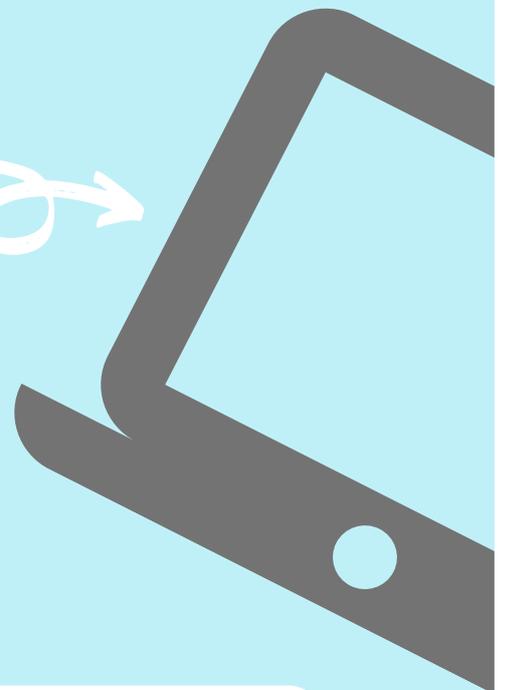


### PHONE-BASED SUPPORT:

LIFELINE - 13 11 14  
BEYOND BLUE - 1300 224 636  
MENSLINE - 1300 789 978  
1800RESPECT - 1800 737 732  
RURAL LINK - 1800 552 002  
SUICIDE CALLBACK SERVICE - 1300 659 467  
ALCOHOL & DRUG SUPPORT LINE -  
1800 198 024  
LIFELINE WA (GRIEF AND BEREAVEMENT) -  
9261 4444

### WEB-BASED SUPPORT:

LIFELINE -  
<https://www.lifeline.org.au>  
BEYOND BLUE -  
<https://www.beyondblue.org.au>  
MENSLINE -  
<https://mensline.org.au>  
1800RESPECT -  
<https://www.1800respect.org.au>



**IN THE CASE OF AN EMERGENCY CALL  
000**



**KULIN**

|               |                             |
|---------------|-----------------------------|
| <b>15 MAR</b> | <b>SUNDAY</b><br>11AM - 2PM |
|---------------|-----------------------------|

**FREE**  
SAUSAGE  
SIZZLE

**FREE**  
POPCORN

WHAT'S  
**INCLUDED?**  
WITH EVERY POOL ENTRY

**LARGE INFLATABLES**

Thanks to  
SHIRE OF KULIN

**FREE**  
ICE  
CREAM

**FREE**  
FAIRY  
FLOSS

VOULNTEERS AND SPONSORS NEEDED - PLEASE REGISTER IF YOU CAN HELP 089880 1000 or @reccentre@kulin.wa.gov.au



# KULIN

Kulin Swim Club will be providing a Gold Coin Sausage Sizzle on completed of the Event



# TRIATHLON

Saturday 21<sup>st</sup> March 2026

**JUNIOR SHORT COURSE**  
(12 & UNDER)  
**100M SWIM**  
**2.5KM BIKE**  
**1KM RUN**

**Kulin Aquatic Centre**  
**Check in from 7am**  
**Event Starts 8am**

**INDIVIDUAL OR TEAM ENTRIES**

**JUNIOR LONG COURSE**  
(12 & OVER)  
**200M SWIM**  
**5KM BIKE**  
**2KM RUN**

**OPEN SHORT COURSE**  
---  
**250M SWIM**  
**10KM BIKE**  
**2.5KM RUN**

**ENTRY FEES**  
**\$10 JUNIORS**  
**\$20 ADULTS**

**OPEN LONG COURSE**  
---  
**500M SWIM**  
**20KM BIKE**  
**5KM RUN**

**CLOSING DATE EXTENDED TO 18TH OF MARCH!**

ENTRY FORMS AVAlABLE via e-mail or pick up from the REC CENTRE, KULIN POOL or KULIN SHIRE OFFICE

\*\*\*please e-mail entries to reccentre@kulin.wa.gov.au \*\*\*



**ENTRY FEE'S - \$10 PER CHILD (\$30 TEAM) \$20 PER ADULT (\$60 TEAM)**



## 2026 Kulin Triathlon

**Saturday 21<sup>st</sup> March, Kulin Aquatic Centre**

**Individuals Name/s:** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Category:** (Please circle)      **Individual**      **OR**      **Team**

**Course:**      **JUNIOR SHORT**      **JUNIOR LONG**      **OPEN SHORT**      **OPEN LONG**

|              | Swim | Bike   | Run   |
|--------------|------|--------|-------|
| Junior Short | 100m | 2500m  | 1000m |
| Junior Long  | 200m | 5000m  | 2000m |
| Open Short   | 250m | 10000m | 2500m |
| Open Long    | 500m | 20000m | 5000m |

**\*\* Please Note \*\* Juniors are more than welcome to enter the Open Courses, please consider ability before doing so\*\***

ENTRIES can be paid via DIRECT DEPOSIT, EFTPOS at the Kulin Shire Office, or by CASH on the Day  
 DIRECT DEPOSIT DETAILS – Shire of Kulin      BSB 633-000 & Acc No 109795369  
 PLEASE STATE – TRIATHLON & SURNAME AS REFERENCE

Please e-mail entry forms to [reccentre@kulin.wa.gov.au](mailto:reccentre@kulin.wa.gov.au) or hand into the Shire Office before the closing date 11<sup>th</sup> of March

\*\*\* Racecourse info packs will be e-mailed in week prior to event\*\*\*

**Team Name:** (if applicable) \_\_\_\_\_

|         | Age | Surname | First Name | Photo Permission<br>YES/NO |
|---------|-----|---------|------------|----------------------------|
| Swimmer |     |         |            |                            |
| Cyclist |     |         |            |                            |
| Runner  |     |         |            |                            |

I \_\_\_\_\_ hereby acknowledge the responsibility of my person and athletic equipment and will adhere to all race rules. I hereby waive all and any claim, right or case of action which I might otherwise have for or arising out of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the said event.

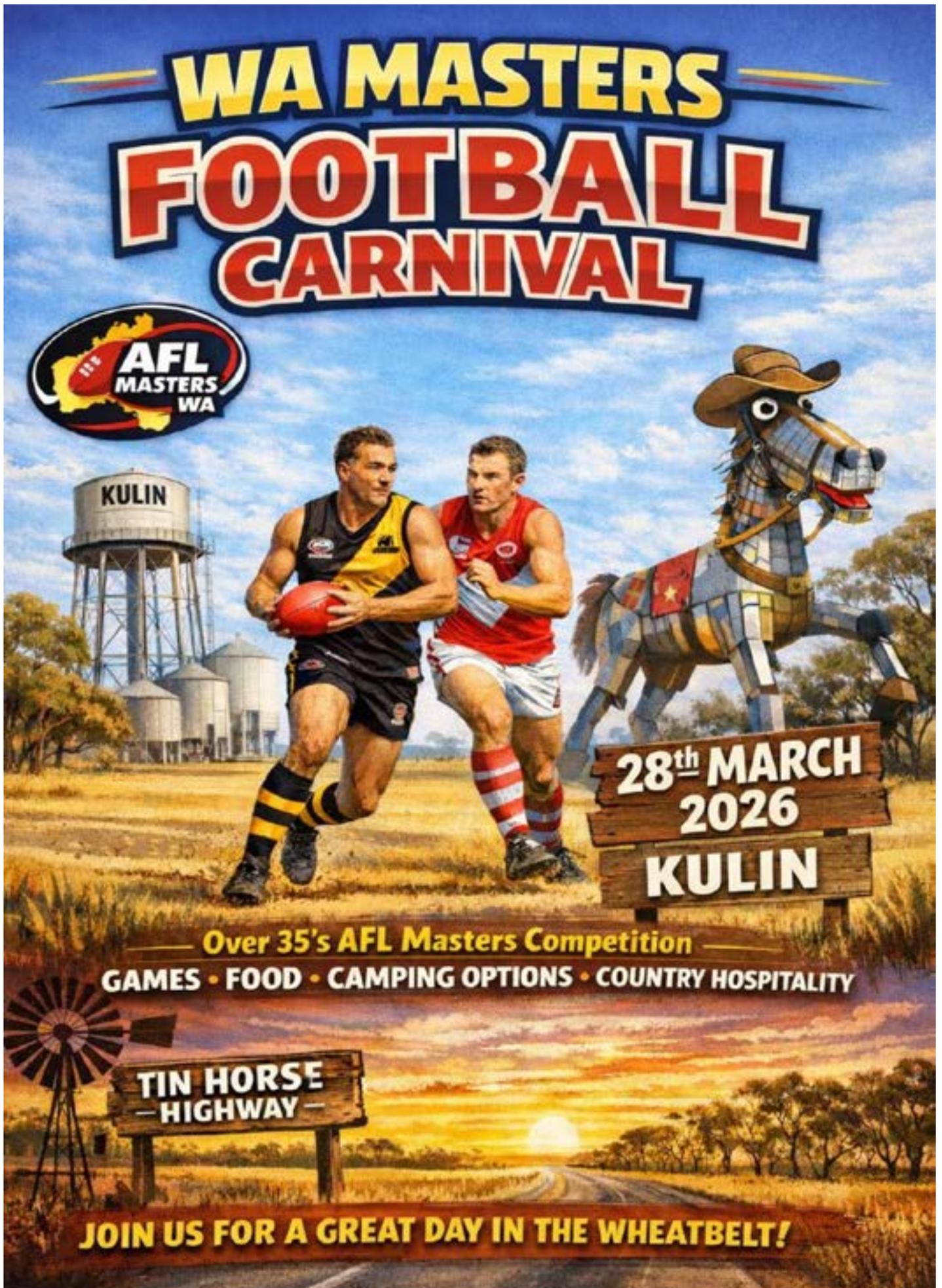
I hereby declare that I am physically fit and have undertaken adequate training for the event. I will fully accept the decision of the race director if I am disqualified for any infraction of the rules or regulations of this event and if so, directed I will not take any further part in the event.

