

THE KULIN UPDATE

9th March 2023

8 CLEAN UP DAY

In total, 19 bags were completely filled, in an hour and a half.

10 KULIN WALKING GROUP

Starts Tuesday the 14th of March 2023

4.2 50 DAY STREET

For sale, Toodyay Real Estate



Proudly funded by:



KULIN COMMUNITY

save the date

"COMMUNITY OPPORTUNITIES WORKSHOP"

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

MONDAY 27TH MARCH 2023

5.30PM - FREEBAIRN RECREATION CENTRE

5:30pm Refreshments provided

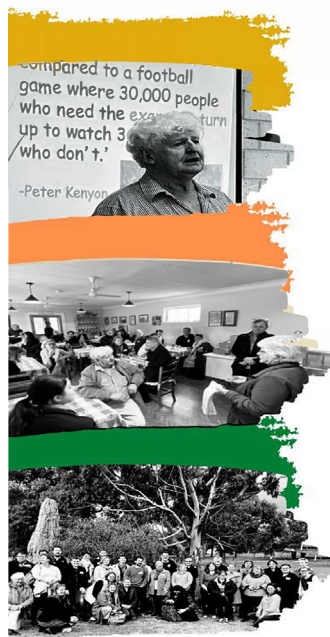
6:30pm - 8:00pm Interactive conversation with

"Peter Kenyon from Bank of Ideas"

All Welcome, Kids included!

FREE EVENT - just bring your voice!

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



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

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/crc-home

THE KULIN UPDATE - FAQ

Contact

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

How to receive the Kulin Update via Email?

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

How to advertise in the Kulin Update?

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

When are the deadlines?

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

When is the next deadline?

The next deadline will be the 21st March 2023

Advertising costs:

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

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

Accepted document formats:

- PDF
- JPEG

Have you got news?

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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

21st	March	2023
4th	April	2023
18th	April	2023
2nd	May	2023
16th	May	2023
20th	May	2023

HAPPY BIRTHDAY!

March

10th	Fiona Jasper, Tom Murphy
11th	David Tholstrup, Phil Roads, Gary Ledwith, Colby Lewis
12th	Jenny Miller, Danielle Smoker
13th	Barry Paynter
14th	Tasmin Noble, Liz Pittard
16	Ambrose Poletti, Paul Buttigig, Shane Argent, Lachlan Siviour
17th	Sue Hobson, Gen Whisson, Freyja Davies
19th	Betty Tyley, Olivia Turner
20th	Ashlee West
21st	Ron Argent, Roland Slater, Macey Robertson
22nd	Will Cook
23rd	Michael Robins, Craig Bradford



INTERNATIONAL WOMEN'S DAY

To celebrate International Women's Day, we gathered at the Tennis Club with the Tomorrow Woman team. Tomorrow Woman is a social enterprise that runs workshops to reconnect women with their authentic voice. In today's high tech, time poor society, connection is becoming rare. Tomorrow Women was born from a need to bring village vibes back into communities by bringing women of all ages together to share stories and wisdom. In a time where the definition of 'woman' is expanding and evolving, Tomorrow Woman challenges the status quo and creates a space free from judgment for women to take some timeout to practise rising above internal and external pressures and expectations.

The session began with a video which showcased and celebrated

the highs whilst acknowledging the lows on the journey of women this year. Take a look at the very powerful, thought-provoking video. <https://www.facebook.com/tomorrowwoman/videos/750401723200982>

Throughout the session we unpacked how to hold space for other women, and how to allow ourselves to open up to others. We also looked into how women are put at a disadvantage in the world, and how we are forced to push ourselves harder and further just to scrape even with our male peers. Another point that we looked at was the expectations of women in our world, the expectation to be considerate, available, dependable, likable, beautiful and happy, the expectations to be maternal, submissive and to bear children. We talked about how we felt these

expectations aligned with us, and how they impacted the way we do things, how we think, and respond.

While there was a lot of discussions during the session, we also did activities such as the "2 minute how are you?". This involved working with a partner, and after asking them one of the most fundamental and basic questions we hear every day- "How are you?". We let our partner speak uninhibitedly for 2 minutes. The listener was not allowed to respond, offer any advice, or try comfort them in any way. While this activity was challenging, it was also eye opening. We are generally so obliged to answer with "yeh good, how are you?", but this forced us all to try push beyond the boundaries we are so commonly encased in.

The whole event was entirely humanising and enlightening. It highlighted that many women around us share such similar views about the ways of the world and how it impacts us in so many ways daily, but we are so accustomed to it that is not even a noteworthy subject to us anymore. Women are so strong and capable of so much more than we could ever imagine, we are teachers, we are nurturers, we are talented in so many aspects and this continuing contribution made by women should be celebrated more widely.

I am so thankful to those who came, and I hope the opportunity was as beneficial to the other attendees as it was for me. Kulin has so many amazing women who bring energy, passion, creativity and pride into our community. I am so proud to be part of this community and I hope that you are all proud of yourselves too.

It was a truly amazing and eye-opening experience, and we received amazing feedback from those who came.

Belle Brandis
Community Development Officer



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 works@kulin.wa.gov.au



TOWN HAPPENINGS

The Shire is continuing works on Fence Road South with wet mixing and cement stabilising finishing on Tuesday 7th March 2023. These works are funded through the Wheatbelt Secondary Freight Network project.

