

THE KULIN UPDATE

23 March 2023

13 AFL MASTERS

Saturday 25th of March, Freebairn Recreation Centre

28 COMMUNITY BUILDERS

All welcome, kids included. Free event, just bring your voice.

52 50 DAY STREET

For sale, Toodyay Real Estate

2023 KULIN TRIATHLON



Adults Long Course Winner Will Cook

Adults Long Course Runner-Up Mark Hoffmann



Mon- Fri 8:30 am - 4:30 pm
38 Johnston Street, Kulin WA 6365
(08) 9880 1021
crccounter@kulin.wa.gov.au
www.kulin.wa.gov.au

THE KULIN UPDATE - FAQ

Contact

Phone: (08) 9880 1021
Email: marketing@kulin.wa.gov.au

How to receive the Kulin Update via Email?

To receive the "THE KULIN UPDATE" digitally, please sign up [here](#).

How to advertise in the Kulin Update?

1. Download the Kulin Update Booking form and fill it in.
2. Attach the booking form and the content that you wish to publish to an email and send it to marketing@kulin.wa.gov.au.

When are the deadlines?

All articles incl. fully-filled in booking forms are to be submitted no later than **Tuesday, 4pm prior to any publication date.**

When is the next deadline?

The next deadline will be the 4th of April 2023.

Advertising costs:

1/4 page b/w	\$20
1/2 page b/w	\$25
Front/Back page	\$100

Members receive 25% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

Accepted document formats:

- PDF
- JPEG

Have you got news?

If you would like to share news or information with the Kulin community, please email marketing@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

4th	April	2023
18th	April	2023
2nd	May	2023
16th	May	2023
20th	May	2023

HAPPY BIRTHDAY!

March

24th	Harry Hodgson, Luke Ledwith
25th	Ella Barndon
26th	
27th	
28th	Bryan Robins
29th	Peter Riseborough, Rachel King, Ben Whisson, Matt Syred, Kayne Lewis
30th	
31st	Lucy Sullivan, Charlie Gangell

April

1st	Neil Argent, Ava Bennier, Rob Clayton
2nd	Sheldon Saunders, Mikayla Frantom
3rd	Stella Dearlove, William Bailey, Miley Jasper
4th	Gerard Varone
5th	Barry West, Keith Cook
6th	Emily Clayton





Alan Leeson - Shire of Kulin Chief Executive Officer

Kulin Shire Council is pleased to announce the appointment of Mr Alan Leeson to the role of Chief Executive Officer following his endorsement at the March special council meeting.

Shire President Cr Grant Robins warmly welcomes Alan to the organisation and is looking forward to working with Alan on the many exciting projects and developments that are currently in the pipeline.

"Alan brings to Council a wealth of Local Government experience through his 30 years working in regional LGA's. Alan has held the position of Chief Executive Officer in Moora (2012 – 2022) and Wickepin (2003 – 2011) and prior to that worked at the Shires of Merredin, Jerramungup, Dandaragan and Cunderdin. Alan has extensive experience in local government management and leadership, and a demonstrated commitment to community engagement and participation. I am very confident Alan will form a strong bond with our Councillors, community and staff and we look forward to him embedding his expertise and management into our organisation".



Kulin Shire Council warmly welcomes Alan and his family to Kulin.

GET TO KNOW OUR STAFF- ALAN



Role: Chief Executive Officer

What do you do: Most of the time I just annoy my wife, but sometimes I might be seen on the couch enjoying watching AFL, NBA, Cricket, Golf, Surfing and snails race (according to Millie). Seriously though I enjoy getting involved in the community, following local sport and the odd game of golf and bowls.

How long have you been on the Shire: Started at the Shire of Cunderdin in 1988 as an Administration Officer on leaving school and have progressed through the ranks since then, working at the Shires of Dandaragan, Jerramungup, Merredin, Wickepin, Moora and now Kulin.

Where have you travelled: Not many places, Bali was pretty well it for me until my recent honeymoon to New Zealand (south island).

What is your most prized possession: Probably the fishing boat that I haven't purchased yet or if you asked Millie my passport.

Dream Job: CEO of the Shire of Kulin of course 😊

WORK HAPPENINGS

Over the past two weeks the roads crew have been busy continuing to work on the Fence Road, Muller Road and Kaye Road intersections with sealing to commence Saturday 25th March. These jobs have been a major part of the roadworks over the past 4 months and to finally see the end result is a huge effort by all involved.

The oval is looking in great shape with a lot of hard work from Ambrose and the town crew for the upcoming AFL Masters Football

Carnival on Saturday the 25th of March. Two new light towers are being installed at the oval as part of the lighting upgrade to provide Vipers night training facilities. These should be up and running in the coming week or two.

The works crew will be taking a well earned break over Easter and returning to work on Monday 17th April when we will continue the works on Kulin Holt Rock Rd construction. This is a big job and works will continue throughout

the year when weather permits.

Foot path construction around the school grounds will start up again after Easter with asphalt programmed for the end of April.

Until next time, stay safe

Judd Hobson
Works Manager



NOTICES FROM THE SHIRE OF KULIN



ADVERTISING THROUGH THE KULIN CRC

While we are very happy to help promote local community events or groups, our focus is on ensuring all current news and events is in the Kulin Update, produced fortnightly.

If you have events and information you would like to distribute to the community outside of the Kulin Update we ask that people utilise our '[Kulin Notes and Classifieds](#)' Facebook page. This page is easily accessible and anybody who has joined the page can post the information for their event that they are looking to disperse throughout the community. Additionally, the community notice board at IGA is also an option for promotion.

The CRC has 2 avenues of email distribution, the Kulin Update list, and the Kulin Community list. You can opt in to receive either of these by contacting Belle on rcmgr@kulin.wa.gov.au. We will be refraining from emailing out notices from the community through either of these avenues, if you would like to publicise something, we ask that you utilise the Kulin Update.

The Kulin Update list will be used for the Kulin Update and any other urgent messages from the Shire, while the Community list will be used for notices from the Shire / CRC separate to the Kulin Update. As it may cause confusion, only Shire and CRC events will be promoted through the Shire email contact list. Again, if you would like to be on this contact list, please email rcmgr@kulin.wa.gov.au.

The Kulin website is also updated to include the latest information and media releases from the Shire, so if ever in doubt, please ensure you check www.kulin.wa.gov.au.

Community Garden - EOI

The Community Garden is a great addition to our community, and we are seeking expressions of interest from any community members who have a passion to nurture our little garden to flourish. Initially we invite anyone interested in being part of a gardening group to come to a meeting to discuss visions for the future of our garden, and from there, the implementation of these visions.

If you are interested in coming to a brainstorming meeting, please contact Belle on 9880 1021 or email rcmgr@kulin.wa.gov.au

Hopefully from this meeting we can form some concepts regarding the intended outcomes of forming a gardening group, and following this, act on these desired outcomes.

Once expressions of interest are received, a meeting date will be set.

Thanks, Belle.



KULIN CHILD CARE CENTRE

This fortnight the children have been learning about primary colours and ways we can mix them to create secondary colours. We have also paired this learning with our stories “Mouse Paint” and “Brown Bear Brown Bear”.

Coinciding with this colour learning has been the celebration

of the “Holi Festival of Colours” which is recognition of the Indian harvest celebration to honour the beginning of spring and the end of winter and they celebrate with a festival of colours and foods. We coloured in a giant piece of material with Indian murals, did some colourful sand mandala art, explored goop sensory trays mixing

two primary colours together to form new colours, dressed up in saris and created some fireworks art.

We have also been concentrating on phonemic awareness activities where we are practising sounds, rhyming and playing a game of verbal house where we practise making the sounds Sh, Ch, Th, Wh ect.

We are always using our recycled items to create new things. Recycling is an important activity at childcare. It shows children how we can save resources and reduces our impact on the environment. By reusing what we already have, we’re leaving more resources behind for a sustainable future. At the moment we have a plan to reuse lots of milk top lids, so if you happen to have any please consider dropping off to the centre where we will turn them into something new. We are also on the hunt for some cotton material scrap squares we are hoping to make some bees wax wraps from, so again, we will gladly accept any donations.

Thankyou once again for all your support of our beautiful centre.

