PROUDLY PRODUCED BY THE KULIN COMMUNITY RESOURCE CENTRE

THE KULIN UPDATE

19th NOVEMBER 2026

4 CRC CORNER

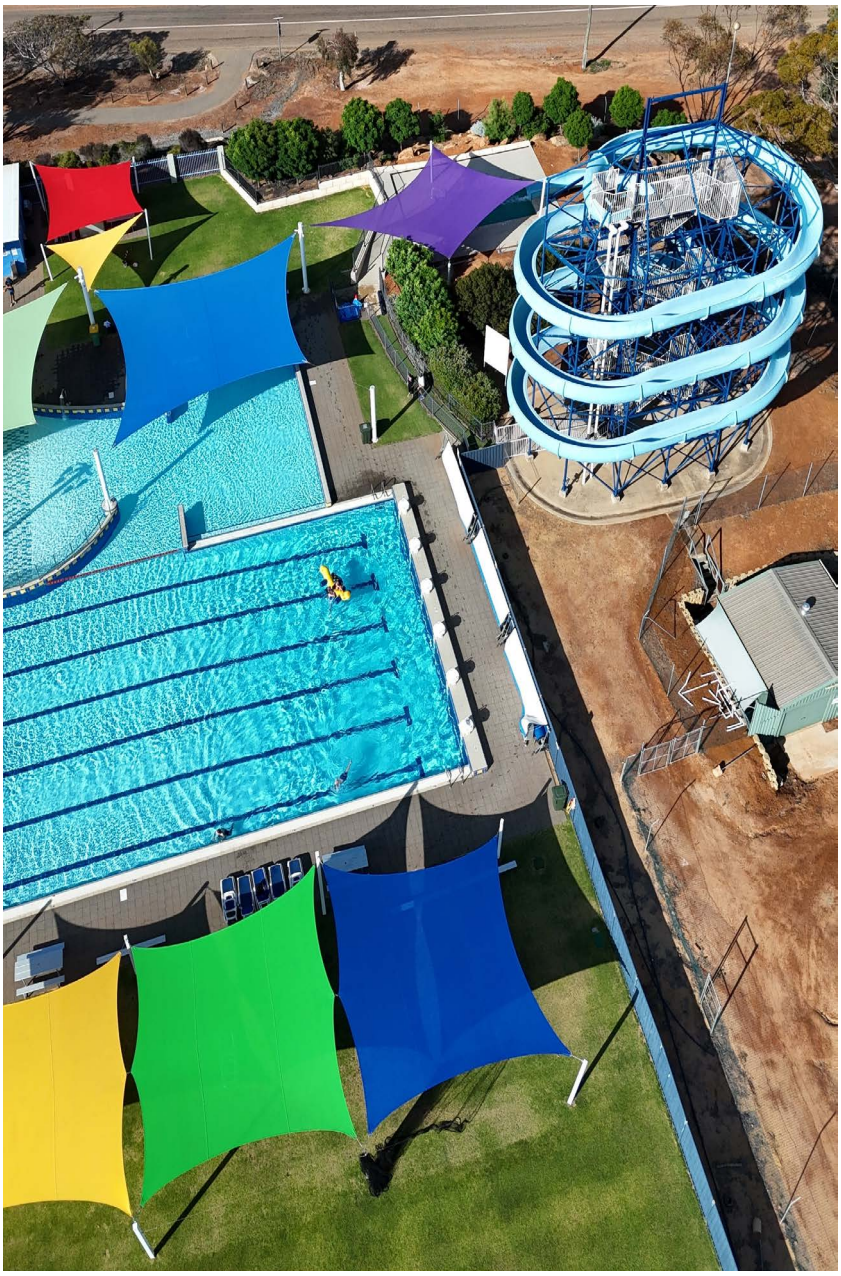
As harvest gets underway and we approach the Christmas period, the Shire of Kulin asks all drivers to stay vigilant and take care on our roads, with roadworks, maintenance activities, and increased traffic across the Shire during this busy time.

15 KULIN AQUATIC CENTRE

Like all good things in Kulin, it started with an early morning swim. Our swimmers took on the challenge, tracking laps and discovering just how far they could go. The 2026 Challenge is officially on. Who is ready to make the next splash?

23 KULIN XMAS PARTY

Not long to go until the Kulin Christmas Carnival - just 23 days away! Bring your family and friends along for a fantastic evening featuring a foam party, Lil Louie truck rides, market stalls, food trucks, and a live DJ. It's set to be a great community event. Hope to see you there!



KULIN WATERSLIDE OPEN FOR 2026/27 SEASON

SATURDAY & SUNDAY 1PM - 5PM

CONTENT CORNER

Kulin Community Resource Centre

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



How to receive the Kulin Update via email?

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

Alternatively, visit www.kulin.wa.gov.au/#newsletterscroll

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

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

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

Accpeted document formats:
• PDF • JPEG



Achieved something?

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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

17th November
1st December
15th December
26th January

DATES AND UPCOMING EVENTS

NOVEMBER

20th Pat & Chat Vet

DECEMBER

1st Seniors Xmas Luncheon

12th Kulin Christmas Community Party

13th Kulin Tennis Christmas Cup

18th Pat & Chat Vet

25th Christmas Day

26th Boxing Day

NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 **Melbourne Cup** 🏆 **Remedy Physio** **Yogalates 10am** **Central Agcare Counsellor** **Nurses Clinic** 8.30am - 12noon	4 **Nurses Clinic** 8.30am - 12noon **Butler's Garage** 10am to 2pm	5 **Doctor in Town** **The Kulin Update** **Remedy Physio**	6 **Doctor in Town** **Nurses Clinic** 8.30am - 12pm	7 **Butler's Garage** 10am to 2pm	8
9	10 **Remedy Physio** **Central Agcare Counsellor** **Yogalates** 10am **Nurses Clinic** 8.30am - 12noon	11 **Rememberance Day** **Matt - Chiropractic** **Nurses Clinic** 8.30am - 12noon **Butler's Garage** 10am to 2pm	12 **Doctor in Town** **Remedy Physio**	13 **Doctor in Town** **Nurses Clinic** 8.30am - 12pm	14 **Butler's Garage** 10am to 2pm	15
16	17 **Remedy Physio** **Central Agcare Counsellor** **Yogalates** 10am **Nurses Clinic** 8.30am - 12noon	18 **Nurses Clinic** 8.30am - 12noon **Butler's Garage** 10am to 2pm **Council Meeting**	19 **Doctor in Town** **The Kulin Update** **Remedy Physio**	20 **Doctor in Town** **Nurses Clinic** 8.30am - 12pm **Pat & Chat Vet**	21 **Butler's Garage** 10am to 2pm	22
23	24 **Remedy Physio** **Central Agcare Counsellor** **Yogalates** 10am **Nurses Clinic** 8.30am - 12noon	25 **Matt - Chiropractic** **Nurses Clinic** 8.30am - 12noon **Butler's Garage** 10am to 2pm	26 **Doctor in Town** **Remedy Physio**	27 **Doctor in Town** **Nurses Clinic** 8.30am - 12pm	28 **Butler's Garage** 10am to 2pm	29
30	1 **Seniors Xmas Luncheon** 11.30am to 2pm					

COMMUNITY CALENDAR

CRC CORNER

With harvest underway there is increased truck movements, headers, tractors and other agricultural machinery travelling across our shire. All road users need to be mindful that our roads are shared by everyone. Large machinery may travel slowly, take up more room on the road and require additional space. Be patient, allow plenty of room when passing, avoid taking risks and always be prepared for changing road conditions.

If you notice road damage, deterioration or a safety concern during harvest, please contact the Shire so that the issue can be assessed. Early reporting helps the Shire identify problems and prioritise maintenance and repairs where required.

Roadworks and maintenance activities will continue across the Shire during the harvest period. We ask all drivers to observe all traffic management measures, temporary speed restrictions and road closure signage, and allow additional time for travel where necessary.

As the weather warms up (hopefully very soon!) it is important for everyone to be aware of the fire restrictions and movement bans that may be introduced throughout the summer months.

During the bushfire season, Total Fire Bans and Harvest and Vehicle Movement Bans may be declared to reduce the risk of accidental fires and help protect our community and properties.

Total Fire Bans are declared by the Department of Fire and Emergency Services (DFES) on days when extreme fire weather conditions are forecast and fires are more likely to threaten lives and property.

On a Total Fire Ban day, it is illegal to light an open-air fire or undertake activities that could start a fire, unless an exemption applies. These restrictions are designed to minimise the risk of fires starting and spreading under dangerous conditions.

Harvest and Vehicle Movement Bans are issued by the Shire of Kulin during the Restricted and Prohibited Burning Period. These bans are introduced when local Bush Fire Control Officers identify that weather conditions and local circumstances create an increased risk of fire from the operation of engines, vehicles, plant or machinery.

With changing weather conditions throughout summer, it is important to remain aware of any restrictions in place. It is the responsibility of every harvest operator to check whether any bans are in place before commencing harvesting activities.

To stay informed and receive updates on Harvest and Vehicle Movement Bans, you can:

- Register to receive SMS notifications. Email to@kulin.wa.gov.au with your name and mobile phone number.
- Call the Shire of Kulin Harvest Ban Information Line on 9880 1511 for the latest updates.

