

THE KULIN UPDATE

28 November 2024

5 SHIRE NOTICES

Applications are invited for the position of a full time Grader Operator with the Shire of Kulin.

7 AQUATIC CENTRE

Last year was our biggest season so far with just under 14,000 through the gate and hoping that's going to increase again this season.

29 CHRISTMAS MARKETS

Friday the 13th of December at the Kulin Community Christmas Party!!

KULIN BUSH RACES MERCH!



LIMITED MERCHANDISE AND SIZING



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



How to receive the Kulin Update via email?

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

Alternatively, visit

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

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

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

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

Accepted document formats:

- PDF
- JPEG



Achieved something?

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

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

10th December 2024

HAPPY BIRTHDAY!

November

28th Sara Wilson, Lorraine Brown

December

- 4th Keiren Hadlow
- 5th Ashley Buttigig, Joe Varone, Richard Bradford
- 6th John Waters, Rynelle Smoker, Macushla Quicke
- 7th Robbie Bowey
- 8th Peyton Lewis, Edel Sullivan
- 9th Harold Proud
- 10th Sam Murphy
- 11th Barbara Turner, Luke Young

DATES AND UPCOMING EVENTS

November

- 28th Kulin Retirement Homes AGM
- 29th Junior Basketball

December

- 3rd Seniors Christmas Lunch
- 5th KDHS Graduation Dinner
- 6th Junior Basketball GF
- 10th Seniors Movie Day
- 11th KDHS Presentation Night
- 13th Community Christmas Party
- 18th Council Meeting

COMMUNITY CALENDAR

11. → NOVEMBER → 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 Dr Chukwunke @ Kulin	30 Social Tennis Kindy 2025 Orientation Day	31 Whole School Assembly	01 Dr Chukwunke @ Kulin Junior Basketball Kulin Aquatic Centre Opens	02
03 Bowls Triples Championship	04	05 Dr Chukwunke @ Kulin Kulin Walking Group Yogalates Kulin Swim Club Season Opener Melbourne Cup	06 Social Tennis	07 Playgroup Swim Club	08 Dr Chukwunke @ Kulin Junior Basketball	09
10 Bowls Rotating 4s	11 Remembrance Day	12 Dr Chukwunke @ Kulin Kulin Walking Group Yogalates Seniors Movie Day Swim Club	13 Social Tennis	14 KULIN UPDATE Playgroup Swim Club	15 Dr Chukwunke @ Kulin Junior Basketball	16 Cricket Tennis Grand Final
17 Bowls Triples	18	19 Dr Chukwunke @ Kulin Kulin Walking Group Yogalates Swim Club	20 Council Meeting Social Tennis Year 7 transition day	21 Playgroup Swim Club	22 Dr Chukwunke @ Kulin Junior Basketball	23
24 Bowls Mixed Triples	25	26 Dr Chukwunke @ Kulin Kulin Walking Group Yogalates Swim Club	27 Social Tennis	28 KULIN UPDATE Playgroup Swim Club Kulin Retirement Homes AGM @ 10:30am	29 Dr Chukwunke @ Kulin Junior Basketball	30

12. → DECEMBER → 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 Junior Cricket Bowls Mixed Day	02	03 Dr Chukwunke @ Kulin Kulin Walking Group Seniors Christmas Lunch Yogalates	04 Social Tennis	05 Playgroup KDHS Graduation Dinner	06 Dr Chukwunke @ Kulin Junior Basketball Grand Final	07 Bowls Pennants Men
08 Bowls Rotating 4s	09	10 Dr Chukwunke @ Kulin Seniors Movie Day Kulin Walking Group Yogalates	11 Social Tennis KDHS Presentation Night	12 KULIN UPDATE Playgroup Last day of Term 4	13 Dr Chukwunke @ Kulin Community Christmas Party	14
15 Junior Cricket Bowls Pairs	16	17 Dr Chukwunke @ Kulin Kulin Walking Group Yogalates	18 Council Meeting Social Tennis	19 Playgroup KCCC Closed	20 Dr Chukwunke @ Kulin KCCC Closed	21 Bowls Pennants
22 Bowls Social	23 KCCC Closed	24 No Doctor FRC Closed KCCC Closed Kulin Shire Closed from 2pm	25 Christmas Day FRC Closed KCCC Closed Kulin Shire Closed	26 Boxing Day FRC Closed Transfer Station Closed KCCC Closed Kulin Shire Closed	27 No Doctor FRC Closed KCCC Closed Kulin Shire Closed	28
29	30 FRC Closed KCCC Closed Kulin Shire Closed	31 FRC Closed KCCC Closed Kulin Shire Closed No Doctor	01 New Years Day FRC Closed KCCC Closed Kulin Shire Closed	02 FRC Closed KCCC Closed Kulin Shire Closed	03 No Doctor FRC Closed KCCC Closed Kulin Shire Closed	04

With the days rolling by quickly we are on the eve of December! The calendar is getting very full over the next few weeks in Kulin, with community Christmas events and end of year celebrations.

