

THE KULIN UPDATE

13 June 2024

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Behind the scenes with Kulin Bush Races.

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For the past few months, the Kulin community has been extremely lucky!



COLTS CARNIVAL 2024

15th & 16th of June

@ Freebairn Recreation Centre

KKFC are hosting this year's Great Southern Colts Carnival on June 15th & 16th. Come down to the Freebairn Recreation Centre to get amongst the 8 teams from across WA playing.

This annual carnival is a great weekend out and invites players from the Esperance region, Great Southern region, Ongerup association, Peel league, Upper Great Southern league, Lower South West, and Goldfields.

Games start Saturday at 9am.





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



How to receive the Kulin Update via email?

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

Alternatively, visit

www.kulin.wa.gov.au/#newsletterscroll

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

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

Members receive 20% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

Accepted document formats:

- PDF
- JPEG



Achieved something?

We would love to share any community news or achievements in the newsletter, send through the information to rcmgr@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

25th	June	2024
9th	July	2024
23rd	July	2024
6th	August	2024
20th	August	2024

HAPPY BIRTHDAY!

JUNE

13th	Kurt Pittard, Kaitlyn Pittard
14th	
15th	Tricia Meikle, Tyrone Smoker, Jake Argent
16th	Sandra Davies, Judd Hobson
17th	
18th	Gwladys Tyson, Emelia Sullivan, Sophia Sullivan
19th	
20th	Veronica Smoker
21st	Ellen Marchei, Kensi Jasper
22nd	Deb Robins
25th	Isobel Noble
26th	Brenton Tyson, Simon Duckworth, Jocelyn Owen

DATES AND UPCOMING EVENTS

JUNE

15th	Great Southern Colts Carnival
19th	Council Meeting
22nd	Winter Sports in Kulin
29th	Winter Sports in Bruce Rock

JULY

6th	Winter Sports in Kulin
13th	Winter Sports BYE
16th	Seniors Movie Day

2024



JUNE



06.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Great Southern Colts Carnival	27	28 Dr Chukwuneke @ Kulin	29	30	31 Dr Chukwuneke @ Kulin	01 All winter sports BYE
23	02 Seniors Movie Day	04 Dr Chukwuneke @ Kulin	05	06	07 Dr Chukwuneke @ Kulin Interschool Cross Country	08 Winter sports at Kondinin
09	10	11 Dr Chukwuneke @ Kulin Seniors Movie Day	12 Medical Centre Closed	13 KULIN UPDATE	14 Dr Chukwuneke @ Kulin	15 Great Southern Colts Carnival
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30	01	02 Dr Chukwuneke @ Kulin	03	04	05 Dr Chukwuneke @ Kulin	06 Winter sports at Kulin

This weekend the Great Southern Colts Carnival will be held at the Freebairn Recreation Centre which will showcase the next generation of country AFL footballers. Our town will be bulging at the seams with around 350 people converging on our town.

The Associations represented this year are Ongerup, Upper Great Southern, Easter Districts, Great Southern, Goldfields, Esperance, Peel and Lower South West. Competition starts at 9am on Saturday morning and 12 games will be played over the day on the two ovals. Sunday is the finals with games starting at 9.30am, and the Grand Final being played at 12.30pm.

As is a tradition in Kulin, our volunteers once again shine in their commitment to community events. From the organising committee, volunteers from the community, sporting clubs and service clubs and the fantastic support of our local businesses, Kulin continue to lead the way in fostering community spirit and engagement. Thank you to everyone who has been involved in what is going to be a huge weekend in our community.

We are currently updating the local Kulin phone directory. All business have been contacted to update their listings. This year we will not be contacting individuals regarding their personal listing. Every effort is made to ensure the content is correct,

and we appreciate the input from the community to keep the information correct.

Please take the time to Kulin Bush Races article later in this edition. There are still a few roles that need filling and may be the perfect opportunity for you use your skills, or develop new skills, and get involved with this fantastic community group.

Enjoy this edition of the Kulin Update and as always, if you have anything you would like to contribute, we welcome your involvement. Feel free to contact the Community Services Team.

Taryn, Belle and Stella



kulin phone directory

The Kulin Phone Directory 2024 will be released in the following months, if you would like to add yourself or/and your family's contact details please contact Stella on crccounter@kulin.wa.gov.au

In regards to the Business Listings a form can be found on our website kulin.wa.gov.au or in the Kulin Update



Winter grading has commenced in the South West of the Shire after some recent rain. Please proceed with caution when approaching graders and rollers. They will kindly move out of

your way when space is available.

Construction on the Kulin-Holt Rock Road is continuing with the formation of the sub base

nearing completion and will be gravel sheeted over the coming weeks.

Judd Hobson
Executive Manager of Works



SHIRE OF KULIN
LOCAL PLANNING SCHEME NO.2



NOTICE OF PUBLIC ADVERTISEMENT OF PLANNING PROPOSAL

Planning and Development Act 2005
Shire of Kulin

The local government has received an application to use and/or develop land for the following purpose and public comments are invited.

Property Address: Lot 9839 (No.13251) Williams-Kondinin Road, Jitarning

Proposal: Construction and use of a proposed new liquid fertiliser blending facility on the abovementioned property (i.e. Rural Industry) with all fertiliser produced to be sold to primary producers to support the continued use of land in the district for broadacre agricultural purposes.

Details of the proposal, including documentation and plans, are attached.