Please also note that the Shire of Kulin Fuel Facility is currently out of order until further notice due to a hardware fault that occurred following the recent power outage. The fault has affected the operation of the facility power supply system, and the Shire is currently awaiting the delivery of the replacement equipment to enable repairs to be completed. We understand the inconvenience this may cause to residents and visitors who rely on the facility and are working to have the system operational again as soon as possible. The Shire will continue to keep the community informed of progress and provide an update once the necessary repairs have been completed and the facility is back in service. Thank everyone for their patience and understanding.

Taryn Scadding

Executive Manager of Community Services



Thank you to everyone who has RSVP'd to our Christmas event.

A reminder that the event is on

Tuesday 1 December 2026

11.30 am – 2.00 pm

Phil Room - Freebairn Recreation Centre, Kulin

** Please note that RSVP's have closed and we are unable to accept any further bookings





FUEL FACILITY OUT OF ORDER

The Shire of Kulin Fuel Facility is currently OUT OF ORDER until further notice.

Following the recent power outage, a hardware fault (power unit) has affected the system. We are currently awaiting the required equipment to complete the repairs.

We will keep the community updated on progress and advise when the facility is back in operation.

We apologise for any inconvenience and appreciate your patience and understanding.

Wednesday 18/11/2026

WA Local Government Grants Commission Public Hearing



The Shire of Kulin will host a public hearing conducted by the WA Local Government Grants Commission on Thursday 26 November 2026 from 9am – 11am.

The hearing will be held at Council Chambers, Shire of Kulin.

The Commission makes annual recommendations to the State Minister for Local Government on how Financial Assistance Grants are allocated to local governments across Western Australia.

The hearing will provide an overview of the Commission's role, functions and grant-assessment process, followed by an opportunity to discuss local issues and ask questions.

Community members are welcome to attend, learn more about how local government funding is determined and have their questions answered directly by the Commission.

Shire of Kulin Bush Fire Information 2026/2027

Restricted & Prohibited Burning Times

Restricted
19 September - 31 October
Permit Required

Prohibited
1 November - 15 February
No burning allowed – permits will not be issued

Restricted
16 February - 15 March
Permit Required

Restricted and Prohibited Burning Periods may be extended at the discretion of the Council and/or Chief Bush Fire Control Officer and Shire President (jointly)

Fire Control Officers 2026/2027

Position	Name	Contact
Chief Bush Fire Control Officer (CBFCO)	Rod Diery	0427 037 705
Deputy CBFCO	Evan Wyatt	0417 914 442
Fire Weather Officer	Rod Diery (CBFCO)	0427 037 705
Deputy Fire Weather Officers	Evan Wyatt (DCBFCO) Judd Hobson	0417 914 442 0427 801 241

All of the above named (and the Chief Executive Officer, Alan Leeson – 0497 801 204) have also been appointed as Authorised Harvest Ban Officers

Bush Fire Brigades and Brigade FCOs

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

PET REGISTRATIONS (DOGS & CATS)

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

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

OVERDUE

WHEN TO REGISTER YOUR PET?

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

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

Upcoming Dates

FOR YOUR DIARY

WED 25 NOV	**Kulin District High School Graduation Dinner**
TUE 1 DEC	**Kulin Bush Christmas Luncheon** FOR OUR OVER 55'S *A festive get-together with good food, great company and plenty of cheer!*
SAT 12 DEC	**Kulin Christmas Carnival** *From 4.30 pm – a family-friendly community event with food vans, music, market stalls and more!*
WED 16 DEC	**Kulin District High School Presentation Night**
FRI THU 24 DEC TO MON 4 JAN	**Shire of Kulin Christmas Closure** *The Shire Offices will be closed from Thursday, 24 December 2026 to Monday, 4 January 2027.*

We have updated this list!

Our apologies for any confusion

RoeROC
Roe Regional Organisation of Councils

Shire of Corrigin
Shire of Kondinin
Shire of Kulin
Shire of Narembeen
Shire of Wickepin

MEDIA RELEASE
Friday 30 October 2026

RoeROC launches new brand and website

The Roe Regional Organisation of Councils unveils a new visual identity and online home

The Roe Regional Organisation of Councils (RoeROC) has launched its new brand and website, marking an important step in raising the profile of the region and the work being undertaken collectively by its member Councils.

RoeROC brings together the Shires of Corrigin, Kondinin, Kulin, Narembeen and Wickepin. The new website, www.roeroc.com.au, provides a central point of information on RoeROC's strategic priorities, regional projects and advocacy. It is supported by a new visual identity that reflects the landscape, industries and communities of the Roe region.

The Rebrand and Website Project was endorsed by the RoeROC Executive in April 2026, recognising the need for a stronger and more consistent regional identity and a dedicated platform to share information with stakeholders.

Sally J Design was engaged to develop the new brand, working from a brief that reflected the organisation, its member Shires and their communities. RoeROC considered a range of initial concepts before the preferred direction was refined into the final brand identity. The website was developed by Constructive Visual using the new branding, with feedback and local images provided by member Shires.

The meaning behind the brand

The new logo was developed by Sally J Design to reflect RoeROC's role as a collaborative voluntary regional body. It draws on themes of connection, collective capability, leadership and future growth, balanced with the landscapes that shape the region.

Each element of the emblem carries its own meaning. The upper forms represent sunlight, growth and emerging opportunities, reflecting RoeROC's focus on long-term regional prosperity. The side linework references the land, crop rows and agricultural foundations of the region. The lower curved forms represent roads and pathways, symbolising the connection between communities and their shared journey towards future growth.

The colour palette of Deep Horizon, Clay Ridge, Golden Harvest, Native Growth and Morning Mist draws inspiration from the existing visual identities of the member Shires. It brings elements of each together into one cohesive regional identity.

A new online home for RoeROC

The website will serve as RoeROC's main platform for advocacy and information sharing, providing information on:

- RoeROC's member Councils, purpose and Strategic Priorities
- current regional projects, including the RoeROC Key Worker Housing Project
- regional advocacy and collaboration between member Councils
- RoeROC news, newsletters and governance documents

Content will continue to be added as projects and advocacy progress.

RoeROC Chairperson, Cr Holly Cusack, said the rebrand and website were an important step for the group.

> *"RoeROC has been working collaboratively on behalf of our communities since 2006, and this new identity gives us a professional and recognisable presence that reflects who we are and where we come from," Cr Cusack said.*
>
> *"The website gives us a central place to share our priorities and the outcomes being achieved for our member Councils, and to strengthen our engagement with government, industry and other stakeholders. We encourage everyone to take a look at www.roeroc.com.au."*

ENDS

About RoeROC

RoeROC is a voluntary Regional Organisation of Councils comprising the Shires of Corrigin, Kondinin, Kulin, Narembeen and Wickepin. Operating continuously since 2006, RoeROC advocates for the growth and sustainability of key services and infrastructure across its member communities and promotes cooperation between member Councils to achieve regional outcomes.

Contact

Darren Mollenoyux
Executive Officer, RoeROC
0473 804 585 | darren@150square.com.au
www.roeroc.com.au



Request for Tender
Provision of General Practitioner Services
Tender No. 04-26/27

The Shire of Kulin invites tenders from suitably qualified and experienced medical practices for the provision of medical and practice management services to the Kulin community and surrounding district.

Tender documentation, including the detailed specification and submission requirements, is available from Taryn Scadding – emcs@kulin.wa.gov.au, 08 9880 1204 or at kulin.wa.gov.au.

Tenders must be submitted in accordance with the requirements outlined in the tender documentation and received by the Shire of Kulin by:
Closing Date: 4 December 2026
Closing Time: 12:00pm

Submissions are to be lodged electronically to tenders@kulin.wa.gov.au.

Alan Leeson, Chief Executive Officer







For Sale by Tender - Outright Purchase Mitsubishi Canter 2019

The following vehicle is offered for outright purchase

Make:	**Mitsubishi Canter**
Vin No.	**JLFFEB71G0KJ30351**
Year:	**2019**
Licence Expiry:	**14th July 2026 (note the successful tenderer will be required to upgrade concession licence to full rates)**
Travelled	**145,000 kms approx.**
Transmission	**Manual**
Tare:	**3480**
Agg:	**7500**
GCM:	**11000**
Fuel:	**Diesel**
Registration:	**KU 651 (plate will be retained by the shire)**

Further information is available from Judd Hobson - 0427 801 241 or works@kulin.wa.gov.au

Tenders must be received by the Shire of Kulin by:
Closing Date: 4 December 2026
Closing Time: 12:00pm

Submissions are to be lodged electronically to tenders@kulin.wa.gov.au, or delivered to Shire of Kulin, 38 Johnston Street KULIN WA 6365 in a sealed envelope marked 'Crew Cab'.

Vehicle will be released when council receives their replacement vehicle.

Alan Leeson, Chief Executive Officer

Preparing an Emergency Kit

Having an emergency kit will help your family prepare for an emergency.



An emergency kit provides essential items for your family's short-term survival whether you choose to stay at home or relocate to a safer place before, during or after a natural hazard such as cyclone, storm, flood and bushfire.

1 Prepack your Emergency Kit with the following items;

- [ ] Portable, battery-operated AM/FM radio with spare batteries.
- [ ] Waterproof torch with extra batteries or wind-up torches that don't need batteries.
- [ ] A first aid kit.
- [ ] Bottled drinking water and non-perishable food items, can opener and cutlery.
- [ ] Protective clothing and blankets such as sturdy footwear, coats, pants, heavy duty gloves, wide brimmed hats and protective goggles/glasses. Smoke and particle mask for bushfires.
- [ ] A waterproof bag containing important documents like passports, identification, insurance documents and prescriptions.
- [ ] Precious items such as jewellery, medals.
- [ ] Survival plan with emergency contact phone numbers.
- [ ] Spare cash.
- [ ] Toiletries and sanitary supplies.

