
THE KULIN UPDATE

9th February, 2023

5 CITIZEN OF THE YEAR

Congratulations Donald Bradford and Janet Colbourne.

17 FLORALS COURSE

Learn new skills and create beautiful fresh floral arrangements

18 TRIATHLON

Sign up to compete in the Kulin Traithlon, a day full of fun and activity.

Welcome to the first edition for 2023 of the Kulin Update. This edition is slightly shorter than future editions will be. Feel free to send us any ideas you may have for any future editions of the Update!

AUSTRALIA DAY 2023



CONTENT CORNER



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

THE KULIN UPDATE - FAQ

Contact

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

How to receive the Kulin Update via Email?

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

How to advertise in the Kulin Update?

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

When are the deadlines?

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

When is the next deadline?

The next deadline will be Tuesday 21st February, 2023

Advertising costs:

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

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

Accepted document formats:

- EMAIL
- WORD
- PDF
- JPEG

Have you got news?

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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

21st	February	2023
7th	March	2023
14th	March	2023
21st	March	2023
4th	April	2023
18th	April	2023

HAPPY BIRTHDAY!

February

1st	Hayden Williams
2nd	Carlinea Savage, Alorrah Bull
5th	Breanna Phyllips, Elana Frantom
6th	Chris Giles, Mary Ritchie
7th	Trudie Harris-Quicke, Alysha Slogget
8th	Cameron King, Jamie Spencer
9th	Edith Lucchesi
11th	Len Hobson, Kurt Spurgeon, Eden Dearlove
12th	Tom Wilson, Zina Poletti
13th	Michael Wilson
14th	Julie Young
16th	Rod Diery
18th	Peta West, Michelle Tyson
20th	Donald Bradford, Nahi Lewis
22nd	Sam Lewis

CEO CORNER

Welcome back to everyone to the first edition of the CEO corner for 2023. I hope everyone was able to take some down time over the XMAS and New Year period and reflect on the year 2022 that came and went rather quickly.

Over the coming couple of weeks the Shire works staff will complete part of the upgrade on the Fence Road. The 11km section being upgraded is funded through the Wheatbelt Secondary Freight Network Program in 2022/2023. The first section of 5.3km's will be bitumised during the week ending 17 February 2023. The final section of 5.7km's will be sealed in mid-March 2023. Please abide by road signage and traffic control in order to ensure a safe work environment is maintained for Shire Staff. Road users can expect some delays whilst these important upgrade works are completed.

Pleasingly over the Christmas - New Year break the Shire received notification that funds notionally allocated to the Kulin Holt Rock Road as part of the Federal Government Remote Road Pilot Program has been signed off on by the Government. The Program, through the transition out of the 2022 Federal Election, was reviewed

by the incumbent government. As a result of the Shire signing the Offer of Funding Agreement, the Shire of Kulin will receive \$3,072,000 over the course of 2022/23 and 2023/24 to upgrade and seal 27km's of the Kulin Holt Rock Road to a width of 8 metres. The Shire of Kulin has committed \$768,000 with the total project cost budgeted to be \$3,840,000. It is expected works will recommence over the coming weeks.

I would like to take this opportunity to thank all Shire Fire Control Officers and farmers whom attended a fire during the harvest / holiday period. The vigilance and awareness of all concerned certainly enables a quick and efficient response to fire outbreaks. Although we are not yet out of the peak fire season, we can take some comfort in the fact the crop has been taken of successfully and safely which as a consequence significantly reduces the fuel load across the Shire. Over the past couple of weeks Main Roads WA have undertaken pavement repairs in the Kulin Main Street, which have been needed for quite sometime.

The Shire will continue to advocate for ongoing pavement repairs and upgrades across the State Road Network which traverses through the Shire of Kulin. Over the coming few weeks a further culvert will be replaced on the western

end of Johnston Street on approach to the rail line. It would be appreciated if road users would exercise patience whilst these works are undertaken.

On the 9th and 10th February 2023, two new lighting towers with LED lights will be erected at the Kulin Recreation Oval. These lights will enhance the hockey training area and have been funded from the Department of Local Government, Sport and Cultural Industries Club Night Lights Program, Local Roads and Community Infrastructure Grants program, and the KKHCC.

Moving forward the Shire will solidify plans with a view to accessing further funding for the continued upgrading of lights at the Kulin Recreation Oval. This will occur in consultation and collaboration with local sporting groups/clubs as applicable.

Alan Leeson

Acting Chief Executive Officer



LOCAL SUPERSTARS



LOCAL SUPERSTARS

CITIZEN OF THE YEAR AWARDS

I will begin with the 2023 Citizen of the Year. This is awarded to a person who has delivered outstanding service to his or her community.

This year I have the great pleasure in presenting the 2023 Citizen of the Year Award to Donald Bradford. Donald has been nominated by Tracey Noble, Treasurer of the Great Southern Colts Carnival Committee.

Donald Bradford has contributed immensely to the Kulin Community through his many years as a volunteer with the Great Southern Colts AFL Carnival, Kulin Kondinin Football Club, Kulin Bush Races, Kulin Cricket Club and Kulin Bushfire Brigade. He has held many committee positions with these sporting clubs and has been Bushfire Brigade Captain for many years.

Donald is a committed community member who is passionate about football and cricket and works very hard to ensure they continue in Kulin. He is a tireless worker and attends busy bees and fundraising events. Donald as President of Great Southern Colts Carnival is a great leader who leads from the front and shows great integrity. He is humble about his achievements and leadership.

Donald has demonstrated active citizenship and enhancement of community life through volunteering in numerous community activities and organisations.

Donald is a delegate on the Great Southern Football Council which hosts the U/19 AFL Carnival each

year in the Great Southern of WA. It is the longest running carnival of any type in the southern hemisphere and celebrated its 100th carnival in 2022. He was part of a committee who instigated the Carnival being held in Kulin in 2005 and has been President ever since. The carnival is now held in Kulin for 2 years alternating with Lake Grace for 2 years. Kulin has held a total of 9 carnivals in the past 16 years and they have all been very successful financially and extremely well run. The Carnival is for U/19 AFL players from 8 regional leagues. Approximately 300 footballers, support staff and spectators descend on Kulin for 2 days of football. All visitors are accommodated in town and all meals and services

I would now like to present the 2023 Citizen of the Year - Senior. This is awarded to an older person who has delivered outstanding service to his or her community and to be eligible, the person must be over 65 years of age on January 26.