Sue Knapp
KCCC Educational Leader



COMMUNITY CALENDAR

03. ➔ MARCH / APRIL ➔ 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20 Rubbish Dr Mackie away	21 Harmony Day Seniors Movie Day Recycling Dr Mackie away Nurses St open (8:30-12) Yogalates	22 Kulin Motor Museum (10am-12:30pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	23 1st KULIN UPDATE The Kulin Update Dr Mackie in Hyden	24 Dr Mackie @ Kulin Kids Club (9am-11am)	25 Kulin Motor Museum (10am-2pm) Bowls Semi-Final (Kulin) AFL Masters
26	27 Rubbish Dr Mackie @ Kondinin Community Builders @ FRAC (6pm)	28 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates Kulin Walking Group Pub Choir	29 Kulin Motor Museum (10am-12:30pm) Dr Mackie @ Kondinin Nurses St open (8:30-12) Corrigin Farm Improvement Group Workshop	30 Dr Mackie in Hyden	31 Florals Course Dr Mackie @ Kulin Kids Club (9am-11am)	APRIL 01 Kulin Motor Museum (10am-2pm)
02 World Autism Understanding Day	03 Rubbish Dr Mackie @ Kondinin	04 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates Charity Clothes Swap Kulin Walking Group Recycling Xero Workshop	05 Kulin Motor Museum (10am-12:30pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	06 1st KULIN UPDATE The Kulin Update Dr Mackie in Hyden	07 Dr Mackie @ Kulin Kids Club (9am-11am) Good Friday	08 Kulin Motor Museum (10am-2pm)
09	10 Rubbish Dr Mackie @ Kondinin	11 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates Kulin Walking Group	12 Kulin Motor Museum (10am-12:30pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	13 Dr Mackie in Hyden CWA - Poppy Making	14 Dr Mackie @ Kulin Kids Club Creative Kids Workshop CWA - Poppy Making	15 Kulin Motor Museum (10am-2pm) Winter Sports @ Kulin
16	17 Rubbish Dr Mackie @ Kondinin Creative Kids Workshop	18 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates Kulin Walking Group Recycling Creative Kids Workshop Seniors Movie Day	19 Kulin Motor Museum (10am-12:30pm) Nurses St open (8:30-12) Creative Kids Workshop Council Meeting	20 1st KULIN UPDATE The Kulin Update Dr Mackie in Hyden Creative Kids Workshop	21 Dr Mackie @ Kulin Kids Club Creative Kids Workshop	22 Kulin Motor Museum (10am-2pm) Winter Sports @ Nukarni

TRIATHLON

On Saturday ,the 18th of March, we had our 2023 Kulin Triathlon. Our entry numbers were absolutely amazing, with the biggest competition we have had in years! We had 60 people total, with 45 under 18s, and 15 over 18s. Our youngest competitors were just 6 years old! Thanks to little legends Huxley Whisson, Pippa Lucchesi and Parker Mullan for joining in on the competition. You guys smashed it! We had a wide range of ages in our competitors; however, I'll keep our eldest's a secret. Not only did we have a big range of ages, we had a range of locations too, with some people coming from Margaret River, Karlgarin, Moora and Perth.

Of course, the triathlon wouldn't be possible without our amazing volunteers. Thank you so much to Robbie Bowey, Elise Mullan, Fiona Murphy, Tam Wilkins, Cindy Mullan, Gen Whisson, Mick Lucchesi, Charlotte Reader, Dee Carroll, Sharyn McAdam, Amy Parnell, Yvonne Bowey, Megan Syred, Anika Fotheringham, Sean Scadding, Troy Gangell and Ryan Brandis, and the guys that cooked the barbeque. We are so lucky to

have such a supportive community and you all made the day run by very smoothly.

While everyone put in a superstar effort, there were some competitors who pushed their hardest and got the win.

Unfortunately our medals did not arrive in time, so our champs didn't get to take one home on the day, but they are safely in the homes of their owners now!

Another big thank you to Jones at the pool, the works crew for helping with set up, Megan and Kulin Distric High School for letting us use the bike racks, and everybody else who helped out in some way.

After many weeks of planning, I am so glad that our triathlon finally went ahead, and I hope everyone involved had great time. Until next year, congratulations everybody who competed, and well done to all our winners!

Belle Brandis
Community Development Officer



RACE	WINNER	RUNNER-UP
Junior Short Course- Team (Out of 7 teams)	Name/s- Emersyn Frantom, Neisha Duckworth, Amy Syred Time- 00:10:16	Name/s- Ben Manning, Chase Browning, George Graham Time- 00:10:26
Junior Short Course- Individual (Out of 7)	Name- Tarkyn Lewis Time- 00:12:01	Name- Hugh Mullan Time- 00:12:30
Junior Long Course- Team (Out of 5 teams)	Name/s- Tadgh McInnes, Tarkyn Lewis, Eli McAdam Time- 00:17:18	Name/s- Amber McAdam, Shauna Meehan, Maggie Murphy Time- 00:18:24
Adults Short Course- Team (Out of 3 Teams)	Name/s- Alison Lucchesi, Chad Frantom, Jennie McInnes Time- 00:33:25	Name/s- Rynelle Smoker, Alecia Robertson Time- 00:33:38
Adults Short Course- Individual (Out of 5 teams)	Name- Aitor Garrido Time- 00:31:45	Name- Jamie Meehan Time- 00:32:05
Adult Long Course- Individual (Out of 6)	Name- Will Cook Time- 00:50:34	Name- Mark Hoffmann Time- 00:52:02

TRIATHLON



TRIATHLON



KULIN DISTRICT HIGH SCHOOL TRIATHLON WINNERS



PENNANT GRAND FINAL

FREEBAIRN RECREATION CENTRE

EVENTS AND WHAT'S GOING ON

Firstly, congratulations to Kulin Mens Bowls team for winning the Grand Final last weekend. Unfortunately, the Kulin ladies had a slightly tougher competition, and although they all played fantastic, unfortunately they were defeated, but they all should be very proud of themselves with a 2nd place.

Corporate Bowls was again very popular although it is now over. Thanks to everyone who came along for a fantastic competition, and thanks to Gecko for organising all the bowlers. You did a fantastic job! Well done to all the winning and losing teams, great to see a good turn outs and definitely a few laughs too.

We are hosting the AFL Master's Southwest Carnival here on Saturday the 25th of March, with roughly 12 footy team and around 200 players lined up, I am sure it will be a day of some great football and entertainment. Please come down and support the Kulin Kondinin Football Club if you aren't already volunteering. The Netball and Hockey Clubs will be opening the Canteen from 11:30am, footy kicks off at 1:30pm.

Kulin Walking Group has had a

good turn out over the first couple of weeks, we meet every Tuesday at the Kulin Post Office at 9am if you are free, please come along. Everyone is welcome.

'The Remedy' physiotherapists are now here 4 days a week, Monday 10am-5pm: Tuesday 7am-6pm: Wednesday 10am-5pm & Thursday 7am-6pm.

We are also very excited to announce we now have 2 Pilates reformers here at the rec centre and Remedy are now able to provide Reformer Pilates sessions. Please contact Remedy to book 1 on 1 or 2 on 1 sessions with a friend. If you are new to using a Pilates reformer, we do recommend having a 1 on 1 assessment first before going to a 2 on 1 session. You can find out more information on their website <https://www.theremedyphysio.com.au/> or call 0409 868 114.

If you would like more information or have any questions please give me a call on 08 9880 1000

Some of you may have already met our 2 new staff here at the Rec Centre, Aitor and Iria, They are both from Spain and have not been in Australia very long so please welcome them to Kulin. They have both picked up their roles here at

the FRC very quickly and are also helping out at the Kulin Child Care Centre. Aitor also competed in the Kulin Triathlon and won the Adults Short Course. Well done, Aitor!! Maybe we will have some new players for our winter sports teams this year!!

We still have some wines on Special this month, from Denmark we have the Due South 2017 Cabernet Merlot and Due South 2018 Rose are now only \$10 a bottle.

Lastly a polite friendly reminder for those of you who walk their dogs on the oval, please pick up after your dog.

For more information on Events coming up at the FRC please like our Facebook page <https://www.facebook.com/freebairn.recreationcentre>

If you have a Special Event coming up and would like to book our facilities please have a look on our website <https://www.visitkulin.com.au/see-do/facilities/freebairn-recreation-centre.aspx> or for more information contact me on 08 9880 1000 or reccentre@kulin.wa.gov.au

Caroline Carrie
Rec Centre Manager

PENNANT GRAND FINAL

The 2022/23 Pennant Bowls season concluded with the Kulin Bowling Club hosting the Grand Finals last Saturday in perfect conditions. Both the ladies and the men were playing sides from the Newdegate Bowling Club. Plenty of onlookers both local and from other towns provided a great atmosphere and the quality of the bowls reflected in some tight contests.

Unfortunately our ladies went down by 9 shots the margin blowing out chasing a last end result. Nonetheless a great season from the ladies who finished on top of the ladder at the end of the home and away season with a number of new bowlers adding to their depth.

The men had a 21 shot win over Newdegate despite losing 2 rinks

thanks largely to a big win by Garry Walker's rink with Judd Hobson's rink also having a solid win. Our first pennant win since 2017/18 and with a number of newer bowlers stepping up we should be pushing to repeat this result next year. This Sunday sees our wind up and presentation night.