GOVERNMENT OF WESTERN AUSTRALIA | DFES Department of Fire & Emergency Services | Australian Red Cross

2 Items to grab when leaving:

- [ ] Wallet
- [ ] Special medical supplies or equipment
- [ ] Phone and charger
- [ ] House and car keys
- [ ] Laptop and charger
- [ ] Pets and supplies (food, bowl, cage, leash, etc.)

If you decide to relocate you need to add in:

- Sleeping bags, blankets and towels
- Waterproof ponchos
- Spare clothing
- Tent or tarpaulin
- Pen and paper
- Books, playing cards or board games.

Check and update the contents of your emergency kit every twelve months.

Store your emergency kit where it is easy to access. Make sure all family members know where the emergency kit is stored.

Consider special items for infants, the elderly, those sick or injured and people with disability including all their medical needs.

3 Keep informed of emergency information

Call 000 for life threatening emergencies

emergency.wa.gov.au

13 DFES (**13 3337**)

@dfeswa

Bureau of Meteorology Weather Warnings **1300 659 210**

bom.gov.au/wa/warnings

Main Roads **138 138**

Your Local **ABC Radio:**

If your property has sustained damage from a cyclone, flood or storm and you need help with temporary repairs, call the State Emergency Service on **132 500.**

New 363,000-litre water tank to boost Pingaring's drought resilience

MEDIA RELEASE – Shire of Kulin

The Shire of Kulin has strengthened water security for the Pingaring community through the installation of a new water storage tank and an electronic standpipe controller at Reserve 24387, Luke Price Street, Pingaring.

The project focuses on improving the management, accessibility and sustainable use of the valuable rainwater collected from the Pingaring Rock wall catchment. The new tank provides additional water storage capacity, while the electronic standpipe controller, fitted with a card reader, allows access to be managed, water usage monitored and responsible use of this important community resource encouraged.

The project also complements restoration works undertaken on the existing 9-million-litre rainwater storage tank, helping to maintain and improve the overall water supply available to the Pingaring community.

The Pingaring Drought Resilience Project was made possible through a $65,000 grant from the Australian Government's Future Drought Fund and the Western Australian Government's Royalties for Regions program, delivered through the Wheatbelt Development Commission and the Department of Primary Industries and Regional Development as part of the Southern Wheatbelt Regional Drought Resilience Plan. The Shire of Kulin also contributed cash and in-kind support to the project.

Shire of Kulin Chief Executive Officer Alan Leeson said the project would strengthen the community's ability to manage water resources during dry conditions.

"This project provides an important improvement to Pingaring's water infrastructure. The new storage and electronic standpipe controller will help us better manage access to and use of rainwater, ensuring this valuable resource is available to support the community, firefighting and livestock requirements when rainfall is low. It also helps reduce demand on scheme water supplies."

The project represents an important investment in local drought resilience, improving the way water is stored and managed and helping ensure Pingaring has access to a reliable and sustainable water resource into the future.

Media contact
Alan Leeson, Chief Executive Officer, Shire of Kulin
Phone: (08) 9880 1204 | Email: ceo@kulin.wa.gov.au

Australian Government Department of Agriculture, Fisheries and Forestry | Future Drought Fund | Department of Primary Industries and Regional Development, Government of Western Australia | Wheatbelt Development Commission

17 November 2026

Kulin Swimmers: Making Waves, One Lap at a Time!
Who needs a morning coffee when you can start the day with a swim? And for those who prefer a little later start, there's always time to make a splash!

It all started with our morning swimmers, who took on the challenge of tracking their laps and seeing how far they could go. But it didn't take long for other swimmers to get involved too! Some joined the challenge during the day, and what started as a morning swimming initiative has quickly become a great way to celebrate swimmers across our community.

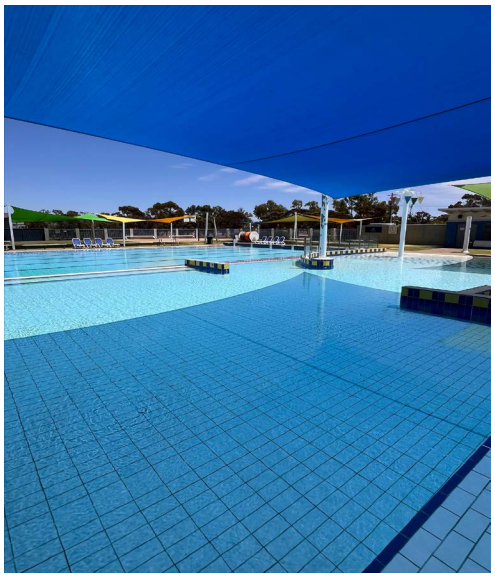
And the results so far? Pretty impressive!

Between 3 and 17 November, our swimmers completed an amazing **2,374 laps**, covering a total distance of **59.35 kilometres**!

That's almost 60 kilometres in just over two weeks. At this rate, we might need to start planning a swimming expedition!

Some impressive individual efforts!
A big shout-out to everyone who has taken part in the challenge, whether you've been swimming early in the morning or fitting in a few laps later in the day.

A special mention goes to:
- **Annette Lewis** – leading the pack with an impressive 362 laps (9.05 km). That's a lot of lengths... and probably a very well-deserved breakfast afterwards!
- **Craig McInnes** – hot on Annette's heels with 355 laps (8.875 km). Just 7 laps behind... looks like we have a little friendly rivalry brewing!
- **Melissah Rees** – clocking up 268 laps (6.7 km). Clearly making every swim count!
- **Elle Bowey** – not far behind with 252 laps (6.3 km). That's a lot of swimming, no matter what time of day!



And of course, congratulations to all our other swimmers (**Elizabeth, Jacqueline, Tom, Will, Jennie, Clinton, Zoe, Millicent and Mathew**) who have been building up their distances, one lap at a time.

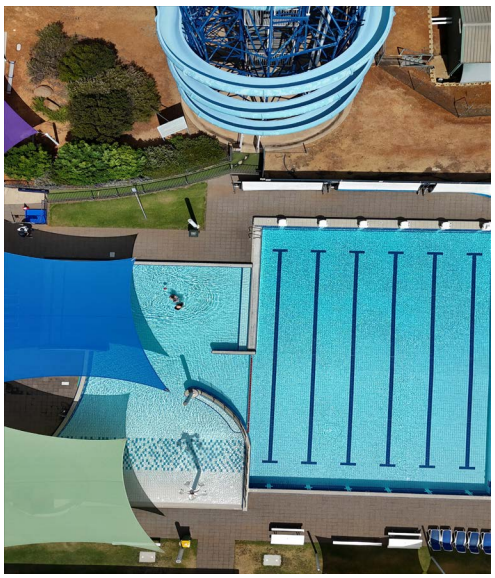
Whether you've completed 15 laps or 362, every lap counts. The important thing is showing up, keeping active and enjoying your time in the water!

More than just laps!
Swimming is a fantastic way to stay active, improve fitness and endurance, and enjoy some time for yourself.

Whether you prefer an early morning swim before the day gets busy or a refreshing dip in the afternoon, there's something special about getting in the water.

And let's be honest, there is something quite satisfying about having already completed your exercise before most people have even pressed the snooze button!

The challenge is on!



We'll continue tracking our swimmers' progress and sharing monthly highlights in the Kulin Update.

We'll celebrate personal achievements, improvements and milestones along the way. No pressure, no competition – just a little motivation, some friendly encouragement and plenty of reasons to keep coming back.

So, if you've been thinking about joining the challenge, why not give it a go?

You don't need to swim hundreds of laps, be an Olympic athlete or even own a fancy swimming cap. Just bring your swimmers and get in the water!

A big well done to everyone taking part. Keep those laps coming – whether it's 6 am, lunchtime or the afternoon!

2,374 laps down... who's ready to make the next splash?

See you at Kulin Aquatic Centre!


Kulin
Aquatic Centre
and Water Slide
WE ARE NOW ON
INSTAGRAM!
FOLLOW US!
@KULINAQUATICCENTREWATERSLIDE
STAY UPDATED!
GET THE LATEST NEWS, EVENTS, HOURS & FUN!
SCAN TO FOLLOW US!


Kulin
Aquatic Centre
and Water Slide
WATER SLIDE
IS OPEN!
OFFICIALLY OPENING!
1:00 PM – 5:00 PM
OPEN EVERY WEEKEND! (Saturday & Sunday)
SUMMER HOLIDAYS
DECEMBER 2026 & JANUARY 2027
ALSO OPEN THURSDAY & FRIDAY!
In addition to weekends!
1:00 PM – 5:00 PM
Come and enjoy the slide!


KULIN
TENNIS CLUB
DRESS TO
EXCESS
CHRISTMAS CUP
SAVE THE DATE
SUNDAY
13 DECEMBER
There's no such thing as
TOO MUCH CHRISTMAS!

KULIN JUNIOR BASKETBALL CLUB / 2026

MID-SEASON UPDATE



We're halfway through the 2026 season, and it's been fabulous to see so many kids out on the court each Friday! We've had healthy numbers across the club, with kids travelling from Hyden, Kukerin, Kondinin, Lake Grace and Wickepin. Our high school comp has grown to five teams this year- the most players we've had in years!!