**Signed:** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**(Parent/ Guardian Signature)**

**Please Add Name & E-mail address if you can Volunteer Below:**

**Name:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_



## McINTOSH & SON ROUND 1

SATURDAY 18<sup>TH</sup> APRIL  
SOUTHERN CROSS V KULIN/KONDININ  
NUKARNI V HYDEN/KARLGARIN  
CORRIGIN V BURRACOPPIN  
BRUCE ROCK V NAREMBEEN



## SPORTSPOWER NARROGIN ROUND 2

SATURDAY 25<sup>TH</sup> APRIL  
BURRACOPPIN V SOUTHERN CROSS  
NAREMBEEN V NUKARNI  
KULIN/KONDININ V BRUCE ROCK (KULIN)  
HYDEN/KARLGARIN V CORRIGIN



## BRUCE ROCK CRC ROUND 3

SATURDAY 2<sup>ND</sup> MAY  
SOUTHERN CROSS V HYDEN/KARLGARIN  
KULIN/KONDININ V CORRIGIN (KULIN)  
BRUCE ROCK V NUKARNI  
BURRACOPPIN V NAREMBEEN



## CRISP WIRELESS ROUND 4

SATURDAY 9<sup>TH</sup> MAY  
CORRIGIN V SOUTHERN CROSS  
HYDEN/KARLGARIN V BRUCE ROCK  
NAREMBEEN V KULIN/KONDININ  
NUKARNI V BURRACOPPIN



## BELT UP ROUND 5

SATURDAY 16<sup>TH</sup> MAY  
BRUCE ROCK V SOUTHERN CROSS  
NAREMBEEN V CORRIGIN  
HYDEN/KARLGARIN V BURRACOPPIN  
NUKARNI V KULIN/KONDININ



## MAXIPOINT ROUND 6

SATURDAY 23<sup>RD</sup> MAY  
SOUTHERN CROSS V NAREMBEEN  
BURRACOPPIN V BRUCE ROCK  
CORRIGIN V NUKARNI  
KULIN/KONDININ V HYDEN/KARLGARIN (KULIN)



## 30<sup>TH</sup> MAY - LONG WEEKEND

### RSM ROUND 7

SATURDAY 6<sup>TH</sup> JUNE  
NUKARNI V SOUTHERN CROSS  
KULIN/KONDININ V BURRACOPPIN (KULIN)  
HYDEN/KARLGARIN V NAREMBEEN  
CORRIGIN V BRUCE ROCK



## GREAT SOUTHERN COLTS CARNIVAL 13<sup>TH</sup> - 14<sup>TH</sup> JUNE LAKE GRACE

### THINK MENTAL HEALTH ROUND 8

SATURDAY 26<sup>TH</sup> JUNE  
KULIN/KONDININ V SOUTHERN CROSS (KONDININ)  
HYDEN/KARLGARIN V NUKARNI  
BURRACOPPIN V CORRIGIN  
NAREMBEEN V BRUCE ROCK



## HANNAFORD SEEDS ROUND 9

SATURDAY 27<sup>TH</sup> JUNE  
SOUTHERN CROSS V BURRACOPPIN  
NUKARNI V NAREMBEEN  
BRUCE ROCK V KULIN/KONDININ  
CORRIGIN V HYDEN/KARLGARIN



## HURT FOR HELP ROUND 10

SATURDAY 4<sup>TH</sup> JULY  
HYDEN/KARLGARIN V SOUTHERN CROSS  
CORRIGIN V KULIN/KONDININ  
NUKARNI V BRUCE ROCK  
NAREMBEEN V BURRACOPPIN



## 11-12<sup>TH</sup> JULY - NUTRIEN AG SOLUTIONS COUNTRY FOOTBALL CHAMPIONSHIPS

### NAIDOC ROUND 11

SATURDAY 11<sup>TH</sup> JULY  
SOUTHERN CROSS V CORRIGIN  
BRUCE ROCK V HYDEN/KARLGARIN  
KULIN/KONDININ V NAREMBEEN (KONDININ)  
BURRACOPPIN V NUKARNI



### DYSON JONES ROUND 12

SATURDAY 25<sup>TH</sup> JULY  
SOUTHERN CROSS V BRUCE ROCK  
CORRIGIN V NAREMBEEN  
BURRACOPPIN V HYDEN/KARLGARIN  
KULIN/KONDININ V NUKARNI (KONDININ)



### PINK ROUND 13

SATURDAY 1<sup>ST</sup> AUGUST  
NAREMBEEN V SOUTHERN CROSS  
BRUCE ROCK V BURRACOPPIN  
NUKARNI V CORRIGIN  
HYDEN/KARLGARIN V KULIN/KONDININ



### McINTOSH & SON ROUND 14

SATURDAY 8<sup>TH</sup> AUGUST  
SOUTHERN CROSS V NUKARNI  
BURRACOPPIN V KULIN/KONDININ (BURRACOPPIN)  
NAREMBEEN V HYDEN/KARLGARIN  
BRUCE ROCK V CORRIGIN



## CBH GROUP FINALS SERIES

15<sup>TH</sup> - 16<sup>TH</sup> AUGUST @ TBC

### MILLER MEDAL

MONDAY 17<sup>TH</sup> AUGUST @ CORRIGIN

PRELIMINARY FINAL  
SUNDAY 23<sup>RD</sup> AUGUST @ TBC

### GRAND FINAL

SUNDAY 30<sup>TH</sup> AUGUST @ NAREMBEEN



**Sheldon & Ebony Miller**

Seed & Treatment Specialists

Mobile: 0427 647 298



- Grain
- Banking
- Financial Planning
- Insurance
- Real Estate
- Farm Supplies
- Livestock
- Wool

*Committed to your local community*

Sponsoring the EDFL for 67 years

*"Be your best on and off the court, choose healthy options for the Fuel to Go & Play."*

Fuel to Go & Play

# Cardio Tennis 2026



Once again, the Kulin Tennis Club held a very successful 3 weeks of Cardio Tennis. Sessions were at maximum capacity each week, with 14 keen participants running, hitting and laughing their way through three, 1 hour sessions, coached by Megan Henry. So much fun is had by everyone who attends and if you haven't given it a go yet, keep your eyes open for our sessions running next year in Feb/March!

Thank you to Tennis West, Fuel to Go & Play and Healthway. Their continued support and grants provide these amazing opportunities to bring community together for fun and movement!



## KULIN BOWLING CLUB

**BITUTEK** Pty Ltd  
ALL THINGS BITUMEN

Supply • Transport • Application

## MENS OPEN FOURS

Friday April 10th, 2025

\$120 / team Inc

Morning Tea, Lunch & Bar Snacks

*OVER \$2500 Prize Money*

9:15am Roll Up - 9:30 Start

Nominations to

Mike Bennier 0429 890 012 [bennier8@skymesh.com.au](mailto:bennier8@skymesh.com.au)

Judd Hobson 0427 801 241 [works@kulin.wa.gov.au](mailto:works@kulin.wa.gov.au)

By Friday 3<sup>rd</sup> April.