Comments on the proposal are now invited and can be emailed to admin@kulin.wa.gov.au or posted to the Shire's Chief Executive Officer at PO Box 125 KULIN WA 6365 up to and including **Friday 5 July 2024**. All submissions must include the following information:

- Your name, address and contact telephone number;
- How your interests are affected; whether as a private citizen, on behalf of a company or other organisation, or as an owner or occupier of property;
- Address of property affected (if applicable); and
- Whether your submission is in support of, or objecting to the proposal and provide any arguments supporting your comments.

All submissions received may be made public at a Council meeting and included in a Council Agenda, which will be available on the Shire's website, unless a submission specifically requests otherwise.

Alan Leeson
Chief Executive Officer
Shire of Kulin

5 June 2024



kulin phone directory

Business Directory Listing

Fill your business details below and return to:
Kulin Community Resource Centre
PO Box 125 Kulin WA 6365
or email crccounter@kulin.wa.gov.au
Please return this form before 21|06|2024
An invoice will be issued

Business Name: _____

Business Address: _____

Phone: _____ Fax: _____

Mobile: _____

Email: _____

Website _____

Business Description (Max 20 words)

Rates

- | | |
|--|----------|
| <input type="checkbox"/> Business listing | \$10.00 |
| <input type="checkbox"/> Half Page Advert & Business Listing | \$50.00 |
| <input type="checkbox"/> Full Page Advert & Business Listing | \$100.00 |



ASSOCIATION NETBALL CHAMPIONSHIPS

More than 300 teams braved both the sun and rain to put on an impressive display of netball over the June long weekend at the 2024 Fuel To Go Association Netball Championships. The Corrigin and Districts Netball Association (C&DNA) took along a 12U side which included players from across the clubs within our association. Kulin was well

represented in the team with Kensi Jasper, Amy Syred and Zoe Syred all selected in the side. Up against some tough competition from teams across the state, the team made it through the weekend undefeated, winning the Grand Final against Katanning for the 12/U Division 8 competition.

This weekend the CDNA, NetSetGo,

12U and 14U teams will be competing in the Wheatbelt and Goldfields Regional Carnival to be held in Northam. Good luck to Kulin's junior players Milla Browning, Kensi Jasper, Amy Syred, Cassandra Kempton, Peyton Lewis and Zoe Syred who have been selected in these teams.



Winter Sports Upcoming Fixtures

ROUND 9 V SX 22/06/24

Netball
A1 1:00pm
B BYE
Jnrs 10:00am

Football
League 2:45pm
Reserves 12:45pm
Jnrs 11:30pm

Hockey
A BYE
B
C
Mens

ROUND 10 V BK 29/06/24

Netball
A1 1:00pm
B 11:30am
Jnrs 10:00am

Football
League 2:30pm
Reserves 12:45pm
Jnrs 11:30pm

Hockey
A 11:45am
B 10:15am
C 1:15pm
Mens 3:15pm

Winter Sports Results

ROUND 8 V NUKARNI

Netball
A1 Won 43-32
B BYE
Jnrs Lost 25-16

Football
League Won 109-52
Reserves Lost 72-28
Jnrs

Hockey BYE
A
B
C
Mens



Kulin Police News

21 Johnston Street, Kulin WA 6365
Phone: 98615800

Email: Kulin.Police.Station@police.wa.gov.au

Staff: Sergeant Andy Dunn, Senior Constable Barry Osborne (Uncle Baz)



May 4/24

Request for public information – Fatal Crash

Police are requesting information from the public who may be able to assist with information in relation to the fatal hit and run accident in Kulin on Thursday June 6th.

The incident occurred on the George Rock – Lake Grace Road that becomes High Street when entering Kulin, just before the 50kph speed warning sign.

The incident occurred sometime around 6pm when a gentleman on the East bound lane appears to have been struck by a passing vehicle.

Anyone with information who thinks they may have sighted a person in the darkness or may have dash cam footage between 5.30pm and 6.30pm on that day on that road is requested to contact Police or Crime Stoppers on 1800 333 000 urgently.

Persons travelling into Kulin around the time of the incident would have noticed 1 or 2 small fires on the road side and possibly fire trucks attending to the fires at the time.

General Information

The Voluntary Firearm Buyback Scheme commenced, 21 February 2024.

All Western Australian firearms licence holders are eligible to participate in the 2024 Voluntary Firearm Buyback Scheme and receive compensation for surrendered firearm(s).

In order to be eligible for a buyback scheme payment, Firearm Licence Holders must surrender the firearm(s) to a WA Police Station, during the period, **21 February 2024 to 31 August 2024**.

“All it takes for crime to flourish is for good people to do nothing”
CRIME STOPPERS 1800 333 000 OR IN AN EMERGENCY DIAL ‘000’

TWITTER @KulinPol (Not for reporting incidents)

FB Great Southern District – WA Police Force (Not for reporting incidents)



Kulin Childcare Centre



We started our week learning all about colours and shapes. Our first activity included using glue and small shapes onto a group collage with patterns and lines to trace.



We have also completed a similar activity outside with the school children’s arrival making a garden with colours.



Naming shapes and using primary colours. This picture includes a great display of fine motor skills as the children work hard to control their paint brush and keep the paint within the lines.



‘The Crocodile’ is a new group game we have learnt which you have to name your favourite colour to cross the river. This is a great example of our Educators incorporating intentional teaching into play.



When the school children arrive after 3.15pm there is always a big rush of excitement from the children in during the day. It’s great to see the school children sharing ideas and playing with the younger children. Everyone enjoyed becoming very sandy in the sand pit exploring what it’s like to cover your legs!

A big thank you to our staff and the families which support KCCC.



BEHIND THE SCENES WITH KULIN BUSH RACES

Hello, Kulin community!