Our youngest ballers, from PP to Year 2, are having a blast in Hoops with Ash West! They've only got two sessions left and will wrap up on Friday 27th November.

Competition ladders AS AT 6 NOVEMBER 2026

Year 3/4

TEAM	GP	W	D	L	GF	GA	%	PTS
Jazz	3	2	1	0	34	28	**121%**	**5**
Nets	3	2	0	1	36	28	**129%**	**4**
Spurs	3	1	1	1	36	30	**120%**	**3**
Bulls	3	0	0	3	31	51	**61%**	**0**

Year 5/6

TEAM	GP	W	D	L	GF	GA	%	PTS
Raptors	3	2	0	1	90	62	**145%**	**4**
Kings	3	2	0	1	50	34	**147%**	**4**
Grizzlies	3	1	1	1	50	52	**96%**	**3**
Hornets	3	0	1	2	46	88	**52%**	**1**

High School

TEAM	GP	W	D	L	GF	GA	%	PTS
Rockets	5	5	0	0	189	137	**138%**	**10**
Pistons	4	2	0	2	108	107	**101%**	**4**
Magic	5	2	0	3	171	177	**97%**	**4**
Heat	4	1	0	3	136	150	**91%**	**2**
Lakers	4	1	0	3	128	161	**80%**	**2**

GP Games played / W Wins / D Draws / L Losses / GF Points for / GA Points against / PTS Ladder points

FRIDAY NIGHT BASKETBALL

We're looking forward to a competitive finish to the season.
If you're free on a Friday night, come down to the Freebairn Recreation Centre and cheer on the kids!

Year 3/4 4.30 pm / Year 5/6 5.30 pm
High School 6.30 pm & 7.30 pm

GRAND FINALS / FRIDAY 11 DECEMBER

FIRST TIP-OFF 4.30 PM

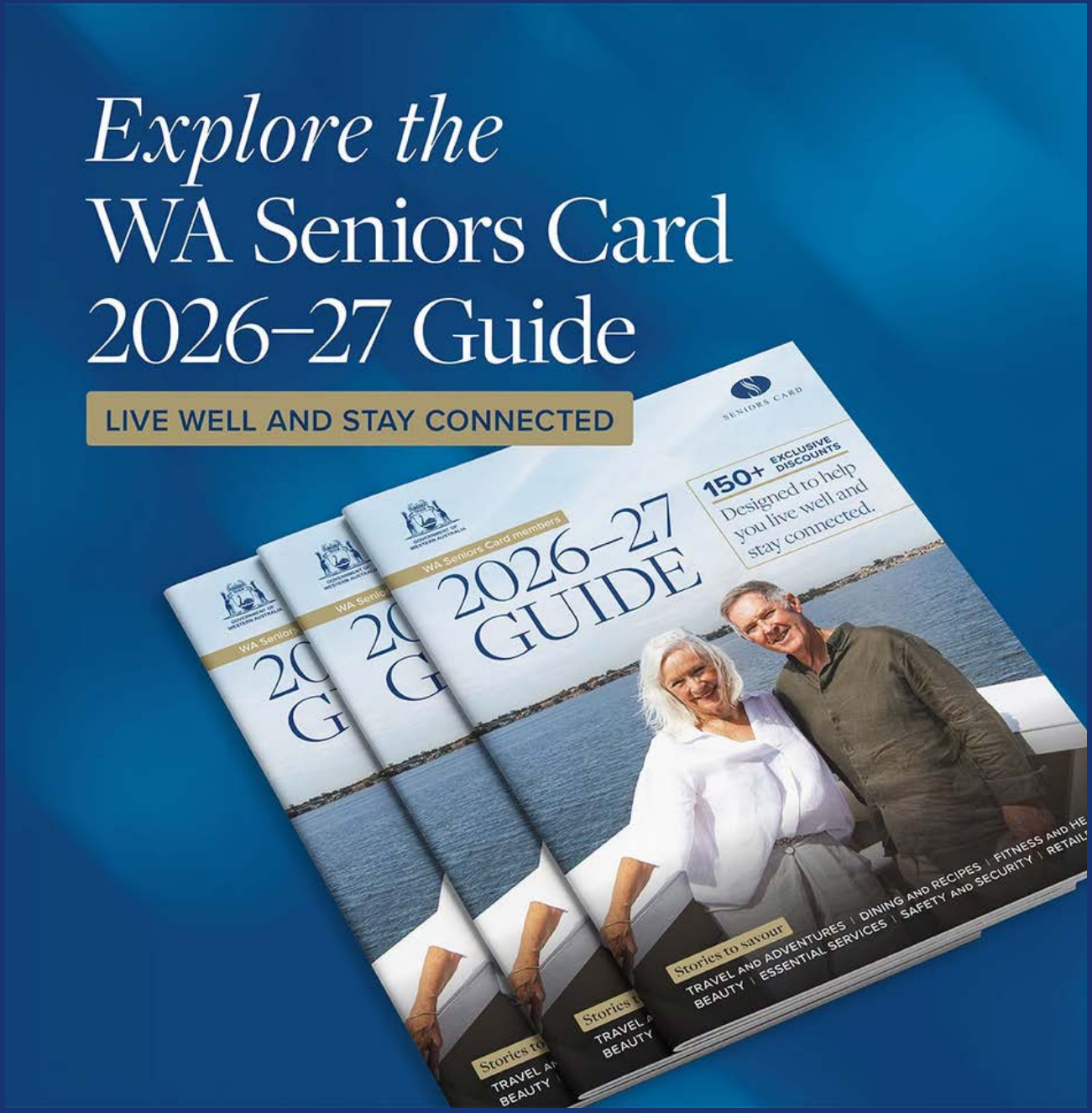
Once the last round is done and dusted, we'll announce who's playing in the grand finals.

Thanks to our game-day legends!

See you courtside!

It takes a lot of people to put the games on each week. A big thank you to our coaches, umpires, coordinators, scorers, canteen volunteers and everyone who lends a hand on game day. We really appreciate your time and effort!

Grab the latest edition of the Seniors Card 2026-27 Guide, now available at the Shire of Kulin.

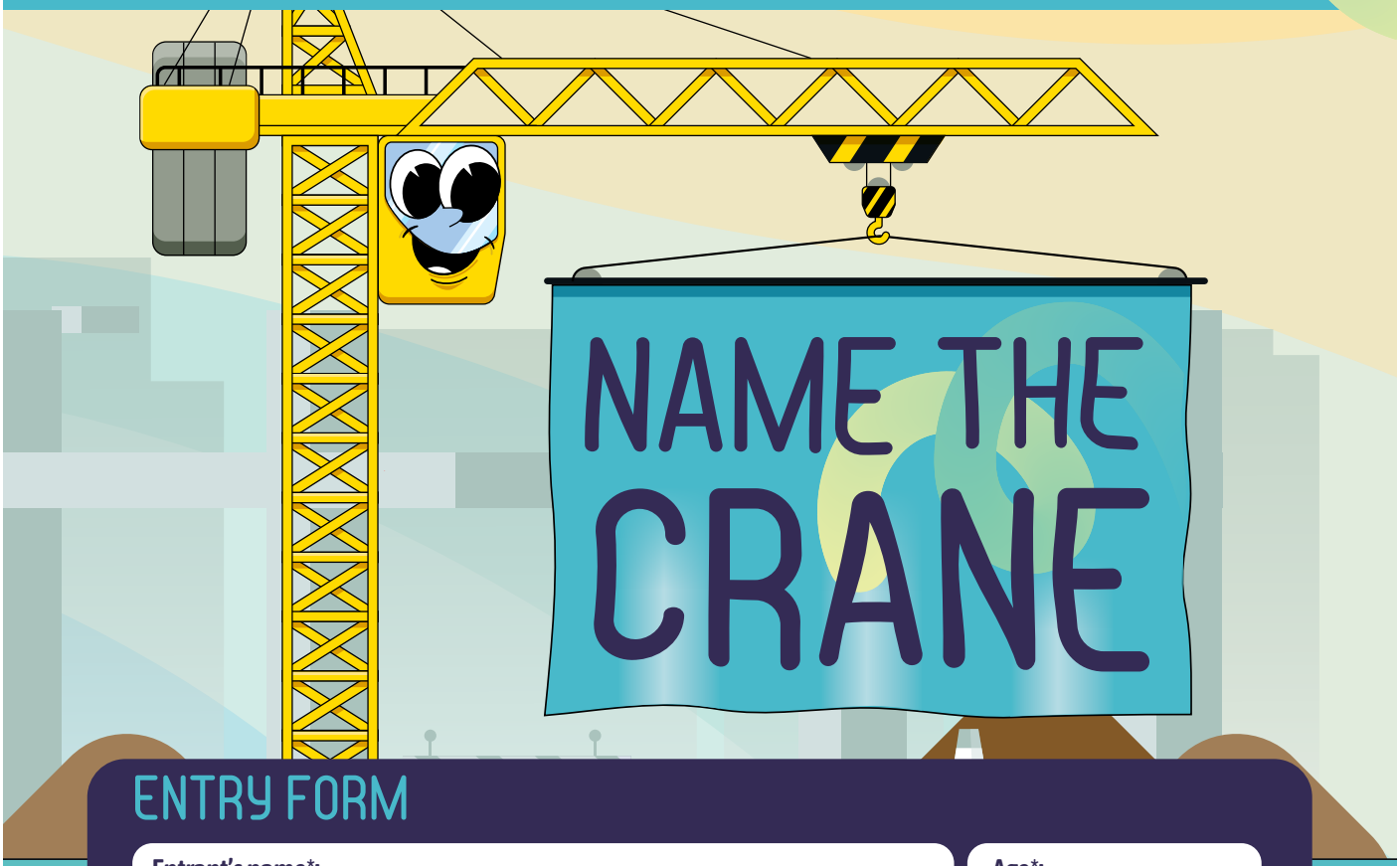


Kulin Community Resource Centre
Your local connection

kulin shire council
the kulin region

Government of **Western Australia**
Department of **Transport and Major Infrastructure**
Office of **Major Infrastructure Delivery**

NEW WOMEN & BABIES HOSPITAL PROJECT



ENTRY FORM

Entrant's name*:

Age*:

If applicable, please enter the name of your school:

What is a good name for a tower crane?*:

Why have you chosen this name?*:

Contact details of your parent or legal guardian*:

Please complete entry, scan and email to communications@walife.au
If entering a drawing, please email this form as a separate attachment.