Club and bar will be open from 5pm Thursday 4<sup>th</sup>

Accommodation available @ Kulin Hotel 98801201,

Kulin Hostel 98 801 204, Other Air B&B options in town



**KEY CIVIL**



**BUNGE**



# COMEDY AT THE HUB



Limited Tickets  
available  
[Trybooking.com](http://Trybooking.com)





# Savings simplified

No introductory offers. No catch.

Just a straightforward variable savings rate with our EasySaver Account. Sit back, relax, and watch those savings grow.

Leave the introductory rates and hidden catches behind and enjoy saving, the easy way.

**Open yours in-branch today!**

 Community Bank · Kulin



\*Terms, conditions, fees and charges apply. This information is of a general nature and does not take your personal objectives, financial situations or needs into account. You should consider whether this product is appropriate for you. Before deciding, read the disclosure documents, including the Terms and Conditions and Target Market Determination for this product available at [bendigobank.com.au](http://bendigobank.com.au). This product is issued by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237679 (A1991064-2018403) OUT\_48387375, 11/02/2026

# Kulin Medical Centre

## St Lukes Family Practice

We are excited to welcome Practice Nurse Sandra to Kulin in 2026. Sandra will be available

**Friday 13<sup>th</sup> March (fully booked) and Friday 10<sup>th</sup> April.**

Sandra can assist with

- Adult Immunisations (eg. flu, pneumonia, shingles)
- Cervical Screening Tests
- Spirometry (lung function testing)
- ECGs
- Health Assessments for those aged 75+
- Health Assessments targeted at those between 45-49
- Healthy Heart Checks (for those aged between 50 - 75)
- GP Chronic Condition Management Plans

To make a booking call the Kulin Clinic on 9880 1315 - please provide details of your booking so your appointment can be made correctly

## Great Southern Chiropractic



Welcome to Matt who will be providing Chiropractic services in Kulin from the Kulin Medical Centre. A great addition to our current services.

**Wednesday March 25<sup>th</sup> 11.30am - 1.30pm**

**Wednesday April 8<sup>th</sup> - 8.30am - 12.30pm**



Great Southern  
Chiropractic

To make a booking call or text 0438 022 591 or book online - [greatsouthernchiropractic.com.au](http://greatsouthernchiropractic.com.au)



*Grace* GRIT *Growth*  
CELEBRATING THE WOMEN OF KULIN

*Strength • Resilience • Leadership*

IN RURAL & REGIONAL WESTERN AUSTRALIA



JOIN US AS WE REFLECT,  
CONNECT AND CELEBRATE THE  
WOMEN OF OUR COMMUNITY

- *Inspiring panel conversation • Delicious Supper and Drinks •*
- *A chance to gather and connect •*

13th May 2026 | Freebairn Recreation Centre

5:30pm - 9:00pm

**SAVE THE DATE**

Recognising the UN International Year of the Woman Farmer

# KULIN DISTRICT SCHOOL CARNIVAL

OFFICIAL

## KDHS FACTION SWIMMING CARNIVAL RESULTS

| Age Division     | Champion     | Fact. | Points | Runner Up | Fact. | Points |
|------------------|--------------|-------|--------|-----------|-------|--------|
| Boys 9 & Under   | Will B       | F     | 15     | Jack T    | F     | 10     |
| Girls 9 & Under  | Georgie B    | R     | 15     | Finlay R  | F     | 8      |
| Boys 12 & Under  | Tom B        | F     | 19     | Rocco P   | R     | 8      |
| Girls 12 & Under | Milla-Rose D | F     | 15     | Izabel C  | R     | 12     |
| Boys 13 & Over   | Jacob B      | R     | 26     | Dylan M   | R     | 13     |
| Girls 13 & Over  | Freyja D     | F     | 25     | Kahlan S  | F     | 16     |

| Faction Points | 1st:    | Freebairn Flyers | 2nd:    | Jilakin Rockets |
|----------------|---------|------------------|---------|-----------------|
|                | Points: | 600              | Points: | 485             |



## Kulin Child Care Centre

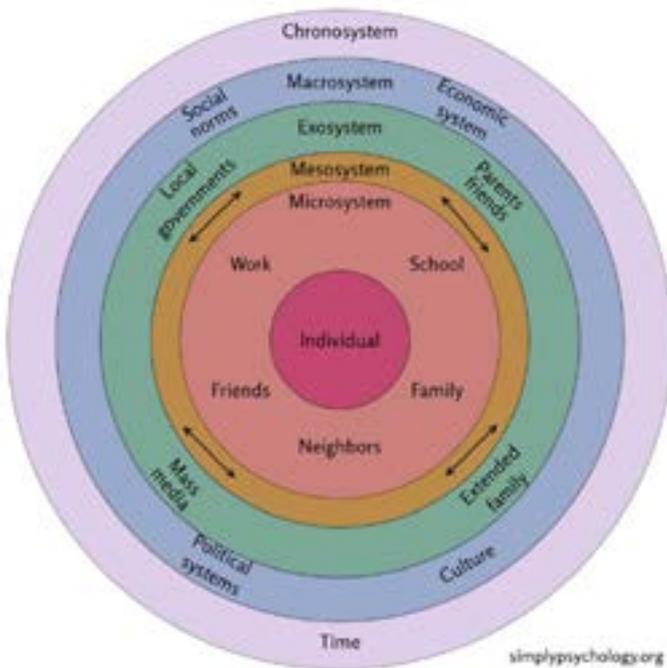


This barbeque was donated to us a few we had expressed interest in using it in the m Educators have supported. Our children have made some beautiful dishes adding items from the garden with dirt and water. It's enjoyable to hear what some children say they are making; we hear the transfer of learning from their home cooking to their peer play naming recipes and ingredients.

Our Educators recently received some neat boxes from the FRC. Using these our home corner has been transformed into an office station where real keyboards join the screens with printed pictures. Our recent PD by Bugs and Bare Feet highlighted the importance of recycled materials in play. Its great to be



able to demonstrate to our children how to combine imagination and recycled materials into play themes.



To the left is a diagram which summarises Uri Bronfenrenner's Ecological Systems Theory. This refers to systems/environments which are both seen and unseen and how they shape and impact children.

These systems are important for their growth and agency.

The 3 outer systems are likely impacted for our children at this time. Although we might not discuss what is happening in the world directly with them, they will see changes in us and their normal routine. These changes can influence their behaviour, we cannot control

the changes but we can remember to be kind and give space during this period as the pressures of the unseen impact their ecological systems.

*Thank you to our families and community for supporting us.*



It's been a busy week for the Kulin Bush Races community, with our Volunteer Celebration on Saturday night followed by the AGM on Monday evening.

Saturday night was a fantastic catch-up and celebration of the many people who have helped make the Kulin Bush Races what it is today. Volunteers from across the last 30 years made the trip back to Kulin for the night, travelling from places like Port Hedland, the southwest and Perth to join the festivities.

The room was full of familiar faces, plenty of stories from years gone by and a few laughs about the things that probably shouldn't be repeated in print. Guests enjoyed great food from Supper Rd, cocktails thanks to Topsy Turtle Bar, and music from the Sophie Jane Band, which kept the dance floor busy well into the evening.

While we would have loved to see even more people there, we understand the date didn't work for everyone. With Blazing Swan rolling into town this week and seeding not far away, it was the only window we could squeeze it in. Judging by the feedback though, it might be something we try to make happen every couple of years.

Monday night then saw the committee gather for the KBR Annual General Meeting, where we farewelled a few committee members and welcomed a couple of new faces.



Tim Barndon has stepped down from his role as Director of Grounds and from the committee. Anyone who has been involved with the races knows the grounds portfolio is no small job, and Tim was willing to roll up his sleeves and take it on. Thanks Tim for your hard work behind the scenes.

Robert Clayton has also stepped back from the committee. Robert was never short of ideas and always brought a fresh perspective to discussions around the table. Thanks Robert for the time and effort you gave to KBR.

Tracey Noble has also stepped away from the committee after finally finding someone willing to take over the Treasurer's job (no small achievement!). Tracey stepped into the role when it needed some serious time and organisation put into it, and thanks to her efforts the financial side of KBR is now in a much stronger and clearer position. Thanks Tracey for all the work you've put in.

Joining the committee in 2026 are Kirra Pedderick and Kim Briggs.

Kim has recently retired to Kulin after a career in the police force and will step straight into the Treasurer role. Along with his financial skills, Kim brings valuable experience in large scale events, liquor licensing and operations, which will no doubt come in handy.