Many thanks to the general public and surrounding landowners for their patience while these works are completed. A big shout out to our works crew - Jeremy, Johnno, Gary, Wayne, Mick, Chas, Bill, Owen, Greg and Rod. The hours and dedication to the job they've put in is outstanding.

Also, a big thanks to the contractors who have been working with us on this job:

- Jilakin Earthmoving - Len
- Rural Traffic Services - Carla and Mark
- Western Stabilisers - Phil, Dean and Shane
- Schorer & Sons - Water Carting

Many hands make light work on

jobs this size.

The first half of the culvert installation works have been completed on the Centre Road which is funded through the Remote Roads Upgrade Pilot Program. Thanks to Key Civil (Frank, Haese, Dan and Kelvin) for their work on the first section of culverts. The gravel sheeting will commence in the following weeks.

Culvert replacement works have started on the 7th March on Fotheringham Road. The road is closed to all traffic from 7th March to 10th March as it allows us to quicken the process.

Exceptionally busy time of the year in the construction side of things at the Shire so if you have any friends, mates or acquaintances looking for any work with a HC/MC license we have jobs available and would welcome them contacting us to discuss the jobs.

The town crew have been keeping busy getting gardens and landscaping done at some of the Shire owned houses along with the usual high standards of keeping our town looking good.

Works have been completed at the old admin building with a new roof being installed. Thanks to Joel and the crew from Air Roofing for getting the job completed quickly.

Johnno Wilson begins his long service leave this week. Johnno has been with the Shire of Kulin for ten years. We thank Johnno for his many years of service to the Shire of Kulin and we appreciate your hard work and efforts over the years. Thanks Johnno and enjoy the break.

Grant Jenks
Works Supervisor
0408 883 323



KULIN CHILD CARE CENTRE

What a hive of activity our little Centre has been over the past month. It is wonderful to see lots of children at the Centre. During February we have been learning how to share and care for our friends, learning how to take turns and participate in fun group games, stories and songs. As it has been so warm, we are participating in lots of water and messy cooling play.

Kulin CCC has an ongoing fundraising initiative with Stuck on You. If anyone in the community would like to order stickers and name tags head to STUCK ON YOU (www.stuckonyou.com.au) and check out their huge range of options available. For every order you do, you support Kulin CCC. Just add KULINCHILDCARECENTRE in the checkout as the fundraiser code.

Our educators are our greatest resource, and it is sad to see staff leave and wonderful to welcome new staff.

We say farewell to Florence Schneider who began with Kulin CCC in late 2021. We thank Florence for all her efforts at the centre, and for stepping up on the support.

many occasions to help us keep the centre open during 2022. Her efforts were so greatly appreciated. We also said goodbye to Anastasiia Makovska at the end of 2022 as she and her family have moved. Anastasiia did most lunch breaks and filled in at short notice during 2022 and we thank her for all her work with us too.

We welcome to the team Carla Repacholi who will be working two days per week and Evalyn Buttigig and Kailey Jenks who assist after school.

These ladies join Sue, Sarah and Meg who continue to provide an environment that is positive and welcoming and a space where our children feel comfortable to participate, explore and grow.

We are looking for casual staff who can assist covering lunch breaks. If you are interested please do not hesitate to contact Taryn – cdo@kulin.wa.gov.au.

Thank you to everyone who supports our centre through donations. We have a wonderful giving community and appreciate the support.



LEARNING TO UNWIND

We all know it feels nice to have a little free time to unwind and relax. Kids reset their brains while engaging in fun, unstructured activities, it allows them to have time to process the information from the day and "integrate new information." At this time of year our calendars are loaded with events and activities building in unwinding time is extremely important and what it may look like for each will be as individual as them. Here are a few ideas to help you and your child relax together.

Deep Breathing: Teach your child how to engage in deep breathing by talking to him or her about taking big, slow breaths through their nose and letting the air out of their mouth.

Free Play: According to experts, kids' brains don't need to be totally inactive during downtime. But they can benefit from having some time in default mode, where they aren't focused on a specific activity.

Go Outside - There's nothing like getting fresh air.

Turn on the Tunes - Listening to music, singing, and dancing are fun ways to take brain breaks throughout the day.

Read - Set aside quiet reading time in the house where your children (and you!) can find a cosy spot and curl up with a favourite book. Read together or alone to help relieve stress from the day and escape into a story.

Exercise - Whether it's playing a sport, swimming, or running around in the backyard, exercise can be a great way for kids to clear their heads and relieve stress.

Stimulate the senses - Engaging the senses can create some nice calming effects for kids. Think playdough, sensory bins/walls, bubble baths with lavender.

Find out more <https://therapyworks.com/blog/language-development/home-tips/relaxation-tips-for-kids-and-parents/>



03.