*Compulsory answers

Consent and Privacy

Webuild will collect the information requested on the entry form to run and judge the competition and contact winners.

Privacy Statement

All personal information will be used solely for the purpose of administering this competition.

BUILDING FOR TOMORROW!

HOLYOAKE
Whenever you're ready.

1 day workshop

Agribalance+ Workshop

AgriBalance+ is a practical workshop developed by Holyoake to build mental health literacy and confidence among individuals involved in agriculture. The workshop provides an overview of mental health, situational distress and suicide awareness within agricultural contexts, helping participants understand how stress and cumulative pressure can impact individuals, families and businesses. AgriBalance+ equips participants with an array of practical, solution-focused tools. Participants gain practical guidance on recognising risk, responding appropriately, sharing support options and referral pathways, and maintaining boundaries.

Location: KULIN
Venue: Freebairn Recreation Centre, Kulin WA 6365
Date: Thursday 25th February 2027
Time: 9:00 am till 4:30 pm
Cost: FREE (Morning Tea & Lunch provided)
Registration: https://events.humanitix.com/agribalance-workshop-kulin-25th-feb-2027

Proudly delivered in collaboration with The Shire of Kulin & CRC



If you have any enquiries or need further information, please contact
Rachel Miller, RMiller@holyoake.org.au
Jo Drayton, JDrayton@holyoake.org.au
or scan QR Code

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

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


KULIN
CHRISTMAS
CARNIVAL
QUAIRADING VINTAGE CLUB
Police
A MAGICAL COUNTRY CHRISTMAS
SATURDAY 12 DECEMBER
2026
4.30 PM – 9.00 PM
FREEBAIRN RECREATION CENTRE, KULIN
FOAM PARTY
LIVE DJ
LITTLE LOUIE TRUCK
MARKET STALLS
FOOD TRUCKS
... AND SO MUCH MORE!

COMMUNITY NOTICES











Get Your Hands in the Garden

Summer in the Garden

Heat, waterwise habits & a garden that thrives

Summer in Kulin doesn't do things by halves! Between the scorching days, drying winds and soil that seems determined to turn to dust, keeping a garden happy can be a challenge. But a little preparation, some sensible watering and the right planting choices can make all the difference. Even in the heat of a Wheatbelt summer, there's plenty of growing to be done!

Give your garden a fighting chance

- ✔ Mulch generously! A good layer helps retain moisture, suppress weeds and protect roots from extreme temperatures. Keep it clear of plant stems.
- ✔ Feed the soil. Compost and organic matter improve soil structure and help it hold moisture.
- ✔ Provide some shade. Young seedlings and leafy plants appreciate protection from the harsh afternoon sun, particularly during heatwaves.

Water wisely, not just often

- ✔ Water early in the morning, or in the evening if needed, at soil level.
- ✔ If using sprinklers, aim for two or three designated watering days each week, before 2am or after 6pm.
- ✔ The same goes for your lawn – a good, deep watering a couple of times a week is more beneficial than a quick sprinkle every day.
- ✔ Keep an eye on how long sprinklers run – they don't need to be going for hours.

Summer Watering Reminders?

- ✔ Avoid the midday heat. So much of that precious water can evaporate before it has a chance to soak into the soil.
- ✔ Water deeply. Established plants generally prefer a thorough soak less frequently, while seedlings and pots need more regular attention.
- ✔ Check before you water. The surface might look dry while there's still moisture underneath. A quick check beneath the mulch can save unnecessary watering.
- ✔ Use waterwise methods. Drip irrigation, soaker hoses and mulch help reduce water loss.
- ✔ Use common sense! If a plant is genuinely struggling from lack of water during a hot afternoon, don't leave it wilting until morning. Give it a drink at the base where it's needed.

What to Plant Now

Plant as seedlings

Tomatoes, capscium, chili, eggplant, basil and sweet potato slips.

Sow as seeds

Beans, corn, zucchini, cucumber, pumpkin, melons and sunflowers.

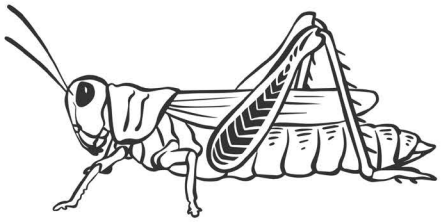
Keep new plantings consistently moist and avoid planting out just before a run of extreme heat.

A little something for you, too

Getting your hands in the garden isn't just good for your garden, it's good for you! It's a chance to get outside, move your body, be creative, experiment and learn something new. To slow down, work with nature and enjoy the simple satisfaction of watching something grow.

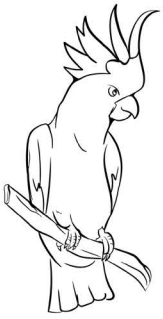
Whether your reward is a basket of homegrown tomatoes, a vase of beautiful flowers, a splash of colour in the yard or simply a peaceful spot to sit, gardening has a wonderful way of giving something back.

And really, isn't that a pretty good reason to keep getting your hands in the garden?



Spring Word Search



V S S A S P R O U T S S

B L A U H F I N E B B A

U P I C N I C O S D E K

T A B L O S S O M R E L

T M N C Y H H W E D S D

E A L E S R A I N B O W

R R A I N E A C N N X B

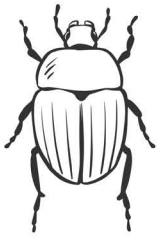
F H D S F R O G S E E I

L B Y E V T U U E S H R

Y A B L O O M I N G R D

N O U M T G L T F O T S

F L G W E F L O W E R S



FROGS BUTTERFLY FLOWERS BIRDS

LADYBUG BLOOMING RAINBOW BEES

SPROUTS SUNSHINE BLOSSOM RAIN

Kulin Child Care Centre

Silkworms

Our Silkworms have been eating and eating growing and growing! They have transformed from small larvae into fat caterpillars with very striking patterns, they are slowly heading into the pupa stage and beginning to spin cocoons.
You may notice a few starting in the picture with egg cartons. We are really enjoying observing the life cycle of these silkworms.
Thanks again to Katheryn Wilson for kindly thinking of us to raise some of these silkworms.







End of Year Closing Dates

We will be closed over the holiday period as per below.

- **Last day of bookings:** Monday, 21 December 2026.
- **Bookings will recommence:** Wednesday, 20 January 2027

Fees are not charged on dates which we are closed.
14 days' notice is required for notice of absences or withdrawal/change of bookings



Thank you to our families and community for supporting us.

A SPRINKLE OF FAIRY BREAD MAGIC FOR HARVEST



When we were throwing around ideas for this week's Kulin Update, someone suggested that, given the time of year, a good old-fashioned harvest slice might be just the thing.

So, I started thinking. And thinking some more.

Because here's the challenge. Around here, everyone already has their tried-and-tested, old-faithful, guaranteed-winner slices, biscuits and harvest snacks. You know the ones. The recipes that come out year after year, that you could practically make with your eyes closed, and that never fail to disappear from the lunchbox.

And frankly, I'm surrounded by some pretty amazing cooks. So, if I was going to throw another recipe into the mix, it had to meet a few fairly strict requirements.

First, it had to be simple. Nobody wants to be mucking about with something complicated when they're already up to their eyeballs in harvest. Second, it had to be a little different. There's no point reinventing the humble chocolate slice when half the district already has a family recipe that's been perfected over three generations. And third, most importantly, it had to taste good. Something that would bring a smile to your face and have you reaching for a second piece. So, I started flicking through recipes, looking for a little inspiration. And then I glanced at my calendar. Did you know there's a National Fairy Bread Day? Because I certainly didn't! But apparently there is, and just like that, my mind went skipping straight down memory lane to birthday parties, backyard celebrations and the glorious simplicity of childhood treats.

Ahhh, fairy bread. That quintessential Australian party classic. In our family, it was always made with soft, fluffy white bread, a generous slather of butter, a good swipe of Nestlé condensed milk and a magnificent scattering of hundreds and thousands. Soft, sweet, salty and crunchy all at once. The stuff of childhood dreams for those of us growing up in the '80s and '90s. SO GOOD!

Well, now I had an idea. Back to the recipes I went, this time with a mission. Surely someone had turned this childhood favourite into a slice?

As it turns out, quite a few people had. Unfortunately, most of the versions I found looked sweet enough to guarantee a trip to the dentist in fairly short order. Marshmallows, white chocolate, condensed milk, icing sugar... sometimes all in the same recipe!