After a long dry summer, and as the rain starts to fall we know it's that time of the year again – the Kulin Bush Races are just around the corner! With two consecutive years of smashing ticket sales records under our belt, anticipation is high for what this year's event has in store for us.

The official date has been locked in for the weekend of 28th September. So, rally your friends, notify your family, and make sure everyone is following our socials and website for all the latest updates.

Since our last community update, we've been hard at work filling some key positions to ensure that this year's event is nothing short of spectacular. We would like to welcome: Simone Lockyer-Luscombe, who adds to her role the responsibilities of Event Coordinator and Director of Sponsorship; Anne-Marie Sloggett and Alison Lucchesi, who step into the roles of Director of Food; and Judd Hobson, our new Bus Coordinator.

But the work isn't over yet! We're still on the lookout for dedicated volunteers to fill a few crucial roles within our organization. If you're looking to get involved and make a meaningful contribution to your community, consider joining us in one of the following positions:

- Marquee Bar Coordinator
- Busy Bee Food Coordinator
- Breakfast Coordinator
- Waste Collection Crew

Don't let the titles intimidate you – each role is fully supported by an area coordinator or director, and can be as simple or as involved as you want it to be. Whether you're a seasoned vollaie or someone looking to lend a helping hand for the first time, there's a place for you in our team.

Additionally, we're excited to announce the creation of the role of Executive Officer to support our Committee and work with our Event Coordinator. This is a paid role that includes responsibilities such as;

- administration,
- committee meeting minutes and agendas,
- website updates (shared with EC),
- risk management
- insurance
- permits, and licensing.

If you have a passion for the Kulin Bush Races and want to get involved in a more formal capacity, please contact Tom for more information chairman@kulinbushraces.com.au



BEHIND THE SCENES WITH KULIN BUSH RACES

We would like to take this opportunity to thank outgoing Event Coordinator Alecia Robertson; Alecia was the first to take on the role and went above and beyond her position description. Her dedication and tireless efforts have been instrumental in propelling KBR to where it stands today, whether through captivating Facebook news feeds or her invaluable work behind the scenes. Alecia, your impact has been profound, and you leave behind big shoes to fill. We extend our deepest gratitude for your unwavering commitment – Thankyou

And now, drumroll please... Food is back for 2024! Anne-Marie and Alison are reviving the kitchen, and they have some delicious plans in store. They're aiming to keep the menu simple yet satisfying, with our classic shanks on Friday night, scones and slices for morning tea on Saturday, with stuffed spuds and toasties for lunch. They're also hoping to fire up the community BBQ trailer for breakfast on Saturday and Sunday, serving bacon and egg rolls. And of course, who could forget the beloved fish and chips? They'll be making a comeback too!

For those interested in volunteering, we have a dedicated Kulin Bush Races Volunteers Facebook page.

If you aren't already a member, ask one of the Executive or Management Committee members to invite you to join so you can keep up to date with anything going on. If you aren't a Facebook user, don't worry! You can still stay informed by emailing us at kulinbushraces@outlook.com, and we'll add you to a mailing list instead.

So, let's come together once again to make this year's Kulin Bush Races the best one yet! If you're interested in volunteering, applying for the Executive Officer role, or have any questions about the event, don't hesitate to reach out to us. Together, we'll continue to build on the legacy of this beloved community tradition.

Stay tuned for more updates, and get ready to saddle up for another unforgettable weekend in Kulin!

Executive Committee:

- Chairperson- Tom Murphy
- Vice Chairperson- Simon Duckworth & Michael Lucchesi
- Executive Officer- Vacant
- Event Coordinator - Simone Lockyer-Luscombe
- Treasurer- Tracey Noble
- Graeme Robertson

Management Committee:

- Rynelle Smoker Mike Wilson
- Brendan Sloggett Jack Wilson
- Robbie Bowey Julie Young
- Brendon Savage Robert Clayton
- Tim Barndon Jnr

BLAZE AID

For the past few months, the Kulin community has been extremely lucky in having BlazeAid, a volunteer-based organization that works with families and individuals in rural Australia after natural disasters.

I was very lucky to be able to interview camp co-ordinator, Kerrie who stays back and runs the admin side.

BlazeAid ventures into rural towns when a disaster has hit and farmers have been affected, 'we go in and supply the labor to rebuild their fences to ensure they have minimal stock loss'. In this case, stock wandering onto roads and into paddocks they shouldn't can mean days of work lost trying to get them back.

Currently 5 base camps are located around Australia, with Kulin being the only one in WA. BlazeAid have held up to 43 base camps at a time! To establish a camp is a very big undertaking. Generally, there needs to be enough clearing and fencing work to sustain volunteers for at least

two months for the establishment of a basecamp to be viable. BlazeAid does not approach a Council/Shire to establish a base camp. It's up to the local council and/or community to determine the need in your area after a natural disaster. For Kulin one of our farmers contacted BlazeAid not very long after our disaster. From there BlazeAid and the Kulin Shire liaised as to where they could get accommodation. In which we were especially happy to host BlazeAid at the Hostel. 'The facilities here are wonderful, it is a lovely little town and the community have been exceptionally generous to us.' BlazeAid exist on donations, so all the money they spend on the camp (food, cars, tools, trailers) all come from donations. Can you believe that most of the volunteers range from late 60s to 70s, they go out and they work as well as trained people out in the field. How amazing is that!

To become a volunteer is extremely easy. 'There is a website that will tell you where the current BlazeAid

camp is and what states they are established in. If you click on a camp, it will tell you where it is, the address, when it started, and contact details.' The co-ordinator of each camp can then register the new volunteer, tell each member what they expect of them. 'They must bring a sense of humor.'