Kirra will start by getting her feet under the table within the KBR community, but given her proactive nature we're sure she won't stay in the background for long.

The AGM also saw a changing of the guard in the Chair role — only the second time this has happened in the event's history.

Tom has chosen to step aside as Chair (mainly so no one thinks the job requires beating Graeme Robertson's legendary 25-year record). Tom will remain on the committee as Vice Chair and will also take on the role of Director of Grounds.

Tom has given a huge amount to the Kulin Bush Races over the past six years. Despite his first event being cancelled thanks to COVID, he helped steer the event through some challenging times and into the strong position it sits in today. Under his leadership the races have continued to grow, evolve and cement their place as one of the Wheatbelt's favourite events. Thanks Tom for everything you've put into the role — you go alright for a Victorian.

Stepping into the Chair position is Michael Lucchesi, becoming just the third person to hold the role in the event's history.

Mick has been part of the Kulin Bush Races since the very beginning and has watched the event grow into what it is today. With a long history with the races and a real passion for the Kulin community, he is well placed to help guide the event as it continues to grow into the future

Looking ahead to 2026, ticket prices will remain the same:

- Adults \$175
- Youth (13–17 years) \$25
- Children under 12 free
- Volunteers \$25

Stay tuned for our next update where we'll share details about the 2026 KBR Community Funding Round. After a very successful 2025 event, KBR is in a strong financial position and we're excited to once again support some fantastic local projects.

#### **Executive Committee:**

- Chairperson- Michael Lucchesi
- Vice Chairperson- Tom Murphy & Simon Duckworth
- Event Coordinator - Simone Lockyer-Luscombe
- Treasurer- Kim Briggs
- Graeme Robertson

#### **Management Committee:**

- |                  |                 |
|------------------|-----------------|
| Rynelle Smoker   | Mike Wilson     |
| Brendan Sloggett | Jack Wilson     |
| Robbie Bowey     | Julie Young     |
| Brendon Savage   | Kirra Pedderick |
| Emma Wilson      | Ashley Buttigig |

# KULIN BUSH RACES



CELEBRATING 30 YEARS

BEHIND THE SCENES OF  
**KULIN BUSH RACES**  
IN PARTNERSHIP WITH  
**CRISP WIRELESS**

SOME OF THE PICTURE FROM THE NIGHT - IF YOU WOULD LIKE A COPY  
OF YOUR PICTURES FROM THE PHOTOBOOTH GET IN TOUCH

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







## Scrap & Stamp Technique Weekend

**11th & 12th of April 2026 at the Kulin Community Arts Centre.**

Learn 20 stamping, fun fold card, & embellishment techniques to use on your scrapbooking, cards or both.

- \* You will leave with a full set of instructions & samples for each technique.
- \* your own workspace from 9am till late on Saturday & 8am - 5pm on the Sunday.

- \* A kit complete with all the required paper & card

- \* Unlimited Tea & Coffee (Full cream milk & Almond milk will be provided)

All tools needed will be available but, you will need your own adhesives

(Adhesives can be pre-ordered from me if you don't have any).

Space is limited, & Bookings are essential. Total cost is \$135.

A non-refundable deposit of \$50 will hold your place,

with the balance due Mid March 2026

Contact me at [Odette@AOKscrapbooks.com](mailto:Odette@AOKscrapbooks.com), or 0407781808 or search

OdettesStampinUp on Facebook



**HOLYOAKE**

Whenever you're ready.



# Agribalance+ Workshop

AgriBalance+ is a practical workshop developed by Holyoake to build mental health literacy and confidence among individuals involved in agriculture. The workshop provides an overview of mental health, situational distress and suicide awareness within agricultural contexts, helping participants understand

how stress and cumulative pressure can impact individuals, families and businesses. AgriBalance+ equips participants with an array of practical, solution-focused tools. Participants gain practical guidance on recognising risk, responding appropriately, sharing support options and referral pathways, and maintaining boundaries.

- Location:** KULIN
- Venue:** Freebairn Recreation Centre (Phil Room)
- Date:** TUESDAY 14<sup>th</sup> APRIL 2026
- Time:** 9:00 am till 4:30 pm (Morning Tea & Luch provided)
- Cost:** FREE
- Registration:** [AgriBalance+ Workshop - KULIN - 14th April 2026](#)

If you have any enquiries or need further information, please contact Jo Drayton, Specialist Training Coordinator [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au) or scan QR Code



Kulin Community Resource Centre  
Your local connection

Department of Primary Industries and Regional Development

Wheatbelt | Mid West | Goldfields | Great Southern | South West

*The Community Wellbeing Program is funded through the Australian Government's Sheep Industry Transition Assistance Package and administered by the Department of Primary Industries and Regional Development.*

## UNPREDICTABLE WEATHER AND A FUNNY OLD WEEK

### COMFORT FOOD CHICKEN AROUND THE FAMILY TABLE



*It doesn't matter what the date on the calendar says, autumn always arrives quietly.* One evening you step outside and suddenly the air has changed.

A few nights ago, I stepped outside while working on this edition and caught sight of the lunar eclipse. The weather was one of those perfect early autumn evenings, still warm from the day but with a fresh breeze starting to move through. The Albany Doctor always comes through eventually. Standing there looking up at the sky, I realised that autumn has quietly started to arrive.

I may have mentioned before that I love autumn. I like the variance and the changeability of the season. It feels like a turning of the world that is full of possibility.

But... and there is always a "but", isn't there, it can make some things a little tricky.

It has been a funny old week. I have been all over the countryside and running from pillar to post, as my Gran would have said. Life has been hectic, a mix of challenges and fun that left me

feeling a little dizzy by the end of it. Now I am trying to get myself a bit in front again rather than playing catch up.

For me, early autumn is one of the hardest times of year to meal plan. ***The weather can be wildly unpredictable, stinking hot one day and quite cool the next.*** I like to plan meals reasonably well in advance, and that makes things just that bit harder. You do not really feel like serving up a hearty hot meal when it is still 30 degrees at dinner time, but when the temperature suddenly drops, a cold salad does not feel quite right either.

So the answer, I think, is finding that comfortable middle ground, a warm, satisfying main dish with something lighter and simple on the side.

That is where something like Tuscan Chicken served with oven potato wedges works beautifully, finished with a crisp side salad. Of course, you can easily change it up depending on the weather or what you have in the fridge. Not in the mood for salad, or the forecast has fooled you again (not that that ever happens)?

Throw some carrots in with the wedges, add a few corn cobs or some green beans and dinner is sorted.

Another bonus with this meal is that it goes a long way and makes wonderful leftovers. If it is just the two of you, you will likely have lunch ready for the next day. If you are feeding a crowd, it is also easy to stretch things a little.

***And the sauce is delicious, the kind of delicious where you are tempted to scrape the pattern off the china trying to get every skerrick off your plate.*** The good news is that none of it is complicated. There is a little preparation at the beginning and then it is mostly a matter of bringing everything together and letting the oven finish the job. It even looks rather lovely when it comes out of the oven, so if you have friends over you can serve it straight from the dish without any fuss.

Whether the sun has baked us through the day or the first hint of autumn chill is creeping in, this is a lovely one to add to the meal plan.

As always, there is a place at the table. And from my table to yours, enjoy.



Community Development  
Officer

## TUSCAN CHICKEN

*Serves 4*

### INGREDIENTS

#### FOR THE CHICKEN

- 4 chicken breasts
- 1 large egg
- 3 tbsp plain flour
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp paprika
- 1 tsp garlic powder
- 2 tbsp olive oil

#### FOR THE SAUCE

- 1 tbsp olive oil
- 1 onion peeled and sliced
- 2 cloves garlic peeled and minced
- 1 tsp dried oregano
- 1 tsp paprika
- 1 cup sun-dried tomatoes roughly sliced
- 1 red capsicum sliced
- 1 tbsp tomato paste
- 1/3 cup white wine
- 1 cup Chicken Stock
- Pinch salt and pepper
- 1/3 cup cream
- 1/2 cup parmesan cheese grated
- 3 packed cups fresh baby spinach
- 2 tbsp chopped parsley

### METHOD

**1. Preheat the oven to 180 degrees**

**2. Prepare the chicken**

- Whisk the egg lightly in a shallow bowl.
- In a separate shallow bowl, mix together the flour, salt, pepper, oregano, thyme, paprika, and garlic salt.
- Slice the chicken breasts into tenders
- Dip the chicken tenders in the egg, then dredge in the flour mixture.