Mike



CHARITY CLOTHES SWAP 2023

**FREEBAIRN REC CENTRE
TUESDAY APRIL 4TH
6PM**

- **\$20 DOOR CHARGE**
- **RAFFLE & PRIZES**
- **BRING YOUR OWN NIBBLES**
- **KDHS FASHION SHOW**



**National
Breast Cancer
Foundation**

**BRING AS LITTLE OR AS MUCH
AS YOU LIKE BUT PLEASE
NOTHING RIPPED, STAINED OR
DAMAGED.**

**ALL PROCEEDS ARE BEING DONATED TO THE
NATIONAL BREAST CANCER FOUNDATION**

KULIN WALKING GROUP

- Weekly Walking Group
- All Ages and Abilities
- Dog & Pram Friendly
- Walk and Talk Speed
- Duration approx 30-45 mins
- Meeting Point; KULIN POST OFFICE
- Every TUESDAY @ 9AM
- Registration not necessary

For more information e-mail reccentre@kulin.wa.gov.au or call Caroline on 08 9880 1000

STARTS TUESDAY 14TH MARCH



AFL MASTERS

WESTERN AUSTRALIA (INC)

WHEATBELT SAFARI 2023

Saturday March 25th Freebairn Recreation Centre Kulin

For more information and a Team Nominations Form please contact

southwest@aflmasterswa.com.au

STRIVE

AWARD WINNERS

Connor Meehan
Cassandra Kempton
Lyla Smoker



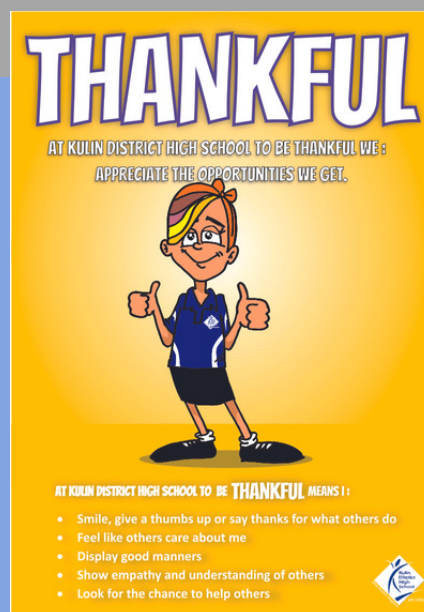
CANBERRA CAMP 2023

2023 is a Canberra Camp year for our High School students. The campers will be on a plane on July 23 and return to Kulin on July 28. I am sure this camp will be a fun, educational and memorable experience for the students and the goal is to have as many as possible attend.

With this in mind, quite a few fundraising events will be held over the coming months with funds going towards making this camp as accessible to as many as possible. We have had good support from local businesses and local groups and organisations.

If you run a business, a farm, or are part of a community group and are in a position or able to support this camp through sponsorship, please contact the school. All who support our camp will be acknowledged within the school and wider community and will have the thanks of our staff, student's families, and our wonderful cohort of High School students. The Canberra Camp only comes around every four years with the next Canberra Camp planned for 2027.

Strive value of the month



AUSSIE OF THE MONTH



LISA
MANNING

PAIGE
KEMPTON



CONGRATULATIONS!

CHAMPION WINNERS

Under10

B/ Ben Lucchesi (JR)
G/ Milla Browning (FF)

Under13

B/ Hugh Mullan (FF)
G/ Miley Jasper (FF)

Over13

B/ Tadhg McInnes (JR) &
Ethan Wade (FF)
G/ Amber McAdam (FF)

RUNNERS UP

Under10

B/ Iggy Brandis (JR)
G/ Mikalya Frantom (FF)

Under13

B/ Dane Wilkins (JR) &
Ned Bowey (JR)
G/ Molly McInnes (JR)

Over13

B/-
G/ Bridie Northey (JR)



AT THE
pool

On Friday the 3rd March, Jilakin Rockets and Freebairn Flyers fought it out at the Kulin Aquatic Centre, to see which team would be the 2023 Faction Swimming Carnival winners.

As always, the day was a great success, providing students an opportunity to demonstrate our Strive values of Success, Thankfulness, Respect, Inspire, Vision and Endeavour.

Our students showed excellent sportsmanship, encouraging their teammates as well as their competitors.

A huge thanks goes to Jones and the Shire of Kulin for continuing to maintain the pool to a high standard and for the Kulin Swimming Club for providing students with an alternative avenue to train. This year many parents also assisted Mrs Smoker when taking students down to the pool. Thank you to Elle, Carly, Hayley, Sarah, Laney and Cindy!

Good luck to the Interschool Team who will represent Kulin in the pool this Friday 17th March in Narembeen.



INTERSCHOOL SWIMMING CARNIVAL

Congratulations to the Kulin District High School Swimming Team who had a wonderful day in the pool at the recent Interschool Swimming Carnival on the 17th March 2023.

Well done to Bruck Rock District High, Corrigin District High and Narembeen District High for the quality competition and great sportsmanship.

Kulin District High School came second overall. Congratulations to the record breakers and medal winners.



KULIN DISTRICT HIGH SCHOOL

SCDHSSA INTERSCHOOL SWIMMING CARNIVAL CHAMPION RESULTS 2023

OVERALL RESULTS

OUTRIGHT POINTS SHIELD	HANDICAP SHIELD
NB 425	NB 425
KU 250	KU 400.75
CR 175	CR 370
BK 92	BK 287

INDIVIDUAL RESULTS

CHAMPIONSHIP	WINNER	SCHOOL
8 & U CHAMPION GIRL	Avayah Cowan	NB
8 & U RUNNER UP GIRL	Chloe Browning	NB
8 & U CHAMPION BOY	Hamish Lee	CR
8 & U RUNNER UP BOY	Rocco Federici	NB
9 YRS CHAMPION GIRL	Amity Davey	CR
9 YRS RUNNER UP GIRL	Paige Parsons	NB
9 YRS CHAMPION BOY	Ricardo Brown/Chase Smoker	NB
9 YRS RUNNER UP BOY	Leon Stone	CR
10 YRS CHAMPION GIRL	Kensi Jasper	KU
10 YRS RUNNER UP GIRL	Emersyn Frantom	KU
10 YRS CHAMPION BOY	Aden Smoker	NB
10 YRS RUNNER UP BOY	Flynn Smoker	KU
11 YRS CHAMPION GIRL	Miley Jasper	KU
11 YRS RUNNER UP GIRL	Rhienna Parsons	NB
11 YRS CHAMPION BOY	Charlie Cusack	NB
11 YRS RUNNER UP BOY	Blake Grylls	CR
12 YRS CHAMPION GIRL	Molly McInnes	KU
12 YRS RUNNER UP GIRL	Xhiarn Brown	NB
12 YRS CHAMPION BOY	Noah Smoker	NB
12 YRS RUNNER UP BOY	Hugh Mullan	KU
13 YRS CHAMPION GIRL	Mia Parsons	NB
13 YRS RUNNER UP GIRL	Megan McLeary	CR
13 YRS CHAMPION BOY	Jack Cusack	NB
13 YRS RUNNER UP BOY	Tadhg McInnes	KU
14 YRS CHAMPION GIRL	Mia Gray	BK
14 YRS RUNNER UP GIRL	Wren Cheetham	NB
14 YRS CHAMPION BOY	Dieter Bennell	NB
14 YRS RUNNER UP BOY	Bowdan Cole	NB
15 YRS CHAMPION GIRL	Bridie Northey	KU
15 YRS RUNNER UP GIRL	Amber McAdam	KU
15 YRS CHAMPION BOY	Deakan Miller	NB
15 YRS RUNNER UP BOY	Jace Browning/Daniel Davies	NB/KU
16 YRS CHAMPION GIRL	Clare Baker/Clara Jones	CR/NB
16 YRS RUNNER UP GIRL	Cheyenne Cummins	NB
16 YRS CHAMPION BOY	Jarrad Coppen	CR
16 YRS RUNNER UP BOY	Zack Garlick	NB
OPEN CHAMPION GIRL	Mia Gray	BK
OPEN RUNNER UP GIRL	Mia Parsons	NB
OPEN CHAMPION BOY	Jarrad Coppen	CR
OPEN RUNNER UP BOY	Deakan Miller	NB

KULIN AQUATIC CENTRE

Hi again from the pool. Swim season is coming to a close and the weather has begun to turn. Kulin DHS held its faction swimming carnival a couple of weeks ago and it was a great day had by all by the looks. Hot day at 36 degrees and the odd gust of wind left some shades in bit worse for wear condition. All the kids looked like they were enjoying their time in the water and had great sportsmanship throughout the day. Well done to everyone involved in the organization of the day and great to see so many parents and grandparents turn up for the day to scream and shout.

Kulin Aquatic Centre also hosted the Kukerin, Nyabing and Dumbleyung interschool swimming carnival this season and was a big day for everyone. Think there was about 190 through the gate on the day and was also supported well by families. Hopefully we can get them back again next season as Dumbleyung still without a pool for next couple of seasons. Good for us but not for their community.