This year I have the great pleasure in presenting the 2023 Citizen of the Year Award – Senior to Janet Colbourne. Janet has been nominated by Keven Giles for her contributions to the Kulin and surrounding towns over a long period.

Janet has been involved with most organisations and clubs in Kulin and for the most of them served terms in a committee role and been an active member. Janet has made significant contributions to the wider rural community through her involvement with Central AgCare, both as a Committee

Member and as a Counsellor and the Harvest Place.

Janet has demonstrated active citizenship and enhancement of community life through volunteering in numerous community activities and organisations.

Janet has been involved with Central AgCare for 28 years. Beginning as a Committee Member in 1993, Janet moved from the committee to be a practicing counsellor. Once retired from counselling Janet re-joined the committee where she continues to be actively involved. Central AgCare offers free counselling and support services in the region and is a vital service for the community.

Janet has also been volunteering at the Harvest Place, based in Kondinin for 20 years. In 2022 the Harvest Place celebrated their 20th birthday and Janet was recognised as one of three persons who has been involved since opening. Janet has held the position of President, Coordinator and volunteer and retired in July 2022.

We would like to welcome our newest Australian Citizens.

Julie and Edwina became Australian Citizens in 2022 and Katherine in 2019 at ceremonies held during the year at the Shire. We also welcomed Deidre Carroll, Liam Ansell and Rebecca Williams officially at the 2021 Australia Day.

We welcome Edwina, Julie and Katherine to the Kulin community.

02. → FEBRUARY → 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Rubbish Dr Mackie @ Kondinin	31 Dr Mackie @ Kuln Nurses St open (8:30-12)	01 Kuln Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12) Cardio Tennis	02 Dr Mackie @ Hyden Softball @ FRC	03 Dr Mackie @ Kuln Nurses St open (8:30-12)	04 Kuln Motor Museum (10am-2pm)
05	06 Seniors Morning Tea Rubbish Dr Mackie @ Kondinin	07 Recycling Dr Mackie @ Kuln Nurses St open (8:30-12)	08 Kuln Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12) Cardio Tennis	09 Dr Mackie @ Hyden Softball @ FRC	10 Dr Mackie @ Kuln Nurses St open (8:30-12)	11 Kuln Motor Museum (10am-2pm) Cricket @ Kuln
12	12 Rubbish Dr Mackie @ Kondinin	13 Dr Mackie @ Kuln Nurses St open (8:30-12)	14 Council Meeting Kuln Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12) Cardio Tennis	15 The Kuln Update Dr Mackie @ Hyden Softball @ FRC	16 Dr Mackie @ Kuln Nurses St open (8:30-12)	17 Community Get Together Kuln Motor Museum (10am-2pm)
19	19 Rubbish Dr Mackie @ Kondinin	20 Seniors Movie Day Recycling Dr Mackie @ Kuln Nurses St open (8:30-12)	21 Kuln Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12) Cardio Tennis	22 Dr Mackie @ Hyden Softball @ FRC	23 Dr Mackie @ Kuln Nurses St open (8:30-12)	24 Kuln Motor Museum (10am-2pm)
26	26 Rubbish Dr Mackie @ Kondinin	27 Dr Mackie @ Kuln Nurses St open (8:30-12) Scam Talk	28 Kuln Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	29 Dr Mackie @ Hyden	30 Dr Mackie @ Kuln Nurses St open (8:30-12)	01 Kuln Motor Museum (10am-2pm)



SHIRE OF KULIN ANNUAL ELECTORS MEETING 15th February 2023

The Shire of Kulin hereby gives notice that the Annual Electors Meeting will be held on Wednesday 15 February 2023 commencing at 12 Noon.

Please be advised this meeting will be hosted at the Shire Office, 38 Johnston Street, Kulin.

The purpose of the meeting is to discuss the Annual Report for 2021/22 and to deal with such other general business as allowed by the Presiding Officer, Shire President, Cr Grant Robins.

Note: Copies of the Annual Report for 2021/22 can be accessed via our website www.kulin.wa.gov.au or please contact the office if you require a hard copy, or one to be posted. Further details will be provided via the Kulin Update email list.

All Electors are welcome to attend.

A handwritten signature in black ink, appearing to read "Alan Leeson".

Alan Leeson

KULIN NOTICES

HOW WE MAY REACT IN TRAUMATIC SITUATIONS

February 7 - 11th 2023 is the anniversary of the fires that caused a lot of damage, stock loss and property loss in 2022. Corrigin, Bruce Rock, Narrogin, Wickepin, Denmark, Bridgetown, Quairading, Jerramungup and Hopetoun shires all experienced fire events around the same time. Not something that anyone ever wants to see again.

On anniversaries of traumatic events some people may become heightened and appear to be more on edge than usual. Especially as similar conditions with the hot days and high winds become more and more regular. Some People experience triggers that remind them of a traumatic event. Triggers can be a similar smell, similar weather, revisiting the place of a close call, similar sounds such as sirens. A week or so after the cyclone in Kalbarri there was a few days of very strong sea breezes, this did trigger some people. Understand that this is a normal survival reaction.

You may be a person who will become a lot more aware or heightened after a traumatic event and this is OK. When triggered remind yourself that yes, I am reacting, this is my brains survival instinct kicking in, that of flight, fight, freeze. My reasoning part of my brain is being shut down as my survival instincts take over. But I can stop take a deep breath, ground myself in the present and remind myself that this is happening I am being triggered, but I'm OK and need to tell my reasoning part of my brain to come back online.

There are three parts to our brain. The frontal thinking brain where reasoning,

problem solving, memory for events and facts are formulated. The middle brain nonverbal emotional, relational, feelings and gut memories are found, the back or Reptilian brain, instinctive response, heart rate, breathing. When your brain and body perceive immediate danger the middle brain sends an alarm to the reptilian brain and your reptilian brain, the oldest part of our brain takes over shutting down the front brain. Then we do what we need to do to survive. This is why you hear some people say after a traumatic event 'I don't know why I did this, or why didn't I do this instead or why did I do that at that time? Why? because you were in survival mode and reasoning 'what I should do' wasn't an option as the 'doing to survive'. Adrenaline and cortisol have been released by your brain, you become extremely aware and heightened, you do not stop reason and then decide what to do. You just do.