BlazeAid is funded purely on donations, 'two employees of the company get a wage and they and they have sponsors, so every donation that comes in goes straight towards helping farmers.'

'The Kulin community has been incredibly generous and inviting. It has just been such a lovely little town to come into and be part of. It is one we will remember. The people, the farmers have been extremely generous, it is a very good experience. The town takes such pride, and you don't get that with every town.'

Stella Wade
Community Resource Centre Trainee



BLAZE AID





kulin



WRITING COMP

Kulin CRC is taking submissions to the 2024 Kulin Writing Competition. Open to all WA residents.

Submissions close June 30th

Please read entry information before submitting.

SHORT STORY

Under 10s - No word restrictions

10-15 - Under 1500 words

15-24 - 1000-3000 words

25+ - 1000-4000 words

POETRY

Under 10s - No word restrictions

10-15 - Under 500 words

15-24 - Under 500 words

25+ - Under 500 words

OTHER (Eg essay, biography, etc)

Under 10s - No word restrictions

10-15 - Under 1500 words

15-24 - 1000-3000 words

25+ - 1000-3000 words

Submissions will be judged and announced in Kulin Update, Kulin Shire website and on social media

STORY

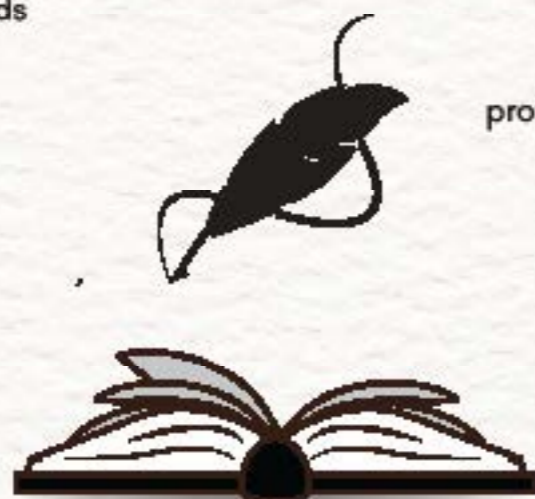
Winner's work will be professionally printed and published

POETRY

Winner's work will be professionally printed and framed

OTHER

Winner's work will be professionally printed and published



kulin



WRITING COMP

HOW TO SUBMIT:

1. Email your name, number, email, age and work to rcmgr@kulin.wa.gov.au
2. Bring a physical copy of your work to the Kulin CRC, with record of your details attached and ATTN to CDO
3. Submit online via <https://form.jotform.com/241348354817057>

1. Eligibility: The competition is open to all Western Australian residents in the following age categories: Under 10s, 10-15, 15-24, and 25+.

2. Submission Guidelines:

- Participants may submit entries in the categories of Short Story, Poetry, or Other.
- Submissions must adhere to the specified word count limits for each category and age group as specified

3. Submission Deadline: All entries must be submitted by the specified deadline, which will be communicated through the official channels of the Shire of Kulin. No late entries will be taken.

4. Judging Process: Submissions will be judged based on creativity, originality and overall quality of writing. The decision of the judges is final.

5. Notification of Winners: Winners will be informed personally and then will be announced through the Kulin Update, the Kulin Shire website, and on social media platforms.

6. Prizes:

- Short Story:
 - The winner's work will be professionally printed and published.
- Poetry:
 - The winner's work will be professionally printed and framed.
- Other:
 - The winner's work will be professionally printed and published.

7. Copyright: By submitting an entry, participants grant the Shire of Kulin the right to publish their work in print and digital formats for promotional purposes related to the competition. However, participants retain all rights to their work.

8. Disqualification: Entries that do not adhere to the submission guidelines or contain inappropriate content will be disqualified.

9. Amendments: The Shire of Kulin reserves the right to amend these terms and conditions or cancel the competition at any time without prior notice.

10. Acceptance of Terms: Participation in the competition constitutes acceptance of these terms and conditions.

For any inquiries or further information, please contact rcmgr@kulin.wa.gov.au/9880 1204.



The Youth Affairs Council of Western Australia (YACWA) is seeking nominations for the WA Youth Awards for 2024. The annual event sponsored by the Department of Communities, recognises Western Australians aged 10 to 25 years for their achievements and contributions to the community and also acknowledges the work of the youth sector in supporting the State's young people

If you know a young person in your community achieving great things then nominate at <https://www.yacwa.org.au/wa-youth-awards-2024/>.



Have you checked in with your mate lately?

If your mate says, "I'm not crash hot" and you're all like, "What the bloody hell do I say now?"

That's when you call us at TIACS. We're here to support you and the people you care about. TIACS is a free, confidential mental health counselling service for tradies, truckies, rural, blue collar workers, and those who care about them.

Do yourself and your mate a favour and call us today!

Call or text us to speak with a counsellor.

Monday to Friday
8am-10pm AEST

0488 846 988

TIACS is a free phone and text counselling service offering mental health support to Australia's blue collar community.

Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.



At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. HELP IS ALWAYS AVAILABLE.