Christmas events start with our Seniors Christmas Party on Tuesday 3rd December at the Freebairn Recreation Centre. It's not too late to get your name in if you haven't had a chance to as yet. Call Stella on 9880 1204 to register your interest.

Make sure you also mark in your calendars to come along to the Community Christmas Party on Friday 13th December. This year we will be holding it at the Freebairn Recreation Centre, with all the entertainment and

food as has been provided in the past. You can also bring your own BBQ if you would prefer to cook. Erin Bailey is arranging any stall holders that would like to be involved in the Kulin Christmas Markets. You can find more information about this on page 29.

It is never too early to start planning for the Christmas period. Please note the following closing dates of services and make plans around these dates to avoid being stuck:

- Kondinin Medical Centre – closed 23rd December – 3rd January 2025 (inclusive)
- Shire of Kulin Administration –

closed 2pm
24th December – reopen
8.30am 6th January 2025

- Transfer Station – closed Boxing Day
- Kulin Community Bank – closed 4pm 24th December – 9.30am Thursday 2nd January

There is only one edition of The Kulin Update to come for 2024 so please get any Christmas and New Year information to us so we can get it out to the community.

Taryn Scadding
EMCS





Shire of Kulin Grader Operator

Applications are invited for the position of a full time Grader Operator with the Shire of Kulin.

The successful applicant will be reporting to the Executive Manager of Works and will need to hold a minimum HR class license with a HC or MC held in high regard and carry out day to day duties to ensure works are completed in a safe and timely manner. Applicants will be required to operate councils' plant and machinery, with the main role being the operation of a Cat 140 Road Grader.

Conditions of employment are in accordance with the Local Government Industry Award 2020, Industrial Agreement.

The successful applicant will be offered an attractive remuneration (details in application package), based on an 84-hour fortnight spread across nine days and includes an RDO and housing allowance. There is the potential for higher earnings should the applicant be willing to complete further hours of overtime. Subject to availability at the time of the offer, subsidised housing may also be available to the successful candidate.

Kulin is located three hours south east of Perth, has a district population of 700 and is well serviced in terms of health care and schooling (to year 10). It is a vibrant, active community with amazing recreation facilities.

To obtain the application package visit Council's website www.kulin.wa.gov.au

Further enquires in relation to the position can be directed to the Executive Manager of Works Judd Hobson – email works@kulin.wa.gov.au or mobile 0427 801 241

Applications outlining employment history and including the names of two recent referees must be received by **4:30pm on Wednesday 18 December 2024** and should be addressed to the CEO and sent via email to ceo@kulin.wa.gov.au

Alan Leeson
CEO
PO Box 125
KULIN WA 6365
ceo@kulin.wa.gov.au

What Are Some Of The Challenges People In Workplaces Face At This Time Of Year?

Usually at this time of year we are seeing high levels of exhaustion and depletion. Coming out of lockdown, people are physically OK, but they're not at their best in terms of their wellbeing. Now that we are getting to the pointy end of the year, there's a mad rush to get everything done at work, personal demands are heightened and financial stress increases.

Some people still can't travel to connect with friends and loved ones, while for others, this time of year brings reminders of grief or loss. Remembering someone that may have passed at this time of the year or having the first Christmas without someone dear can mean this is a time of great sadness. Some people will feel isolated and lonely over the festive period, and for others, family pressures and tensions can bubble to the surface.

Who In Particular Should We Be Looking Out For?

We should all be challenging ourselves to have a level of awareness about which of our colleagues may be doing it tough. Is there someone who has family that they haven't been able to see for some time? Do I know someone who has experienced a natural disaster this year? Is one of my colleagues experiencing grief or loss? Do I know someone who's lost their job or is going through financial hardship?

Instead of relying on other people to stay connected this Christmas, we urge you to take a different approach. Think about who you haven't heard from in a while or who might be doing it tough, and make an effort to connect with them.

How Can We Best Support Someone At Work Who Might Be Finding Things Tough?

The easiest thing you can do is stay close and check-in. Ask someone what their plans are for the holidays. If they indicate they will be spending

long periods of time alone, suggest catching up with them, in person, online or over the phone. If you're worried about them, encourage them to speak with a support service or their doctor. If your organisation has an Employee Assistance Program, that could be a great place for them to start.

