THE KULIN UPDATE

14 November 2024

12 CWA

Guests were greeted upon arrival in true CWA fashion with a cuppa and morning tea

22 COLOURING COMP

Winners to be announced at the Kulin Community Christmas Party 39 KULIN RETIREMENT HOMES

AGM will be held on Thursday the 28th November 2024.

CARAVAN STICKERS!









We have plenty of caravan stickers free of charge at the Shire Office!

WW.VISITKULIN.COM.AU





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



How to receive the Kulin Update via email?

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

Alternatively, visit

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

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

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

Members receive 20% off advertising costs, please contact

crccounter@kulin.wa.gov.au for more information.

Accepted document formats:
• PDF • JPEG



Achieved something?

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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

26th November 2024

10th December 2024

HAPPY BIRTHDAY!

November

16th Zach Poletti, Joy Adams, David Carmody (Jnr)

17th Carly Bradford18th Jean McInnes, Michelle O'Brien

21st Jill Argent, Mark Jetta Jr,

Dominic Matthews 2nd Graeme Robertson

23rd Jacob Buttigig, Brax Tyson

25th Ros Howell

26th Deb Brandis, Abbey Humphreys

27th James McInnes

DATES AND UPCOMING EVENTS

November

14th Swim Club

15th Junior Basketball

16th Tennis GF

Cricket

19th Swim Club

20th Council Meeting

Social Tennis

21st Swim Club

22nd Junior Basketball

26th Swim Club

27th Social Tennis



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|-----------------------|--|---|-------------------------------------|--|--|
| 27 | 28 | 29 Dr Chukwuneke @ Kulin | 30 Social Tennis Kindy 2025 Orientation Day | 31 Whole School Assembly | O1 - Dr Chukwuneke @ Kulin Junior Basketball Kulin Aquatic Centre Opens | 02 |
| 03 Bowls Triples Championship | 04 | O5 Dr Chukwuneke @ Kulin Kulin Walking Group Yogalates Kulin Swim Club Season Opener Melbourne Cup | 06 Social Tennis | O7 Playgroup Swim Club | 08 • Dr Chukwuneke @ Kulin • Junior Basketball | 60 |
| 10 Bowls Rotating 4s | 11 Remembrance Day | 12 Dr Chukwuneke @ Kulin Kulin Walking Group Yogalates Seniors Movie Day Swim Club | 13 New Social Tennis | 14 KULIN UPDATE Playgroup Swim Club | 15 •• Dr Chukwuneke @ Kulin •• Junior Basketball | Oricket Cricket Tennis Grand Final |
| 17 Sewls Triples | 18 | 19 Dr Chukwuneke @ Kulin Kulin Walking Group Yogalattes Swim Club | 20 Council Meeting Social Tennis Year 7 transition day | 21 Playgroup Swim Club | 22 • Dr Chukwuneke @ Kulin • Junior Basketball | 23 |
| 24 Bowls Mixed Triples | 25 | 26 Dr Chukwuneke @ Kulin Kulin Walking Group Yogalates Swim Club | 27 Social Tennis | 28 WULN UPDATE Playgroup Swim Club | 29 • Dr Chukwuneke @ Kulin • Junior Basketball | 30 |

I am sure that you know of at least one person in each category and a community group that would be perfect to nominate for Citizen of the Year. The process in not complicated and you don't need to write an essay, just be passionate about the nomination and their contribution to our fantastic community.

The categories are

Community Citizen of the Year

A person you believe has delivered outstanding service to his or her community.

Young Community Citizen of the Year (16 – 30 years)

A young person you believe has delivered outstanding service to his or her community. To be eligible, individuals must be at least 16 years of age on 26 January, though younger nominees may be considered for exceptional contribution.

Senior Community Citizen of the Year (over 65 years)

An older person you believe 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.

Active Citizenship – Group or Event

A group doing outstanding work or for an event staged in the community during the past year.

If you need any assistance, please do not hesitate to come into the CRC and we can point you in the right direction. Nominations must be received by COB Friday 22nd November 2024.

Taryn Scadding EMCS

Shire of Kulin 2025 Community Awards

NOMINATE NOW

Nominations closing 22 November 2024

If you know an individual or group, doing great things in our community nominate them now!

- Citizen of the Year
- Citizen of the Year Over 65
- Youth Citizen of the YearActive Citizenship (Group or Event)

Nominate Online or get a copy of the nomination form at the CRC

Nominations extended to 22nd November 2024



Local Government Recognising Community Champions



Kulin Aquatic Centre

School Holiday Dates:

December 13th - February 4th

| | Swim | ming Pool | Slide |
|-----------|-----------|------------|-----------|
| Monday | Closed | Closed | Closed |
| Tuesday | 6:00-7:30 | 12:00-6:30 | Closed |
| Wednesday | 6:00-7:30 | 12:00-6:30 | Closed |
| Thursday | 6:00-7:30 | 12:00-6:30 | 1:00-5:00 |
| Friday | 6:00-7:30 | 12:00-6:30 | 1:00-5:00 |
| Saturday | | 11:00-6:00 | 1:00-5:00 |
| Sunday | | 11:00-6:00 | 1:00-5:00 |

Fees + Charges

Daily Entry

Child- \$2.50 (under 6 free) Adult- \$4.50 Slide Pass- \$10 Spectators- \$2.50

Season pass (Pool only)

Child- \$55 (16 and under) Adult- \$90 Family- \$165 (4 people) Additional child \$55

Season pass (Pool + slide)

Child- \$115 (16 and under)

Adult- \$185

Family- \$320 (4 people) Additional child \$115

Pool Contact Details:

Pool Manager- Mark Gillbard

P: 9880 1222 E: pool@kulin.wa.gov.au

FIRE RESPONSE VEHICLE IDENTIFIER STICKERS

To assist authorities to identify vehicles which can assist DFES in bushfire response, DFES and the Shire encourages owners of such vehicles or machinery to apply for a Fire Response Vehicle Identifier windscreen sticker. The stickers are designed to enable passage of approved vehicles through the vehicle control points (road blocks) where approved by the Incident Controller. Appliances or machinery without a Vehicle Identifier sticker may be delayed or prevented from assisting in the response.

Stickers are issued under a number of conditions including:

- the Fire Response Vehicle Identifier is for the purpose of fire response;
- when the vehicle is no longer used as a fire response vehicle

(e.g. when sold) the identifier will be removed;

- compliance with the Road Traffic Act 1974;
- the identifier can be revoked by an Incident Controller or authorised person at any time;
- appropriate Personal
 Protective Equipment and
 Clothing will be worn at all times;
- the driver will ensure that the vehicle's presence at an incident is recorded on both arrival and departure;
- Read and understood the "Guidelines for Operating Private Equipment at Fires" publication and will make drivers of the vehicle familiar with this document.