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
"I don't have any stressors in my life"	"I have minimal stressors in my life and can easily manage them"	"I'm managing the stressors of life"	"I don't know if I can continue to manage the stressors"	"I feel like I can no longer manage the stressors"
Growth mindset	Calm and steady with minor mood fluctuations	Nervousness, sadness, increased mood fluctuations	Persistent fear, panic, anxiety, anger, sadness and hopelessness	Disabling distress and loss of function
High levels of performance	Able to manage stressors in life	Inconsistent performance	Exhaustion	Panic attacks, nightmares or flashbacks
Fully realising potential	Consistent performance	More easily overwhelmed or irritated	Poor performance and difficulty making decisions or concentrating	Unable to fall or stay asleep
Actively seeking connections	Able to take advice and to adjust to changes and plans	Increased need for control and difficulty adjusting to changes	Avoiding interaction with family, friends and colleagues	Intrusive thoughts
Solution focused	Able to communicate effectively	Disrupted sleep and eating	Fatigue, aches and pains	Thoughts of self-harm or suicide
Confident and curious	Normal sleep patterns and appetite	Activities and relationships you use to enjoy seem less interesting or even stressful	Restless and disturbed sleep	Easily enraged or aggressive
Clear and energised	Good impulse control	Muscle tension, low energy & headaches	Self-medicating with alcohol and/or other drugs or food	Careless mistakes and inability to focus
Optimal self-awareness	Mood recovers quickly from stress	Low motivation and energy	Inability to problem solve	Feeling numb and lost
High levels of motivation	Good self-awareness			Withdrawing from relationships
Energised by challenges				Dependence on alcohol, other drugs, food or other numbing activities to cope
				Physical and emotional exhaustion

MENTAL HEALTH AND WELLBEING TIPS:

- GET ENOUGH SLEEP AND REST**
Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.
SCHEDULE TIME FOR THINGS YOU ENJOY
Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.
- BE ACTIVE AND EAT WELL**
Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.
- NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS**
Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).
- ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS**
If you are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.
- MAKE A 'TASKS LIST'**
Break large tasks into smaller, more manageable tasks which can be prioritized in order of importance.
- FOCUS ON WHAT YOU CAN CONTROL**
Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).
- BRING OTHERS TO THE TABLE**
Another set of ears and a logical brain can help with processing and retaining information.
- KEEP THE LINES OF COMMUNICATION OPEN**
Schedule regular farm business meetings and don't avoid making decisions.

- KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS**
They are sources of trusted and valuable information and can also be a good social connection.
- PREPARE AND PLAN FOR THE UNEXPECTED**
Contingency planning can avoid further stress.
- BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK**
Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.
- TAKE TIME TO PAUSE, BREATHE AND REFLECT**
A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.
- PARTAKE IN HELP SEEKING BEHAVIOURS**
Please see below for information on Support Services and Helplines available.
- ORGANISE AN INFORMATION SESSION OR WORKSHOP:**
Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email JDrayton@holyoake.org.au or Jordyn.Drayton@holyoake.org.au

CRISIS LINES

Lifeline Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.	13 11 14 Lifeline WA
Suicide Call Back Service Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.	1300 659 467
Beyond Blue Beyond Blue as a reliable source of mental health information, support, and hope.	1300 224 636 Beyond Blue
MensLine Australia MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.	1300 789 978 MensLine Australia
Drought Response Hotline The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.	1300 489 832 Drought Response WA
Kids Helpline Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.	1800 551 800 Kids Helpline

Holyoake

Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.	9621 1055 Holyoake
Head to Health (co-located with Holyoake) Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.	6383 8040 Head to Health Northam
Rural Aid Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.	1300 327 624 Rural Aid
The Regional Men's Health Initiative The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.	9314 1436 The Regional Mens Health Initiative

Rural West Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.	1800 612 004 Rural West
Wheatbelt Mental Health Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.	9621 0999 WA Country Health Service
Amity Health Amity Health provide a range of funded health and community programs across the Wheatbelt region.	9842 2797 Amity Health
Headspace headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.	9621 5000 Headspace Northam