Out of each negative there comes a positive. Positively we witnessed communities banding together, helping each other, offering up their time to help others in their time of need. The amazing emergency services staff and volunteers who came from far and wide, stepped up and were pivotal in eventually bringing the fires under control.

In the last two weeks I've been talking to some people personally involved in a traumatic event in 2022. Some have told me they have decided to take this time of the year to stop and reflect and appreciate what they have got through and have achieved in the last 12 months. This was a poignant reminder to me that

this is a very wise thing to do. All of us including those effected by the natural disasters should look back at what was, see what we have achieved, not what we haven't yet done. Remember all those in our communities who helped selflessly. Appreciate what amazing family, friends and community we live in. Give yourself full permission to take 'me time' while not as busy. Be proud and acknowledge what you have achieved in 2022 rather than dwell on what you didn't get to finish.

Some may want to get together and take time to reflect with each other over a BBQ, a laugh and few drinks, others may want to do this on their own in their own way. There is nothing wrong with either way just so just do it. So, make up a nice cheese platter, grab a drink and watch the sunset.

As a qualified counsellor I am here for you if you need to talk things out and get yourself back on track it's what I do. So please call me for a confidential chat if you feel you need to.

Roger Hitchcock

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

M: 0460 310 661 | P: 07 3153 4656 |
E: roger.hitchcock@ruralaid.org.au

Head Office : 1300 327 624 / Mental Health and Counselling Line 1300 175 594

Useful contacts for someone who's not OK

Sometimes conversations are too big for workmates, friends and family. At these times, it can help to call upon these organisations:

Lifeline (24/7)

13 11 14
lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Kids Helpline (24/7)

1800 55 1800
kidshelpline.com.au

When sharing the R U OK? message we would encourage you to highlight these national helplines. Find more services and tools at ruok.org.au/findhelp

R U OK?

CAREER OPPORTUNITIES



Subsidised housing, superannuation, leaving loading, great childcare and school facilities and a friendly and strong community dynamic- these are some of the benefits of joining our team.

Want to start a new adventure?

Here are the opportunities you can take:

- Plant Operator
- Road Train Driver (2 positions available)

For more information head to kulin.wa.gov.au or email workse@kulin.wa.gov.au



FREEBAIRN RECREATION CENTRE

PO Box 146
KULIN WA 6365
08 9880 1000
reccentre@kulin.wa.gov.au



February 2023

Dear Freebairn Recreation Club Member,

Membership Renewal for 2023

On behalf of the Freebairn Recreation Club, I would like to thank you for your past membership of the FRC. We are fortunate to have such fabulous facilities in our town, and with your ongoing support through membership the greater sporting community within our region continues to benefit.

Your membership entitles you to full use of the well-equipped gymnasium as well as use of the other recreation facilities and function areas. Please ensure you check the conditions of membership as they have changed. If you wish to use the gym facilities, you are now required to sign a gym waiver.

Below is a renewal form for your Freebairn Recreation Club membership for 2023.

If you are completing for multiple family members, please include all names and membership category on this form.

Membership Categories:

Ordinary Full Member \$72.50; Social Member \$30; Corporate Member \$120; and Junior Member (13yrs+) \$20.

Please complete the form and return it with your payment by 28th February 2023 to:

Freebairn Recreation Centre
PO Box 125
KULIN WA 6365

Alternatively, please scan and email to: reccentre@kulin.wa.gov.au and make a direct deposit to the details listed below.

Kind regards

Caroline Carrie

Freebairn Recreation Centre Manager

Freebairn Recreation Club Membership for 2023

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Email Address/es: _____

I would like to receive correspondence via e-mail ☐ YES ☐ NO

Postal Address: _____

FREEBAIRN RECREATION CENTRE

Payment Details: (All payments are to be made to the FRC) Total Paid \$ _____

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Cash | <input type="checkbox"/> Direct Deposit |
| <input type="checkbox"/> Cheque | Shire of Kulin |
| <input type="checkbox"/> Eftpos | BSB: 633-000 Acc: 136 499 258 |

CONDITIONS OF MEMBERSHIP

1. Annual Membership period will be from **1 March to the 28 February** each year.
2. Membership application forms must be completed and signed with relevant membership fees paid and forms returned to the Manager for approval prior to commencement of member privileges. (Please note the code for the lock box will be changed on the 1st of March)
3. A Gym Waiver Access & Agreement Form has to be signed and returned to the Centre Manager by each Individual before you will be able to use the gym facilities at the Freebairn Recreation Centre. Please e-mail recentre@kulin.wa.gov.au or Call 0898801000 for a Gym Waiver form.
4. For continuing, approved members, the obligatory Annual Membership fee must be paid by **28th February each year** for a member to remain current. Any member having difficulty meeting this deadline may contact the Centre Manager and together develop a suitable payment option.
5. Any MEMBERSHIP fees paid **WILL NOT** be refunded.
6. Management reserves the right to terminate or suspend memberships. Written notification will be provided in such cases.
7. Junior members (aged 13+) will need to become full members on attaining the age of eighteen years.
8. Members are entitled to use social facilities and the bar area as permitted under the Liquor Licensing Act 1998 and in accordance with the Freebairn Recreation Club's current Constitution. If you would like a copy of the Clubs current Constitution please contact the Centre Manager or follow this link <https://www.kulin.wa.gov.au/connect/freebairn-recreation-centre/forms.aspx>
9. Any member found causing wilful damage to any Centre property or found to have removed or misused Centre property may be charged to the full extent of the law.
10. Damage to Centre property, shall be paid for by any person(s) who wilfully or negligently causes such damage. Members(s) are responsible for damages incurred by dependant guest/children.
11. Members are to maintain and keep good order and decent behaviour.
12. There will be **NO SMOKING** in any part of the centre by any person at any time.
13. Membership conditions and guidelines maybe changed by the Management without notice.
14. Management reserves the right to request the use of the facility, should it be required for special purpose or one-off events.
15. Areas used must be left in a clean and tidy condition.

DECLARATION

I/We hereby make application for Membership of the Freebairn Recreation Centre, to utilise facilities and services and will not hold liable Freebairn Recreation Centre, Shire of Kulin and its agent, employees for any personal injury or loss of property.

I/We have read and understood the above regulations and the Conditions of Membership and agree to uphold them for as long as the term of this agreement.