MARCH



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Rubbish Dr Mackie @ Kondinin	28 Dr Mackie @ Kulin Yogalates Scam Talk	01 Kulin Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	02 Dr Mackie @ Hyden	03 Dr Mackie @ Kulin Nurses St open (8:30-12) Kids Club (9am-11am)	04 Kulin Motor Museum (10am-2pm)
05 Clean Up Day	06 Rubbish Dr Mackie @ Kondinin	07 Recycling Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates	08 International Women's Day Kulin Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	09 KULIN UPDATE The Kulin Update Dr Mackie in Hyden	10 Dr Mackie @ Kulin Nurses St open (8:30-12) Kids Club (9am-11am)	11 Kulin Motor Museum (10am-2pm)
12 National plant a flower day	13 Rubbish Dr Mackie @ Kondinin Girls Club	14 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates	15 Council Meeting Kulin Motor Museum (10am-2pm) Dr Mackie away Nurses St open (8:30-12)	16 Dr Mackie away	17 Dr Mackie away Nurses St open (8:30-12) Kids Club (9am-11am)	18 Kulin Motor Museum (10am-2pm) Triathlon
19	20 Rubbish Dr Mackie away Boys Club	21 Harmony Day Seniors Movie Day Recycling Dr Mackie away Nurses St open (8:30-12) Yogalates	22 Kulin Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	23 KULIN UPDATE The Kulin Update Dr Mackie in Hyden	24 Dr Mackie @ Kulin Nurses St open (8:30-12) Kids Club (9am-11am)	25 Kulin Motor Museum (10am-2pm) Bowls Semi-Final (Kulin)
26	27 Rubbish Dr Mackie @ Kondinin Girls Club	28 Dr Mackie @ Kulin Nurses St open (8:30-12) Yogalates	29 Kulin Motor Museum (10am-2pm) Dr Mackie @ Kondinin Nurses St open (8:30-12)	30 Dr Mackie in Hyden	31 Florals Course Dr Mackie @ Kulin Nurses St open (8:30-12) Kids Club (9am-11am)	01 Kulin Motor Museum (10am-2pm)

CLEAN UP AUSTRALIA DAY

Sunday 5th of March was Clean Up Australia Day, an amazing initiative organised by the organisation wielding the same name.

Our little team started at the CRC and walked through the VDZ, across the train tracks, and along the Tin Horse Highway parallel to the Rec Centre.

In total, 19 bags were completely filled, from just 9 people in an hour and a half. That is an absolutely astonishing statistic.

According to the Clean Up Australia Day website, 20 million+ Australians have donated their time as part of Clean Up Australia activities over the last 33 years and 38.5 million hours of volunteer time has been donated to Clean Up activities to benefit our environment.

If you look to the right of this page, there are the statistics for the Kulin Clean Up event. These numbers are staggering, triple digits of multiple items, just simply tossed away with no second thought. Here are some statistics about pollution that might help you think twice before littering.

-Air pollution in Australia is responsible for 800 premature deaths, 14,000 asthma symptoms among children and 850 cases of low birth weight in newborns each year

-Researchers estimate that over one million animals die each year after becoming entrapped in or ingesting litter.

-Animals can be injured from broken glass or plastic even if it isn't swallowed. Fishing line or other string can become wrapped around animals' legs and necks causing fatal injuries. Bird nests have been found to be constructed in part of fishing line which had strangled the baby birds.

Clean Up Day Statistics

Category	Item	Total
Plastics		
	Food wrappers	130
	Soft plastics	95
	Bottles	375
	Large plastic bottles	65
	Bottle caps	50
	Coffee cups	65
	Other	620
	Masks	5
	Rope	15
Glass		0
	Bottles	815
	Broken glass	1500
Rubber		0
	Misc	15
Paper/ cardboard		0
	Boxes	60
	Cigarette Packets	25
	Misc paper/ cardboard	1395
Metals		0
	Beverage cans	760
	Aerosol Cans	55
	Nangs	5
	Misc	165
Wood		0
	Construction materials	50
Electrical		0
	Batteries	5
Mixed		0
	Carpet	10
	Textiles	30
	Misc	55

OUR IMPACT OVER THE PAST 12 MONTHS:



943,443
volunteers



1,886,886
hours



12,474
sites



\$685,900
donations



3,740
schools



216
councils



1,183
businesses

*from 1.1.22 - 31.12.22

CLEAN UP AUSTRALIA DAY

The presence of litter in a community decreases property values by 7%.

Some of our clean up crew chose to clean up along their roads, and their main items collected being beer bottles and cans, which funnily enough, are the easiest to pick up and put in the bin!

Every small action is a step in the right direction to help our planet. We only get one Earth, one chance at nurturing our home. Irreversible damage is done every day to our natural environment, and choosing to properly dispose of your rubbish is just one small move you can make to do your part in protecting animals, plants and habitats.

“Throwing my rubbish out the window isn’t going to change anything”

Illegally dumped garbage can kill or stunt plant growth, plastic releases greenhouse gases as it slowly breaks down. Warmer temperatures are contributing to longer droughts and harsher fire weather. This can make land unsuitable for agriculture, lead to crop stress and attract new pests that thrive in warmer temperatures.

So, for those hundreds of cans, bottles, and discarded rubbish we collected in just one day, you are leaching chemicals and greenhouse gases into

not only the soil and air, but also your own crops. This is just ONE example of a way that pollution impacts us, however, there are a multitude more that go far beyond just agricultural detriment.

There is so much that we can do to help our planet, and it is so simple to research ways you can help out. make the right decisions for you, for your kids and future generations, for the animals, farms, for the Earth.