Stickers for the period ending 30 September 2026 are now available.

Application forms are available from the Shire Administration Centre or download Fire Response Vehicle Identifier Application.

Multiple stickers may be issued to persons with multiple suitable vehicles/equipment – one application form per vehicle is required.

The Shire will utilise SMS to communicate with Vehicle Identifier holders (i.e. upon expiry, or any changes to the scheme), therefore a mobile phone number (or numbers) will be required as part of the application. Stickers will be mailed to the applicant following vetting of the application by the Shire.

Nicole Thompson Manager Executive Support Services

Bush Fire Brigade Protective Clothing

Do you require Protective Clothing for the Bush Fire Season?

A duty of care exists for a Fire Control Officer to ensure that persons attending an incident has appropriate PPE (personal protective equipment), the same responsibility rests with those attending so please ensure you wear the required clothing, otherwise insurance issues may arise.

As we head towards the start of Bush Fire Season, the Shire offers all our volunteers the opportunity to order protective clothing - coats and trousers, supplied by Stewart & Heaton Protex as well as Honeywell 7600 face masks, provided by Scavenger Supplies.

The Kulin Shire cover the full cost of protective clothing and will pay 50% of the cost of face masks.

Please email eso@kulin.wa.gov.au to receive an order form to place an order.

You must be a **registered member of a bushfire brigade** within the Shire of Kulin, and have not placed an order in the past 5 years.

Jacket J545 sizes: 82R to 132R

Trouser T540 sizes:

77L to 97L 77R to 117R 87S – 132S



FORKLIFT TRAINING COURSE

Shire of Kulin have two (2) spots available for the following training

Forklift Skill Set State ID MAA82 Monday 18th & Tuesday 19th November 2024

8am - 4pm Min 10 hours forklift driving experience required \$81.40



To register or for more information contact Jayde Hobson to@kulin.wa.gov.au 08 9880 1204



3M[™]Full Face Respirator FF-400 Series

Description

The 3M[™] FF-400 Series Full Face Masks are engineered to deliver maximum comfort and a wide field of view.

Available in three sizes, all masks have the 3M bayonet connection system allowing connection to a broad range of twin lightweight filters to protect against gases, vapours and particulates depending on your individual needs.



Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an INDEPENDENT water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire plan: **mybushfireplan.wa.gov.au** You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and Environmental Regulation website.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on 13 13 85.

The Emergency WA website

emergency.wa.gov.au provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.









Public Notice of Proposed Sale of Land

Public Notice of Proposed Sale of Land pursuant to s3.58(3) of the Local Government Act 1995

Property: 8 Bowey Way, Kulin (Lot 34/DP13062) being the whole of land contained

in Certificate of Title 1556/611

Buyer: Owen Thomas Rees and Melissah Caris Rees

Consideration: \$10,000.00 including GST Market value: \$11,000.00 including GST

Submissions

Written submissions in respect of the proposed sale may be lodged with the Shire of Kulin until Thursday, 28 November 2024.

You can share your thoughts through the following ways:

- By mail to PO Box 125, Kulin, 6365. Submissions should be marked "Proposed sale of 8 Bowey Way, Kulin" and addressed to the Chief Executive Officer.
- By e-mail to the CEO at: ceo@kulin.wa.gov.au





Public Notice of Proposed Sale of Lanc

Public Notice of Proposed Sale of Land pursuant to s3.58(3) of the Local Government Act 1995

Property: 31 Ellson Street, Kulin (Lot 44/DP13062) being the whole of land

contained in Certificate of Title 1556/621

Buyer: Mark Burgess & Patricia Barrett
Consideration: \$11,000.00 including GST
Market value: \$11,000.00 including GST

Submissions

Written submissions in respect of the proposed sale may be lodged with the Shire of Kulin until Thursday, 28 November 2024.

You can share your thoughts through the following ways:

- By mail to PO Box 125, Kulin, 6365. Submissions should be marked "Proposed sale of 31 Ellson Street, Kulin" and addressed to the Chief Executive Officer.
- By e-mail to the CEO at: ceo@kulin.wa.gov.au

KULIN AQUATIC CENTRE





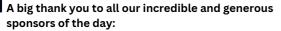




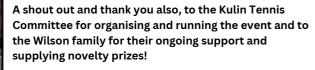
Kulin Tennis Club - Open Day

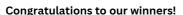
-John Wilson's Fast4 Mixed Doubles-

On Sunday 20th October, Kulin Tennis Club held their annual mixed doubles Open Day, named in memory of John Wilson. It was a fantastic day, with 15 couples competing over three divisions.



McIntosh & Sons, Gangells Ag Solutions, Bunge, Bendigo Bank, Kulin Community Hub, The Remedy Physio + Pilates, Tin Horse Automotive, Kulin Hardware & Rural, Yvonne Bowey Consulting, Tamora Plumbing and Acres of Taste.







Winners: James + Annabel R/Up: Jarrad + Ash Wooden Spoon: Wendy + Neil

Winners: Janet + Cioran R/Up: Tom + Claire Wooden Spoon: Nick + Taryn/Foops

Pool C

Winners: Ned + Molly R/Up: Ash + Jess Wooden Spoon: Smithy + Ann.















NEWS FROM THE POOL

Season opened on the 1st of November and what a day. 42 in the shade down here and every cat man and his dog wanted to come and say hi. This plus basketball on the evening made for a busy day but that's a good thing. First early morning swim on that Friday saw 12 in the water which is awesome. The water was nice at 24' and lets just say things have cooled a tad since then. This hasn't seemed to dampen the spirits of the early morning swimmers as we had 15 one morning and numbers have been pretty consistent for the first week.

Swimming club has started up once again with good numbers joining. Lots of enthusiasm from parents and kids which is good to see. Training Tuesday and Thursday afternoons so if you haven't yet, why not pop down and see what it's all about.

The shades have been installed again for the second time after a storm came

through in March and caused a bit of movement in the poles but they are all up now and fresh grass to sit on and relax while down here.

I've installed a barrier net behind the shades so the kids can play cricket there without the worry of someone coping a ball in the back of the head so still plenty of room to run around out the back.

Just like to put a shout out to Ambrose, Tyler and the rest of the crew who have been down here getting the lawn around the new shades and garden area around the slide looking smicko. Awesome job by you all. Hats off to you and thank you.

Season tickets are available and are the cheapest in town so why not come on down enjoy this awesome facility.