Print Name: _____ Signature: _____ Date: _____



THE FREEBAIRN RECREATION CLUB

GYM ACCESS WAIVER & AGREEMENT

Member's Name: _____ Date _____

24-HOUR ACCESS RELEASE OF LIABILITY & ASSUMPTION OF RISK

As a 24-hour secure-access fitness facility, FREEBAIRN RECREATION CLUB GYM FACILITIES (hereafter referred to as the "Gym"), has a few different policies and procedures. Please read the information carefully. If you have any questions, please ask.

Compliance with Rules

I understand and agree that the use of the Gym at the Freebairn Recreation Club is based on trust and is a privilege, which can be taken away for a violation of rules. As a gym user, I agree to abide by all membership rules and 24/7 gym access rules, which will be posted at the Gym, and may be amended from time to time at the sole discretion of the Freebairn Recreation Club Manager.

The additional rules below apply to a 24/7 access of the gym:

1. Sharing the code to the lock box is strictly prohibited and will result in immediate loss of membership.
2. Only active account members will be allowed entry.
3. Pre-approved members under the age of 18 must be accompanied by an approved member parent until they reach the age of 18.
4. Improper unauthorized use of the Gym may result in member suspension or cancellation.
5. The Gym reserves the right to suspend or cancel the rights, privileges, and membership of any member whose actions are detrimental to the use, safety, and enjoyment of the Gym.
6. Do not bring or otherwise allow a person that is not an approved member or guest of the Gym to access the facility without permission.
7. Do not bring or otherwise allow a person younger than 18 years of age to access the Gym without permission.
8. Athletes alone in the Gym should call 000 in case of an emergency.
9. All outside doors must remain closed during all non-staffed hours.
10. No one under the influence of alcohol or drugs is permitted in the Gym at any time.
11. Only use equipment you understand how to use. If you would like any help with the equipment, please contact the Centre Manager.
12. Inspect the equipment to make sure it is properly functioning prior to using the equipment.
13. Remove any potential trip hazards from the floor, around racks/lifting area, and return all excess plates/equipment to keep area tidy when they are not in use.
14. Limit all movements to 80% loading during non-staffed hours.
15. Stop exercising if you experience a potential injury and seek medical attention. Inspect your surroundings to make sure equipment and weights are not obstructing your intended exercise.
16. Notify the Centre Manager if any equipment is not working properly or if you notice any potentially dangerous conditions within the Gym.
17. Return all equipment and/or other Gym supplies to their designated storage place after using the equipment.
18. After Gym use, please wipe down any used equipment.
19. The Gym is monitored 24/7 by surveillance cameras. Do not touch, move, or unplug any security cameras.
20. Turn off all lights in the Gym (switch by door) Emergency lights do not turn off. Turn off music on the stereo and tv and any other items (fans) that may have been turned on.
21. Be sure to firmly push the door closed and check to make sure it's locked!

Failure to follow these guidelines will result in revocation of 24/7 access.

_____ Initial acceptance to abide by Gym rules and special rules for the 24/7 membership.

No Supervision

I understand I am purchasing a membership at a facility that allows access at any time. As such, I am aware that there will be no supervision or assistance except during staffed hours. Staffed hours may change at the sole discretion of the Gym. I am aware if I get injured, become unconscious, suffer a stroke, or heart attack or any other medical emergency or event, there will likely be no one to respond to my emergency and that the Gym has no duty to provide assistance to me while I am at the Gym. I understand even though the Gym is equipped with surveillance cameras, these are recording, but are not monitored continuously; help will not be available during non-staffed hours. However, a first aid station, AED are in the facility.

_____ Initial acceptance of No Supervision.

FREEBAIRN RECREATION CENTRE



THE FREEBAIRN RECREATION CLUB

General Terms

This contract represents the complete understanding between you and the Gym. No representations, written or oral, other than those contained in this contract (and the Gym's other waivers) are authorized or binding upon the Gym. Should any part of this agreement due to legal or other regulatory changes become unenforceable, the remaining provisions within this agreement not impacted by such change shall remain in full force as originally written.

_____ Initial acceptance of General Terms.

I certify that I have read and understand all the terms of the gym agreement and agree to continue to abide by all of the terms of this agreement.

Print Name: _____ Signature: _____ Date: _____



FREEBAIRN RECREATION CENTRE

it's that time of year again when the Freebairn Recreation Centre Memberships are now due.

**If you would like to continue your membership, Please complete the membership renewal form, and return it with your payment by 28th February 2023 to:
reccentre@kulin.wa.gov.au**

**Alternatively, you can post it to: Freebairn Recreation Centre
PO Box 125 KULIN
WA 6365**

Or hand it into the Freebairn Rec Centre or Shire Office.

(*Please note, I have posted and e-mailed renewal letters out this year. If you would like to receive a renewal letter by mail next year please contact me on 0898801000 or e-mail: reccentre@kulin.wa.gov.au)

If you would like to keep updated with any events on at the Freebairn Rec Centre check out our facebook page.



<https://www.facebook.com/freebairn.recreationcentre>

International Women's Day

Join us and the Tomorrow Woman team on International Women's day in a judgement-free environment, for an engaging and impactful event for the women of Kulin. we'll have a casual and honest conversation about exploring the impact of gender stereotypes and about modern womanhood in this changing landscape.

Through engaging activity we'll take some time out and recalibrate our collective femininity, and ask the question, as women, 'what do we need today and what do we want for tomorrow'.

Anyone identifying as a woman who lives, workies or studies in Kulin and surrounds is welcome and encouraged to attend.

Wednesday 8th March - 4:00pm
Doors open at 3:30
Kulin Tennis Club

See you there!

REGISTER ONLINE AT:

GatherWithWomenInKulinIWD.eventbrite.com.au

CLEAN UP AUSTRALIA DAY

JOIN US TO

CLEAN UP

The official Clean Up Australia Day will be
Sunday 5 March

Our event will last for around two hours
with a barbeque after

Help keep our community, our country,
and our Earth clean.

Meet at the CRC at 9am on the 5th of
March and help us Clean Up Australia!





Community Sundowner

LIVE ENTERTAINMENT

BYO DRINKS AND NIBBLES

**Join us down at the VDZ
for an evening of live
music, friends and
family**

SATURDAY, FEBRUARY 18TH, 4:00PM
JOHNSTON STREET



FRESH FLORALS COURSE

Florals Course

31st of March,
10am, Freebairn Rec Centre

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

RSVP to rcmgr@kulin.wa.gov.au





TRIATHLON

18 MARCH 2023

The Shire of Kulin and CRC will be hosting a triathlon on the 18th of March.