- Heat 2 tbsp of the olive oil in a large frying pan (skillet) on a medium-to-high heat.
- Place the chicken in the pan and fry on both sides until golden, then remove from the pan and place into an oven tray in a single layer and set aside. (They don't need to cook all the way through, they will finish cooking in the oven)

**3. Make your sauce**

- Add the oil to the pan and heat on a medium heat.
- Add the onion and cook for 3-4 minutes until they start to soften.
- Add the garlic, oregano, paprika, sun-dried tomatoes, red pepper, and tomato puree. Cook for 2 minutes, until onion is translucent.
- Next pour in the wine and allow to bubble for 2 minutes,
- Now add the chicken stock, salt, and pepper. Bring the boil, then simmer for 5 minutes.
- Add the cream and parmesan to the sauce, stir and cook for a couple of minutes.

**4. Assemble and bake**

- Pour the sauce carefully over the chicken in the oven tray and place into your oven for 10 minutes.
- Add the spinach to the pan and carefully turn the chicken over and give it a little stir, cook another 3-4 minutes
- Remove the chicken from the oven. Check it's done (insert a knife into the fattest piece of one of the chicken tenders.
- Serve topped with a sprinkling of fresh parsley.

# GET YOUR HANDS IN THE GARDEN

---

When I was a little girl, I used to think some gardens were magic.

They were full of pretty flowers in every shape, colour and texture imaginable. With my imagination running from the moment I woke until dreams took over at night, gardens seemed full of possibility. Surely there were hidden creatures just beyond the tree, or tucked quietly around the rose bush.

I grew up reading Enid Blyton and *The Enchanted Wood*, Shirley Barber's stories of Martha B. Rabbit and fairies, and May Gibbs with the *Gumnut Babies* and *Little Ragged Blossom*. I am quite sure those stories shaped the way I saw the world. Little sparkles of sunlight glimmering on a leaf were fairy dust, and petals, seed pods and leaves were just waiting for tiny tailors and seamstresses to turn them into clothes beyond compare. Gathering up different blossoms and interesting rocks and making a whole world come to life was part of the joy of my childhood.

Now my mother will probably read this and say something like, "Well Kirra, it certainly didn't inspire you to help in the garden as a child."

And she would be right.

From a child's perspective, weeding and garden chores seemed far less magical than letting my imagination carry me off on an adventure. But I did love the garden, even then.

My Granny would take me walking to look for wildflowers. Spider orchids and donkey orchids, everlastings, bacon-and-eggs bush, and happy wanderer. Bush walks were a time to talk, to tell stories, and simply be. We'd always find something special to look at. Back home in the garden,



roses bloomed and each afternoon four-o'clocks would open their pretty faces. As the seasons turned there were little Soldier Boys hiding around the back of the tank stand beneath the trees, surrounded by freesias, jonquils, daffodils and iris that brightened the winter garden.

In summer there were poppies growing tall and willowy, bright against the sky. Along the driveway the old lilac trees cast their shade and filled the air with scent. They are still there today, the swing set beneath them now far too rusty and unsafe after decades of life, though it still squeaks gently in the breeze.

Autumn always meant things were about to become colourful in a different way. The crunch of fallen leaves and the welcome relief from the heat seemed to wake the garden again. Plants that had struggled through summer started to perk up. Even the lavender, tough as boots, loses that dusty look and turns a little greener.

And very soon those first Easter lilies begin to

# GET YOUR HANDS IN THE GARDEN

appear, tall pink and white trumpets suddenly spearing up into the sky.

Even now, many years after my Granny is no longer in her garden, the Easter lilies come back and still bloom faithfully each autumn.

Every year they bring a small lump to my throat along with a flood of happy memories. Their lush perfume fills the air and instantly part of me is a little girl in boots looking for everyday adventures.

If you don't already have them in your garden, autumn is the perfect time to plant some. Easter lilies are readily available as bulbs and once established they return year after year with very little care.

Of course they are only one of many autumn planting options. There are plenty of beautiful flowers and vegetables ready to be sown at this time of year, so have a look through the planting guide and see what catches your eye.

Because sometimes the smallest seed is all it takes to grow a little magic that can carry through generations and inspire.

*R Pederick*

Community Development Officer

## A Little Luck in the Garden

Because you're lucky and it is almost St Patrick's Day, I thought I'd squeeze in a little extra article for you.



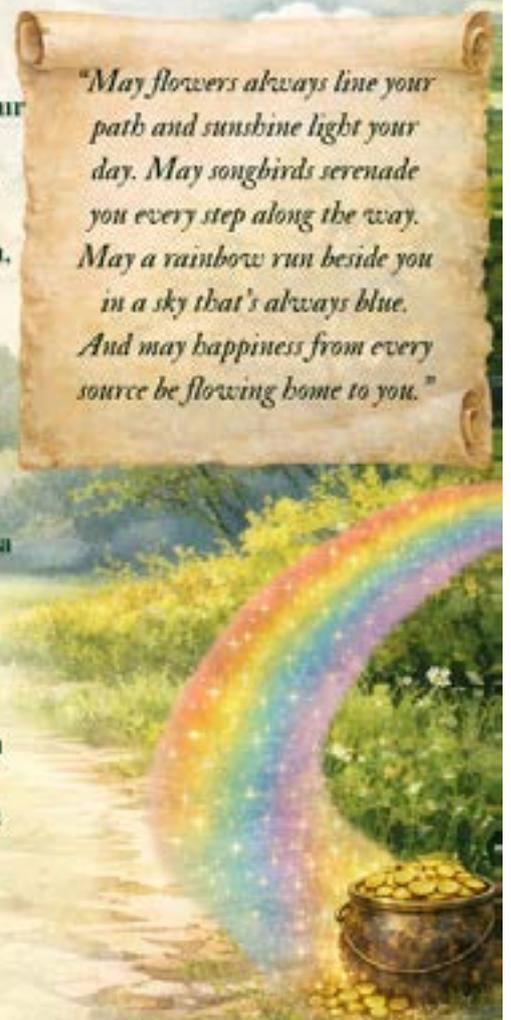
What could be more magical than four leaf clovers, leprechauns and the famous luck of the Irish. Ireland is a country where, it is said, you can experience five seasons before lunch, and where the colour green is like nowhere else in the world.

One pretty little Irish plant you can grow here in Australia is the shamrock. Often sold as an ornamental shamrock, this cheerful little plant is quite happy indoors in a

small pot with free draining soil where it receives plenty of bright, indirect light. With its delicate clover shaped leaves and sweet little flowers, it makes a charming addition to a windowsill or sunny corner of the house.

And who knows. With a shamrock growing in your home you might just bring a little of the luck of the Irish indoors as well. Enjoy a glass of Guinness, watch for mischievous leprechauns or maybe you will find a hidden pot of gold at the end of the rainbow.

*"May flowers always line your path and sunshine light your day. May songbirds serenade you every step along the way. May a rainbow run beside you in a sky that's always blue. And may happiness from every source be flowing home to you."*



## Mischief, Mayhem and the Luck of the Irish

Here in Kulin we know all about mischief, a little luck and good food. St Patrick's Day is the perfect excuse to gather around the table, lift a glass to the Irish and celebrate.

When you think of Saint Patrick's Day, I wonder what comes to mind? For me it is a mix of fun memories, mischief and mayhem, and a little tradition all rolled together. It is also a time to pay tribute to some of my ancestors, their fierce spirit and their determination to find joy in life.

The Irish are known for their hot tempers, impulsiveness and a tendency for trouble and chaos, but also for their unshakeable loyalty and a fair share of luck. There is a lot of lore at the heart of the holiday, beginning with the saint who brought Christianity to Ireland.

Originally, St Patrick's Day was a fairly quiet feast day on the church calendar. It offered a brief respite from Lent, authorised by the Irish church, when families could gather together for a special meal.

But as large numbers of Irish emigrated to the United States, Canada and Australia in the 18th and 19th centuries, things began to change.

Irish migrants often faced prejudice and discrimination, and so with that well known Irish spirit they began using St Patrick's Day to celebrate their identity and heritage. What started as a family gathering grew into a public celebration, and eventually even in Ireland itself the day evolved into something much more festive.

Today cities across the world turn their landmarks green and host parades and festivals. It has become more than just a celebration of Ireland. It is a celebration of the culture, hospitality and spirit of a people who never back down.

As you know, good hospitality, good food and a bit of fun are cornerstones of my world, so this celebration is right up my alley.