Cheers

Kulin Aquatic Centre

Fees + Charges

Child- \$55 (16 and under) Adult-\$90 Family-\$165 (4 people) Additional child \$55

Child- \$2.50 (under 6 free) Adult- \$4.50 Slide Pass-\$10

Spectators-\$2.50

Child- \$115 (16 and under) Adult- \$185 Family-\$320 (4 people) Additional child \$115

ol Manager- Mark Gillbard 1880 1222 E: pool@kulin.wa.gov.au

KULIN RE-USE WATER SUPPLY

STARTING ON THE 1ST OF NOVEMBER 2024

The Shire of Kulin wishes to advise that the town re-use water supply to the oval will recommence the week beginning 1st November 2024. This water will be applied between the hours of 10:00pm and 3:00am so will have no impact on normal oval use.



9880 1204



KULIN COUNTRY WOMENS ASSOCIATION 95TH BIRTHDAY

Kulin Country Womens Association inaugural meeting was on the 18th October 1929, just five years after the initial formation of the Association in Western Australia. The first meeting was held in the then new Kulin Memorial Hall which had been opened in 1928, and the First President was Mrs Tregurtha. This was only eleven years after the end of the First World War. The aim of the Association was to improve the well being of all people, especially those in the country areas by promoting country, co-operation, community effort, ethical standards and the wise use of resources. Particularly by women, for women.

Against the background of the Great Depression, the women of the district set out to acquire a block of land, and then to raise the money to build the Kulin Rest Rooms. A place where farm women could freshen up, make a cup of tea, feed their babies discreetly, change their clothes etc. while the older children played in the enclosed yard. The foundation stone was laid in 1937. Mrs Joan Riseborough and her brother Mr Ray Baldock (a baby in the pram) were present that day. It was a great privilege to have both of them at

our Birthday lunch celebrations.

We set the date for our 95th Birthday celebration back in July 2023, only to discover we had unknowingly chosen the day after the inaugural meeting. Invitations were sent to the State President, Mrs Felicity Edwards (who was unable to come due to clashing functions) the State CEO, Ms Trish Langdon, neighbouring CWA Branches, the Kulin Museum and Mens Shed, Kulin RSL, Lions Club, Bendigo Bank officials, Shire President and many other local supporters. Over 50 people were able to attend on a beautiful sunny Saturday. This was the day Main Roads were planning to reseal the road immediately outside the Kulin CWA. They very generously agreed to re-locate to the western end of the main street for the day. Many days beforehand included shopping, cooking, cleaning, and gardening with assistance offered from many people.

Guests were greeted upon arrival in true CWA fashion with a cuppa and morning tea. A delicious lunch of finger foods was enjoyed, after the welcome by Kulin CWA President, Mrs Sharon Barndon, and greetings

from Ms Trish Langdon on behalf of the State CWA organisation. There was a beautiful door prize of a crocheted rug in CWA colours won by Hayley Kempton and her daughters Cassie and Paige. A raffle table was sagging under a quantity donated prizes and many people chose their own prize from the selection.

Snippets of CWA history were presented throughout the function. A beautiful birthday cake made and decorated by Mrs Sharon Barndon was cut by our longest serving member, Mrs Dot Cook.

During the past five years the Kulin Branch members have concentrated on the restoration of our rooms and our contribution to the community has mainly been through hospitality in the form of Time 4 Tea...aka Tea and scones. It was a great honour to invite the community to our 95th Birthday to celebrate our birthday and the results of the restoration. Very sincere thanks to all those who have contributed over the years and especially our birthday.

Jan Colbourne



Uniting women and strengthening our communities through friendship, education, service and advocacy

KULIN MUSEUM AND MENS SHED BUS TRIP TO CORRIGIN

Last Friday saw members of the Museum and Mens shed enjoy an excursion to the Corrigin Museum, followed by a delicious lunch at the Corrigin Hotel.

We were hosted by Peter and Ron who escorted us around the displays of vintage agricultural equipment, much of which our members remembered using as young farmers. Most of us also remembered turning the handle of the cream separator and the butter churns. All the exhibits were named and labelled neatly. In the buildings were displays of military and domestic items and clothing donated to the Museum by Corrigin locals, including historical letters, paintings, photos and information.

Despite the rain and chilly wind the outing was thoroughly enjoyed and a return invitation was offered. Thanks to the bus driver Mr Jeff Gray and the Shire for the use of the Community Bus. The next expedition may be a day trip to the Wagin Museum.



Joan Riseborough & Ray Baldock



View of CWA



Jan Colbourne



CWA Cake



Door Prize Winners



Dot Cook & Sharon Barndon



Raffle Table



Jan, Dot, Sharon & Trish Langdon



Kulín Dístrict High School

Dear Parents, Guardians and Community Members,

Re: Kulin District High School Presentation Night 2024

It is now time for us to seek sponsors for our 2024 Presentation Night and we would like to know if you would be interested in supporting us this year.

The Presentation Night will be held on Wednesday 11th December at the Freebairn Recreation Centre commencing at 6.00pm and will include performances as well as presentation of awards.

The award recipients will receive a certificate and \$30 'Ultimate Student Gift Card', allowing them to use at retailers such as Officeworks, Hoyts, Dymocks, Typo, Footlocker, Kathmandu and more.

The awards are an additional way we signal a student has achieved another milestone in their learning journey. It gives them a boost and makes them realise that good learning behaviours are appreciated and valuable.

This year all sponsorship monies will be collated to contribute to all awards, not specific ones as in the past. All awards will be presented by the Principal, Deputy Principal or Teacher. All sponsors will appear and be acknowledged in the Presentation Night school program.

Should you have any gueries please contact the school on 6865 7300.

Yours sincerely

| Garry Wa | lker |
|-----------|--|
| Principal | |
| × | |
| | Kulin DHS 2024 Presentation Night |
| Name: | |
| | I would like to contribute to the Presentation Night awards to the value of \$ Loopsent to our name to appear in the event program. |

Account Name: Kulin District High School BSB: 633-000 ACC: 1313 95576 Ref: Award

ABN 16 357 856 455
P O Box 19 Kulin Western Australia 6365
Telephone: (08) 6865 7300
Email: kulin.dhs@education.wa.edu.au
Website: www.kulindhs.wa.edu.au



Kulin District High School Employment Opportunity

Kulin Childcare Centre





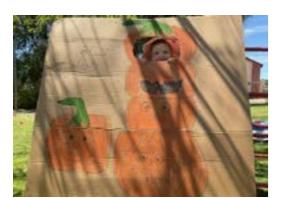
We celebrated Halloween at KCCC with art and excitement! Our special art activity included 'mummy' artwork gluing bandages in the morning.

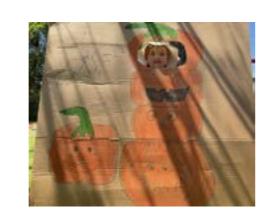
Later, the children took to the photo booth, where they posed for pumpkin-themed photos. This playful moment allowed them to express their personalities and enjoy a sense of identity within the Centre community.



Halloween isn't a traditional holiday for Australia however it has grown popular with our children over years. Putting together a special photo booth with 'Jack-o-lantern pumpkins' is an example of our Educators following the practice of *Responsiveness to children* from the EYLF v2. Listening and

following children's interests and providing experiences around those interests.