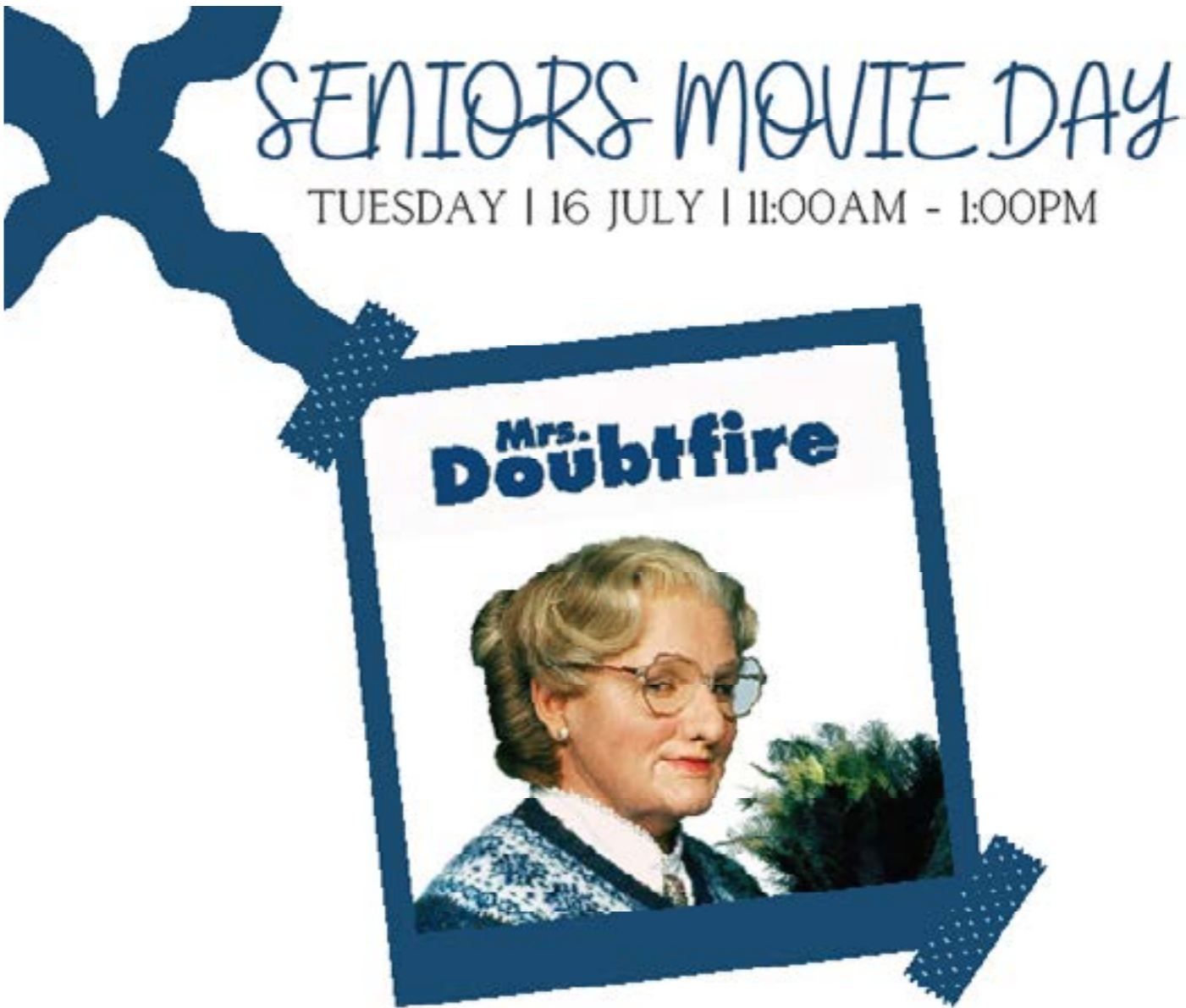
WEBSITES FOR INFORMATION & RESOURCES

ifarmwell ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.	ifarmwell
National Centre for Farmer Health The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform. Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.	National Centre for Farmer Health Free to download via: Managing Stress on the Farm Booklet
TIACS TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.	0488 846 988 (Mon-Fri 8am-10pm AEST) TIACS
Head to Health Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.	Head to Health

For more information
Scan the barcode
or CALL 9416 4444



Find us on social media @holyoake  



AFTER A BITTER DIVORCE, AN ACTOR DISGUISES HIMSELF AS A FEMALE HOUSEKEEPER TO SPEND TIME WITH HIS CHILDREN HELD IN CUSTODY BY HIS FORMER WIFE. AFTER A BITTER DIVORCE, AN ACTOR DISGUISES HIMSELF AS A FEMALE HOUSEKEEPER TO SPEND TIME WITH HIS CHILDREN HELD IN CUSTODY BY HIS FORMER WIFE.



FREE EVENT | TEA AND COFFEE PROVIDED | KULIN SHIRE CHAMBERS

CARD MAKING CLASSES 2013



RED VELVET COOKIES AND APPLE CRUMBLE

Red Velvet Cookies

Ingredients

Cookies

- 1/2 cup unsalted butter
- 1 tsp vanilla bean paste
- 1 cup caster sugar
- 2 eggs
- 1/4 cup sour cream or plain yoghurt
- 2 tbsp cocoa powder
- 3/4 tbsp red food colouring
- 2 cups plain white flour
- 1 tsp baking powder

Cream Cheese Frosting

- 6 tbsp unsalted butter (75g)
- 150g cream cheese
- 1 tsp vanilla bean paste
- 2 1/4 cups powdered icing sugar

Decoration

- Red sprinkles

Method

Cookies

1. Preheat oven to 180C.
2. Line two cookies sheets with baking paper.
3. Use a mixer or handheld beater to cream the butter, vanilla extract and sugar until light and fluffy - around 3

minutes on high.

4. Add the eggs, sour cream, cocoa powder and red food colour and mix until combined.

5. Add the flour and baking powder and mix until combined.

6. Drop heaped tablespoons of batter onto the baking tray, spacing them out from each other and the edge of the tray.

7. Bake for 8 to 10 minutes until the top springs back when touched.

8. Allow to cool for 5 minutes on the tray before transferring to a wire rack.

Cream Cheese Frosting

1. Beat the ingredients together until fluffy and smooth, around 5 minutes on high.

Apple Crumble

Ingredients

Apple Filling

- 1kg Granny Smith Apples
- 1 tbsp flour
- 1/2 cup white sugar
- 2 tbsp lemon juice
- 1/2 tsp ground cinnamon

Topping

- 1 cup rolled oats
- 1 cup flour
- 1 cup brown sugar
- 1/2 tsp baking powder
- 1 tsp cinnamon powder
- 125g | 1/2 cup unsalted butter
- Pinch of salt

To Serve

- Vanilla ice cream

Method

1. Preheat oven to 180C.
2. Peel apples, then cut.
3. Place apples in a bowl. Sprinkle with flour, sugar and cinnamon, then pour over lemon juice. Toss, then spread out evenly in a 1.5 litre baking dish.
4. Place topping ingredients in a bowl. Mix until clumps form, like wet sand. Spread over the apples, crumbling with fingers if required to get that crumbly topping.
5. Bake for 30 to 40 minutes or until golden brown. Remove, cover loosely with foil to keep warm and let stand for 10 minutes before serving (let the apple syrup thicken slightly).
6. Serve warm with vanilla ice cream.