And where was that beautiful salty butteriness? That little bit of crunch against the softness? The very things that made fairy bread so wonderful in the first place?

Nope. I wasn't quite finding what I had in mind. So, armed with a couple of different recipes, a few ideas of my own and a healthy dose of enthusiasm, it was time to play mad scientist in the kitchen.

The plan was to bring together a substantial, buttery Weet-Bix base with little chunks of salty crackers for crunch, then top the whole thing with a generous, fluffy layer of marshmallow, a hint of vanilla and raspberry, and, of course, plenty of hundreds and thousands.

Because let's be clear, we're not trying to make health food here. It's fairy bread! It's supposed to be a treat. But there's a difference between something delightfully sweet and something that makes your teeth ache just looking at it.

And lo and behold, what emerged after a little brainstorming and some kitchen experimentation was something rather fun. It's got the buttery saltiness, the crunch and the softness, and it's definitely sweet — just not sweet enough to instantly rot your teeth! Best of all, it's got plenty of that childhood whimsy without being complicated to make.

So, from my table to yours it's time to strap on your jelly sandals, embrace your inner '80s kid and whip up a batch of this fairy bread slice, ready to bring a little colour and frivolity back to the harvest lunchbox. Enjoy!

KC Pedrick
Community Development Officer

FAIRY BREAD MARSHMALLOW SLICE

A little childhood nostalgia, with a grown-up twist!

A substantial, buttery Weet-Bix and cracker base with little pockets of salty crunch, topped with a fluffy raspberry and vanilla marshmallow cloud and a cheerful scattering of hundreds and thousands.

Makes: 20–24 pieces
Preparation: Approximately 25–30 minutes
Cooking: 18–22 minutes
Setting: At least 4 hours, preferably overnight
Tin: 18 × 28 cm slice tin

INGREDIENTS

Buttery Weet-Bix & Cracker Base

- 8 Weet-Bix (approximately 120 g), crushed
- 200 g Jatz or Ritz crackers, roughly crushed
- 200 g plain flour
- 80 g desiccated coconut
- 60 g caster sugar
- 300 g butter, melted
- 160 g sweetened condensed milk
- 2 tsp vanilla extract

Raspberry & Vanilla Marshmallow Cloud

- 600 g pink and white marshmallows
- 80 ml milk
- 500 mL thickened cream
- Rainbow sprinkles (the long, soft variety), to taste
- Extra rainbow sprinkles for decorating

METHOD

1. Preheat oven to 180°C (160°C fan-forced). Grease and line an 18 × 28 cm slice tin with baking paper, allowing the paper to extend above the sides.
2. In a large mixing bowl, combine the crushed Weet-Bix, plain flour, coconut and caster sugar.
3. Roughly break the Jatz crackers into small pieces, leaving some larger chunks for that lovely salty crunch. Stir through the dry ingredients.
4. Combine the melted butter, condensed milk and vanilla, then pour into the dry mixture. Stir thoroughly until evenly moistened and the mixture holds together when pressed.
5. Transfer to the prepared tin and press down firmly and evenly using the back of a spoon or the base of a glass.
6. Bake for 18–25 minutes, or until lightly golden around the edges. Remove from the oven and allow to cool completely in the tin.

Make the marshmallow topping

7. In a large bowl, beat the cold thickened cream, vanilla and raspberry powder until medium-stiff peaks form.
8. Place the marshmallows and milk in a medium saucepan over very low heat. Stir gently until completely melted and smooth. Do not allow the mixture to boil.
9. Remove from the heat and immediately transfer the melted marshmallow mixture to a large mixing bowl. Sit this bowl inside a second, larger bowl containing a little cool water.
10. Using electric beaters, whip the marshmallow mixture as it cools. As the water warms, replace it with fresh cool water to keep the cooling process going. This helps cool the mixture while whipping some air back into it.
11. Once the marshmallow mixture has cooled to approximately skin temperature, add a generous spoonful of whipped cream and continue beating until the mixture is thoroughly cooled.
12. Gently fold through the remaining whipped cream, a little at a time, until light, fluffy and evenly combined.
13. Fold through your rainbow sprinkles, then gently spread the marshmallow mixture over the completely cooled base.
14. Scatter a generous helping of extra rainbow sprinkles over the top and refrigerate for at least 3–4 hours, preferably overnight, until set.
15. Lift from the tin using the baking paper and cut into squares or fingers using a sharp knife, wiping the blade clean between cuts.

A Couple of Tips from the Kitchen

Don't crush the Jatz too finely. Those little chunks of salty, buttery cracker are what give this slice its character and balance the sweetness of the marshmallow.

For neat slices, chill thoroughly and use a clean, sharp knife.

Try using the long, soft rainbow sprinkles they work particularly well in the marshmallow topping. Unlike traditional round hundreds and thousands, they don't have that hard crunch, making them much nicer to bite into.

Storage: Keep refrigerated in an airtight container and consume within 2–3 days. As the topping contains fresh cream, transport in an insulated lunchbox with frozen ice bricks and keep chilled until serving.

THE BONE BUS IS COMING!



St Luke's Family Practice Kulin

21st – 22nd December

Please make an appointment with your doctor to discuss bone health and obtain a referral.



Central Agcare
COUNSELLING

Free, confidential counselling services are available to all.

Face to face counselling or by phone servicing the Corrigin, Bruce Rock, Narembeen, Kulin, Kondinin, Hyden, Quairading, Brookton, Pingelly, Cuballing & Wickepin areas.

Anxiety

Depression

Life changes (physical & mental)

Abuse (past and present)

Loss and grief and

Relationship issues (home & work)

We are here to help.

Contact our Counsellor:
Marie Meehan : 0456 294 765



UPDATED AUGUST 2026

Wheatbelt Health and Aged Care Services For people over 65 years or Aboriginal people over 50 years

Government Subsidised & Free

District Leadership Groups | Wheatbelt

A Wheatbelt DLG Ageing Well and In Place Priority Area Working Group (PAWG) Initiative

REGISTRATION REQUIRED

My Aged Care is the Government's starting point for accessing aged care services.
To receive any government-subsidised supports - including in-home help, community programs, respite or residential care - registering with **My Aged Care** and completing an assessment is compulsory. Once registered older people, families and carers can be linked with suitable services and providers that meet their needs.

To register:
Ph: 1800 200 422 (Mon-Fri 8am-8pm) or visit
W: www.myagedcare.gov.au

Note receival of the below services are based on **assessment and eligibility.**

It is recommended to use the online 'Should I apply' tool. **MyAgedCare.gov.au/Should-I-Apply**

Government Subsidised RESIDENTIAL AND RESPITE

RESIDENTIAL & OVERNIGHT RESPITE

Multi-Purpose Service (MPS): Delivers residential aged care, hospital and community health services under one combined facility in small rural towns, allowing older residents to receive ongoing care locally. **Towns included:** Beverley, Bruce Rock, Corrigin, Dalwallinu, Moora, Dumbleyung, Goomalling, Kellerberin, Kondinin, York, Kununoppin, Lake Grace, Merredin, Narembeen, Quairading, Southern Cross, Wongan Hills, Wyalkatchem.

Residential Aged Care Homes:
Brookton
Kalkarni Residency
Kellerberrin
Dryandra Residential & Community Care Inc
Narrogin
Karinya Residential Care
Residency by Dillons
Northam
Juniper Bethavon
Juniper The Residency
Wagin
Juniper Waratah Lodge
York
Baptist Balladong Gardens

DAY RESPITE

Social connection and respite opportunities for older people.

Killara Adult Day & Respite Centre (Northam)
Ph: (08) 9622 5765

Silver Chain Group Social Support Centre (Narrogin)
Ph: 08 9890 0900

Government Subsidised COMMUNITY AGED CARE

SUPPORT AT HOME PROGRAM / COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

Government-funded services to help older people remain living at home. Potential supports that can be provided include:
- Home modifications and equipment
- Home maintenance and repairs
- Domestic assistance
- Meals and nutrition
- Transport and social support
- Nursing and allied health therapy
- Personal care
- Restorative care management
- Therapeutic services

SHORT TERM PATHWAYS

Additional short-term supports available through Support at Home:
- Restorative Care
- End of Life Pathway
- Assistive Technology & Home modifications

SUPPORT TO NAVIGATE

FREE SUPPORTS & SERVICES

ADVOCACY & SUPPORT

AMITY HEALTH - CARE FINDER PROGRAM

For people who are isolated, have limited access to family support or someone they trust. A dedicated care finder can:
- Help navigate My Aged Care, including understanding and completing forms
- Attend assessments and help with other challenges.

Ph: 08 9842 2797
Referral form available on the website.
W: www.amityhealth.com.au

MOORDITJ KOORT - ELDER CARE SUPPORT PROGRAM

Support for Aboriginal people aged 50+ to access aged care services.
- My Aged Care
- Intake & assessments
- Advocacy

Ph: (08) 6174 7000

ADVOCARE

Advocacy and support for older people, including elder abuse concerns.

Elder Abuse Helpline
Ph: 1300 724 679

Advocacy Line
Ph: 1800 655 566

W: www.advocare.org.au

LEGAL AID

Wheatbelt Community Legal Centre
Location: Office in Northam. Outreach to Narrogin & Moora.
Ph: 9622 5200

South West Community Legal Centre
Location: Outreach to Narrogin only.
Ph: 9791 3206

Seniors Rights and Advocacy Service (Legal Aid WA)
Ph: 1300 650 579

Aboriginal Legal Service of WA
Ph: 1800 019 900

WELLBEING SUPPORT

MEDICARE MENTAL HEALTH CENTRE

Free support for people experiencing mental health distress.