Junior Short Course- swim 100m, bike 1500m, run 1000m

Junior Long Course- swim 200m, bike 3000m, run 1500m

Adults Short Course- swim 200m, bike 5500m, run 3000m

Adults Long Course- swim 400m, bike 11000m, run 4500m

Email Belle at rcmgr@kulin.wa.gov.au for an entry form.

Entry forms are due by March 10th.

We are also looking for volunteers, if you are willing to volunteer, please contact Belle.

Register now

rcmgr@kulin.wa.gov.au

2023 Kulin Triathlon

KULIN TRIATHLON ENTRY FORM Saturday 18th March 2023

Individual: _____

Team Name (if applicable): _____

Contact Name: _____

Phone: _____

Email: _____

Please hand this page in to the CRC or email these details to rcmgr@kulin.wa.gov.au

Declaration: (All entrants or guardian if under 18 must sign)

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

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

I hereby agree that photos can be taken of me on the day and that the Shire of Kulin can publish photos of the day more than once in a variety of Shire publications including Newsletters and on the Shire's Facebook Page and Website.

Signed: _____

Category: (Please circle below)

Individual OR Team

Junior Long Course / Junior Short Course/ Adult Long Course / Adult Short Course

Anyone over 14 is required to do either of the adult courses, however, the divisions are organised by ability, so if someone younger than 14 opted to do an adult course this would be allowed. Junior events are not organised by age, juniors can decide which event they feel most competent doing. We do not suggest anyone under the age of 7 compete, but this is the decision of the parent.

Competitors Details:

	Gender	Age	Surname	First Name	Signature
Swimmer					
Cyclist					
Runner					

Entry Forms to be emailed to rcmgr@kulin.wa.gov.au before March 10th.
Payments can be made to the Shire before the event or cash on the day.

2023 Kulin Triathlon

GENERAL RULES

- The spirit of friendly competition should apply throughout each of the races. Any non-sportsman-like conduct constitutes grounds for immediate disqualification of you or your team
- Competitors must obey all directions and instructions by officials
- Competitors may wear what they feel most comfortable in, no difference in clothing rules for males/ females
- If you withdraw from the race, please notify the timing team at the finish line
- It is the responsibility of each competitor to be familiar with the race course
- A race briefing will be held 10-15 minutes before the first race. **All competitors must be present for this briefing regardless of their race time.**

Swim

- No fins, paddles, snorkels, or floatation devices are to be used. Regular swimming goggles are permitted.
- The competitor may any swimwear they feel most comfortable in
- Competitors who warm up must be behind the start line at least two minutes before race start
- Competitors **must start in the pool - no diving**. Any stroke is permitted during the swim leg
- The pool will be patrolled by qualified lifesavers

Cycle

- All competitors will be required to wear an AUSTRALIAN STANDARDS APPROVED HELMET throughout the bike course
- The helmet straps must be secured prior to moving the bike from the rack. At the completion of the cycle the bike must be racked prior to unfastening the helmet
- No drafting on the Cycle leg is permitted - 5 metres between bikes unless passing
- Competitors must obey the instructions of police, course marshals and other volunteers
- Music through some form of headphone is permitted whilst competing.

Run

- No form of locomotion other than running or walking is allowed
- Runners are expected to follow the directions of all course marshals and race officials
- Music through some form of headphone is permitted whilst competing.

Transition Area

- Once the race starts, only competitors who are racing can enter the transition area. This will apply until the last cyclist of the race has returned his/her bike to the area - No exceptions!
- Make a mental note of your bike placement in the transition area so you can easily find your correct position. No flags, signs or tape can be used to identify a competitor's bike rack as it provides an unfair advantage over other competitors
- Relay change over for the Teams will take place at the Bike Racks
- Each competitor is ultimately responsible for his or her own gear

SAFETY & MEDICAL RECOMMENDATIONS

- Drink plenty of fluid before and during the event
- Ensure you have eaten something 1-2 hours before the event
- Bicycles must be in safe mechanical condition for the race and should be checked prior to the race

CORPORATE BOWLS COMING SOON

STARTING 9TH OF FEBUARY 2023



**EVERY THURSDAY
6PM FOR A 6:30PM START
@ THE FREEBAIRN REC CENTRE**

**\$20 TEAM NOMINATION FEE INCLUDES A
BURGER FOR TEA**

**GET YOUR TEAMS READY, OR WE CAN HELP
YOU FIND ONE**

**FOR MORE INFOR CONTACT GECHO ON
0429890012**

SENIORS MOVIE DAYS 2023

**A LEAGUE OF
THEIR OWN**

21ST FEBRUARY

**LITTLE
WOMAN**

21ST MARCH

THE HELP

18TH APRIL

**FLORENCE
FOSTER
JENKINS**

16TH MAY

THE STARLING

13TH JUNE

**A WALK IN THE
WOODS**

11TH JULY

**THE LADY IN
THE VAN**

8TH AUGUST

**WHAT THEY
HAD**

19TH SEPTEMBER

K_{ulin}

C_{ommunity}

M_{arkets}

Saturday 11th March

9am-1pm

Kulin Memorial Hall

\$10 per stall

Stallholder application forms and information available from:

⇒ www.facebook.com/kulincommunitymarkets

⇒ **Erin Bailey** 0429 809 013 erin@kulin.com.au

⇒ **Kulin CRC** 9880 1204 marketing@kulin.wa.gov.au

⇒ **Online form:** www.jotform.com/ErinBailey/KCM11032023



-LOOK UP-

**art/craft/photography
exhibition**

11th – 18th March 2023

Any medium (2D or 3D)

No bigger than 60 X 60cm

For more information or to receive an entry form:

Val Whiting 0429 685 131

Erin Bailey 0429 809 013

arts@kulin.com.au

ONLINE ENTRY FORM:



KIDS CORNER

Bouncy Egg Experiment

This fun bouncy egg experiment is great fun for kids of all ages and fascinating for adults too!

How to make an egg bounce?