WWW. VISITKULIN.COM.AU



@VISITKULIN
ON INSTAGRAM AND FACEBOOK



WE WOULD LOVE YOUR FEEDBACK





A Visitor Centre is pretty handy. Find us at 38 Johnston Street.

KULIN POLICE

KULIN POLICE



Kulin Police News

21 Johnston Street, Kulin WA 6365
Phone: 98615800
Email: Kulin.Police.Station@police.wa.gov.au

lul core

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

_November / 24

<u>Town Fires – December 2022</u>

Many have been interested and awaiting the outcome around the charges preferred against Mr KEDDLE after he allegedly burnt down a shed in town and lit a number of other small fires back in December 2022.

When charged, Mr KEDDLE was remanded in custody for approximately 1 year following the incident before being released on strict bail conditions.

On November 28th 2024, his trial finally commenced where KEDDLE pleading guilty prior to the trial actually starting.

As such, he is now awaiting sentencing and I will let you all know the outcome once that occurs.

Firearms Act Reform

The Minister for Police has announced the commencement of the Voluntary Firearm Buyback Scheme Version 3.0 for Western Australia.

Individual firearm licence holders who now wish to hand in firearms voluntarily can do so as follows...

Licenced firearms – are to be handed in directly to a licenced firearm dealer in Western Australia, not the police station.

Firearms that are not licenced or have been obtained (in some other fashion) can be handed in at any police station under the Amnesty 'no questions asked'

The idea here is to get as many legally and unlawfully owned firearms off the streets.

These arrangements commence 7 November 2024 and conclude 17 January 2025.

Elliptical Trainer

We still have the following Elliptical trainer up for sale.

Ever wondered how Baz and I stay so fit and good looking...here's the secret!

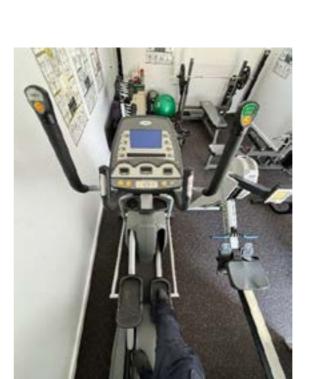
There is no fixed price – the highest bidder will take it away with the proceeds being donated locally and details published in a later newsletter.

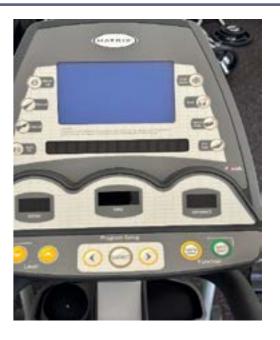
It's a **MATRIX E1x Elliptical Trainer** (purchase value over \$4000) - Very high-end model with multiple settings and options. If interested, please Google the model for full details, there are too many details to mention here.

This would make a great Xmas present and when not in use, makes a great spot to hang your drying clothes...!

All bids in Email format please by November 30th to Kulin.Police.Station@police.wa.gov.au









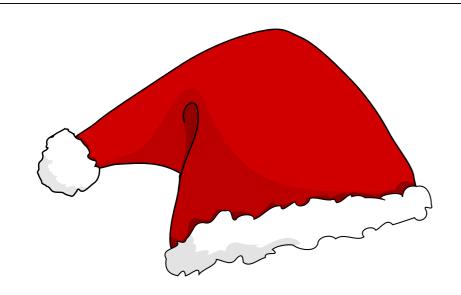
"All it takes for crime to flourish is for good people to do nothing" CRIME STOPPERS 1800 333 000 OR IN AN EMERGENCY DIAL '000'

TWITTER @KulinPol (Not for reporting incidents)

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







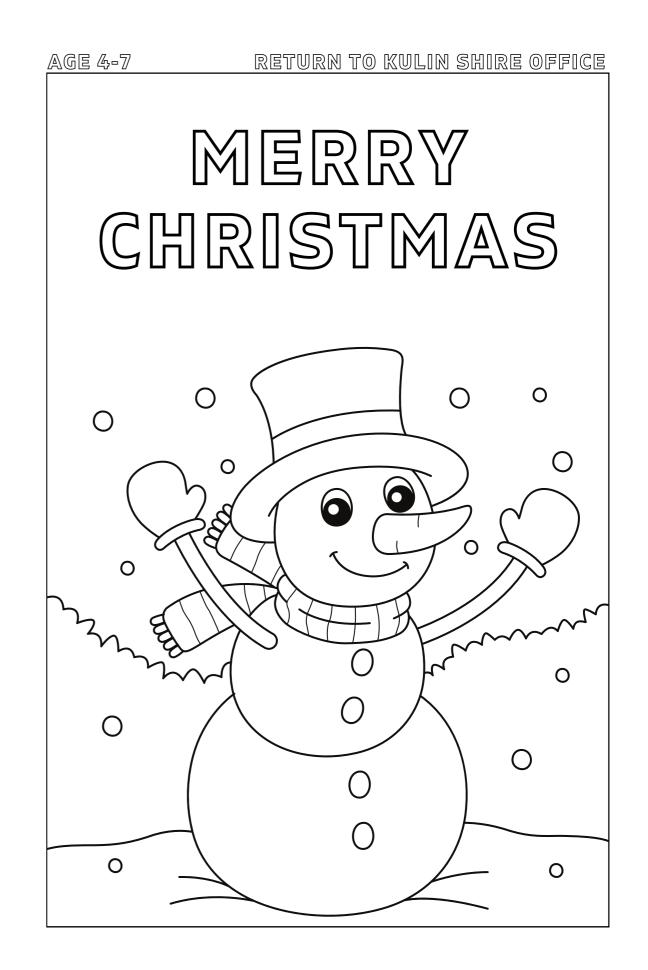
CHRISTMAS Colouring Competition

Winners will be drawn at the Kulin Community Christmas Party on December 13th, so be sure to return it to the crc or the school office by wednesday the 11th!!