Location: Northam. Also provide phone appointments.

How to refer: walk-in (located within Holyoake), via GP or
Ph: 1800 595 212

HOLYOAKE

Support for people dependent on alcohol and/or drugs or impacted by use.

Location: Northam & Narrogin. Also provide outreach & phone appointments.

How to refer:
Ph: 9621 1055 or visit
W: www.holyoake.org.au

SENIORS MENTAL HEALTH SERVICE

Support for older adults experiencing mental health or dementia-related concerns.

Location: Clinics based in Northam, Narrogin, Merredin & Gingin. Also provide outreach & phone appointments.

How to refer:
Ph: 9621 0999
E: Wheatbelt.MentalHealthService@health.wa.gov.au

AMITY HEALTH - MENTAL HEALTH COUNSELLING

Free counselling for older adults.

How to refer:
Self, health professional or GP referrals accepted. Referral form available on website.
Ph: 9842 2797
W: www.amityhealth.com.au

CONNECTIONS COUNT

Free counselling in residential aged care homes in: Brookton, Kellerberrin, Narrogin, Northam, Wagin & York.

How to refer:
Via GP or through Residential Aged Care Facilities. Access referral form on website (above).

SPECIALISED HEALTH SERVICES

GERIATRICIAN

Specialist assessment and support for complex ageing-related health concerns.
- Frailty, falls and mobility
- Memory and cognition
- Comprehensive health assessment

GP referral required.

Locations:

Northam Health Service
Location: 50 Robinson St, Northam
Ph: 9690 1300

Narrogin Health Service
Location: Williams Rd, Narrogin
Ph: 9881 0333

Merredin Health Service
Location: 37 Kitchener Road, Merredin
Ph: 9081 3222

Outreach available to other Wheatbelt towns via telehealth.

DEMENTIA SUPPORT

Dementia Australia
Information & education
Ph: 1800 100 500
Alzheimer's WA
Support groups & respite
Ph: 1300 66 77 88
Dementia Support Aus
Support for changed behaviours
Ph: 1800 699 799
Forward with Dementia
Information for people living with dementia & carers.
W: forwardwithdementia.au

CARER SUPPORT

Carer Gateway
Support for family members and friends who provide care to an older person.
- Counselling, coaching, support groups & respite
- **Ph:** 1800 422 737

CRISIS LINES (24/7)

Lifeline 13 11 14

Beyond Blue
1300 224 636

1800 RESPECT
1800 737 732

Your Wellbeing – What's Important to You?

November 1, 2026 Warrior Wellbeing Articles

There are some great awareness campaigns run throughout the year that aim to raise awareness and put men's health and wellbeing in the spotlight. As important as these campaigns are, it is still up to us as individuals to take time and reflect on our own wellbeing needs and what we need to focus on amongst all our daily activities. We are all busy and the context of our lives differ, so don't forget to put yourself first, it's not being selfish, but an important part of self-preservation!

No matter if we are a farmer, contractor, working in agribusiness, or a community member, we can sometimes forget the little things during these busy times. We all have stress spikes in our lives. Whether we are farmers dealing with seeding and harvest, accountants during tax time, a salesperson during stocktake, or a parent dealing with the never-ending jobs and caring responsibilities.

Most of us just accept that during our stress spikes we need to go hard and work long hours. But it's also important to understand that no one can work 24/7. Even if we think we can, something is going to give. Here are a few simple tips to remember, especially during busy times, around issues that can impact us blokes:

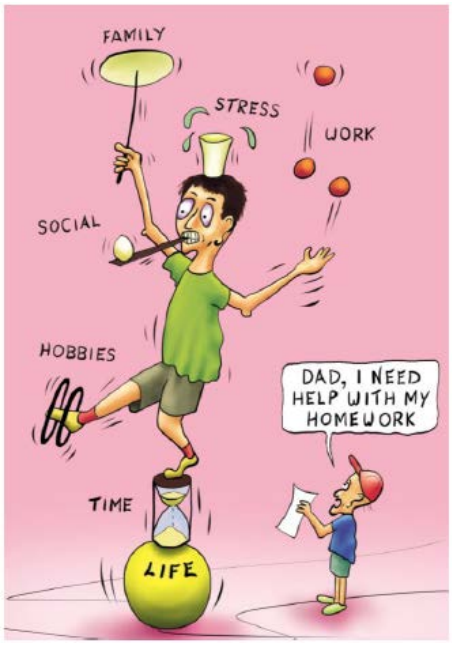
Fatigue is one of the biggest causes of accidents, injuries and deaths, so know your limits. Are we getting enough sleep? We need 7-8 hours. Limit nicotine, caffeine, alcohol and big heavy meals late at night. Give yourself a chance to relax before bed and avoid bright screens / electronic devices.

Fuelling our body – Eat a good source of fibre i.e. whole grains, legumes, and fruits such as apples, berries, citrus fruits and pears. Fibre stays in the stomach longer than other foods which means feeling full for longer. Eating carbs with a low GI (slow release) helps with blood sugar control, which means sustaining our energy levels in a more balanced way.

Balanced diet – A varied and healthy diet of protein and good fats is important - red meat, chicken and fish with some greens. Our snacks can be healthy like apples, avocados, bananas, fruit/nut mix and remember to stay hydrated and drink lots of water.

Road safety - Road conditions in regional WA don't have a good reputation as it is. It's important to remember the transport industry is an important part of country life and truckies are just trying to make a living, so respect needs to go both ways. Extra trucks are going to be in and out of receival points, farm gates and at crossroads during seeding/harvest and the holiday period. Give appropriate space and don't push your overtaking, be patient and don't drive tired.

Managing our relationships - We must remember that it is not your responsibility to make other people, including your spouse, happy. It is up to each person to create that for themselves. We do, however, play a significant role in whether others feel appreciated and respected, which is a good start for any relationship.



Our wellbeing is important and we must take a proactive approach to managing it. It would be great if we could all spend as much time as possible being happy, healthy and well. However life is full of certainty and uncertainty, each morning the sun comes up, and using the analogy of being stuck on an island, we never know what the tide may bring in, so look after yourself first! This will better enable us to then take care of those around us in our family, community group and/or workplace setting.

The Regional Men's Health Initiative

P: (08) 6314 1436

E: menshealth@4blokes.com.au

THE REGIONAL MEN'S HEALTH INITIATIVE

What Are We Teaching Our Children About Bullying?

I don't know how many more parents I can hold as they break down and tell me about the child they have lost to suicide. I have honestly lost count.

But there is something I keep hearing, something that has come up in almost every conversation with these parents, and I find it extremely difficult to comprehend……..

Bullying.

Parents telling me about their children taking their own lives. About friendships that turned cruel, relationships that ended badly, humiliation at school and messages sent online. Sometimes, messages telling their child they should kill themselves.

Which is horrifying. No matter what age you are or what the circumstances may be, it is NEVER okay to tell somebody to harm themselves.

Suicide is incredibly complex, and I would never suggest that one experience alone explains why someone takes their own life. But bullying is something that keeps appearing in the stories these families share with me.

And I cannot help wondering what we are missing.

I think about these parents long after the screenings have finished. Parents who are trying to understand what happened, who will never have another conversation with their child, celebrate another birthday or share another ordinary day together.

There is something incredibly confronting about listening to a parent describe the cruelty their child experienced, knowing that the people involved may simply have moved on with their lives.

It has made me think about my own childhood.

When I was at school, social media was only just beginning. We had Bebo, and I remember a close friend being bullied online by another girl who was also my friend. The things they would write about her were so mean and simply not okay.

I knew it was wrong. Looking back, I am ashamed that I didn't stand up and say something. But back then, I didn't know how. I didn't want to rock the boat, and I sure as hell didn't want to become a target myself.

Around the same time, I remember sitting in maths with the same group of girls, who would constantly muck around and treat our teacher, Mrs Cameron, terribly. Eventually, she encouraged me to move away from them, and I did.

But I remember how uncomfortable it felt. The girls would call out, "Come back!" which quickly turned into, "Oh, you think you're too good for us now?"

All I wanted was to go back to where I felt accepted.

Fortunately, I had another voice in my head reminding me how hard my parents had worked to give me that education. And I also knew that if Mrs Cameron rang home and told them I was being a little shit at school, I'd get my arse kicked!

Looking back, I realise how powerful that need to belong was, even when I knew the behaviour was wrong.

Now, you might be thinking, "What the hell is she telling me this story for?"

But if you can, think back to your own childhood.

Was there a time when you knew somebody was being bullied? When you knew what was happening was wrong, but you didn't say anything?

Can you remember that feeling?

The fear of becoming the next target. The fear of being excluded. The overwhelming need to belong.

Remember just how intense your emotions were at that age.

Your friendships, your school and your first relationships felt like your entire world. You hadn't lived long enough to understand how much life would change or how many people you were yet to meet.

And in rural communities, I wonder whether this can be even more difficult.

The children you go to school with are often the same children you play sport with. Their parents know your parents. Families belong to the same clubs and community groups. And today, those connections are amplified to an entirely new level because everyone remains connected through their phones.

The interconnectedness of rural communities is one of the things I love most about them.

When somebody needs help, people arrive. When tragedy happens, communities rally around one another.