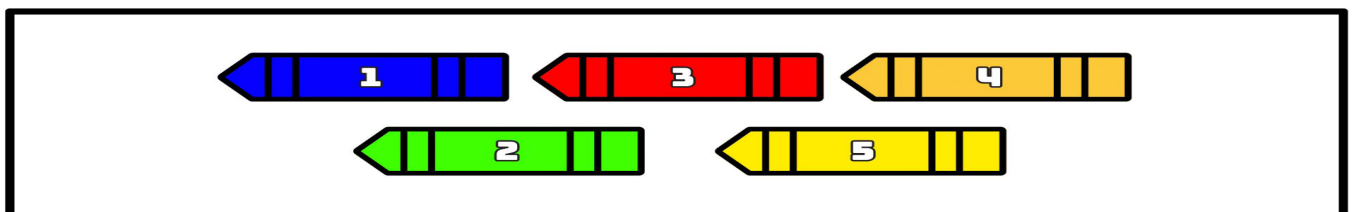
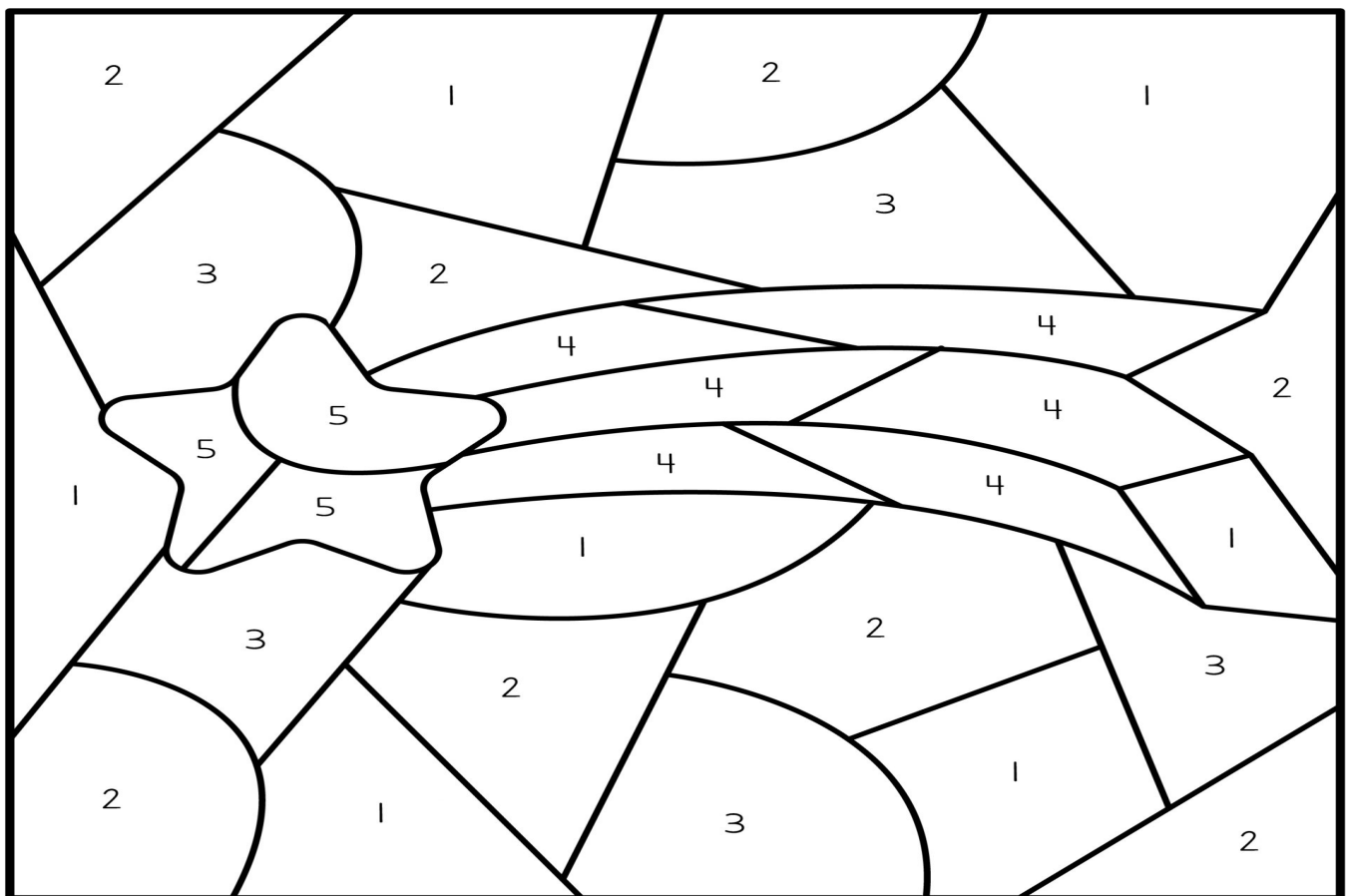
Place an unboiled egg in a container of vinegar for about 24 hours. The vinegar should completely cover the egg. If you want to remove the shell, faster, take it out of the vinegar every couple of hours and rinse the egg under cold water while rubbing away the shell.

Once the whole shell has dissolved, you have a naked egg which should bounce. Some eggs seem to break more easily than others, so you could try experimenting with different kinds of eggs to see if a certain type or size makes a difference.

To bounce your egg, drop carefully from a low height, the egg should bounce up from the surface. Can you measure at what height it breaks? Or try bouncing on different surfaces?

How about drawing a table to demonstrate your results?

If you don't want to break the eggs, how about shrinking an egg? This is a eggcellent way to learn about osmosis

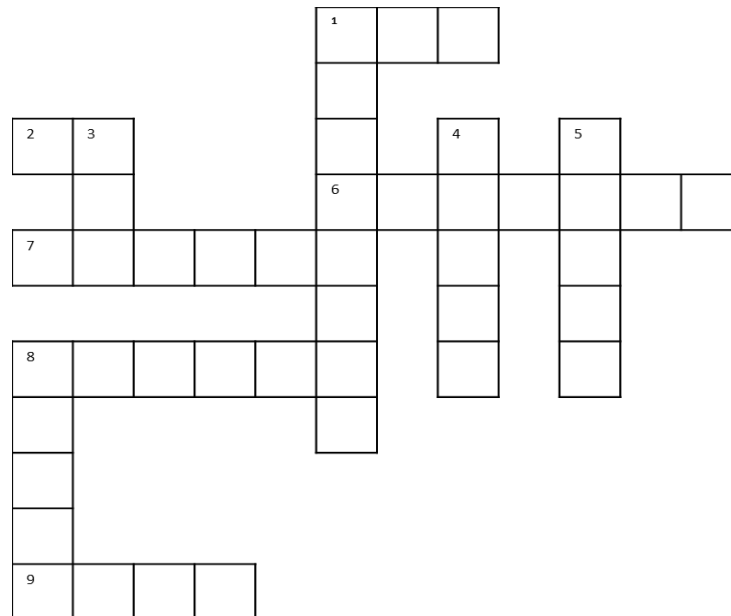


BRAIN TWISTERS

1. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
2. What goes up and down but doesn't move?
3. The more you take, the more you leave behind. What are they?
4. People make me, save me, change me, raise me. What am I?