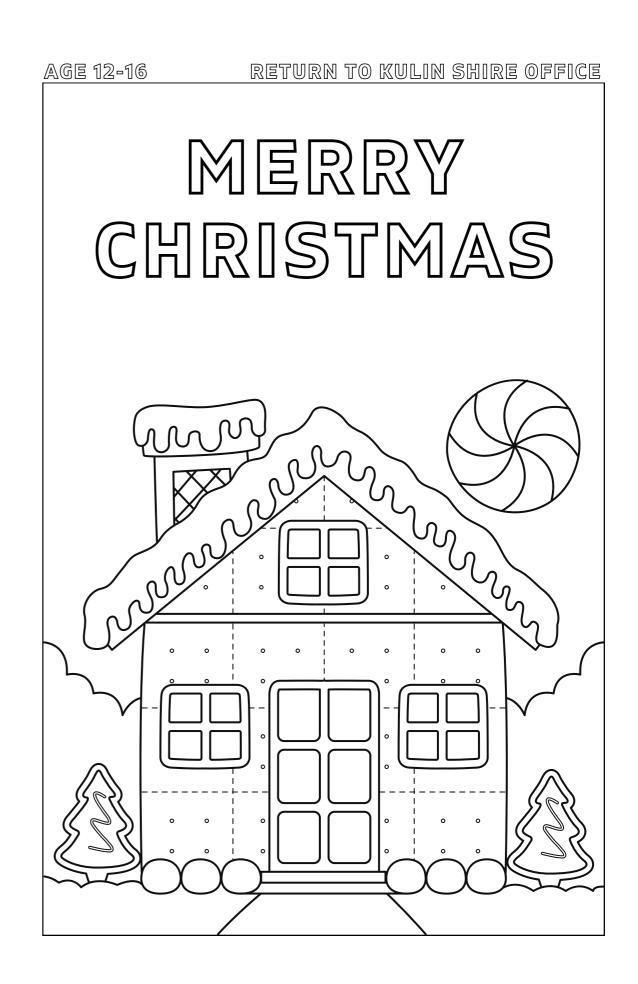
A prize for each age group winner:

4-7 year olds 8-11 year olds 12-16 year olds





AGE 8-11 RETURN TO KULIN SHIRE OFFICE MERRY CHRISTMAS 0 0 0 0 M M



SENIOR MOVIE DAY

NOTICES

SENIORS MOVIE DAY

MAMMA MIA

TUESDAY | 10 DECEMBER | 11:00AM - 1:00PM



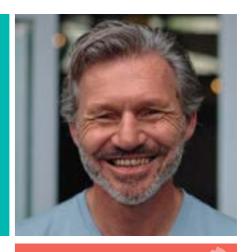
The plot follows a young bride-to-be who invites three men to her upcoming wedding, with the possibility that any of them could be her father. The film was an international co-production between Germany, the United Kingdom and the United States, and was co-produced by Playtone and Littlestar Productions.





Get a date with your state







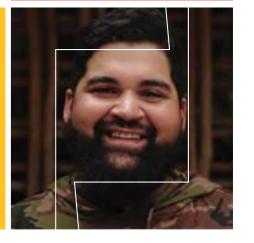
THOUSANDS
of State Election
POLLING
JOBS

MARCH 2025

APPLY NOW



☑ Earn extra cash☑ Work for a day or more☑ Do your bit for your state



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COOKING CORNER

MACROCARPA TRAIL 2015

















ECLAIRS AND EASY LEMON BARS

ECLAIRS

Ingredients

Choux Pastry

- 100g unsalted butter
- 1 cup water
- 1 cup plain flour
- Pinch cooking salt
- 4 large eggs

Shiny Chocolate Glaze

- 100g cocoa dark chocolate block, finely chopped
- 2/3 cup thickened / heavy cream
- 3 1/2 tspp corn syrup or liquid glucose

Stabilised Chantilly Cream

- 3 cups thickened / heavy whipping cream
- 1 cup mascarpone
- 1 2/3 cup icing sugar
- 2 tsp vanilla bean paste or extract

Instructions

Step 1

Melt butter in a medium saucepan over medium heat. When the butter is almost melted, add water.

Step 2

Once the liquid starts simmering, add flour and salt, and vigorously stir with a wooden spoon (while still on the stove). The mixture will turn pasty then in about 10 seconds it will transform into a sticky ball of dough that comes away from the walls of the saucepan. Once this happens, remove from the stove and leave to cool for 10 minutes (no longer).

Step 3

Add eggs one at a time, mixing vigorously with a wooden spoon after each addition, making sure each egg is incorporated before adding the next. At first, the mixture will look separated but when you keep stirring, it comes together. When finished the mixture should be a sticky, thick paste that holds it's shape, not sloppy and loose.

Step 4

Transfer mixture into a piping bag fitted with a 15mm star tip. Do not crowd the tray else they won't go crispy. You should get around 20.

Bake:

- (1) Bake 2 trays on the shelves for 45 minutes. At the 30-minute mark, open the oven door for 2 seconds to release steam (make them crispier), then again at 35 minutes and 40 minutes. Remove the tray at 45 minutes.
- (2) Remove choux buns from the oven and allow to fully cool on the trays. If you used 3 trays, bake the 3rd tray of choux pastry per above directions.
- (3) Slice choux bruns in half horizontally.

Shiny Chocolate Glaze

- (1) Place chocolate in a bowl.
- (2) Heat cream and glucose in a small saucepan over medium heat until just below boiling. Pour mixture over chocolate, shake so the chocolate is submerged. Let stand for 1 minute.
- (3) Mix with a rubber spatula until smooth (do not use a whisk, it creates bubbles). Transfer into a wide, shallow bowl large enough to dip eclairs.

Assemble

- (1) Dip the lid of each eclair into the chocolate. Place on a tray and refrigerate for 20 minutes until the chocolate is firm to the touch.
- (2) Place all the Chantilly Cream ingredients in a bowl. Whip using an electric beater on medium high for 3 minutes or until stiff peaks form. Transfer into piping bag fitted with a star tip.
- (3) Pipe in cream using whatever pattern takes your fancy generously thick. Place the lid on then serve!

Easy Lemon Bars

Ingredients

Shortbread Base

- 3/4 cup plain flour
- 1/4 cup rice flour
- 1/2 cup icing sugar1/4 tsp salt
- 110g unsalted butter

Lemon Curd Topping

- 3 large eggs
- 1 cup caster sugar
- 2 tbsp plain flour
- 1/2 cup lemon juice

Instructions

Step 1

Preheat oven to 180C. Spray a square tin with oil and line with baking paper and overhang.

Step 2

Base: Place a Shortbread Base ingredients in a food processor fitted with the standard "S" blade. Pulse 5 to 10 times until it becomes like sand. Pour into the tin, spread firmly into the base, pushing it right up to the edges. Using something flat to press in is helpful!

Step 3

Bake base for 20 minutes or until golden on the edges and pale golden in the middle. Remove from oven. (Note: don't let it cool, pour in curd immediately.)

Step 4

While the base is baking, place lemon topping ingredients in a bowl and whisk until combined.