I am sharing my favourite Beef and Guinness Pie, perfect for gathering family and friends around the table and sure to warm the cockles of your heart.

There is also a little shot of mayhem with the Mini Guinness Shot. It looks like a tiny glass of stout, but it is sweet, strong and very capable of getting the festivities started.

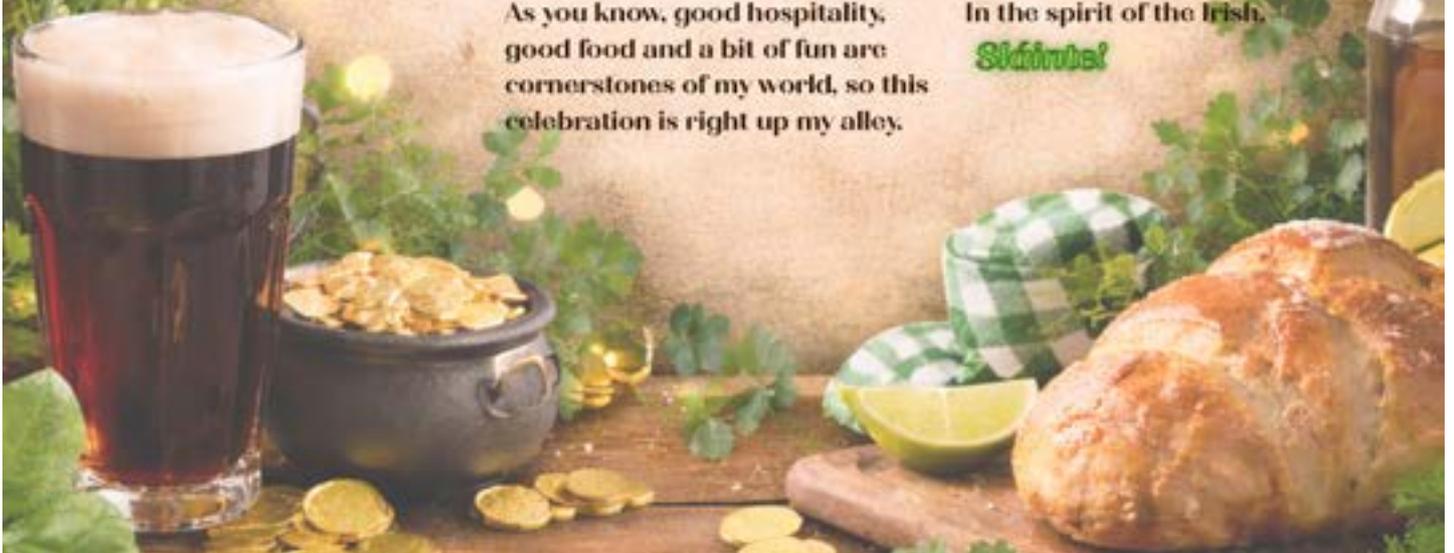
And finally, one of my favourite cocktails, The Irish Ginger. Bright, refreshing and just a little mischievous, like a leprechaun at the table, it has the potential to cause a little chaos and a lot of fun.

Altogether it sounds like a night to remember.

So, gather your people, pour a glass and raise a toast.

In the spirit of the Irish,

**Sláinte!**



## Beef & Guinness Pie

### Ingredients

#### For Sour Cream Pastry

- 125 ml sour cream
- 250 g plain flour
- 200 g unsalted butter, chilled and diced

#### For Pie Filling

- 1 kg diced beef
- 1 carrot, diced
- 1 onion, diced
- 1 medium potato, diced
- 2 celery sticks, finely diced
- 1 tablespoon tomato paste
- 2 tablespoons green peppercorns (optional)
- 1 can Guinness
- 2 tablespoons plain flour
- 2 tablespoons beef stock powder
- Salt and pepper to taste
- 2 sprigs thyme
- 2 sprigs marjoram
- 2 sprigs rosemary, finely chopped
- 2 tablespoons cornflour

#### For the Top

- For the Top
- 1-2 Sheets of Puff Pastry
- 1 Egg beaten

### Method

#### Sour Cream Pastry Base (Food processor method)

1. Place the flour and diced butter into the bowl of a food processor.
2. Pulse until the mixture resembles fine breadcrumbs.
3. Add the sour cream and pulse until the mixture just begins to form a dough.
4. Turn the pastry out onto the bench, gently bring it together, then wrap in plastic wrap and refrigerate for 20 minutes.

#### Sour Cream Pastry Base (By hand method)

1. Place the flour in a bowl and rub the butter into the flour using your fingertips or a pastry cutter until it resembles fine breadcrumbs.
2. Add the sour cream and mix until the dough just comes together.
3. Wrap in plastic wrap and refrigerate for 20 minutes.

#### Preparing the Pastry Case

1. Roll the chilled pastry to approximately 5 mm thickness.
2. Line your pie dish, leaving about 2 cm above the rim to allow for shrinkage.
3. Prick the base with a fork.
4. Place baking paper and pie weights into the shell and blind bake at 220°C for 15 minutes.
5. Remove the weights and bake for another 10 minutes.
6. Remove from the oven and allow the pastry shell to cool before adding the filling.

#### Beef & Guinness Filling

1. In a large bowl season the beef with salt and pepper. Add the flour and beef stock powder and toss until the meat is evenly coated.
2. Heat a large heavy based pot over medium high heat. Seal the beef in batches, allowing it to develop good caramelisation. Do not overcrowd the pan. The beef should brown but not be cooked through. Remove and set aside.

3. Add the onion to the pot and allow the pan to return to temperature. Add the carrot, celery and potato and season lightly with salt. Cook for 6 to 7 minutes until beginning to soften.
4. Add the herbs and tomato paste. Cook for 1 minute to remove the bitterness.
5. Return the beef to the pot and pour in the Guinness. Stir well.
6. Stir through the herbs, followed by the tomato paste. Cook for 1 minute to remove the bitterness.
7. Return the beef to the pot and pour in the Guinness. Stir well.
8. Reduce the heat and simmer gently for 1½ to 2 hours, or until the beef is tender and the flavours have developed.
9. Mix the cornflour with a little water until smooth. Stir this into the filling and simmer until the gravy thickens.
10. Allow the filling to cool before assembling the pie.

#### Assembling the Pie

1. Fill the cooled pastry case with the beef and Guinness filling.
2. Cover the pie with a sheet of puff pastry.
3. Brush the top with egg wash.
4. Bake at 180°C for 20 to 25 minutes until the pastry is golden and crisp.

*Serve hot and enjoy.*



# ST PATRICK'S DAY

## Mini Guinness Shot

### Ingredients

- 30 ml coffee liqueur
- 15 ml Irish cream

### Method

1. Pour the coffee liqueur into a shot glass.
2. Slowly pour the Irish cream over the back of a spoon so it gently floats on top.
3. Serve immediately.



## The Irish Ginger

### Ingredients

- 45 ml Dubliner Honeycomb Irish Whiskey
- 15 ml fresh lime juice
- 120 ml ginger beer
- Ice
- 1 lime wedge
- 1 tablespoon raw sugar or light brown sugar
- Fresh rosemary sprig to garnish
- Fresh mint sprig (optional)