Find Cancer Early Crossword



ACROSS

- 1 Blood here may be a sign of bowel cancer
- 2 If you are over 40 and have any of these symptoms for more than a month, go and visit this person
- 6 Eight out of ten lung cancer cases are caused by this
- 7 Unexplained loss of this can be a symptom of cancer
- 8 Most commonly diagnosed cancer in women
- 9 Coughing up blood can be a sign of which cancer?

DOWN

- 1 Problems peeing can point to this cancer
- 3 Blood in this even once means you should go to your doctor
- 4 Women should check breasts every ...
- 5 Prostate cancer is rare in men under this age
- 8 One of our most preventable cancers

You can find out more at www.findcancerearly.com.au

If you would like to order campaign materials (DVDs, posters or flyers) to promote the Find Cancer Early message in your community, please contact us.

Contact Details: Kaylor Andrews, Regional Education Officer Wheatbelt

0408 926 259, Kaylor.Andrews@cancerwa.asn.au

Answers: 1. Shadow. 2. Staircase. 3. Footsteps. 4. Money.

COMMUNITY MESSAGES

On behalf of my family and me, I would like to thank everybody wishing me a happy birthday on my 98th birthday.

**Thankyou,
Jock Carruthers**



Harold Proud wishes to thank everybody involved in helping put out his shed fire late last year. He is very appreciative to the fire department and to everyone else who helped.



**South
Regional**

**SKILLS
READY**
Boost your skills for the future



Selected courses are **Fee-free for everyone in 2023**



Train for a job you'll love!

Narrogin Campus | Free in '23 Qualifications

Selected courses have **100% free course fees** in 2023 as part of the **Skills Ready** program.

Resource fees and some eligibility criteria apply.

Learn more at southregionaltafe.wa.edu.au/skillsready



Individual Support and Health

- ▶ CHC33015 Certificate III in Individual Support
- ▶ CHC43015 Certificate IV in Ageing Support
- ▶ 52895WA Certificate IV in Preparation for Health and Nursing Studies
- ▶ HLT54141 Diploma of Nursing



Children's Services

- ▶ CHC30121 Certificate III in Early Childhood Education and Care
- ▶ CHC50121 Diploma in Early Childhood Education and Care
- ▶ CHC40221 Certificate IV in School Based Education Support

For course details, visit southregionaltafe.wa.edu.au or phone the campus on 6371 3950

Narrogin Campus
59 Fortune Street

6371 3950
Freecall 1800 621 445

narrogin@srtafe.wa.edu.au
Find us on Facebook

NOTICES

To all family & friends

You are invited to join us for a

Celebration of The Life of

Graham and Joe Cook

To be held at the Freebairn Centre, Kulin

On Saturday 11th March 2023 from 6:00pm – 9:00pm

Please RSVP by Friday 3rd March

colleen@westchem.com
audreycook1@bigpond.com
viviennegirys@hotmail.com

KULIN BUSH RACES - NOTICE OF AGM

MONDAY 13TH MARCH 2023, 6.30PM @ THE KULIN COMMUNITY HUB

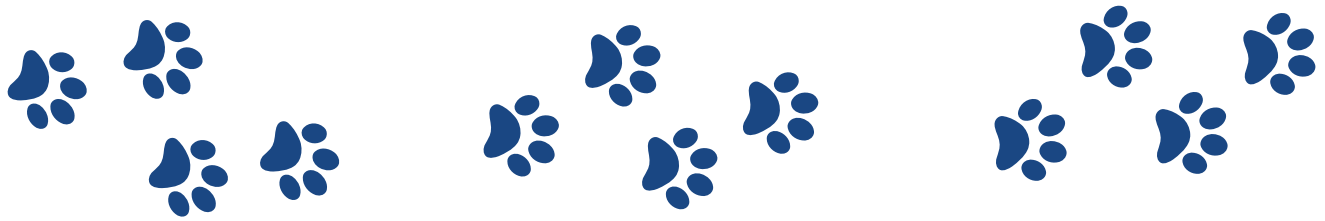


If you would like to become part of an enthusiastic committee and get more involved with the organisation of our iconic race day, then please come along to the Kulin Bush Races AGM. All welcome! The AGM will be followed by a brief general meeting.

AGM AGENDA

- Apologies
- Confirmation of minutes from previous AGM
- Business arising from previous AGM minutes
- Correspondence
- Business arising from correspondence
- Presentation of Annual Financial Report, Auditor's Report and balance sheet.
- Chairperson's Report
- Election of Office Bearers and Committee of the Association
- Determination of annual membership fee
- Appointment of Auditor
- Vote of thanks to the outgoing committee
- Closure

If you are unable to attend, please forward your apologies to Alecia Robertson- 0438 987 134 or kulinbushraces@outlook.com



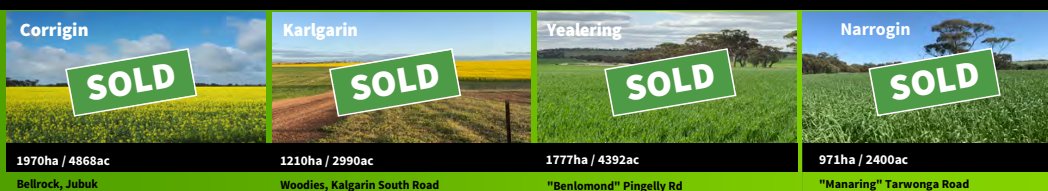
KULIN SHIRE NOTICES



WE ASK YOU KINDLY IF DOG OWNERS COULD
PLEASE PICK UP AFTER THEIR DOG.
THE KULIN COMMUNITY WOULD GREATLY
APPRECIATE IT.



Nutrien Harcourts



Call Steve Wright

Nutrien Harcourt's Real Estate Narrogin!

I have been specialising in Rural Property sales since 1982. I have a proven track record, a solid understanding of the rural property market, and a comprehensive list of both buyers and lessees.