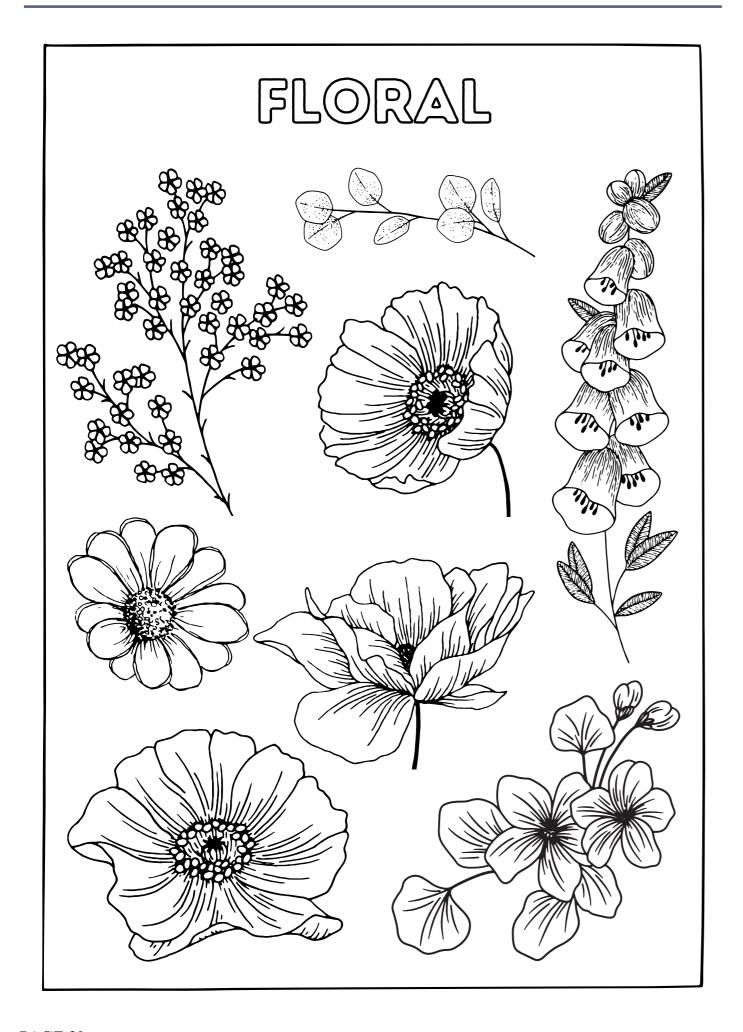
Step 5

Pour lemon curd into base, then bake for 20 minutes until the topping is set but still soft.

Step 6

Remove from the oven and cool on the counter for 1 hour, then fridge for at least 2 hours. Slice into 16 squares. Dust with icing sugar and serve!

PAGE 29



Nationalities

Word Search

Can you find the nationalities hidden in the puzzle?





























KNITTING AND CROCHET

Which Yarn And Needles Should I

There are lots of different types of varn and needles. You could choose an Aran weight cotton varn, a chunky wool yarn but, for beginners, we suggest a super chunky yarn. It knits up quickly and it's easy to spot mistakes.

How Should I Hold My Needles?

It may feel a bit awkward when you first start knitting, trying to juggle the yarn and the needles at the same time. There is no right or wrong way to hold your needles, but we suggest either holding them over the top or underneath. It's good to practice both to see which feels like the most natural to you.

How Do I Start My Second Row?

Once you've knitted your first row, it can sometimes be difficult to know how to start your second row. Avoid pulling the first stitch too tightly and double check you are going into the first stitch on your needle and not the loop below it. Your right-hand needle should always be directly below your left-hand needle and your needles should touch each other every time you start a new stitch.

Why Should I Make A Tension Swatch?

Tension swatches are nothing to be scared of. They're an important step with a fit-dependent pattern as it affects the final piece. If you are making something like a scarf it's less important. When making a swatch it

width and height so you can have enough stitches to measure accurately.

I've Put My Knitting Down, How Do I Start Again?

Look for the attached yarn ball. The needle attached to the ball of yarn should be in your right hand and the other in your left.

Don't Be Afraid To Rip

Ravel your project, if you don't like how it's turning out. Think of it as a learning experience and use that yarn for something you'll love!

Practice Makes Perfect

If you're just learning to knit or crochet, practice every day for at least a half-hour. A good practice project is a simple swatch. This approach is very freeing; since you're not making anything, it doesn't matter if you make a mistake. Just keep going! This is good advice when learning new techniques too.

Look For Projects That Teach You **New Skills**

With each project, I try to choose something that will teach me something new. Look for patterns that have one or two new to you things, but no more than that or you might get frustrated and never finish.

Learn To Use Stitch Markers

They are incredibly handy reminders when knitting or crocheting. Use markers to seperate pattern repeats and at the beginning of rounds. They're should be larger than 10cm/4" in both also great for marking increases and

decreases. Place one at each increase or decrease, such as when working sleeves, and you'll be able to count them easily. No searching for those make-ones or knit two together.

Have A Can-Do Attitude

Learning new things can be frustrating, so be careful of your self-talk when you're trying new techniques. Tell yourself you can do it, and you will

Try To Finish One Or Two projects Per Week

Be sure and use yourself as an example and finish projects as you can, whether it's one a week or one every two or three month.

Learn How To Read Pattern

Knitting and crochet patterns have a language of their own, and it's important to learn it if you want to advance. Use the experts at your local yarn shop, on the internet, and to travel to conventions if you can. There's so much to learn.

Use A Notebook To Record **Important Information**

I always keep a small notebook with my knitting so I can jot down which row I'm on, a modification I made or the name of a pattern someone is knitting. So handy!

Join A Knit And/Or Crochet Group

You'll meet people who share your fiber interests and make new friends! You'll get great ideas from your fellow group members.



NATIONAL DIABETES MONTH

National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, hear the stories, check out the latest research, and connect with others who can help you on your journey to live a healthier

National Diabetes Month Timeline

2011 | State Legislators Approved First Action Plan

Kentucky became the first state in the nation to legislate diabetes policy and assess resources for affected communities with the Diabetes Action Plan.

1999 | Court Of Appeals Banned Employment Discrimination

A San Antonio court of appeals ruled that employment bans against people suffering from diabetes is discriminatory and unlawful.

1994 | Obesity Discover Made In **Medical Study**

Scientists discovered the genetic basis of obesity through a breakthrough study using mice.

1982 | President Reagan Issued A **Diabetes Proclamation**

President Reagam designated Diabetes Awareness Month for the first time.

1964 | Blood Glucose Strips **Improved Diabetes Testing**

Colour-coded blood glucose strips became a new way of testing blood sugar levels in hospitals and later, in the homes of people with diabetes.

How To Observe National Diabetes Month

Commit To A Healthier Lifestyle

Discover ways that you can live a little healthier by reviewing your habits. Are you getting enough sleep? Fatigue can cause a resistance to insulin your body needs, and daytime tiredness can stop you from getting some life-saving exercise. Drink more water because dehydration keeps your body from functioning well. Be adventurous and add some new veggies and fruits to your diet to help keep those hunger pangs at bay.