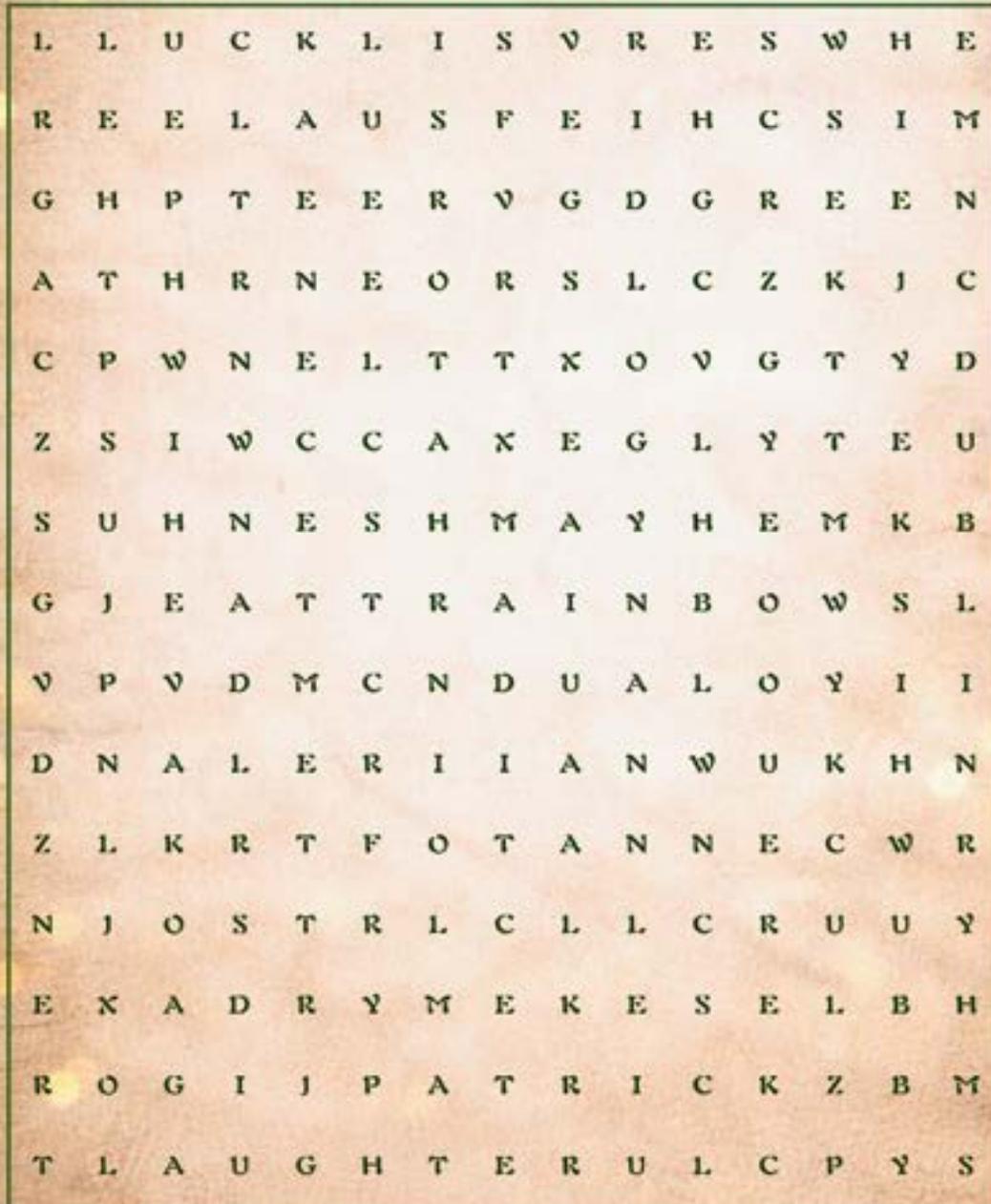
### Method

1. Rub the rim of a tall glass with a lime wedge.
2. Dip the rim into raw sugar or light brown sugar to create a golden crust.
3. Fill the glass with ice.
4. Add the Dubliner Honeycomb Irish Whiskey and fresh lime juice.
5. Top with ginger beer and stir gently to combine.
6. Lightly clap the rosemary sprig between your hands to release its aroma and place it in the glass.
7. Garnish with a lime wedge and, if you like, a small sprig of mint.



## Lucky Shamrock Word Search

Cellic, Dublin, Guinness, Laughler, Mayhem, Patrick, Shamrock, Whiskey,  
Clover, Gold, Ireland, Leprechaun, Mischief, Pint, Slainte, Dance, Green,  
Jig, Lucky, Party, Rainbow, Toast



This puzzle has a hidden message within it. First find all the words in the list, they can go in any direction and share letters as well as cross over each other. Once you find all the words, copy the unused letters starting in the top left corner into the blanks below to reveal the hidden message.

-----

-----

2026 Editions

# The Kulin Update

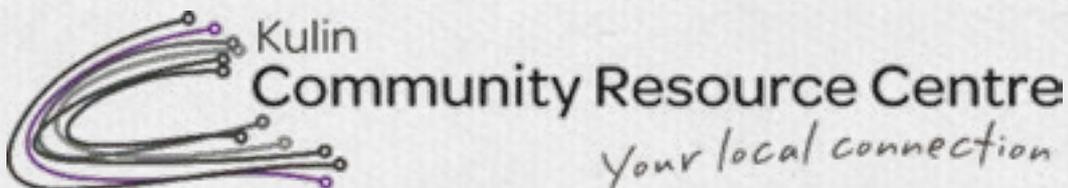
**Submissions by Tuesday  
4pm prior to publication.**

January 29th  
February 12<sup>th</sup> & 26<sup>th</sup>  
March 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23rd  
May 7<sup>th</sup> & 21st  
June 4<sup>th</sup> & 18th  
July 2<sup>nd</sup>, 16<sup>th</sup> & 30th  
August 13<sup>th</sup> & 27<sup>th</sup>  
September 10<sup>th</sup> & 24th  
October 8<sup>th</sup> & 22nd  
November 5<sup>th</sup> & 19th  
December 3<sup>rd</sup> & 17<sup>th</sup>



## Advertising costs

|                           |          |
|---------------------------|----------|
| Quarter page B&W          | \$20.00  |
| Half page B&W             | \$25.00  |
| Half page colour          | \$50.00  |
| Full page B&W             | \$40.00  |
| Full page colour          | \$80.00  |
| Front or Back page colour | \$100.00 |
| Local community groups    | FREE     |



☎ 9880 1204

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

🌐 [www.kulin.wa.gov.au](http://www.kulin.wa.gov.au)

🏠 38 Johnston St, Kulin WA 6365

## Sun Safety – Looking After Our Skin

**MARCH 1, 2026**

### **WARRIOR WELLBEING ARTICLES**

Us West Aussies love nothing more than getting outdoors and enjoying the abundance of sunshine that lathers our great state. A small amount of incidental exposure to sunlight, around a few minutes each day, is important for maintaining adequate levels of Vitamin D needed for strong bones, muscles and overall good health. Too much exposure however, places us at great risk of damage from Ultra Violet (UV) radiation which potentially could lead to the development of skin cancer. We need to get the balance right!

Australia has one of the highest rates of skin cancer in the world mainly due to our very high UV levels. According to the Cancer Council WA, at least two in every three people will develop some type of skin cancer before they reach the age of 70.

Of the three main types of skin cancer most of these people will develop a Basal Cell Carcinoma which is usually a small, slow

growing abnormal growth found mainly on the upper body, head and neck. They don't usually spread far but if left can result in facial and body disfigurement. The next most common is the Squamous Cell Carcinoma often found on the lips, ears and scalp. These grow quicker and if left can potentially spread into the lymph nodes of the neck and then to other parts of the body.

The last and most dangerous type is the Melanoma which accounts for about one to two percent of all skin cancers. It can be found anywhere on the body but is mainly on the upper back of men and lower legs of women. It is an aggressive type and if left untreated can spread quickly to other parts of the body and potentially be fatal! It was estimated that this year alone there will be over 14,000 new cases nationally of Melanoma skin cancer detected, with over 8,500 of those men.

By spending more time in the sun, we inevitably place ourselves at an increased risk of skin damage and potential skin cancer. Taking measures to be sun safe should be part of our daily routine especially if we are involved in outdoor work!



It is important to remember that the UV levels can still be high even on a cool and cloudy day. Following these simple tips will get us well on the way to being sun safe ...

- Cover up with appropriate clothes
- Use sunscreen (don't forget to re-apply often)
- Wear a hat (the broader the better)
- Seek out shade
- Wear sunnies to protect your eyes
- Early detection is always the key.
- Check your skin regularly all over for any unusual spots or growths (get your partner to help). You can visit the Cancer Council WA website for information about what exactly to look for and don't hesitate to get anything of concern looked at by your doctor. An annual skin check with your GP or at a reputable skin clinic is also a good way to keep track of any changes or developments.