WINTER

3 letters hat ice	4 letters coat cold melt snow	5 letters boots nippy scarf sleet slush snowy	6 letters chilly frigid gloves heater jacket shiver	7 letters flannel mittens sweater wintry	8 letters blizzard flurries hot cocoa slippery snowsuit solstice	9 letters fireplace Jack Frost longjohns snowstorm 12 letters freezing rain
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Tree Valley Academy

WINTER IN THE COUNTRY

Stick To The Paths

This is an important one all year round, so no surprises here. But it becomes even more crucial in the winter months when the areas beside the pathways can get churned up by mud and further damaged footfall. As we stamp along on those after-lunch or morning wake-up walks, our footprints can erode the verges beside paths, increasing the risk of flooding and damaging the edges of fields. And venturing too deeply into those messy off-road sections full of leaves and rotting logs could disturb hibernating creatures such as hedgehogs.

Buy Your Lunch Locally

Some parts of our countryside see plenty of tourists and activity in high summer but hit leaner times in the quieter winter months. Farmers have less produce to sell, and small shops can see the number of visitors drop to a trickle.

So there's never a better time to give your trade to local rural businesses and keep them ticking over in the off-season.

Pop into your small shops for presents or meet a pal for lunch at a rural café.

They'll appreciate your business, and who doesn't love supporting a local treasure.

Keep Our Hedges Litter-Free

We'll always advocate for picking up litter you see on walks, whatever time of the year you're out and about. But as many of us head out with family in the winter for walks in our local areas, why not go prepared and take gloved and a plastic bag or two to gather anything you see?

This is especially helpful to the countryside during this time of year, when dropped litter can get embedded deeply into mud and harm pathways and animals.

A litter-picked sweet wrapper on a festive walk may not seem like doing much, but you'll be saving one more bit of rubbish from damaging the countryside.

Letter Writing Time

More time spent cozied up indoors can mean more time for little actions to show your support for the countryside. Take the time that the longer, darker evenings free up to write a letter to your friends, community members, anyone.

Better still, send photos or drawings of your favourite green spaces to decision makers like local councilors to show how much you care. They'll love to hear of your connection to rural areas, and it makes them even more likely to support countryside causes.

Capture The Care

And on the topic of finding ways to express your connection to your local area: get snapping! Or sketching, painting or collaging – whatever helps you to depict and feel close to the countryside.

World Health Organisation research has shown that people are much more likely to take good care of and feel connected to places where they feel some ownership, and capturing your local area with your camera or watercolour brushes through the seasons helps us to feel a kinship to those treasured patches of green around us.

Whatever you do in winter, stay warm and well – and enjoy everything that your lovely local green spaces and countryside next door has to offer.



INTERNATIONAL MEN'S HEALTH WEEK

International Men's Health Week celebrates its 30th anniversary this year and takes place from Monday, June 10 to Sunday June 16 2024. This year, the focus is on Men's Health Checks.

Men's Health Week is a great opportunity for organizations, workplaces, and communities to focus on some of the different ways we can keep men and boys healthier.

Male life expectancy is, on average, four years shorter and they are most likely to suffer from lifestyle-related health conditions that women of the same age. Sadly, men also have a four times higher risk of dying by suicide.

On top of this, research has revealed that two thirds of men who are struggling or in crisis, don't feel confident and empowered enough to ask for help. That's why this Men's Health Week we are encouraging everyone to look out for the signs that a man in their life – a husband, partner, father, brother, colleague, teammate or gym buddy – is struggling and to reach out and ask "Are you OK"

Some of the signs to look out for include:

- Are they becoming withdrawn?
- Have they experienced big changes in their personal or professional life?
- Are they confused, irrational or moody?
- Have they lost interest in what they used to love?
- Are they experiencing health issues? If you are concerned about someone, trust your gut and ask "Are you OK? Listen with an open mind to what they have to say and ask them what you can do to help.

What Is Men's Health Week?

Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and

managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

How Can I Get Involved In Men's Health Week 2024?

Participating in Men's Health Week allows individuals to promote a holistic approach to men's health and support the well-being of the men in their lives. Here are some impactful ways to get involved:

1. Schedule a Health Check-up

Encourage the men in your life to schedule regular check-ups with their healthcare providers. Routine screenings, such as blood pressure, cholesterol, and prostate exams, can help detect potential health concerns early on, enabling timely intervention and treatment.

2. Organize Health Education Sessions

Arrange informative sessions or workshops that address men's health topics. These can cover areas such as nutrition, exercise, mental health, stress management, and healthy lifestyle habits. Involve local healthcare professionals, fitness experts, and mental health specialists to provide valuable insights and practical tips.

3. Engage in Physical Activities

Promote physical fitness by organizing group activities or sports events during Men's Health Week. Encourage participation in activities such as group walks, sports tournaments, or fitness challenges. Physical exercise not only enhances physical health but also supports mental well-being.

4. Share Health Information

Utilize social media platforms, local newsletters, or community notice boards to share educational content

related to men's health. Raise awareness about specific health concerns, prevention strategies, and available resources. Engage in discussions about the importance of mental health and destigmatize seeking help when needed.

5. Support Men's Health Organizations

Donate to or volunteer with organizations dedicated to promoting men's health. These organizations often provide valuable resources, support groups, and educational campaigns to raise awareness and facilitate access to healthcare services for men.

The History of Men's Health Week 2024

Men's Health Week originated in the United States in 1994 and has since spread to countries around the world. The week was established as an opportunity to address the disparities in men's health outcomes and advocate for improved health education and awareness among men. By focusing on preventive measures, early detection, and proactive health management, Men's Health Week plays a crucial role in encouraging men to take responsibility for their well-being. It aims to reduce the stigma surrounding men's health issues, promote open dialogue, and empower men to make informed decisions about their health.