Belle Brandis
Community Development Officer



FREEBAIRN RECREATION CENTRE



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>

KULIN WALKING GROUP

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

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

STARTS TUESDAY 14TH MARCH



AFL MASTERS
WESTERN AUSTRALIA (INC)

WHEATBELT SAFARI 2023

Saturday March 25th Freebairn Recreation Centre Kulin

For more information and a Team Nominations Form please contact
southwest@aflmasterswa.com.au

FREEBAIRN RECREATION CENTRE



FREEBAIRN RECREATION CENTRE

BAR OPENING HOURS

Monday	Closed
Tuesday	Closed
Wednesday	Closed
Thursday	Open from 5pm
Friday	Open from 5pm
Saturday	Open from Midday
Sunday	Open from Midday

*Please note Saturday and Sunday Times may vary due to sporting fixtures



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>



FREEBAIRN RECREATION CENTRE

OFFICE HOURS

Monday	8:30am to 4:30pm
Tuesday	8:30am to 4:30pm
Wednesday	Closed
Thursday	8:30am to 4:30pm
Friday	8:30am to 3:00pm

If I am not in the Office please leave me a message on 0(8) 9880 1000 or e-mail: reccentre@kulin.wa.gov.au. and I will get back to you as soon as I can.
Anything that requires urgent attention please contact the Shire of Kulin Admin Office on 0(8) 9880 1204

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>

KULIN DISTRICT HIGH SCHOOL

BELONGINGNESS CAMP

2023

Last week all the high school kids went off to Belonginess Camp in Dwellingup to participate in activities that helped build teamwork. We stayed at Jarrahfall Camp with DARE adventures. Our 3 days consisted activities such as abseiling and rock climbing, raft building, archery tag, orienteering and splat ball. The camp was also home to some dwarf goats which we fed and played with.

We left the school Wednesday morning, and endured a 3 hour bus ride on a massive coach. When we got there, we settled in and were split into two groups. We met our camp coordinators Tee and Matt. The aim of the camp was to build teamwork, learn to cooperate, be present, and have FUN! Each group did separate activities each day, and we would meet up for morning tea, lunch, afternoon tea and dinner.

On the first night teachers organised games for us to play including a duck duck goose, head shoulders knees and cone, and a game called morning routine relay where we had to put on a dress up, pick up an MNM with a straw, hang laundry and stomp on a balloon. It was a lot of fun. On the second night we went on a night walk into the bush where we used our built in night vision to find our way back. It was challenging but exciting.

Thank you, teachers, Shaz and Trav Mcadam for taking time to come with us on the camp, participating in all the activities and putting up with noisy dorms. Thank you to our teachers for supervising us and planning games. A huge thank you to the school board for funding this experience so all the students felt they belonged.

-Shauna, Amelia, Ethan and Aliyah - K.D.H.S. STUDENTS



KULIN DISTRICT HIGH SCHOOL

KULIN DISTRICT HIGH SCHOOL

BELONGINGNESS CAMP



2023



WE BELONG



Girls Club

The Kulin Community Resource Centre is hosting a Girls and Boys Club for the next 4 weeks. This includes a variety of fun activities planned. We have 10 spots for each club so first in best dressed. Each event will be held at the Kulin Shire and will start once school finishes. Our age limit would be 8 + as it would be easier for kids to make their way here from school by themselves.

Girls Club Dates:

Monday the 13th of March

Monday the 27th of March



To register your child please call
Stella on 9880 1204 or email
crccounter@kulin.wa.gov.au



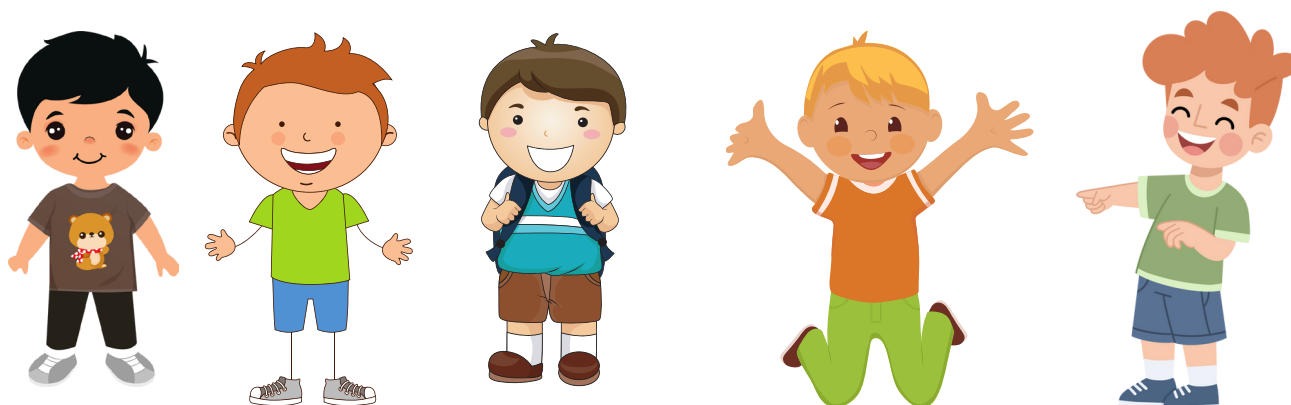
BOYS CLUB

The Kulin Community Resource Centre is hosting a Girls and Boys Club for the next 4 weeks. This includes a variety of fun activities planned. We have 10 spots for each club so first in best dressed. Each event will be held at the Kulin Shire and will start once school finishes until 4:30pm. Our age limit would be 8 + as it would be easier for kids to make their way here from school by themselves.