Assemble A "Sick Day" Kit

It pays to be ready for those days when your diabetes or some other illness gets you down. With a "sick day" kit, you'll be prepared in case you need to stay home and recuperate or head out to see your doctor. Some of the items in your kit may include blood glucose monitoring supplies, ketone test strips, glucose tablets or gel, a thermometer, hand sanitizer, an alarm clock or timer to stay on top of your glucose levels, and soft tissues. It's your list so tailor it for your needs.

Create A Small Cookbook

There are restrictions on what people with diabetes can eat. But that shouldn't stop you from enjoying tasty treats. Scour special cookbooks and websites designed for diabetics and experiment with recipes. Choose from delicious ice cream cakes using light sugar, reduced fat whipped toppings, sugar free hot fudge sauce, or lowcal casserole because you don't have to suffer with less flavour because of diabetes.

5 Sobering Diabetes Facts

1. Ancient Egyptians Knew About

An Egyptian manuscript dating around 1500 BC was one of the first documents in history describing diabetes as a disease.

2. India At Risk

The vast majority of people in the world with diabetes reside in India

3. It Is Debilitating

The leading cause of blindness,

amputations and kidney failures is diabetes.

4. It Can Hurt Your Heart

People with diabetes have a double risk of developing heart disease over those who don't suffer from it.

5. It's Costly

If you factor in the costs for medical expenses and reduced productivity, diabetes cost over \$245 billion each

Why National Diabetes Month Is **Important**

There Are Two Main Conditions

Type 1 diabetes occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar on glucose, for energy. Insulin therapy helps the pancreas to function normally. Many children suffer from Type 1 diabetes although it can affect people of any age or background. Type 2 diabetes is the most common form of the disease where the body is unable to process our internal insulin well enough to keep the blood sugar at normal levels.

Know Your Risk Factors

You may be predisposed to Type 2 diabetes if you are overweight, older than 45, your parents had Type 2 diabetes, you barely exercise each week, and you have been diagnosed with prediabetes. Losing weight is a key preventive measure. With a 10-14-pound weight loss, you can improve your chances of avoiding or even beating diabetes. Try to exercise for about 30 minutes a day, five times per week.

This Years Theme Is Gestational **Diabetes**

Gestational diabetes occurs to women who develop diabetes during pregnancy. Once a woman is diagnosed with this form of diabetes in pregnancy, she risks developing diabetes at some point later in life.



Your children don't automatically have control over your money.



No matter how old you are, if you are of sound mind, you still have full say over how your money is spent. If someone in your family is pressuring you about money, you don't have to accept it.

Help Stop Elder Abuse Elder Abuse Helpline: 1300 724 679 www.communities.wa.gov.au/elderabuse



Your hair may be grey, but your rights are black and white.



You can choose how you spend your money.

You can choose where you live.

You deserve to be treated with respect.

You deserve to receive proper care.

You should never be bullied.

You may be in your senior years, but you still have exactly the same rights you've always had. If someone is forcing you to make a decision you don't want to make, don't accept it.

Help Stop Elder Abuse Elder Abuse Helpline: 1300 724 679 www.communities.wa.gov.au/elderabuse

HOLYOAKE

Agriculture & Agri-Business Wellbeing Factsheet

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



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

HELP IS ALWAYS AVAILABLE.

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING
HEALTHY
SURVIVING
STRUGGLING
CRISIS

| THRIVING | HEALTHY | SURVIVING | STRUGGLING | CRISIS |
|---|---|---|--|--|
| "I don't have any stressors in my life" | "I have minimal stressors in my life and can easily violage them" | "I'm managing the stressors of life" | "I den't know if I can continue to manage the stressors" | "I feet like I can no longer manage the stressors" |
| | 0_ | | 0 | - |
| _ | _ | | | |
| Growth mindset: | Calm and steady with miner mood fluctuations | Nervousness, sadness, increased mood | Persistent fear, panic, | Disabling distress and los |
| High levels of | Interest Missou Houseware | fluctuations | anxiety, anger, sadness and hopelessness | of function |
| performance | Able to manage stressors. | | and representation | Panic attacks, nightmare |
| | in life | Inconsistent performance | Exhaustion | or flashbacks |
| Fully realising potential | 2010/03/2012 | | | 3.50 |
| Actively seeking | Consistent performance | More easily overwhelmed or irritated | Poor performance and | Unable to fall or stay |
| connections | Able to take advice and to | OF STREET | difficulty making decisions or | asleep |
| | adjust to changes and | Increased need for | concentrating | Intrusive thoughts |
| Solution focused | plans | control and difficulty | | |
| | The second second | adjusting to changes | Avoiding interaction with | Thoughts of self-harm or |
| Confident and curious | Able to communicate affectively | Disrupted sleep and | family, friends and | suicide |
| Clear and energised | - Williams | eating | celleagues | Easily enraged or |
| | Normal sleep patterns | | Fatigue, aches and pains | Aggressive |
| Optimal self-awareness | and appetits | Activities and | | |
| | | relationships you use to | Restless and disturbed | Carefees mistakes and |
| righ levels of motivation | Good impulse control. | enjoy seem less. Interesting or even | sleep | inability to focus |
| Energised by challenges | Mood recovers quickly | strendul | Self-medicating with | |
| CONTRACTOR OF THE PARTY OF THE | from stress | and the second second | alcohol and or other drum | Feeling numb and lost |
| | 12.00 | Muscle tension, low | or food | Withdrawing from |
| | Good selft-awareness | energy & headaches | 100000000000000000000000000000000000000 | relationships |
| | | Low motivation and | Inability to problem solve | 1 E V V V V |
| | | energy | | Dependance on sicohol, other drugs, food or other |
| | | 100000 | | numbing activities to |
| | | | | cope |
| | | | | 20 20 20 20 20 20 20 20 20 20 20 20 20 2 |
| | | | | Physical and emotional exhaustion |

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.

SCHEDULE TIME FOR THINGS YOU ENIOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.

NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS



Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually). ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

X

If you have are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.

FOCUS ON WHAT YOU CAN CONTROL



Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets.

BRING OTHERS TO THE TABLE Another set of ears and a logical brain can



KEEP THE LINES OF COMMUNICATION OPEN Schedule regular farm business meetings

and don't avoid making decisions.

help with processing and retaining

information.





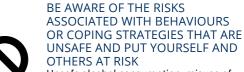
KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.

TAKE TIME TO PAUSE, BREATHE AND REFLECT



A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



PARTAKE IN HELP SEEKING

BEHAVIOURS
Please see below for information on Support

Services and Helplines available.
ORGANISE AN INFORMATION
SESSION OR WORKSHOP:



Increasing your own and others
understanding of the risks, protective factors,
unsafe/risky behaviours, coping strategies,
wellbeing, and community resilience is a
powerful tool in improving empathy,
connections and the overall safety within a
community. Please contact Holyoake's
Prevention Team if you would like to
organise an information session or workshop
for your community. Email
JDrayton@holyoake.org.au or
Jordyn.Drayton@holyoake.org.au

ADVERTS





Central Agcare Inc.