The Triathlon was held here the Saturday just gone, so an early start for a lot of people. We had entries from a few kms away and I think the furthest was Margaret River who said it was well worth the trip and well organized and will be back with friends, so well done to Belle and Taryn. 60 entries and a couple of late ones on the day apparently plus all the support from families again made it a great morning at the pool. Well done to all the competitors on the day.

Huge congratulations to Renae, Brad and Craig on the maiden swim to Rotto. All the training has paid off and what an achievement! Coming from out here to not only compete in the Rotto Swim but to complete the actual swim. Well done to you all and your support crew as well. 19.7 km distance from Port beach to Rotto with the current pushing you around makes a long day!

Our own Swim to Rotto in the pool is still going with the early morning swimmers keeping the tally ticking along. So far as a town we have







swum a total of 22637 laps which is 565 km this season. Some of those who have made the distance are:
Grantly 2429 laps, 61km
Clint 2150 laps, 54km
Travis 1864 laps, 46km
Annie 1774 laps, 44km
Elizabeth 1584 laps, 40km
Renae 1532 laps, 38km
Jacki 1370 laps, 34 km
Jenni 1224 laps, 30 km
Craig 1084 laps, 27km

Huge effort to the swimmers. So over the last few seasons we have swum a total of 128000 laps give or take a couple which is the equivalent to around 3252km or from Kulin to Halls Creek via Carnarvon. I think!! Anyway it's a huge effort by everyone so well done.

Almost done for another season here at the Pool and has been a busy season once the weather came good. Will see you around town before the end of the season which is 31st March.

Cheers, Jones
Aquatic Centre Manager

WINTER SPORT FIXTURES

DATE	SPORT	VERSUS	LOCATION
15TH APRIL		Nukarni Nukarni Nukarni	Kulin Kulin Kulin
		Nukarni Nukarni Nukarni	Kulin Kulin Kulin
		BYE BYE BYE	Kulin Kulin Kulin
22ND APRIL		Hyden Hyden Hyden	Hyden Hyden Hyden
		Hyden-Karlgarin Hyden-Karlgarin Hyden-Karlgarin	Hyden Hyden Hyden
		Hyden-Karlgarin Hyden-Karlgarin Hyden-Karlgarin	Karlgarin Karlgarin Karlgarin



CORPORATE BOWLS

It was another successful season of Corporate Bowls this year, the competition ran for 5 weeks with around 40 people each week. It was great to see some new faces and some old! Following on from the old it was back to back Championships for last years winners, the Tarin Rockstars who rebranded themselves this year as the South Kulin Swingers. Congratulations Rob & Miranda and Doug & Kristy. Runners up were the Kondinin Boys (a new team this year), well done Chas, Vinnie, Shannon & Joe.

Fines are a fun part of the night (mostly!) this year special mention goes to:

- Yeah Not Bad for marking their card wrong twice resulting in 2 losses and then choosing chocolates over a win (Ned)
- George for his limp and complaining he's too old for the game
- Bowser for offering to ring the bell and then not being able to reach it
- Damo for wearing his work clothes every week
- Jarron for wearing Eagles gear every week
- Chas for calling for the engraver at the start of the grand final match
- Everyone who rolled a wrong bias
- you know who you are!

Thanks to the Rec Centre staff, Caroline, Jamie, Aitor & Iria for being wonderful hosts and providing the dinner and drinks

every Thursday.
Look forward to next year, come

Corporate Bowls in 2024.

	Wins	Shots
South Kulin Swingers	5	65
Kondinin Boys	4	56
Triple T's	4	53
Shire 1	2	48
West Kulin Boys	2	48
Young King George	2	45
Boys from Out East	2	35
Scadds' Biker Girls	1	39
Yeah Not Bad	1	32
McIntosh Boys	1	23
Chalkies	1	23
KGT 2	1	19
Triple B's	1	18
Jilakin Filly's	1	15
KGT 1	0	21



KULIN CWA



Saint Patricks Day saw a group of Kulin folk gathering for a luncheon in the CWA rooms. Guests all wore green to celebrate the occasion and the food was mostly green “with a touch of orange for the protestants”. Irish music was playing and a quiz about Saint Patricks life was then followed by some Irish jokes, although we were assured there are NO Irish jokes because the stories are all true.

Our next event will be a poppy making course using air drying clay. This will be over two days on the 13th and 14th of April from 10:00am – noon. The first day will be construction and the second day the painting of the masked pieces ready for ANZAC day. Coffee and snacks will be provided and we welcome people to phone Sharon on 0428 830 556 if they would like to attend.



YOUTH WEEK WA 2023

14 – 21 April

The Shire of Kulin will be running an art workshop to celebrate Youth Week WA.

For an hour each afternoon during Youth Week, the CRC will be open for anyone under 25 to come and complete artwork reflecting the theme-

"What Makes Kulin Special To You?"

The Shire will provide all art supplies, which will be available for youth to use when they come in.

The finished artwork will be displayed in the CRC for 4 weeks following Youth Week, then a group of selected people representing groups within our community will decide on 10 art pieces that best represent our community that will be turned into banners to be displayed on the main street.

This workshop is open to all current and previous Kulin residents under 25.

April 14th, 17th, 18th, 20th, 21st- 3:30-4:30pm

April 19th- 3:00-4:30pm

BECOMING:
WITH OTHERS,
WE DREAM

AUSTRALIA'S BIGGEST MORNING TEA



25th May 2023

10:00am - 12:00pm

Morning Tea Provided

CRC Foyer

**\$10 per person (will be
donated to Cancer Council)**

**Please RSVP by the 19th of May 2023 to
crccounter@kulin.wa.gov.au or call
9880 1021**



Cancer Council
Australia's Biggest
Morning Tea



MAKE XERO COUNT

A practical Xero workshop for local producers, businesses and sole traders

Are you interested in moving to Xero or are you already on the journey? Want to learn the tips and tricks to simplify everyday business tasks and more?

Join us for a free, interactive and informative Xero workshop for all current (up to intermediate level) and potential Xero users.

- Reconciling the bank, including effective use of rules, matching, cash coding and common errors
- Sales invoices/debtors including files, emailing, getting paid quicker and bills to pay/creditors
- Getting the most out of Xero reporting
- Using contacts efficiently
- Payroll, including the back-end settings, templates, leave accruals, correcting errors, employee time sheets, finalisation and STP
- Customising your file
- Products and services
- Useful tools including search functions and industry applications

MEET YOUR XERO EXPERTS



Jimmy Smit

Principal, RSM Australia

Jimmy joined the Business Advisory division at RSM in Katanning in 2006 after emigrating from South Africa where he had been involved in his family farming operation. Coming from a farming background, Jimmy has a great understanding of the challenges being in business.



Nathan Hobley

Senior Accountant, RSM Australia

Working throughout the growth of cloud accounting solutions such as Figured and Xero, Nathan understands the efficiencies of cloud-based software, enabling greater automation and collaboration for farmers.



Date: Tuesday, 4 April 2023

Time: 10:00am – 1:00pm

Venue: Kulin CRC
36 Johnston Street
Kulin WA 6308

Cost: This workshop is free

RSVP: Please RSVP by
Thursday, 30 March
to confirm your attendance

RSVP via email rcmgr@kulin.wa.gov.au and advise of any dietary requirements.

Light refreshments and food will be provided.

Please note that this training is for beginners – intermediate. Attendees are encouraged to bring their own laptops/tablets.

EASTER EGG COMPETITION



YOU'RE INVITED TO JOIN OUR

Easter Egg Decorating Competition

USE YOUR ART SKILLS TO DECORATE OUR EASTER EGG
AND SHOW US YOUR EGG-CELENT CREATIVITY.