Boys Club Dates:

Monday the 20th of March

Monday the 3rd of April



If you would like to register your child for boys club please call Stella on 9880 1204 or email crccounter@kulin.wa.gov.au

EASTER EGG DECORATING



YOU'RE INVITED TO JOIN OUR

Easter Egg Decorating Competition

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

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

Please hand in your pictures before the 8th of April

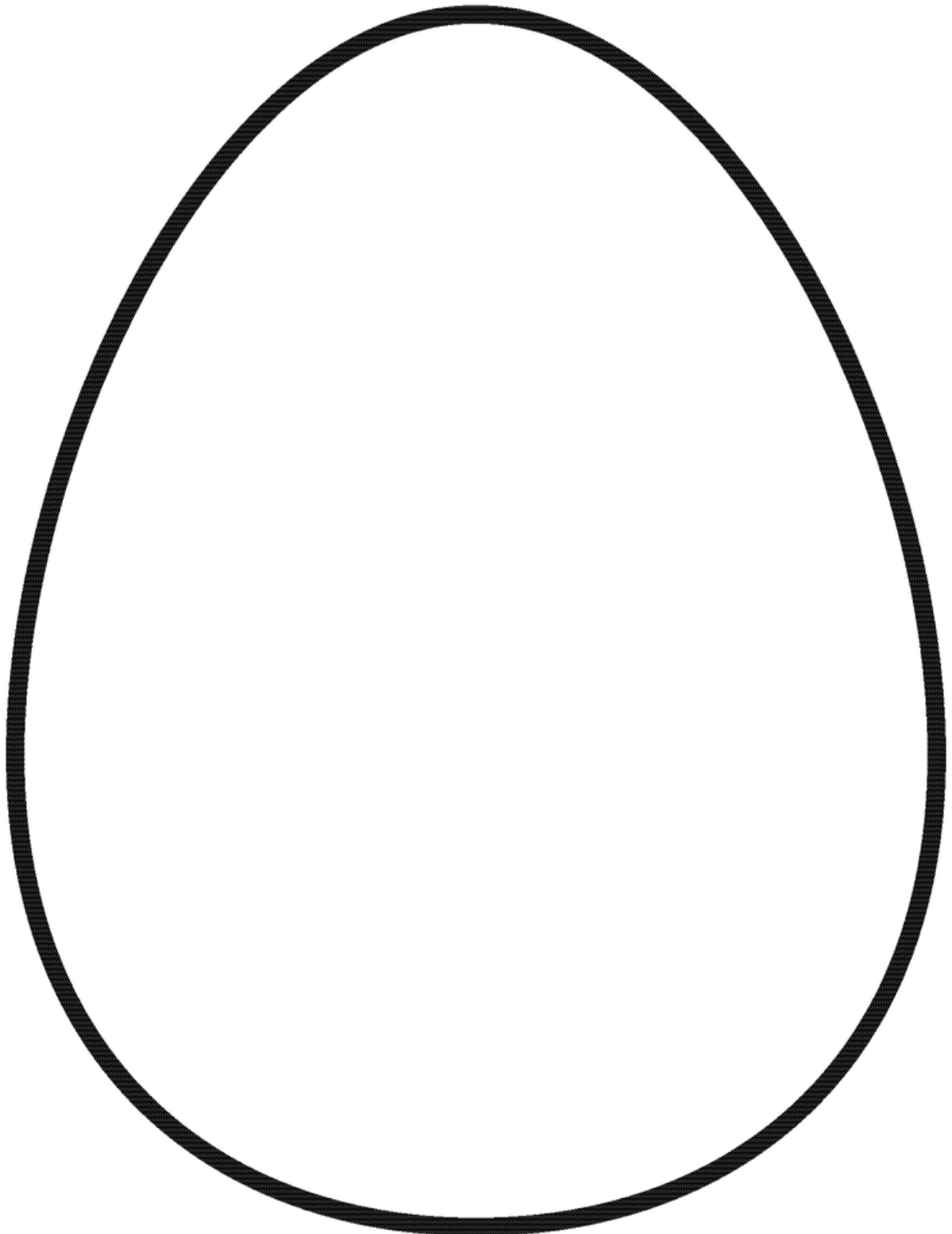
Any questions or problems, please call Stella on
9880 1204 or email crccounter@kulin.wa.gov.au

EASTER EGG DECORATING

Easter Egg Decorating Competition

Name: _____ Parents Name: _____

Age: _____ Phone Number: _____



Please drop off at The
Kulin CRC.