By The Regional Men's Health Initiative



# CLEAN UP AUSTRALIA DAY

LOOKING AFTER OUR PATCH • KULIN 2026

 VISITORS DISCOVERY ZONE

 WEDNESDAY 18 MARCH 2026

 9:00AM - 12:30PM

JOIN RDHS STUDENTS, COMMUNITY GROUPS & VOLUNTEERS AS WE WORK TOGETHER TO CARE FOR OUR TOWN

- ✔ Clean up zones across Kulin
- ✔ Safety briefing provided
- ✔ Bags and equipment supplied

ALL PARTICIPANTS RECEIVE:

- Sausage Sizzle
- Cold Drink
- Chance for a prize

BRING: Hat ✔ Closed Shoes ✔ Water Bottle

SHOW YOUR COMMUNITY PRIDE  
&  
CLEAN UP KULIN

Proudly supported by:



Department of Primary Industries and Regional Development

**Eastough's Ag Training**  
RTO # 52964

**30<sup>th</sup> & 31<sup>st</sup> MARCH TRAINING**

**Heavy Vehicle Pilot / Escort course**  
**Refresher course**

Mainroads WA approved provider  
Two day Course  
\$1400 includes approved Pilot vest

**Kulin**

**Course Includes:**

- TLIB002 Carry out vehicle inspection
- TLIC3010 Pilot or escort oversized and/ or overmassed loads
- TLIE3009 Use pilot and escort communication
- TLIF3013 Coordinate breakdowns and emergencies
- TLIF3060 Control traffic as a pilot vehicle operator

**Heavy Vehicle Pilot Refresher course: Tuesday 31<sup>st</sup>**  
One day course required for renewal  
can completed up to 12months before expiry **\$600**

**Kulin Community Resource Centre**  
*Your local connection*

**Australian Qualifications Framework**

**Department of Primary Industries and Regional Development**  
GOVERNMENT OF WESTERN AUSTRALIA

0437 884 724 | eastoughsag.com | admin@eastoughsag.com

**Eastough's Ag Training**  
RTO # 52964

**KULIN APRIL TRAINING**

**Expressions of Interest**

**Agricultural Chemical Skill Set**  
**AHCSS00074**

**REGISTER NOW**

**Course Includes:**

- AHCCHM304 Transport and store chemicals
- AHCCHM307 Prepare and apply chemicals to control pest, weeds and diseases

WA owned & trusted RTO

**Kulin Community Resource Centre**  
*Your local connection*

**Australian Qualifications Framework**

**Department of Primary Industries and Regional Development**  
GOVERNMENT OF WESTERN AUSTRALIA

0437 884 724 | eastoughsag.com | admin@eastoughsag.com

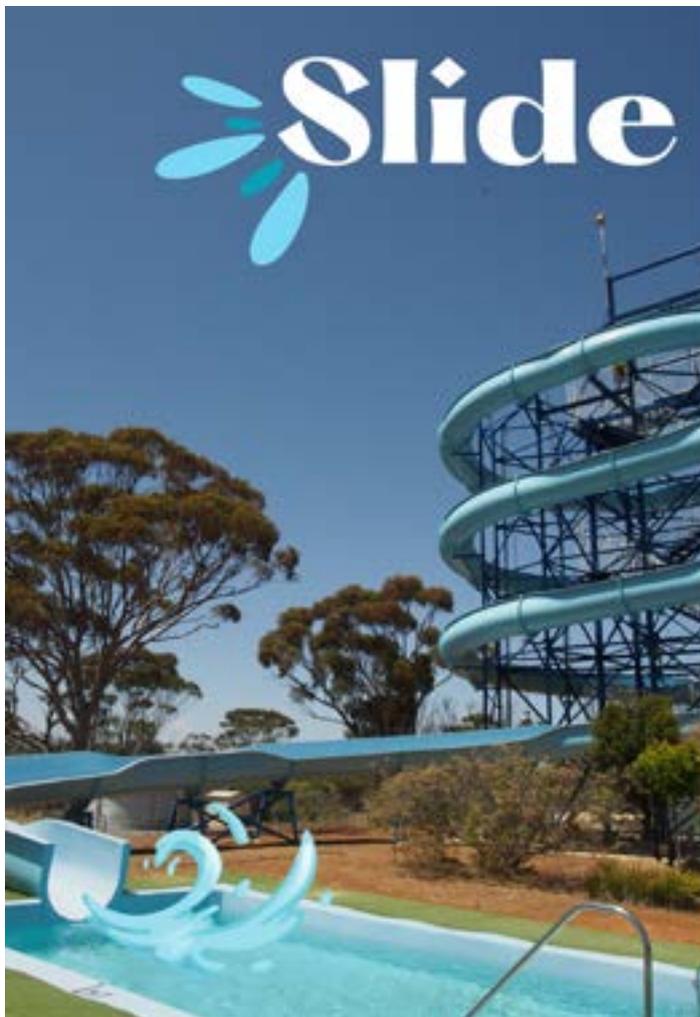
# FOR SALE

## 2016 NISSAN PATROL 4WD STATION WAGON

- BULL BAR
- SPOTLIGHTS
- TOW BAR
- 5 SPEED MANUAL
- DIESEL
- 310,000KM
- AIRCONDITIONED
- CD/RADIO
- 7-SEATER
- NEW TYRES FITTED 294,791KM
- SPARE TYRE, ONE TYRE DONE 32,000KM, TWO OTHER TYRES WELL WORN
- LICENSED UNTIL 3 JULY 2026
- NEW BATTERY FITTED OCTOBER 2025 - STILL UNDER WARRANTY
- STARTS & DRIVES, HOWEVER WITH ENGINE ISSUES.

ENQUIRIES PHONE JIM HALLAM 0427 801 113

# \$7000



## Open

Kulin Aquatic Centre  
Waterslide  
March opening hours

- 14th- Waterslide open
- 15th- Waterslide open
- 21st- Waterslide open
- 22nd - Waterslide open
- 27th- Waterslide open
- 28th- Waterslide open

Saturday & Sunday  
1pm until 5pm

Last days of the waterslide  
March 2026!



Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 Ph:0428212945 ABN99774533081

### Pat And Chat Mobile Vet Kulin Clinic Dates 2026

Mon 2<sup>nd</sup> February, Monday 30<sup>th</sup> March, Monday 27<sup>th</sup> April, Monday 25<sup>th</sup> May  
 Monday 22<sup>nd</sup> June, Friday 31<sup>st</sup> July, Friday 28<sup>th</sup> Aug  
 Friday 25<sup>th</sup> Sept, Friday 23<sup>rd</sup> Oct, Friday 20<sup>th</sup> Nov, Friday 18<sup>th</sup> Dec

Please ring or text Andrea on 0428212945 for an appointment

## DUFFY ELECTRICS

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



Ryan Duffy  
0409 806 047

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

Servicing Wickepin and surrounds

# ALLIED FINANCE (WA)

## Your Asset Finance Experts

**Service You Can Trust**

We understand the challenges you face when deciding on the right financial product to suit your needs. Let our experience and knowledge benefit you – we take the leg work out of finding the best deal in the marketplace.

**Riley Noble**  
Finance Broker

📞 0409 026 859  
✉ [riley.noble@alliedfinance.com.au](mailto:riley.noble@alliedfinance.com.au)

- Trucking & Transport**
- Farming & Agriculture**
- Heavy Machinery**
- Small Business Loans**

# GENERAL INFORMATION

---

## SHIRE CONTACTS

FRC - 9880 1000  
CRC - 9880 1204  
Caravan Park - 0439 469 850  
Pool - 9880 1222  
Depot - 9880 1218  
KCCC - 9880 1636  
Kulin Water Depot - 9880 1356  
Harvest Ban Info - 9880 1511

## MEDICAL CENTRE

Kulin Medical - 9880 1315  
St Luke's Family Practice  
Dr available Thurs & Fri  
**Kondinin 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  
Power Faults - 13 13 51  
Water Authority- 13 13 75

## POLICE CONTACTS

Emergency - 000  
Non-emergency - 13 14 44  
Kulin Station - 9861 5800  
Crime Stoppers -  
1800 333 000

## CRISIS CARE CONTACTS

Rural Link - 1800 552 002  
Beyond Blue - 1300 224 636  
Lifeline - 13 11 14  
Lifeline - text - 0477 131 114  
MensLine - 1300 789 978  
Suicide Call Back - 1300 659  
467  
Kids Helpline - 1800 551 800  
Holyoake - 1800 447 172  
Holyoake Narrogin - 9881 1999

## KULIN TRANSFER STATION & TIP SHOP

The station is open  
Sunday | Monday | Thursday  
10am - 3pm

## 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 - 2pm  
Saturday 10am - 2pm  
C. King - 9880 1058  
B. Colbourne - 0429 804 615  
J. Munro - 0427 386 849

## DEPARTMENT OF TRANSPORT - KULIN BENDIGO BANK KULIN -

9880 1422  
Driving assessor has one  
assessment day a month.

## MAIN ROADS FAULTS

- 13 81 38

## POISON INFORMATION

- 13 11 26

## JUSTICES OF THE PEACE

MT Lucchesi - 9880 4050  
JM McInnes - 9880 1360  
BW Sloggett - 0427081925

## CONTAINERS FOR CHANGE

All Good Refund Depot  
comes to Kulin on the last  
Wednesday of every month.  
They pick up returns from  
Kulin CCC (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