You can also encourage people to develop a wellbeing plan that includes activities they enjoy. We often see people stop work and do nothing because they've lost that weekly routine. They then come back to work feeling even worse. Wellbeing activities might include exercise, connecting with friends, eating well and limiting alcohol intake or ensuring they're getting adequate sleep.

How Can We Check In With Colleagues Without Feeling We Are Prying?

If you are genuine and check-in with the right intention, a person can feel incredibly supported, knowing someone cares about them and has their back. As we know from the R U OK? research, people who talk about what's troubling them often feel more supported, connected and better about themselves and their situation.

You don't have to put pressure on yourself to solve someone's problem, and it might not be your place to invite them over to Christmas dinner. But what you can do is be the bridge to connect someone to the next steps. That might be professional support, or perhaps there's another workmate you can tap on the shoulder and say, "Hey, I'm really worried about this person, can you have a chat with them?".

What Can Employers And Business Leaders Do To Ensure They Are Looking After Their Staff At This Time Of Year?

I'd say really get to know your team and think about who might need some extra support. Encourage people to plan for their holidays and stay connected with others to stop little problems from becoming big ones. Employers can also consider the urgent priorities for staff and what can

wait until next year because we want our teams to finish the year with their wellbeing intact and not running on empty. Other ideas might be to give staff small recovery breaks during the day or organise social events to finish the year on a positive note.

How Can We Support Friends, Family And Colleagues That Are Working Through Christmas?

People working at this time of year are often really overloaded. They've got their job, Christmas shopping and a full social calendar. It's important we encourage them to make time for themselves to recharge their batteries. Give them the opportunity to say no to some social events and encourage them to keep up their wellbeing activities – it may be connecting with a friend, exercising, going to the beach or ensuring they are getting enough sleep. The holiday period is a marathon, but people tend to treat it like a sprint. So, when you check-in with someone, remind them to press pause if they need to.

Five Ways To Support Someone Over The Holiday Period.

- Be aware of the people around you and check in with someone who might be finding things tough – are they unable to visit their family, experiencing grief or under strain financially?
- Encourage people to form a plan for the holidays. Doing things they enjoy and making time for themselves can ensure they return to work refreshed.
- Don't feel guilty about putting your oxygen mask on first. Look after yourself and maintain your wellbeing strategies. When you put your oxygen mask on first, you'll be in a much better space to support others.
- Stay connected and check-in. Whether it's in-person, online or on the phone, it's something we can all do.
- Be mindful of those who are still working and encourage them to press pause if they need to so they can recharge their batteries.

NEWS FROM THE POOL

Hi all, it's been a quiet start to the season down here again which was the same as last year and then it took off. Last year was our biggest season so far with just under 14,000 through the gate and hoping that's going to increase again this season. Certainly keep us on our toes. Swimming club has been running now for a few weeks with good numbers considering the weather hasn't been ideal but they keep turning up which is great to see. Interm swimming lessons start Monday so I'm just trying to keep the water as warm as possible with the blankets being pulled on more than if your dog is pulling your doona off. Just a reminder with interm lessons on

Monday that the pool isn't open to the public.

The water temperature is holding at around 22-23 most early morning swimming so when it's only 8-10 ambient temperature it's actually quite nice in. Still getting good numbers in the morning with anywhere from 10-15 most mornings which is great to see. Those that are doing laps are getting closer to Rotto each day with some already there which is great to see this early in the season. So far we have swum 10,803 laps which works out to 270km so a good effort so far. Some personal tallies of those who have made it already are:

Troy
1100 laps | 27.5km

Craig
991 laps | 24.7km

Elizabeth
950 laps | 23.7km

Jake
912 laps | 22.8km

That's all from down here. See you down here soon!

Jones

EARLY MORNING SWIMMERS!



Kulin Childcare Centre



As we head towards the end of the year, we begin to recap on all the 'school ready' skills the children have been building on throughout the year. Orientation has been exciting and new for our 3/4yo who head off to big school in February.

We have been practising letter recognition, as demonstrated here with the children collaging the first letter of their names. Practising fine motor and coordination as they undertake the collage.



Fine motor skills are mastered with practise, however growing strength in the hand muscles are paramount to holding a pencil or using scissors. Activities which include threading of beads or pinching and placing small material into a specific place allow children to repeat and practise these skills.



It is starting to look a lot like Christmas at KCCC. Our little helpers set up our decorations recently, such a joy to undertake the task as a group. Growing their sense of community and understanding how we help and interact as individuals to support each other.