But perhaps the very thing that makes our communities so good at caring for people can also make social conflict incredibly difficult to escape.

The same network that carries care can also carry pain.

And this brings me to something else I have been observing.

We spend an enormous amount of time teaching children that bullying is unacceptable, yet I look at the behaviour of adults and wonder what example we are setting.

We all hear people say, "Oh, kids are cruel," "Kids are so mean these days," or "Online bullying among children is rife."

But then I look at the way adults behave, and I wonder whether we are really any different.

Take a look at social media.

Look at the comments directed towards athletes, politicians and

ordinary people. Look at the way we gossip, take sides and make assumptions about people whose circumstances we may know very little about.

Sometimes bullying is obvious. Sometimes it is far more subtle.

It can be disguised as humour, concern, an opinion or even the belief that somebody deserves to be held accountable.

And I find myself wondering why we are so good at recognising bullying when somebody else is doing it, yet so good at justifying our own behaviour.

Is it jealousy? Insecurity? Spite? Fear of change? Or simply our own desperate need to belong to a group that has decided somebody else doesn't?

These are often the explanations we give children when they tell us somebody is bullying them.

But perhaps we need to start looking at our own behaviour as adults as well.

I'm sure most of us have experienced some form of bullying, exclusion or cruelty as adults. And it still hurts.

We have the maturity and life experience to understand that somebody else's opinion doesn't define us. We know we cannot control what everybody thinks or says about us.

Yet that doesn't necessarily make the pain disappear.

So what must it feel like for a child whose world is so much smaller?

I don't know what the answer is.

But I do know that every time another parent shares their story with me, I find myself thinking more deeply about the responsibility we all have.

Not just schools. Not just parents. Not just social media companies.

All of us.

Because our children are watching how we speak about people we disagree with. They are watching how we behave when we are angry, how we treat people who are different from us and whether we have the courage to challenge cruelty when it comes from somebody we like.

And perhaps we also need to give children more places to belong, so that when one friendship ends or one group turns against them, they know there is a much bigger world beyond it.

I wish every young person struggling with rejection or bullying could somehow see what we come to understand with age.

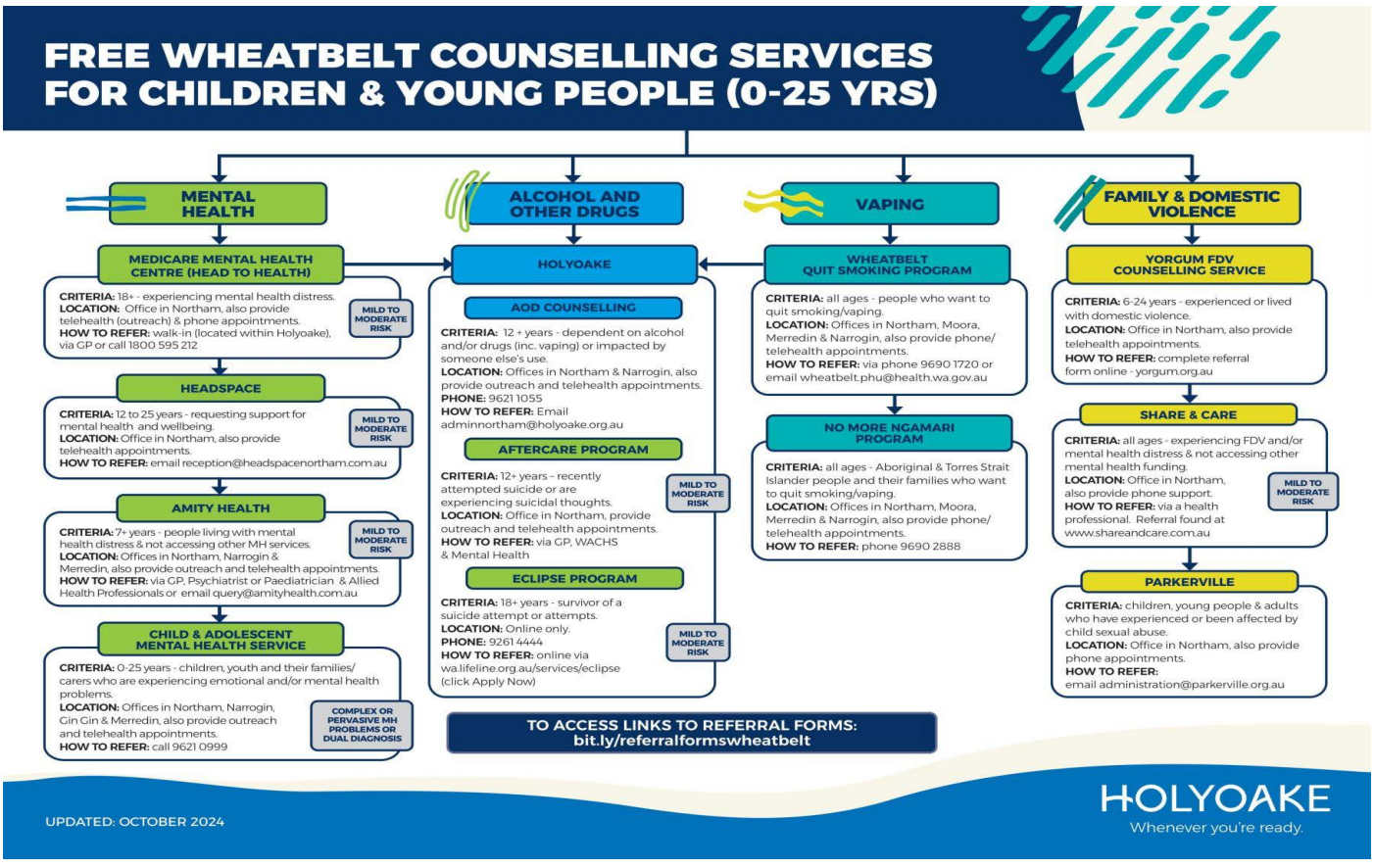
This is not your whole world.

There are people you haven't met, places you haven't been and parts of yourself you haven't even discovered yet.

And perhaps the greatest responsibility we have as adults is not simply telling our children to be kinder.

It is showing them how, while making sure they have the support and protection they need when somebody else isn't.

Leila Sweeney
https://www.vampaddockproductions.com/post/what-are-we-teaching-our-children-about-bullying





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KULIN RETIREMENT HOMES INC.

The committee of Kulin Retirement Homes is a volunteer group appointed annually at their Annual General meeting.
The committee of KRH meets four times a year to allow effective administration of the housing stock.
Their role is to administer the housing portfolio consisting of Kulinda Village and Workman Estate.

THE GOAL OF KULIN RETIREMENT HOMES IS TO :

- Provide affordable and comfortable independent living accommodation for Seniors.

THE KULIN RETIREMENT HOMES DOES NOT PROVIDE:

- Aged care services
- Aged care packages

GENERAL INFORMATION

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

MEDICAL CENTRE
Kulin Medical - 9880 1315
St Luke's Family Practice
Dr available Thurs & Fri
Kondinin Hospital- 9894 1222
Kulin Nurse Station - 9880 1056
Tues, Wed & Fri
8.30am - 12.30pm

EMERGENCY CONTACTS
Emergency Centre - 9880 1079
SES - 13 25 00
Western Power- 13 13 53
Power Faults - 13 13 51
Water Authority- 13 13 75

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

CRISIS CARE CONTACTS
Rural Link - 1800 552 002
Beyond Blue - 1300 224 636
Lifeline - 13 11 14
Lifeline - text - 0477 131 114
MensLine - 1300 789 978
Kids Helpline - 1800 551 800
Holyoake - 1800 447 172
Holyoake Narrogin - 9881 1999
1800RESPECT - 1800 737 732

KULIN TRANSFER STATION & TIP SHOP
The station is open
Sunday |Monday|Thursday
10am - 3pm

LOCAL CHURCHES
Uniting Church
1st & 3rd Sunday of each month, 11am
Catholic Church
Fr Philip Perresa
0457 559 064
1st, 3rd, 5th, 8am
Anglican Church
By Request
K Wilson - 0429 801 228
Bunbury Office - 9721 2100

KULIN MOTOR MUSEUM
Wednesday 10am - 2pm
Saturday 10am - 2pm
C King - 9880 1058
B Colbourne - 0429 804 615
J Munro - 0427 386 849

DEPARTMENT OF TRANSPORT - KULIN
Bendigo Bank Kulin - 9880 1422
Driving assessor has one assessment day a month.

MAIN ROADS FAULTS
- 13 81 38

POISON INFORMATION
- 13 11 26

JUSTICES OF THE PEACE
MT Lucchesi - 9880 4050
JM McInnes - 9880 1360
BW Sloggett - 0427081925

CONTAINERS FOR CHANGE
All Good Refund Depot comes to Kulin on the last Wednesday of every month. They pick up returns from Kulin CCC (behind the Memorial Hall) at midday. Contact the Shire for more info. To donate your cans to
KCCC C10351204
Arts Centre C10333381
Kulin Museum C10322274
Kulin Lions Club C10293508

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

Pingaring
Public Toilets
Pingaring Ag Solutions
Pingaring Golf Club

Dudinin
Dudinin Tennis Club

KULIN LIONS CLUB
Kulin Lions Club collect old batteries and scrap metal. Please feel free to drop off any of these items at Hayden's shed.

H McInnes - 0429 801 215
T Barndon - 0428 939 189
R Doust - 0499 802 054