CHARITY CLOTHES SWAP 2023



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

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



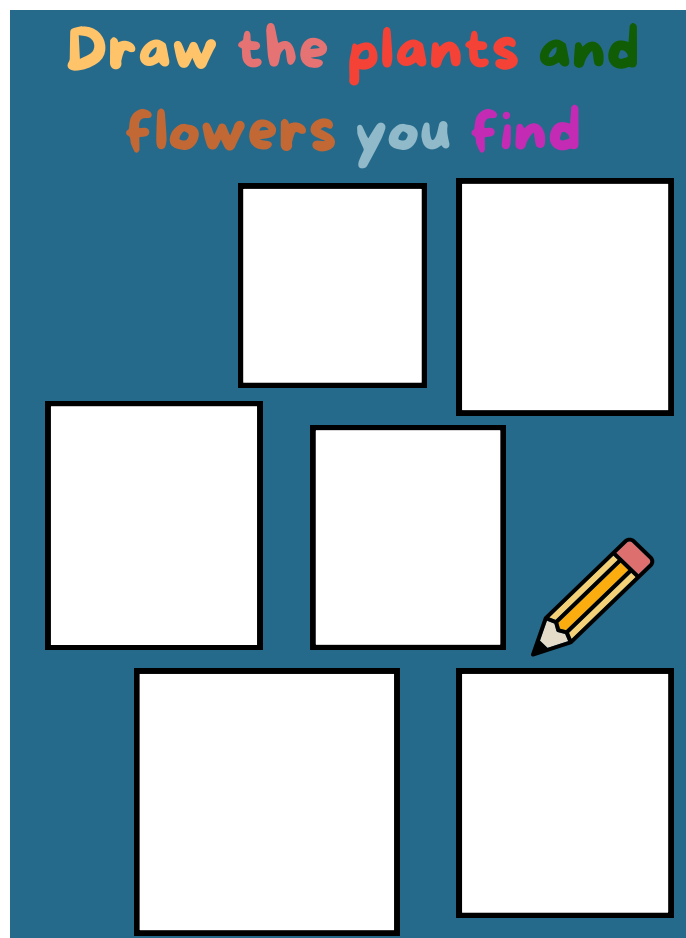
**National
Breast Cancer
Foundation**

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

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

ADVENTURE PASSPORT

We are excited to have finished our Kulin Adventure Passport, it is full of fun activities and projects you can do around our Shire. Pop into the CRC to pick up your own!



What textures and sights can you find in nature?



pond ☐

pebbles ☐



sand ☐

grass ☐



something soft ☐

something spiky ☐



YOUTH WEEK WA 2023

14 – 21 April

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

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

"What Makes Kulin Special To You?"

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

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

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

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

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

BECOMING:
WITH OTHERS,
WE DREAM

STAYING SCAM SAFE

Steph Marsh- the Senior Regional Officer for Consumer Protection recently came to the FRC to provide us some super handy information about scams and how to stay safe, here is a brief overview of the main points discussed.

Did You Know: In 2022, there was a total of \$50 million dollars lost due to scams in WA. This more than doubled since 2021.
4 billion dollars was lost Australia wide due to scams in 2022, however, it is estimated only 2/3 of people report being scammed.

TYPES OF SCAMS

- > investment scams
- > dating and romance scams
- > hacking
- > 'hot deal' scams
- > 'urgent threat' scams

What to do if you receive something that may be a scam?

STOP, CHECK, ACT, MENTION

If you receive a text, email, or notification of any kind that you think is suspicious, too good to be true, or seems an 'urgent threat': 1- Pause. 2- Get a second opinion, ask someone trusted whether they think it is a scam or not. 3- Search, contact the person/ organisation the message is supposedly coming from. E.g. if the notification claims to be from your bank, contact your bank directly, before taking any action.

Ways To Stay Safe

- Find an anti virus software, ensure it is from a trusted provider
- software updates from the source
- check for lock symbol when surfing the web
- don't click links in emails / SMS unless you specifically know person and it is coming from their regular email, not just an email using their name

Resources

<https://www.scamnet.wa.gov.au/>
<https://haveibeenpwned.com/>
<https://www.donotcall.gov.au/>

More resources are available at the CRC

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



EASTER EGG DECORATING



-LOOK UP-

art/craft/

photography

exhibition

11th — 18th March

10am-4pm daily

\$2 entry



Scrap & Stamp Technique Weekend

Join us for a weekend of papercraft techniques at the Kulin Community Arts Centre, the 1st & the 2nd April.

There will be 20 great papercraft techniques that you will learn, & practice over the weekend. You will leave with an instruction book holding the samples you have made over the weekend, & up to 20 projects that you have made, (that is one project using each of the techniques).

\$135 will get you

- your own workspace from 9am to 9pm on Saturday & 8am till 2pm on the Sunday.
 - An instruction folder that you can take home.
- A kit complete with all the required paper & card (plus... most will be precut) ,
 - unlimited Tea & Coffee(there will be a large esky available to store your food & any other drinks you may want to bring..)

Please note, all tools are supplied, however, **you will need your own adhesives.**

Space is limited, & Bookings are essential!

To celebrate my recent home being purchased in Kulin I am offering an early bird mystery gift worth \$40 if paid in full by the 12th March.

Contact Odette Kermode at
Odette@AOKscrapbooks.com
or on Facebook <https://fb.me/e/4gdFxr9xv>



**Kulin
Community
Arts Centre**



KIDS CORNER

How to make a rain gauge from a plastic bottle?

Start by marking out a scale on your plastic bottle, using a ruler and permanent marker. We're measuring ours in centimetres, but any evenly spaced lines will let you compare one day to another.

Then carefully cut off the top of your plastic bottle using a craft knife. I'm a great believer in showing children how to use real tools safely and letting them have a go but you know your own child best, so decide if they will join in with this bit or whether you will do it yourself.

Then turn over the top section of your plastic bottle and fit it into the base to make a funnel that will direct the rain down into your rain gauge and stop leaves falling in.