The Easter Egg decorating pages will be available to get
from the CRC, IGA, Post Office and Kulin District High
School

Please hand in your pictures before the 8th of April

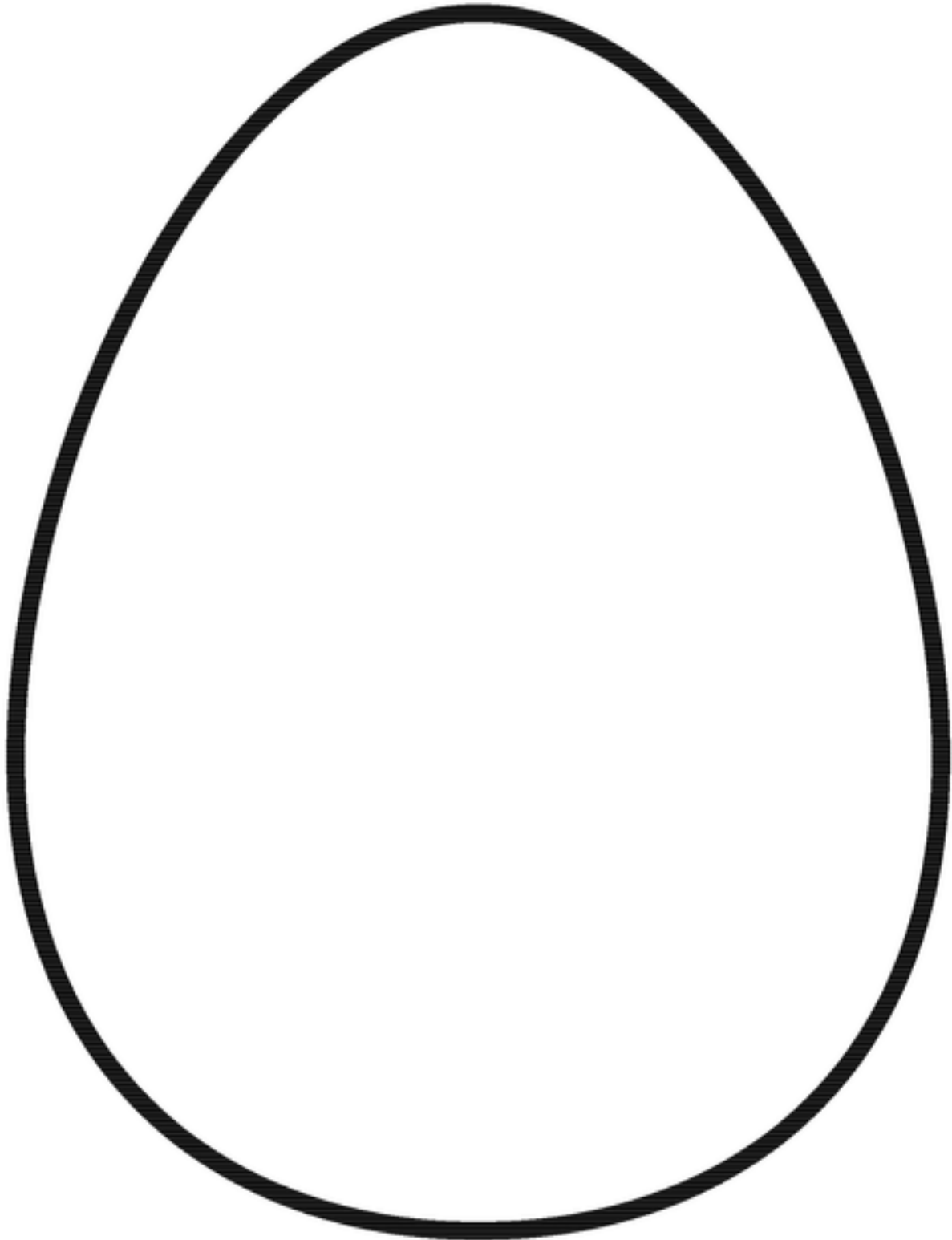
Any questions or problems, please call Stella on
9880 1204 or email crccounter@kulin.wa.gov.au

EASTER EGG COMPETITION

Easter Egg Decorating Competition

Name: _____ Parents Name: _____

Age: _____ Phone Number: _____



Please drop off at The
Kulin CRC.

**KONDININ MEDICAL CENTRE
DUE TO INCREASING COSTS
FEES HAVE BEEN IMPLEMENTED AS OF
20 MARCH 2023**

LEVEL A \$40.00- M/C rebate \$18.20

LEVEL B \$80.00- M/C rebate\$39.75

LEVEL C \$115.00-M/C rebate\$76.95

LEVEL D \$165.00M/C rebate\$113.30

Any minor procedure a consumables fee of \$20.00 will be charged

Prescriptions without a consultation \$15.00 to be paid prior to script being picked up or emailed.



NOTICE TO ALL DOG OWNERS

IF YOU ARE WALKING YOUR DOG IN KULIN
CAN YOU PLEASE PLEASE PICK UP AFTER
YOUR DOG

THIS INCLUDES ALL PUBLIC AREAS AND
PRIVATELY OWNED FRONT GARDENS AND
LAWNS.

DOG BAGS ARE LOCATED IN VARIOUS PLACES
IN TOWN SO THERE IS NO EXCUSE NOT TO
PICK UP AFTER YOUR DOG.

PLEASE MAKE THE TOWN ENJOYABLE FOR
ALL RESIDENTS AND VISITORS

EASTER KIDS FUN DAY



COMMUNITY BUILDERS



Proudly funded by:



KULIN COMMUNITY

save the date

"COMMUNITY OPPORTUNITIES WORKSHOP"

Have YOUR say... Kulin People!!! About things that matter in your community!

MONDAY 27TH MARCH 2023

5.30PM - FREEBAIRN RECREATION CENTRE

5:30pm Refreshments provided

6:30pm - 8:00pm Interactive conversation with

"Peter Kenyon from Bank of Ideas"

All Welcome, Kids included!

FREE EVENT - just bring your voice!

Bring an open mindset, ideas for our community & a positive can-do attitude!



RSVP to - Taryn 0429 630 842 or cdo@kulin.wa.gov.au

New Tab

Date:

Subject:

Q

After School Club

The Kulin CRC will be hosting an After School Club at the Community Resource Centre on the following Mondays:

1st of May 2023
8th of May 2023
15th of May 2023

The activities for each Monday are shown below. This event will run from 3:30 - 4:30, afternoon tea included. 8 and older. We have 10 spots available so please RSVP.

Activities

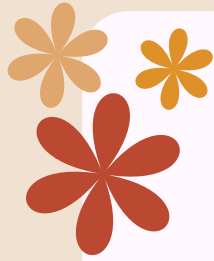
☐ Tie Dying

☐ Bath Bombs

☐ Painting

Notes

Please RSVP to
crccounter@kulin.wa.gov.au or call
9880 1021



Seniors Movie Day

Tuesday | 18.04.2023 | 11:00am-1:30pm

Kulin CRC Chambers
Tea and Coffee Provided

Free Event

In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the Black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say



Florals Course

31st of March,
10am, Freebairn Rec Centre

Learn new skills and create beautiful fresh
flower arrangements with 'Florals By Londa'.

\$60

RSVP to rcmgr@kulin.wa.gov.au



KULIN COMMUNITY MARKETS



Saturday the 11th of March was a busy morning at the Kulin Memorial Hall with 11 stallholders setting up and selling their goods. These included candles, sewn crafts, plants, glass crafts, stamps and paper craft supplies, handmade jewellery, handmade cards, felted crafts, kiln fired glass crafts, soap and chocolate. We also had three new stallholders with bees wax wraps, hand crafted polymer clay earrings and vintage crocheted tableware. Kulin Arts were busy again with their white elephant stall, with most items going for \$2 or less.

As usual Charlotte Astbury kept us entertained with her piano playing and even had a few visitors join her for a sing-along.

Our next markets are planned for Saturday 24th June. Hoping to see a good crowd of visitors so our stallholders will want to keep coming back.

Erin Bailey – Kulin Community Markets organiser

CO-DESIGN



**TOGETHER
WE CAN BE
DROUGHT
RESILIENT**

WORKSHOP



CORRIGIN
Farm Improvement Group

CFIG invites not for profit organisations and local government in the Wheatbelt South to collaboratively identify, prioritise and forward plan a roadmap that will help communities **build social resilience and prepare and adapt for the impact of drought**.

Local not for profits that support 18-35yr old's and First Nations people are encouraged to attend.

Grants are available under the **Helping Regional Communities Prepare for Drought Initiative – Community Impact Program** to activate projects, events, initiatives, capability building activities and small scale community infrastructure to build local capability and networks. This workshop will prepare a Wheatbelt South roadmap for these funds.

1.30pm – 4pm Wednesday 29 March @ John Higgins Community Centre, Narrogin

An online presentation on the Community Impact Program for the Wheatbelt South is available via CFIG.

To register for the working session please complete the Trybooking link provided in email by CFIG by Monday 27 March for catering purposes. For further information please email projects@cfgi.org.au

Weekend Workshops at the



Sat 20th & Sun 21st May

10am-3pm

All materials supplied

BYO lunch \$2 Morning/afternoon tea available

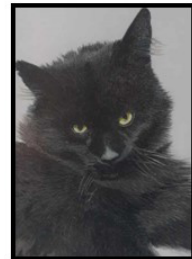
Bookings essential with Erin Bailey 0429 809 013

or Val Whiting 0429 685 131



Pencil Drawing with Val Whiting

\$30 per day



**Card Making with
Odette Kermode**
\$25 Saturday only



**Macrame with
Erin Bailey**
\$25 Sunday only



WHAT'S UP WITH THE KULIN BUSH RACES?



Well here we go again! Another year, another Kulin Bush Races. After a 63 second sell-out, what records will we break this year?

The official date has been locked in for the weekend of the 7th of October. So spread the word and tell your family and friends to follow the KBR socials and website for updates regarding the release of tickets.