So if you're in the Narrogin, Wandering, Pingelly, Brookton, Corrigin, Kondinin, Hyden, Wickiepin, Harrismith or Kulin areas and would like to discuss your Rural Property options please call me, Steve Wright "Nutrien Harcourt's Real Estate - Narrogin"

Steve Wright
0427 794 500
steve.wright@nutrien.com.au

wa.nutrienharcourts.com.au

Nutrien Harcourts

KONDININ MEDICAL CENTRE

DUE TO INCREASING COSTS

FEES HAVE BEEN IMPLEMENTED AS OF 2ND FEBRUARY 2023

LEVEL A \$35.00- M/C rebate \$18.20

LEVEL B \$60.00- M/C rebate\$39.75

LEVEL C \$105.00-M/C rebate\$76.95

LEVEL D \$150.00M/C rebate\$113.30

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

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

Make the most from your fertilizer investment



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

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

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



LOOKING FOR A NEW OPPORTUNITY?

Established tyre sales and service business for sale in Mount Barker WA.

Tims Tyres and More has been established for 30 years providing car, 4wd and agricultural tyres, repair and service as well as wheel alignments, brakes and suspensions.

With a profitable history and located in a vibrant regional town this is the chance to take up a business with a strong track record.



For Enquiries contact 1300 594 794 (quote Ref 30087)



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

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

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

WE SUPPLY & FIT NEW:-

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

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

HERITAGE BUILDINGS RESTORED

RESTORATION OF FRETTING BRICK & STONE WALLS

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

Get your free quote now, while we are in your area.

THE ROOF & WALL DOCTOR

16 Essex Street
FREMANTLE W/A 6160
Phone: 9430 6553

FULLY GUARANTEED & FULLY INSURED

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SENIORS CARD

**OWNED & OPERATED BY
THE SAME FAMILY
OWNERS FOR OVER 30 YEARS**



Website: www.roofandwalldoc.com.au

Email: lisa@roofandwalldoc.com.au

As seen on GWN & Channel 7 "Home in WA"

GENERAL NOTICES

LOCAL CHURCH

UNITING CHURCH

10:30 am Morning Tea,
11:00 am Service
Starts - 1st and 3rd Sunday each month.

CATHOLIC CHURCH

Fr Truc Nguyen.
Mobile 0426 018 782

MASS TIMES

8am, 1st, 3rd and 4th Sunday of month
10:30am, 2nd and 5th Sunday of month

KULIN ANGLICAN CHURCH

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

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

KULIN MOTOR MUSEUM OPEN TIMES

Wednesday 10am - 2pm
Saturday 10am - 2pm

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

LIONS CLUB OF KULIN



We collect your old glasses, hearing aids and stamps. Please feel free to drop off any of these items at the Kulin Post Office. Push bikes and batteries can be dropped at Haydn's Shed.

CONTACTS

H McInnes	0429 801 215
B Herwig	0400 163 599
R Doust	0499 802 054

KULIN COMMUNITY ARTS CONTAINERS FOR CHANGE

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

JUSTICES OF THE PEACE

MT Lucchesi	9880 4050
JM McInnes	9880 1360
PJ Mullan	0427831041
R Noble	9880 1383
BW Sloggett	9880 9036

KULIN CHILD CARE CENTRE CONTAINERS FOR CHANGE

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

CONTACTING YOUR LOCAL POLICE

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

Your local police can be contacted as follows:

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

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

KULIN CONTACTS

SHIRE CONTACTS

SHIRE ADMIN OFFICE HOURS

8.30am - 4.30pm
(Monday-Friday)
Ph: 9880 1201
Fax: 9880 1221
Email: admin@kulin.wa.gov.au
Website: www.kulin.wa.gov.au

SHIRE OF KULIN STAFF CONTACTS

Alan Leeson
Acting Chief Executive Officer

Fiona Murphy
Deputy CEO

Judd Hobson
Manager of Works

Taryn Scadding
Community Services Manager

Shire Customer Service Officer
Trish Mahe

CARAVAN PARK
Trish Mahe
Ph: 0439 469 850

KULIN CRC AND VISITOR CENTRE

8:30am- 4.30pm
(Monday-Friday)
Ph: 9880 1204
Fax: 9880 1221
crccounter@kulin.wa.gov.au
Websites: www.kulin.wa.gov.au
www.visitkulin.com.au

CHILDCARE CENTRE

8.00am- 5.00pm (Mon to Fri)
Ph: 08 9880 1636
Email: kulinccc@kulin.wa.gov.au

FREEBAIRN RECREATION CENTRE

Caroline Carrie
Ph: 9880 1000
Email: reccentre@kulin.wa.gov.au

AQUATIC CENTRE

Mark Gillbard
Ph: 9880 1204

EMERGENCY CONTACTS

Kulin Police Station	9861 5800
Kulin Doctors Surgery	9880 1315
Kulin Fire Brigade	000
Kondinin Doctors Surgery	9889 1753
Kondinin Hospital	98941222
Corrigin Hospital	9063 0333
Corrigin Doctors Surgery	9063 2107
Lake Grace Hospital	9890 2222
Lake Grace Doctors Surgery	9865 1208
Hyden Doctors Surgery	0429 082 746
Narrogin Hospital	9881 0333
Narrogin Police Station	9889 1100
Western Power (Emergency)	13 13 51
Water Supply	13 13 75
Kulin Water Depot	9880 1356
Harvest Ban Info Line	9880 1511
Shire of Kulin	9880 1204

KULIN/KONDININ ALLIED HEALTH SERVICES

Kulin Clinic Nurse 8:30am-12:30pm Tue, Wed, Fri Mornings	9880 1056
Kulin Medical Centre Dr Mackie Tue and Fri Mornings	9880 1315
Kulin Physiotherapist Scott Tue and Wed 9am - 5:30pm	0409 868 114
Child Health Nurse Miranda O'Brien	9880 1056
Narrogin Primary Health Occupational Therapist Speech Therapist Dietician Mental Health Physiotherapist	9881 0385
Aboriginal Health Rachel Andrews	9894 1222

LOCAL KULIN PHONE DIRECTORY IS AVAILABLE AT THE KULIN CRC

Family Counsellor Central Agcare	9063 2037
Drug and Alcohol Counselling HollyOake	9881 1999
Rural Community Support Service	9881 3939