Then you need to select a good location for your rain gauge. We talked about

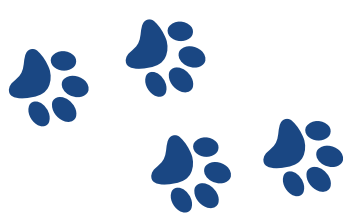
- putting it in the open, not under cover, so it would be able to catch the rain
- making sure it wouldn't blow away or topple over
- but being able to empty out the water each day, so you can measure the new rainfall the next day

Then wait and watch. You could check the rain daily for a week or a month, and plot your results on a chart or graph. Check your local weather forecast and see how their prediction compares with the amount of rain you get in your backyard.

<https://nurturestore.co.uk/how-to-make-a-rain-gauge-backyard-science>



NOTICES FROM THE SHIRE OF KULIN



KULIN SHIRE NOTICES



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



Do you enjoy meeting new people, working in a fun, friendly environment and would like to upskill?

The Shire of Kulin is looking for Slide Attendants to work at the Aquatic Centre next summer.

We would like to train a team of staff ready for the start of the season in November 2023.

The slide is open on weekends during school term and Thursday to Sunday during school holidays. Shifts on these days are 2-4 hours long between 1pm and 5pm.

We are running a pool lifeguard course, funded by the Shire of Kulin, at the Kulin Aquatic Centre for 2 days in March this year. Applicants must hold a current Senior First Aid Certificate and be 16 years old at the time of enrolment.

Please register your interest via e-mail to pool@kulin.wa.gov.au or call 9880 1222 by FRIDAY 10TH MARCH 2023.

If you are interested but feel you don't quite meet the requirements, please call me to discuss.

Thank You

Mark Gillbard, Kulin Aquatic Centre Manager



BRAIN TWISTERS

Riddle A. A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?

Riddle B. David's parents have three sons: Snap, Crackle, and what's the name of the third son?

Name: _____ Date: _____

Good Character Word Search

Z P X Z O I B J Z O N N E O E M L I J I W J N G
L Q L G H P M G U Q A G B N J Z P W I D E A P O
Q Y E M D Y J U C G B K I T A V S G K R J T W H
P Q T X J A S T D Q J L Q C C A C S N B C V I Y
P O N I S O F J U Y P F B S S S E N R I A F Q X
O C U H L Q E E B I G M G W K G L N B R R N X H
X P D M N I I J C W X D N X G I X K W X P A T B
T Z G V S Y B S M N G F O L W Q K T I P V D C I
B L J S V F I I B K A C O U R A G E X S H W Z R
O Q C S B D E S S D V R J A H C N R S V Y G S M
K C K A F F N A N N B O E R N I Q O P V X R T Y
V J I L T W B K K K O A D V M T S U S Z R A H O
U U E T G N K T T I X P P F E P E K M U Y D H A
J S V M I J Z K B N X R S U S S M T S A F O O C
K Y O O T Z U M W M F O F E L H R D S H T K N Z
J T G R D D E O A W C R V W R F G E R F Z S E Y
W Y B R Y L O N W C I M S W N V K D P R P K S E
P R I I U K P O S E F R U T E I O D E T P C T H
S T P A O R U Q N H E W T Q E I B S L J D O Y H
C R N B B A E D Q B I K T S G L P B L Z U F T A
D L P A C V S C S I I P O C W E H Z K Z R K P T
D Q G V Z H E W N K Q T R K C S H B D P D A O D
H X B W I N U V V F A N R T Q L I A Q R V W U O
E W I P O N J W Q S S E N I H T R O W T S U R T

citizenship

trustworthiness

responsibility

fairness

courage

friendship

honesty

respect

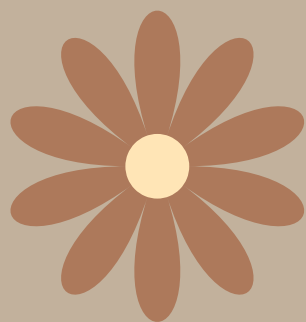
self discipline

perseverance

caring

Answer A : Three: A blonde, a brunette and a redhead

Answer B: David



Seniors Movie Day

Tuesday | 21.03.2023 | 11:00am-1:30pm

“Little Women” (2019), directed and adapted by Greta Gerwig, tells the story of the four close-knit March sisters who grow up and find their own places in the world. This latest film adaptation of the classic is an inspiration for women of all generations to watch in the spirit of Women's History Month



Free Event

Kulin CRC Chambers

Tea & Coffee Provided





URGENT TO SURVIVAL

President Kulin Branch: Greg Tyley
M: 0419 091 884
E: gregmal46@outlook.com

Treasurer/Secretary: Jocelyn Brandis
PO Box 70 Kulin WA 6365
aobkulin@outlook.com

ANNUAL GENERAL MEETING 5:30PM, 15TH MARCH AT THE KULIN COMMUNITY HUB

This meeting will decide if our organisation can survive.

We have given over \$6500.00 to charities since we started.

Please attend to help our town, schools, ambulances, hospital and Royal Flying Doctors.

Australia's
**Biggest
Morning
Tea**

Please donate to my morning tea



Scan the QR code to donate.
You will be directed to my fundraising page where
you can donate directly to my morning tea.

Print this page

HANDY HINTS FROM THE CRC

CHOCOLATE BALLS RECIPE

Ingredients:

- . 250g plain arnott's biscuits
- . 395g condensed milk
- . 1 cup coconut
- . 2 tbs cocoa

Method:

1. Crush biscuits in a food processor.
2. Place biscuit crumbs in a bowl and mix in cocoa.
3. Add condensed milk and form mixture into bowls.
4. Roll in coconut and chill to set.