The Kulin Bush Races AGM for 2023 was held mid March and we are pleased to welcome the following members to the committee-

Executive Committee:

Chairperson- Tom Murphy
Vice Chairperson- Simon Duckworth/
Michael Lucchesi
Secretary- Alecia Robertson
Treasurer- Tracey Noble
Graeme Robertson

Management Committee:

Gen Whisson
Rynelle Smoker
Brendan Sloggett
Mike Wilson
Jack Wilson
Robbie Bowey
Simone Lockyer-Luscombe
Julie Young
Maddie Earle-Sadler
Brendon Savage
John Munro
Tim Barndon Jnr

The AGM was a fantastic opportunity to see some of the crunched numbers from our 63 second record breaking event. We are thrilled to announce that in 2022 the total profit made from the Kulin Bush Races event was a massive \$361, 628.72! Well done to all our volunteers on this huge achievement!

Funding Round

To ensure that our profits will go back into the community, we would like to open a funding round, effective immediately. If your community group or organisation could benefit directly from the efforts of all involved in the Kulin Bush Races, then please contact Alecia for the funding round guidelines and application form.

Branding & Media

We are continuing to implement our wonderful brand and to maintain our professionalism, we ask that if any individuals or businesses require the use of the KBR logo or any branding materials, to please contact us to receive direction with how to apply the branding correctly.

If anyone is approached by the media seeking information regarding Kulin Bush Races, such as radio interviews or print articles, we urge you to please refer them directly to Tom or Alecia.

KULIN BUSH RACES

Website

Have you seen our website? We would appreciate all local business owners to check out the visitor information section (see link below) and to let Alecia know if any updates or additions need to be made to the information about your business on our website.

<https://kulinbushraces.com.au/visit-kulin/#more-info>

Spending

To make our event happen we always need to spend some money first. It is probably only applicable to coordinators when it gets closer to our event, but is something important to think about. We would like to notify our volunteers that we have authorisation guidelines in place when spending KBR funds.

Authorisation to spend KBR funds (above normal budgeted costs) and up to \$1,000 is to be made by two members of the Executive Committee. If the spending is from \$1,000 - \$5,000 (above normal budgeted costs) authorisation is to be made by the Executive Committee and the decision is to be ratified at the subsequent committee meeting.

Authorisation to spend over \$5000 of KBR funds (above normal budgeted costs) is to be made by the KBR committee.



Image: Daniel Njegich

VACANT POSITIONS

We have a few vacant positions in the KBR Directorship that we would love to fill!

- Director of Food
- Kids Tent Coordinator
- Director of Amenities (Ablutions)
- Director of Licensing

Are you enthusiastic and have great organisation skills? If you would like to get on board, please contact us for more information about the role.

Alecia- kulinbushraces@outlook.com

Tom-

chairman@kulinbushraces.com.au

Thank you for your continued support to make Kulin Bush Races happen and give back to our community.

INTERNATIONAL DAY OF HAPPINESS

The International Day of Happiness is celebrated throughout the world on the 20th March. It was established by the United Nations General Assembly on the 28th June 2012.

The International Day of Happiness aims to make people around the world realise the importance of happiness within their lives.

The theme for International Day of Happiness in 2023 is 'Be Mindful. Be Grateful. Be Kind.'

There are lots of issues in our world right now. We can't always change what is happening, but we can choose how we respond. Here are three simple steps you can use anytime to help make life happier and kinder.

Please take a moment to wish

your friends and colleagues Happy Happiness Day using the hashtag #InternationalDayOfHappiness on your social media platforms.

Today also sees the launch of the World Happiness Report 2023. At a time when our world is facing major challenges one of the inspiring findings is that the levels of kindness are on the rise.

"Our world is facing major challenges, and supporting people's wellbeing should be our top priority. Kindness is the key to a happier world for all of us" - Dr Mark Williamson.

Do something that makes you happy, and take the time to reflect on whatever feelings of joy and contentment you manage to achieve. It's also a day to spread happiness to others. People are

social animals, so make a point to be social and spend time with others.

Everyone has their own definition of happiness, or things that make them happy, which is why there are no traditions set in stone for this day. Happiness is about feeling content and not having to fake your feelings, so whatever makes you happy, you do you. Being internally happy is key to being satisfied with your surroundings, so challenge yourself and be open to new people and experiences. Cherish the little things, and be grateful for everything in that moment.

STEP 1: BE MINDFUL



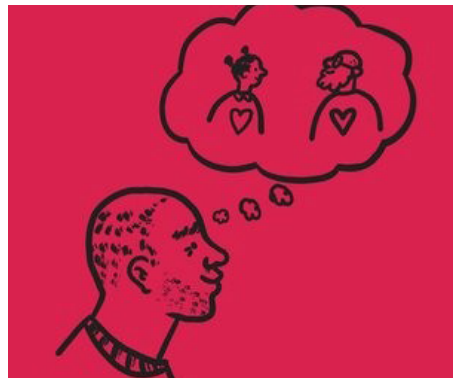
**BE
MINDFUL**

STEP 2: BE GRATEFUL



**BE
GRATEFUL**

STEP 3: BE KIND



**BE
KIND**

#InternationalDayOfHappiness

KIDS CORNER

A: I am an odd number. Take away a letter and I become even. What number am I?

B: What do you get when you cross a snowman and a vampire?

C: What do you call a chihuahua in the summer?

D: How do you catch a school of fish?



A: Seven
B: Frostbite
C: A hot dog
D: With a bookworm

KIDS CORNER

Layer Density Tower

Before assembly can begin, the first step is to gather your materials. As said, many of the items can be found in the kitchen. Others, like the game-board die, can likely be found around the house, too, so take a look around. To start, you'll need the following nine liquids:



The tiny objects that will be dropped into the finished tower are:

- . metal bolt
- . popcorn kernel
- . board-game dice
- . cherry tomato
- . plastic beads
- . soda cap
- . ping-pong ball

Assembling the Tower

Now that you've gathered your materials, its time to start putting the tower together. To stay organized and ensure the liquids are pured in the correct order, its a good idea to arrange the cups in the sequence they will be added, from densest to lightest:

1. honey
2. corn syrup
3. 100% maple syrup
4. whole milk
5. dish soap
6. water
7. vegetable oil
8. rubbing alcohol
9. lamp oil

Now begin pouring. For the first three layers, simply pour them into the container from the cups; dont let the liquids touch the containers side and go very slowly.

For the last layers, beginning with water, use the turley blaster to pour the liquids down the side of the container and let them collect into a layer of their own.

Sink or Float

Once the last layer of lamp oil is added, your nine-layer tower is complete, and man, does it look amazing? Carefully drop secen tiny ones to further demonstrate the principle of density as well as the sink-or-float concept.

<https://science.wonderhowto.com/how-to/make-amazing-9-layer-density-tower-from-things-found-your-kitchen-0139720/>

BRAIN TWISTERS

- A: What question can you never answer yes to?
- B: No matter how little or how much you use me, you change me every month. What am I?
- C: What goes all around the world but stays in a corner?
- D: A cowboy rides into town on Friday. He stays three days, then rides out of town on Friday. How?

6	5		9		8			
3								
		7		6				
7					2	3		
		4			3		6	
8			7	1		5	2	
			2		7	8	4	
				3	5	9		6
							7	

Answers
A: Are you asleep yet?
B: A Calendar
C: A stamp
D: His horse is named Friday

HANDY HINTS FROM THE CRC

STARTING YOUR GARDEN

It all starts with the right planning. Prepare your soil before any planting to ensure that the plants can make the most of the water they need to survive and thrive. The use of specialised potting mixes and wetting agents will help to prepare your soil.

Choose water-wise plants and lawn to reduce the amount of water your garden needs. There are varieties of lawns available that are drought tolerant and grown specifically to suit our local climate.

Consider planting a tree or two to ensure that your garden has shade and cooling. And don't forget that a natural lawn will also act as a natural air-conditioning system for your home.

Using a good quality mulch in any planted garden areas to a thickness around 10cm will reduce the evaporative loss from the soil surface by up to 70%; just don't have the mulch go right up to the base of the plants.

Reduce your watering regime over winter and turn off automatic irrigation systems. During the cooler months in Kulin, most lawns and plants can survive with the average rainfall our local areas receive. Just keep an eye on the plants and the soil; if the leaves are losing colour, yellowing or browning then water, but otherwise let nature do the bulk of the watering tasks. It will save water and ensure the plants don't become waterlogged.

Why Taking Care of Your Lawn is Important.

A well-maintained lawn can add value and beauty to any home. It provides a safe and attractive outdoor space for children to play and serves as a natural backdrop for outdoor gatherings and activities. A healthy lawn also has environmental benefits, as it helps to filter pollutants, reduce erosion, and cool the surrounding air.