PO Box 6 Corrigin WA 6375 Ph: 08 9063 2037 Fax: 08 9063 2319 E: ceagcare@bigpond.com

Permanent Part-Time Position Available

Counsellor

Central Agcare is a Not for Profit, community based organisation based in Corrigin, Western Australia.

Central Agcare Inc. has a Permanent Part-time position for 32 hours per week for a Mobile Family Counsellor to service the Central South Region of the Wheatbelt of Western Australia.

Qualifications: A Registered Psychologist or possess a Degree or Diploma in Counselling.

Salary Package: According to qualifications and experience, under the SACS award. A vehicle is supplied for official duties. Salary Sacrifice is available and subsidised rental accommodation if required.

Duties: The appointee will be involved in face to face and phone counselling sessions involving families and individuals in regard to their personal, family and relationship needs and the stress associated with rural situations. Servicing the areas of Corrigin, Bruce Rock, Narembeen, Kondinin, Kulin, Pingelly, Hyden, Brookton, Quairading & Wickepin.

For further details, please contact Chairperson, Janeane Mason, on 0417 095 804.

Applications in writing with personal details, resume and names of 2 x professional referees by Friday, 13th December 2024 to **Janeane Mason, Chairperson, Central Agcare Inc, PO Box 6, CORRIGIN WA 6375 or email ceagcare@bigpond.com**



Working within the Shires of Brookton, Bruce Rock, Corrigin, Kondinin, Kulin, Narembeen, Pingelly, Quairading and Wickepin.

KULIN RETIREMENT HOMES INC.

AGM

Notice is given by the Kulin Retirement Homes Committee that the Annual General Meeting will be held on

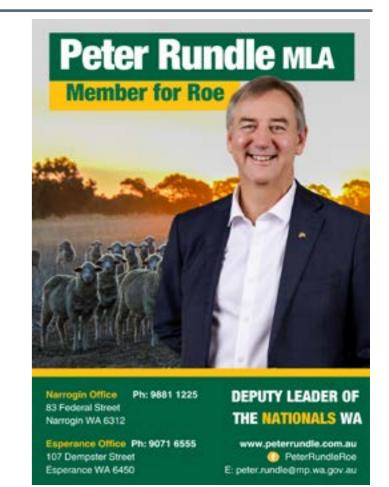
Thursday 28 November 2024 at 10.30am

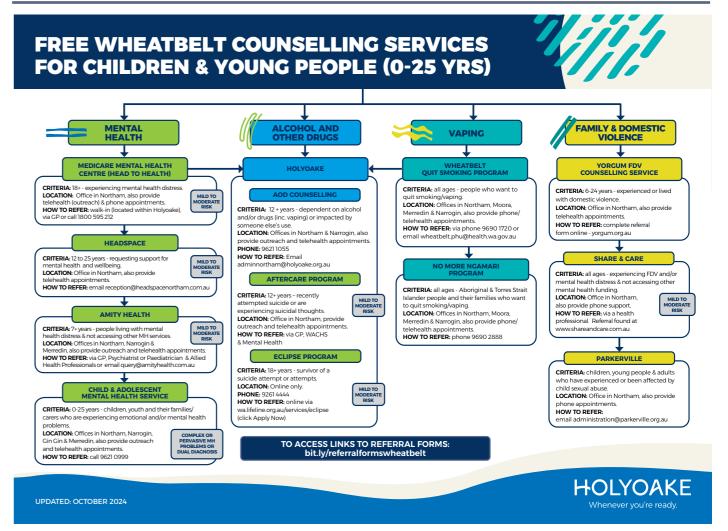
in the Shire Meeting room.

AGENDA

- Open Meeting
- · Apologies
- Confirmation of Minutes from previous AGM
- Business Arising
- · Correspondence relating to AGM
- Presentation of Auditors report
- Adoption of Auditors report
- Presentation of Chairman's report
- · Adoption of Chairman's report
- Election of Office Bearers
- · Appointment of Auditor
- · Vote of thanks to outgoing Office bearers
- · Adoption of Special Resolution
- Close

All Welcome







Sensor Solutions

New to Kulin

Provide Sensors and Control Products
Control System and IIOT Design
PLC and HMI Programming
Vehicle Automation Systems
CAN bus J1939, ISOBUS
Telemetry
Data Logging
Electronic Troubleshooting

Contact Bruce Finlay

Mobile: 0407990300 Email: <u>bruce@sensorsolutions.com.au</u>

For more info go to: www.sensorsolutions.com.au



Lorna's Tidy Bookkeeping

Mobile Bookkeeping and Payroll Services

Setup/tidy up/ongoing.

15 Years Experience – Sole Traders/Companies

Mobile: 0437 990 339

Email: lorna@tidybookkeeping.com.au

BAS Registered





0427 574 629 MRB11644

- Lightforce Products
- Dealer for Central Wheatbelt Imports
- Solsteer (GreenStar conversion solution)
- Crop Dividers
- All your Auto Electrical needs

Tamma Grains

WANTED:

Large tonnage required of
Oats, Wheat, Malt Barley, Feed Barley and Lupins.
For pricing and contract details please call or message Kim 0428887026

SHIRE CONTACTS

JUSTICES OF THE PEACE

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

MEDICAL CENTRE

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

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

EMERGENCY CONTACTS

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

POLICE CONTACTS

Crime Stoppers-1800 333 000

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

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

TIP SHOP OPENING DAYS

10am-3pm Sunday | Monday | Thursday

REPORTING MINOR ISSUES

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

LOCAL CHURCHES

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

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

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

KULIN MOTOR MUSEUM

Wednesday 10am-12:30pm Saturday 10am-2pm C. King 9880 1058 B. Colbourne 0429804615 J.Munro 0427 386 849

KULIN LIONS CLUB

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

CONTAINERS FOR CHANGE

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

> KCCC ID C10351204

ARTS CENTRE ID C10333381

Leedbick,

One of the nicest small caravan parks we have stay at. Neat, clean and tidy. Credit to the people who run the park and the staff are the nicest town ambassadors we have met.

Wheat an absolutely lovely park. Everything is clean. An easy walk to town and the pub. Kulin you are doing a great job.

Just spent a few hours going through the museum. The guys there are a credit to the community and their knowledge of the area and the machinery is amazing.

Stayed last nigh and had a meal at the pub. Best piece of steak I have had for some time. Just finished at the museum. Will stay another night. What a great part of the country.

Don't miss this one!

Great spot to camp. Nice clean toilets and showers. Great pub across the road with great meals. Stayed 1 night and would definitely stay again. Highly recommend