Equipment:

- . Food Processor
- . Bowl
- . Tablespoon
- . Spatula

Notes:

These are also nice rolled in chocolate sprinkles, or a topping of your choice.



AROUND THE WORLD

INTERNATIONAL WOMENS DAY

Do women hold the key to building a world free from hunger and poverty?

Women may hold the key to building a world free from hunger and poverty, yet is gender inequality putting a brake on sustainable development worldwide?

The Food and Agriculture Organization of the United Nations (FAO) suggests that in developing countries, women make up 45% of the agricultural labour force, ranging from 20% in Latin America to up to 60% in parts of Africa and Asia.

In developing countries in Africa and Asia and the Pacific, women typically work 12-13 hours more than men per week.

Across all regions women are less likely than men to own or control land, and their plots often are of poorer quality. Less than 20% of the world's landholders are women.

If women farmers had the same access to resources as men, the number of hungry people in the world could be reduced by up to 150 million due to productivity gains.

Women reinvest up to 90% of their earnings back into their households - that's money spent on nutrition, food, healthcare, school, and income-generating activities - helping to break the cycle of intergenerational poverty.





Can you provide medical students a place to stay for three nights?

Wheatbelt Medical Student Immersion Program

TUESDAY 14 TO FRIDAY 17 MARCH 2023

Share what living in the Wheatbelt is like with doctors of the future

Over 100 Curtin University medical students will be spending one week in the Wheatbelt in March 2023. During their stay, they will visit local farms, industry, general practices, hospitals and schools, and participate in community activities.

We need local hosts to provide real-life experiences that will give them an understanding of what it is like to live in the Wheatbelt and perhaps inspire them to become rural doctors.

Curtin students will visit Cunderdin, Corrigin, Dalwallinu, Kondinin, Moora and Wongan Hills.

As a host, we will ask you to provide accommodation for two or more students, be able to assist with transporting them to/from town and share what it is like to live in your town with the students. You are invited to come along to a Thank You dinner with the students on the Thursday night.

Why host?

If you live in or near one of these towns we would love to hear from you!

This is a life-changing experience for the students, with many having no previous exposure to rural life or the Wheatbelt.

By providing these rural immersion opportunities early in their degree, it has been proven that students are more likely to explore rural career opportunities.

Some students continue to keep in touch and visit their host families, some return to do seasonal work and placements, others have joined mentoring programs and some have inspired host family members to pursue tertiary studies in health and medicine.

For further information, contact **Betony Dawson:**

T 08 6389 4567 | **E** betony.dawson@ruralhw.com.au



McINTOSH & SON



McIntosh & Son Kulin are looking for a regular cleaner for our branch.

- ✓ 12 hours per fortnight
- ✓ Days / hours are flexible and can be determined by you
- ✓ Option to either set up through your ABN, or employed directly

Duties include (but not limited to):

- Keeping show room, offices, bathroom, toilet and kitchen sanitised, cleaned and mopped
- Emptying office bins
- Clean windows
- Wash cleaning cloths, tea towels etc.
- Order & restock cleaning equipment as required

TO APPLY CALL (08) 9880 2556

kulin@mcson.com.au • 294 Pump Road, Kulin WA 6365

McINTOSH & SON

www.mcintoshandson.com.au  



NOTICE TO ALL DOG OWNERS

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

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

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

PLEASE MAKE THE TOWN ENJOYABLE FOR
ALL RESIDENTS AND VISITORS



Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415



Ph:0428212945 ABN23036138418

Narembreen Kulin Kondinin Mobile Vet Visiting Dates 2023

Monday 9 th January	Wednesday 1 st February	Monday 27 th February
Tuesday 28 th March	Wednesday 26 th April	Tuesday 23 rd May
Tuesday 20 th June	Wednesday 19 th July	Monday 14 th August
Tuesday 12 th September	Wednesday 11 th October	Tuesday 7 th November
	Tuesday 5 th December	

Please contact Dr Andrea Roberts on 0428212945 by text or phone call to make an appointment. Appointments for your pets and livestock right to your door



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on this entry-level bike

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(inc gst)

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but it's mighty!*

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A new generation Honda Ag bike.



CRF125F \$5498
(inc gst)

*Designed to hit that
sweet spot*



FAMILY OWNED AND OPERATED IN NARROGIN WA

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

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

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, repairs 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.

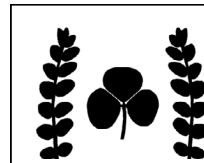


For Enquiries contact 1300 594 794 (quote Ref 30087)

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Canola cleaning and seed treatments at the best price
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for sowing

Bags, bulka bags or bulk New bulka bags 1000 seed count and germ tests
Pasture seed, all species and varieties Serradella de-hulling specialists
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Bookings by appointment

The difference between ordinary and extraordinary



**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:-

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- ✓ 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

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RESTORATION OF FRETTING BRICK & STONE WALLS**

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

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 Email: isa@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 1204

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- 5.30pm (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

LOCAL KULIN PHONE DIRECTORY IS AVAILABLE AT THE KULIN CRC

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



50 Day St

KULIN

2 1 2

HIDDEN GEMS

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

For Sale
\$230,000

Agent



John Butler
0429 964 060

john@toodyayrealestate.com.au

TRE TOODYAY
REAL ESTATE

Toodyay Real Estate
9574 2455