However, maintaining a healthy lawn requires time, effort and a good understanding of the specific needs of your grass and soil. This is especially important in Kulin, where the hot and dry climate can pose challenges for lawn care. By following some expert lawn care tips, you can keep your lawn looking its best and enjoy all the benefits it has to offer.

Control Weeds

Weeds can be a major problem for lawns in Perth, especially if your lawn is not weed-free, it is important to regularly inspect your lawn for weeds and remove them as soon as you see them. There are several types of weed control products available for use on lawns, including herbicides and weed-and-feed products.



AROUND THE WORLD

WORLD AUTISM UNDERSTANDING DAY

What is World Autism Awareness Day?

Every year, on the 2nd of April, the world celebrates World Autism Awareness Day. But Autistic Advocacy groups have been calling for organisations and governments to shift away from the word 'awareness' to 'understanding' or 'acceptance' for over a decade. That's because language – and specifically how we use language to talk about autism and Autistic people – is so important.

Autism is a lifelong developmental condition characterised by difficulties in social interaction, communication, restricted and repetitive interests and behaviours, and sensory sensitivities.

The word spectrum reflects the wide range of challenges that people on the spectrum experience and the extent to which they may be affected. An estimated 1 in 70 Australians are on the autism spectrum; that is around 353,880 people. It is four times more common in boys than girls.

The quality of life for many children and adults can be significantly improved by an early diagnosis and appropriate evidence informed treatment.

Aspect supports people on the spectrum and their families by providing information, education and a variety of services aimed at meeting the specific needs of each individual.

Definition of Autism.

What are the myths and misunderstandings about characteristics of autism?

To adequately define autism practically is complex. There are lots of myths and misunderstandings about autism. But while many Autistic people experience difficulties, with the right support they can achieve a great quality of life.

There is also a misconception that the autism spectrum is linear. In fact, Autistic people display a wide range of characteristics. These encompass their strengths, communications, social interactions, leisure and play. Rather than a straight line, their characteristics appear more like a constellation.

Challenges associated with autism.

Autism is often linked with physical, developmental or mental health conditions. These could include intellectual disability, epilepsy, gastrointestinal issues, ADHD, dyspraxia, anxiety or depression.

However, many of the disabling challenges associated with autism come about when individuals don't have respect, understanding and support.

When they do, they can become much more comfortable in a non-Autistic world.



INFORMATION SHEET

Understanding autism



What is autism?

Autism can be tricky to define. Autism is a developmental condition that affects how a person learns and interacts with the world around them. Because autism has many different characteristics, no two people on the spectrum are alike. Every Autistic person is different to every other. This is why autism is described as a 'spectrum'. Aspect describes autism as *a different brilliant*®

How many people are on the autism spectrum?

The current research suggests that an estimated 1 in 70 people in Australia on the autism spectrum. Autism can be diagnosed in people from all cultural and economic backgrounds. The characteristics of autism may appear in early childhood, but sometimes they can go unrecognised until later in life.



What are the myths and misunderstandings about characteristics of autism?

There are lots of myths and misunderstandings about autism but while many Autistic people experience difficulties, with the right support [Autistic people can achieve a great quality of life](#).

There is also a misconception that the autism spectrum is linear. In fact, Autistic people can display a wide range of characteristics in their strengths, communications, social interactions, leisure and play.

Some of the characteristics of autism:

Strengths and Interests

- Areas of strength vary but include: logical or visual thinking, persistence, eye for detail, good skills with technology, memory for facts and figures
- Very strong focus on specific interest areas
- Deep interest in typical topics such as Pokémon, sport, Disney or trains or more unusual topics e.g. air conditioners or bins
- Up to 20% of Autistic people have exceptional or above average skills in one or more areas such as reading, maths, art, mechanics, music, memory etc

Social Interactions

- Using sounds, signs, gestures or pictures to communicate instead of spoken words
- Taking extra time to understand spoken information
- Discomfort in busy complex social situations
- Might prefer to play alone or next to others more than with them
- An ability to pay attention without making eye contact
- Using or responding to body language differently
- Social interactions are often misunderstood by non-autistic people

Health and Wellbeing

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



Australia's Biggest Morning Tea

This May, Cancer Council's Australia's Biggest Morning Tea is turning 30 and people in the Wheatbelt region are being encouraged to gather friends, family or workmates for a cup of tea and a bite to eat whilst raising money to fund research, new treatments and education that saves lives.

This year Cancer Council WA is hoping to raise more than \$1.3 million to continue its life-saving cancer research, prevention, advocacy and support programs.



It doesn't need to be fancy - your Biggest Morning Tea could be at home with friends or family, a simple morning tea in the office with workmates, a virtual get-together, or a gathering in the local community or at school. Simply register online at biggestmorningtea.com.au, set a date in April, May or June and start sending out your invites.

Every dollar raised helps support those impacted by cancer.

Anyone unable to host a morning tea can still get involved by donating directly to Cancer Council via biggestmorningtea.com.au. The official date is Thursday 25 May 2023 but you can register to host an event at any time from now until June.

Healthy Apple Crumble Recipe



Ingredients

- 2 apples, chopped
- 50 g margarine
- 1/4 cup firmly packed brown sugar (or regular sugar)
- 1 tsp ground cinnamon
- 1/4 cup plain flour
- 1 cup rolled oats

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Place the apple pieces in a small baking dish.
3. Cook apples on HIGH in microwave for 5 minutes or until soft.
4. In small bowl, combine the remaining ingredients.
5. Mix with fingertips until it has an even crumb texture.
6. Top the apple with the crumb mixture and bake in the oven for 20 minutes or until the crumble is golden brown.



View recipe here: <https://livelighter.com.au/recipe/352/apple-crumble> and visit livelighter.com.au for more recipes and information.

For cancer information and support call 13 11 20



JOBS & SKILLS CENTRE **Merredin**

Your one-stop-shop for career, training and employment services

If you are a business, student, jobseeker or career changer, visit a TAFE Jobs and Skills Centre for **FREE** advice and information on training and employment.

STUDENTS AND JOBSEEKERS

School students and leavers, career changers, and jobseekers looking to enter the workforce can access their nearest Jobs and Skills Centre to update or upgrade skills and improve their job prospects.

The Jobs and Skills Centres provide **FREE**:

- career information and guidance
- training and course information
- help with job searching and job matching
- skills and qualification recognition information
- apprenticeship and traineeship assistance
- culturally sensitive employment and career services for Aboriginal people

BUSINESSES AND EMPLOYERS

The Jobs and Skills Centres engage with local communities and industries to help build local workforce solutions.

The following services are available **FREE** to employers and businesses:

- recruitment assistance
- apprentice/trainee recruitment
- advertising opportunities on an Aboriginal-specific Jobs Board
- workforce development advice
- training or course information
- information on training solutions and services that can be customised to meet enterprise-specific needs
- resources and advice on Aboriginal recruitment and retention strategies

To contact your nearest Jobs and Skills Centre phone **13 64 64** or drop in and see your local team at:
Central Regional TAFE Merredin
42 Throssell Road, Merredin

Or contact

Tanya Garlett

Mobile: 0499 899 213

Email: tanya.garlett@smyl.com.au



March

Promoting Safer Communities

Wheatbelt Public Health & Local Government Collaborative Planning series - 2023

A focus on alcohol & other drug prevention

Presenters:

Jo-Anne Woodruff - Alcohol & Other Drug Prevention Officer, Holyoake: Alcohol and other drug issues in the Wheatbelt, showcase success stories and community action, current campaigns, education, early intervention & treatment services.

Greg Bentley, Health Promotion Coordinator - Wheatbelt Public Health Unit, Northam: Alcohol and advocacy in local communities

Di Rifci, Clinical Nurse Manager - Wheatbelt Public Health Unit, Northam: Wheatbelt Needle & Syringe Program

Dr Yolande Knight, Public Health Physician: COVID-19 update for the Wheatbelt.

Thursday 30th March 10:00-11:30am
online by MS Teams

Need:

- Alcohol use is the most significant risk factor for injuries, increasing the risk of falls, assaults and road crashes.
- We can all work together to make our communities safer through supportive environments, public awareness, community engagement, building partnerships and targeted interventions.

Aim:

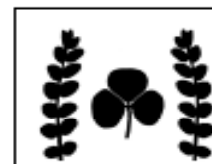
- Reduce harmful alcohol use.
- Reduce use of illicit drugs and misuse of other drugs of concern.
- Promote safer communities.



Ballard Cleaning
Pasture Seed and Canola
Specialists

North Road Tincurrin

Ring Neil 9883 2005 or 0428 832 053



Canola cleaning and seed treatments at the best price

**Gravity grading, the ONLY way to get the best quality seed
for sowing**

Bags, bulka bags or bulk New bulka bags 1000 seed count and germ tests

Pasture seed, all species and varieties Serradella de-hulling specialists

Destoner for removing sand and stones NEW Colour sorter

Bookings by appointment

The difference between ordinary and extraordinary

Is that little bit extra

KULIN BUSH RACES FUNDING ROUND - NOW OPEN!