Men's Health Week 2024 presents a valuable opportunity to prioritize men's well-being, address health challenges and promote health lifestyle. By actively participating in this empowering week, we can make a positive impact on the lives of men in our communities. Whether it's encouraging regular check-ups, organizing educational sessions, engaging in physical activities, sharing health information, or supporting men's health organizations, every effort counts towards creating a culture of proactive and holistic health among men.



'Cultivating Resilience'

27th June 2024

Wickepin Community Centre



Bringing our rural community together to develop & strengthen our individual & collective ability to 'bounce back'

FREE EVENT
Registration Essential

Scan Here 



12:30pm	Registration	3:35pm	Afternoon Tea Break
12:50pm	Welcome	4:05pm	Jo Drayton - Holyoake <i>Building Happy, Healthy, Resilient Families & Communities</i>
1:00pm	Regional Mens Health <i>Well-Being During Challenging Times</i>	4:35pm	Pingelly Mo Bros <i>Why we became a Bro!</i>
1:30pm	Rural West & Rural Aid <i>What we can do for YOU!</i>	5:15pm	Glenn Mitchell* <i>Mental Health & Suicide Prevention- It's Everyone's Business!</i>
1:50pm	Warren Davies <i>The Unbreakable Farmer</i>		





3:05pm	Boyd Rae - Active Farmers <i>Activating Your Strength</i>	6:15pm	Close & Sundowner
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* Arrangements were made through Celebrity Speakers www.celebrityspeakers.com.au



July 2023	August 2023	September 2023
S M T W T F S	S M T W T F S	S M T W T F S
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October 2023	November 2023	December 2023
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January 2024	February 2024	March 2024
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21 22 23 24 25 26 27	18 19 20 21 22 23 24	17 18 19 20 21 22 23
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April 2024	May 2024	June 2024
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21 22 23 24 25 26 27	19 20 21 22 23 24 25	23 24 25 26 27 28 29
28 29 30 31	26 27 28 29 30 31	30

WHAT CAN GO INTO YOUR RECYCLE BIN

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



CONSIDERING SELLING?

We're here to help

CONTACT STEVE TODAY!
Nutrien Harcourts Narrogin
0427 794 500

Steve
WRIGHT

Nutrien Harcourts
YOUR LOCAL RURAL REAL ESTATE SPECIALIST



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Setup/tidy up/ongoing.

15 Years Experience – Sole Traders/Companies

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Email: lorna@tidybookkeeping.com.au

BAS Registered



Hon Mia DAVIES MLA
Member for Central Wheatbelt

Northam Office 171 Fitzgerald Street (PO Box 97) Northam WA 6401 PH 08 9522 2671	Merredin Office Old Town hall 16 Mitchell Street Merredin WA 6415 PH 08 9041 1702	mia.davies@mp.wa.gov.au facebook.com/MiaDaviesMLA @miadaviesMLA @miadaviesmla
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Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam

DUFFY ELECTRICS

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



Ryan Duffy
0409 806 047

duffyelectrics@outlook.com
Servicing Wickepin and surrounds

SHIRE CONTACTS

FRC- 9880 1000
CRC- 9880 1204
Caravan Park-
0439 469 850
Pool- 9880 1222
Depot- 9880 1218
KCCC- 9880 1636

JUSTICES OF THE PEACE

MT Lucchesi 9880 4050
JM McInnes 9880 1360
R Noble 98801383
BW Sloggett 0427081925

MEDICAL CENTRE

Kulin- 9880 1315
Kondinin- 9889 1753
KN Hospital- 9894 1222

Nursing hours KU:
Tues & Wed 8:30 - 2:30
CHSP Co-ordinator
Thurs & Fri

EMERGENCY CONTACTS

Emergency centre-
9880 1079
SES - 13 25 00
Western Power- 13 13 53
Water Auth.- 13 13 75
Kulin Water Depot -
9880 1356

POLICE CONTACTS

Crime Stoppers-
1800 333 000

Kulin Police Station is staffed by two officers who are available to respond to incidents 24/7. Your local police can be contacted as follows:

Emergency: 000
Non-emergency: 131 444
KU Station - 9861 5800

REPORTING MINOR ISSUES

The Shire of Kulin uses Snap Send Solve, simply download the app and use your smart phone to report a variety of issues directly to the Shire.

LOCAL CHURCHES

Uniting Church
1st & 3rd Sunday of each month, 10:30am

Catholic Church
Fr Truc Nguyen
1st, 3rd, 4th, 5th, 8am

Anglican Church
By request
K. Wilson 0429 801 228
Bunbury office- 9721 2100

KULIN MOTOR MUSEUM

Wednesday 10am-12:30pm
Saturday 10am-2pm
C. King 9880 1058
B. Colbourne 0429804615

KULIN LIONS CLUB

Kulin Lions Club collect old glasses, hearing aids and stamps. Please feel free to drop off any of these items at the Kulin Post Office. Push bikes and batteries can be dropped off at Haydn's shed.
H McInnes 0429 801 215
T Barndon 0428 939 189
R Doust 0499 802 054

CONTAINERS FOR CHANGE

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

KCCC ID
C10351204

ARTS CENTRE ID
C10333381

Feedback

Just staying in this amazing town. Love it with the friendliest people.

Came for a night and extended it to 5.
One of the best free camps and caravan parks since leaving QLD.

Thank you all.

Wendy and Merv