A new batch of Christmas theme playdough was required in line with our new decorations. The children were thrilled to complete this together. Following a recipe measuring ingredients and taking turns to mix and knead. Collaborating as a team to make their playdough allows the children to practise teamwork and communication, but also science.



Christmas Closure KCCC

Last day for children in 2024 Wednesday 18th Dec and first day for children in 2025 is Wednesday 15th Jan.

Thank you to all our families and community for supporting our centre.



Expressions of Interest - Education Assistant



Job Description

- Commencing Term 1, 2025
- Six month contract with the possibility of extension.
- Two days per week
- Special Needs/Mainstream work

Contact

Megan Syred (Deputy Principal)
(08) 68657300
megan.syred@education.wa.edu.au

Kulin District High School
Employment Opportunity



Community Christmas Party

13 December 2024
4:30
Freebairn Recreation Centre

FACE PAINTING | FOOD
TRUCKS | LIVE MUSIC | KIDS
ENTERTAINMENT | BAR OPEN
| MARKETS

JOIN US TO CELEBRATE AND
RECOGNISE ALL THE AMAZING
EFFORTS MADE BY OUR
COMMUNITY.

AND OF COURSE WE CANT
WAIT FOR OUR VERY SPECIAL
VISIT FROM SANTA CLAUS!!

GF FOOD
OPTIONS!

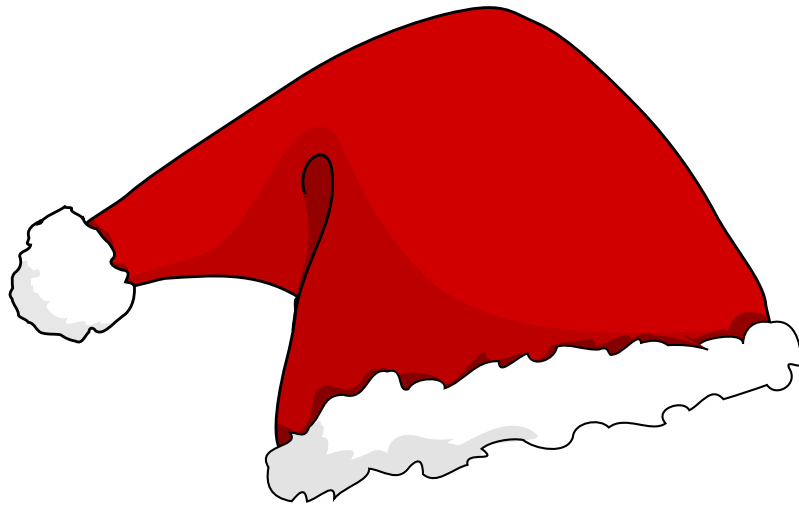
SENIORS MOVIE DAY

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.



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:

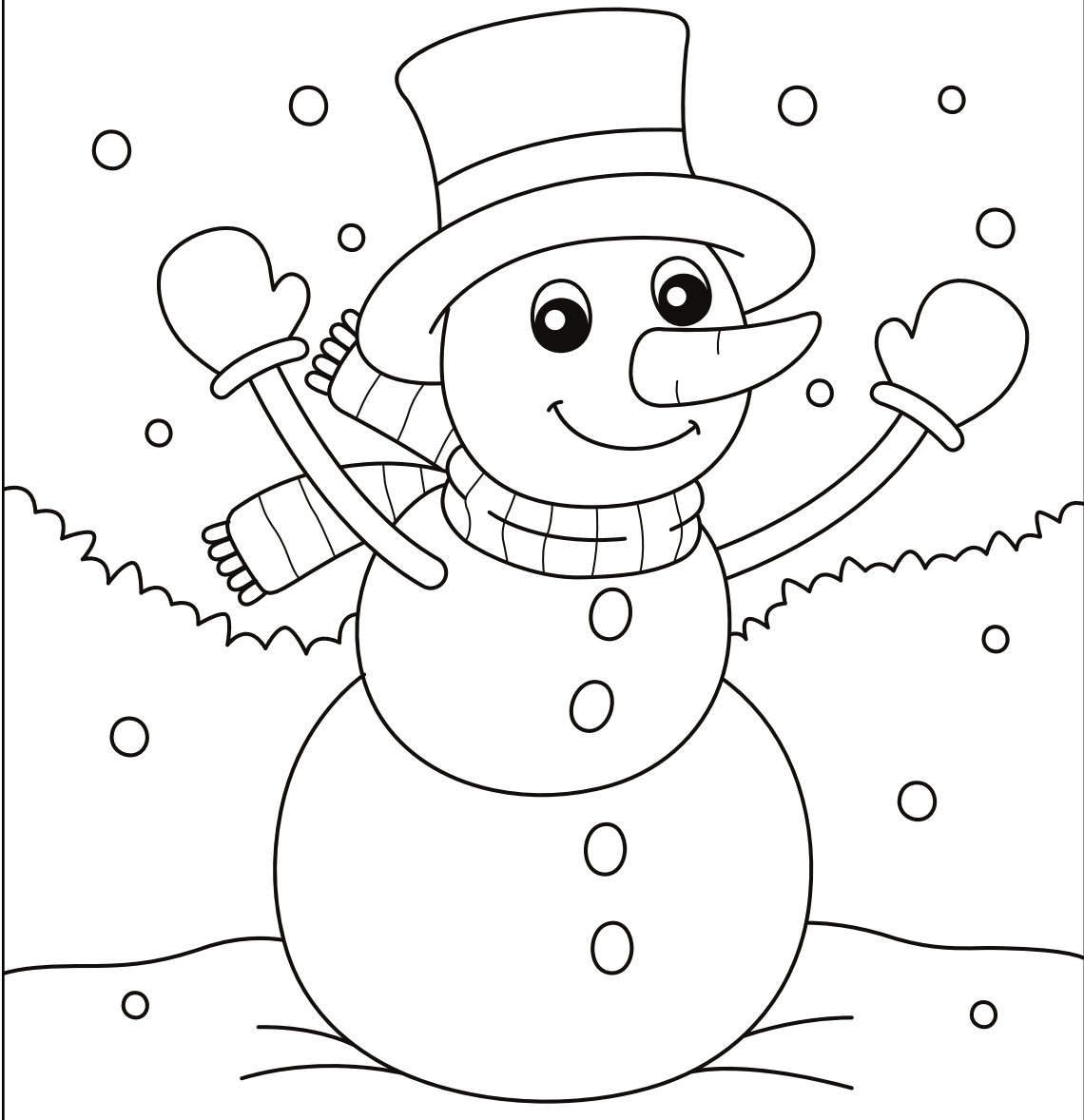
- 4-7 year olds
- 8-11 year olds
- 12-16 year olds