After an extremely successful 2022 event, Kulin Bush Races Inc is excited to get some money back into our community.

If your community group or organisation could benefit from funding, get in touch with Alecia for the funding guidelines and application form.

kulinbushraces@outlook.com or 0438 987 134



The 2023 KBR Funding Round closes on the 31st May

Thank you to all our fabulous volunteers! Your work leading up to, during and after KBR is how we run such a brilliant event to make the healthy profit that we can put it back into our community.

Working together to make our town a better place



FOR SALE by TENDER



2007 New Holland TS 100A, Approx. 2150 hours, Eng.
No. 345570
Vin/Chassis No. ACP278024
Front Wheel Assist
100 HP
PTO
3 Point Linkage



Further details or to arrange an inspection, call Judd 0427 801 241

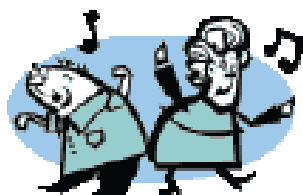
Price must be submitted in writing and be received no later than 4pm 6th April

2023 by email to

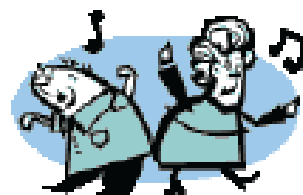
tenders@kulin.wa.gov.au or dropped in a sealed envelope to the shire office
marked

RFQ WM19-23 GOLF/OVAL TRACTOR

Affordable Country Living at it Best!!!



Units for Rent



Kulinda Village

Two Single Bedroom Units Available

For further information please contact

Annie at Shire Administration Office

9880 1204.



Make the most from your fertilizer investment



As your local Area Manager, Steve Cooke is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Steve a call today.

Mobile: 0429 934 243 Email: scooke@summitfertz.com.au



**THE
ROOF & WALL
DOCTOR
IS BACK
IN TOWN!!**

Like to have your roof replaced with NEW long lengths of Zincalume or Colorbond? How about NEW Gutters & Downpipes with your new roof. Insulation, Whirly Bird or Skyflight?

WE REMOVE OLD CLAY/CEMENT TILES, TIN/IRON, & FAKE TILES

WE SUPPLY & FIT NEW:-

- ✓ Zincalume & Colorbond
- ✓ Gutters & Downpipes
- ✓ Insulation,
- ✓ Whirly Birds, Skyflights

ALL RE-ROOFING WORKS IN WA, IN EXCESS OF \$20,000 (inc GST), CAN ONLY BE CARRIED OUT BY A LICENSED & REGISTERED BUILDING COMPANY

HERITAGE BUILDINGS RESTORED

RESTORATION OF FRETTING BRICK & STONE WALLS

All quotes carried out on-site, by the Doc himself.

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FULLY GUARANTEED & FULLY INSURED

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THE SAME FAMILY
OWNERS FOR OVER 30 YEARS**



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Email: info@theroofandwalldoctor.com.au

As seen on Channel 7 "Home in WA"

GENERAL NOTICES

LOCAL CHURCH

UNITING CHURCH

10:30 am Morning Tea,

11:00 am Service

Starts - 1st and 3rd Sunday each month.

CATHOLIC CHURCH

Fr Truc Nguyen.

Mobile 0426 018 782

MASS TIMES

8am, 1st, 3rd and 4th Sunday of month

10:30am, 2nd and 5th Sunday of month

KULIN ANGLICAN CHURCH

Although regular Kulin services have stopped for the time being, the Anglican church can still be made ready for special services and events.

Contact Katheryn Wilson 0429 801 228 in Kulin or the Bunbury Anglican Diocesan Office on 08 9721 2100.

KULIN MOTOR MUSEUM OPEN TIMES

Wednesday 10am - 12:30pm

Saturday 10am - 2pm

Contact Clarrie 9880 1058 , Bill 0429 804 615 or John 0427 386 849 outside of these hours.

LIONS CLUB OF KULIN



We collect your 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 at Haydn's Shed.

CONTACTS

H McInnes 0429 801 215

Tim Barndon 0428 939 189

R Doust 0499 802 054

KULIN COMMUNITY ARTS CONTAINERS FOR CHANGE

An easy way to make your contribution to Arts in Kulin is to support their Containers for Change collection. Simply return your containers and use their ID C10333381.

JUSTICES OF THE PEACE

MT Lucchesi 9880 4050

JM McInnes 9880 1360

PJ Mullan 0427831041

R Noble 9880 1383

BW Sloggett 9880 9036

KULIN CHILD CARE CENTRE CONTAINERS FOR CHANGE

Did you know you can support our local Child Care with your bottles and cans? Just drop your eligible containers into the bin behind the Kulin Memorial Hall, or return them to any Containers for Change donation point and use their ID C10351204.

CONTACTING YOUR LOCAL POLICE

Kulin Police Station is staffed by two police officers who, when required, are available to respond to incidents 24/7.

Your local police can be contacted as follows:

- If you require police in an emergency dial 000
- If you wish to report a non-urgent matter to police dial 131444
- If you wish to speak to an officer at Kulin Police Station dial 9861 5800.

If the Kulin Police Station phone number is diverted to Albany Police Station, the public and local community are encouraged to hold the line and leave a message with staff there, should they wish to speak with their local police.

KULIN CONTACTS

SHIRE CONTACTS

SHIRE ADMIN OFFICE

HOURS

8.30am - 4.30pm

(Monday-Friday)

Ph: 9880 1204

Fax: 9880 1221

Email: admin@kulin.wa.gov.au

Website: www.kulin.wa.gov.au

Taryn Scadding
Community Services Manager
0429 630 842

Shire Customer Service Officer
Trish Mahe
admin@kulin.wa.gov.au

KULIN CRC AND VISITOR CENTRE

8:30am- 4.30pm

(Monday-Friday)

Ph: 9880 1204

Fax: 9880 1221

crccounter@kulin.wa.gov.au

Websites: www.kulin.wa.gov.au

www.visitkulin.com.au

SHIRE OF KULIN STAFF CONTACTS

Alan Leeson
Chief Executive Officer
0497 801 204

Fiona Murphy
Deputy CEO
0402 901 442

Judd Hobson
Manager of Works
0427 801 241

Belle Brandis
Community Development Officer
rcmgr@kulin.wa.gov.au

AQUATIC CENTRE

Mark Gillbard
Ph: 9880 1204

CARAVAN PARK

Trish Mahe
Ph: 0439 469 850

CHILDCARE CENTRE

8.00am- 5.00pm (Mon to Fri)

Ph: 08 9880 1636

Email: kulinccc@kulin.wa.gov.au

FREEBAIRN RECREATIONCENTRE

Caroline Carrie

Ph: 9880 1000

Email: reccentre@kulin.wa.gov.au

EMERGENCY CONTACTS

Kulin Police Station 9861 5800

Kulin Doctors Surgery 9880 1315

Kulin Fire Brigade 000

Kondinin Doctors Surgery 9889 1753

Kondinin Hospital 98941222

Corrigin Hospital 9063 0333

Corrigin Doctors Surgery 9063 2107

Lake Grace Hospital 9890 2222

Lake Grace Doctors Surgery 9865 1208

Hyden Doctors Surgery 0429 082 746

Narrogin Hospital 9881 0333

Narrogin Police Station 9889 1100

Western Power (Emergency) 13 13 51

Water Supply 13 13 75

Kulin Water Depot 9880 1356

Harvest Ban Info Line 9880 1511

Shire of Kulin 9880 1204

KULIN/KONDININ ALLIED HEALTH SERVICES

Kulin Clinic Nurse 8:30am-12:30pm
Tue, Wed, Fri Mornings 9880 1056

Kulin Medical Centre Dr Mackie
Tue and Fri Mornings 9880 1315

Kulin Physiotherapist Scott
Tue and Wed 9am - 5:30pm 0409 868 114

Child Health Nurse
Miranda O'Brien 9880 1056

Narrogin Primary Health 9881 0385
Occupational Therapist
Speech Therapist
Dietician
Mental Health
Physiotherapist

Aboriginal Health
Rachel Andrews 9894 1222

Family Counsellor Central Agcare 9063 2037
Drug and Alcohol Counselling HollyOake 9881 1999



50 Day St

KULIN

HIDDEN GEMS

Character filled home tucked away behind beautiful gardens. The home features 2 large bedrooms plus study, 1 bathroom with access off the main, an extra toilet and shower off the laundry, two dining areas, open fireplaces, air conditioning, front and back verandas and a cosy country kitchen. The property boasts a double carport, sheds, garden irrigation and 2 x 2000 L Water tanks. Lovingly maintained rewired and new plumbing fitted and new internal walls and ceilings.

2 1 2

For Sale
\$230,000

Agent



John Butler
0429 964 060

john@toodyayrealestate.com.au

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9574 2455

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