AGE 4-7

RETURN TO KULIN SHIRE OFFICE

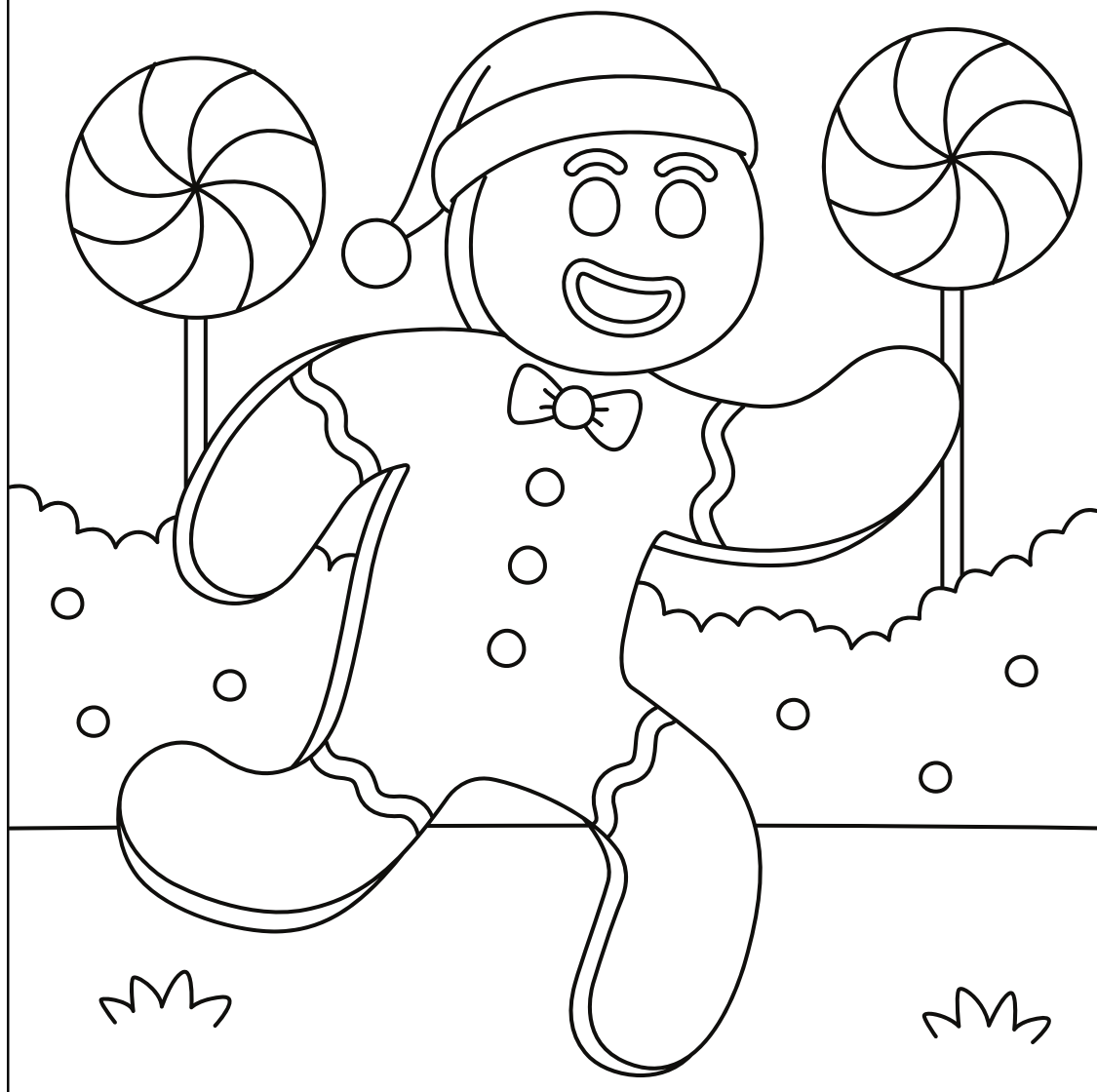
MERRY CHRISTMAS



AGE 8-11

RETURN TO KULIN SHIRE OFFICE

MERRY CHRISTMAS



AGE 12-16

RETURN TO KULIN SHIRE OFFICE

MERRY CHRISTMAS





Kondinin Medical Centre Christmas Hours

There will not be NO Doctor attending between
23rd December 2024 to 3rd January 2025

Dr Alain Mackie
will be attending from
6th January to 17th January

Dr Vivienne Chukwuneke
will be back to normal hours
on the 20th January 2025

'Tis the *season* to be *asking* R U OK?™

The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time
- Are feeling overwhelmed by world events



Here's some tips to help you connect and support your colleagues, friends and family:



- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup or tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a 'walk and talk' with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

For more conversation tips visit ruok.org.au

THROWBACK THURSDAY

GAZEBO PROJECT 2018



CHERRY CHOC CHEESECAKE & CHOC RUM BALL TRUFFLES

Cherry Choc Cheesecake

Ingredients

Poached Cherries

- 300g fresh cherries, pitted
- ¼ cup caster sugar
- 1 cinnamon stick
- 1 whole star anise
- 1/3 cup water
- 2 tsp cornflour
- 1 tbsp water

Crust

- 250g Arnott's choc ripple biscuits
- 125g butter, melted

Filling

- 500g cream cheese, softened
- ½ cup caster sugar
- 2 eggs
- ½ cup sour cream
- 200g dark chocolate, melted
- 300ml thickened cream
- 1 tbsp icing sugar mixture
- 1 tsp vanilla bean paste

Method

Step 1

To make the poached cherries, combine the cherries, sugar, cinnamon, star anise and water in a saucepan. Place over low heat. Cook, stirring occasionally, for 5 minutes or until cherries are heated through and start to release their juices. Drain into a large bowl. Return the syrup to the saucepan. Combine the cornflour with extra water in a bowl. Add to the cherry liquid and place over high heat. Cook, stirring, for 2-3 minutes or until sauce boils and thickens. Pour hot syrup over the cherries. Place in the fridge to chill.

Step 2

To make the crust, place the biscuits in a food processor and process until finely crushed. Add the butter and process until well combined. Spoon into a 10cm x 34cm rectangular tart tin with a removable base. Press over the base and sides of the pan. Place in the fridge for 30 minutes.

Step 3

Preheat oven to 150C. To make the filling, place cream cheese, sugar, eggs and sour cream in a food processor and process until smooth. With the motor running, add the chocolate and process until combined and mixture is smooth. Pour into the pastry case. Place on a baking tray. Bake for 30-35 minutes or until cheesecake is just set. Leave the cheesecake in the oven, with the door ajar, to cool to room temperature. Place in the fridge for 2-3 hours to chill.

Step 4

Use an electric mixer to whisk the cream, icing sugar and vanilla bean paste in a bowl until soft peaks form.

Step 5

Transfer the cheesecake to a serving plate. Top with cream mixture. Spoon over the poached cherries with a little of the sauce. Cut into slices to serve.

Chocolate Rum Ball Truffles

Ingredients

- 250g Arnott's choc ripple biscuits
- 1 cup desiccated coconut
- ¼ cup dark rum or Malibu coconut rum
- ¼ cup condensed milk
- 2 tbsp cocoa powder
- 150g dark chocolate melts
- 150g white chocolate melts
- 150g milk chocolate melts
- Cocoa powder, to decorate

Method

Step 1

Line a baking tray with baking paper. To make the truffle mixture, place the biscuits in a food processor and process until finely crushed. Transfer the biscuit crumbs to a large bowl. Add the coconut, rum, condensed milk and cocoa powder to the biscuit crumbs and stir until well combined to get a fudge-like texture. Alternatively, to make truffles without adding alcohol, replace the dark rum or Malibu coconut rum with ¼ cup thickened cream.

Step 2

For even-sized truffles, roll heaped teaspoonfuls of biscuit mixture into balls and place on the lined tray. For a chewy texture, place in the fridge for 1 hour or until truffles are firm. Place the dark chocolate melts in a medium heatproof bowl over a saucepan of simmering water, making sure the bottom of the bowl doesn't touch the water. Stir with a metal spoon until chocolate melts evenly and is smooth. Repeat with white chocolate and milk melts in separate heatproof bowls.

Step 3

To evenly coat the truffles, use a fork to dip 1 truffle in melted dark chocolate. Tap on the edge of the bowl to remove excess. Place on prepared tray. Repeat with remaining truffles, alternating between dark, white and milk chocolate. Allow to set for 30 minutes. Place the remaining chocolate in separate sealable plastic bags. Cut off 1 corner. Drizzle the dark truffles with white chocolate and the white truffles with dark chocolate. Dust milk chocolate truffles with cocoa powder.



Government of Western Australia
North Metropolitan Health Service



Women 40 years or over,
have a **FREE** breast screening
mammogram every two years.
Once is not enough.



BreastScreen WA's mobile service will be at:

Kulin

Freebairn Rec Centre, Lake Grace Road

03/01/2025 - 08/01/2025

Dates may be subject to change

For an appointment
book **online** or phone **13 20 50**



13 20 50

www.breastscreen.health.wa.gov.au



Government of Western Australia
North Metropolitan Health Service



Media Statement

North Metropolitan Health Service, Nedlands, WA 6009
Telephone (08) 6457 7300
nmhs.media@health.wa.gov.au

25 November 2024

Free mammograms for women in Kulin

BreastScreen WA's **FREE** screening mammogram service is coming to Kulin

from **03/01/2025 - 08/01/2025**

and the mobile clinic will be located at:

Freebairn Rec Centre, Lake Grace Road

Women 40 years and over with no symptoms are eligible for a FREE screening mammogram.

Breast cancer is the most common life threatening cancer for women and 1 in 7 women in Australia will develop breast cancer in their lifetime.

Having a screening mammogram (breast x-ray) every two years significantly increases the chance of a woman surviving breast cancer and reduces the amount of treatment required. More than 75 per cent of breast cancers occur in women over the age of 50. Research shows that screening is most effective for this age group.

BreastScreen WA's Medical Director Dr Elizabeth Wylie, said screening mammography was the most effective method for early detection of breast cancer.

"Screening every two years is vitally important to increase the chance of a breast cancer being detected when it is too small to feel or be noticed", she said. "Finding a cancer at this early stage often means that the breast cancer is small and more treatable".

"A free screening mammogram is one of the best things that women can do to look after their health. Breast screening saves lives and only takes 20 minutes".

Screening mammograms may detect 70 to 90 per cent of breast cancers.

Any woman with a persistent change in a breast should contact her doctor immediately.

Dates may be subject to change. If visit dates are not suitable participants are welcome to book at the clinic in a different town or at any of our [permanent clinics](#). For more information please visit BreastScreen WA's website www.breastscreen.health.wa.gov.au.

To make your free screening mammogram appointment – book online
www.breastscreen.health.wa.gov.au or call 13 20 50.

Early detection is your best protection.

ENDS

Media contact: Media Coordinator **North Metropolitan Health Service** T: (08) 6457 7300
E: nmhs.media@health.wa.gov.au.

www.breastscreen.health.wa.gov.au

R1/1

Dr Wylie is available for interview.

Kulin Aquatic Centre

School Term Dates:

November 1st-December 12th,

February 4th - March 31st

	Swimming Pool	Slide
Monday	Closed	Closed
Tuesday	6:00-7:30 10:00-12:00 2:30-6:30	Closed
Wednesday	6:00-7:30 10:00-12:00 2:30-6:30	Closed
Thursday	6:00-7:30 10:00-12:00 2:30-6:30	Closed
Friday	6:00-7:30 10:00-12:00 2:30-6:30	Closed
Saturday		1:00-5:00
Sunday		1:00-5:00

Public Holidays - slide open 1:00-5:00

Fees + Charges

Daily Entry

Child- \$2.50

(under 6 free)

Adult- \$4.50

Slide Pass- \$10

Spectators- \$2 50

Seasonpass (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

Kulin Aquatic Centre

School Holiday Dates:

December 13th - February 4th

	Swimming 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

UGLY CHRISTMAS STOCKING

Create your own wacky Christmas stocking!
Go all out with your wildest ideas!



Name: _____

Date: _____



CHRISTMAS WORD SEARCH

Circle words in the puzzle below

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

Santa
elves
Rudolph

stocking
tree
star

snow
cookies
present

toys
ornament
sleigh

HANDY HINTS

CHRISTMAS

Food Containers For Ornament Storage

Empty egg cartons, drink carriers, plastic clamshell boxes from the bakery and other disposable grocery containers are excellent for storage holiday ornaments. They can be stacked neatly inside a larger bin and will keep your ornaments safe while in storage.

Wreath Hanging Hack

Typically, we rely on everything from metal wreath holders to staples, nails and even thumbtacks to hang holiday wreaths on the door, yet each of these familiar methods causes leaves scars on the door. Skip those old methods and try a less damaging tactic by using removable plastic hooks. Place an upside-down Command Hook on the interior side of your door, loop your wreath's ribbon (or some fishing line) around the hook and drape it over the front of the door. You can also use a wreath hanger for an easier way to hang your wreath.

Holiday Light Hangers

Instead of poking into aluminum soffits and fascia when you're hanging holiday lights, clip the wires to the bottom of the fascia with clothespins.

Illuminated Holiday Jars

Create illuminating holiday jars with cranberries, greenery and floating candles. Place the greenery followed

by fresh cranberries in a jar. Fill the jar with water allowing the cranberries and greenery to float. Add a floating candle to the top, and voila – you have a simple and inexpensive centerpiece to add colour and light to your holiday table.

Ease-Clip Tree Ornaments

The wire hooks that come with Christmas tree ornaments can be hard to use and can scratch the ornaments. Instead of wire hangers, use plastic-coated paper clips to hang your ornaments. The paper clips are stronger and easy to use, and best of all, they won't scratch the ornaments, so you can leave them attached when you pack the ornaments away at the end of each season.

Toilet Paper Roll Wrapping Paper Sleeve

Rather than sticking a piece of tape along the loose edge, cut an empty toilet paper tube lengthwise and wrap it around a roll of wrapping paper. Cinch it up and secure the sleeve with a piece of tape. Next time you use the wrapping, you may rip the sleeve when removing it, but your wrapping paper will remain intact.

Make Cardboard Storage Spools For Your Holiday Light Strings

Just use strips of cardboard and cut out a slot on each end to make a 'spool' to keep the lights from slipping off.

Better Holiday Light Clips

Make inexpensive, long lasting holiday light clips from common electrical cable wiring staples. Snip the staple in half and fasten it to your fascia or trim with the remaining nail. These clips hold the wire securely, but it's still easy to slip the wire behind the clip. If you have metal fascia, use stainless steel screws so they won't rust.

Store Holiday Lights on A Hanger

Save yourself the stressful task of untangling a messy string of holiday lights by wrapping them around a hanger before putting them in storage. Try to keep the string of lights neat as you wrap it around the hanger, starting on one end and working your way across to the other end, with as little overlap as possible. If your string of lights is quite long, you can continue wrapping a second layer neatly over the first, again with as little overlap as possible. This will help to keep the cord organized and free of tangles when you unwind it for the next holiday season.

Gift Wrap Rack

Here's a terrific way to keep rolls of wrapping paper and ribbon handy, dust-free and unwrinkled. Simply glue a bunch of 30-in long pieces of 3-in. PVC pipe with all-purpose PVC glue. The rack can sit right on your worktable, and you can store in underneath or in a closet.



BLACK FRIDAY

History of Black Friday

Black Friday encourages you to give way to your greed by spending as much money as possible. Welcome to the official start of the holiday season! But the story of Black Friday is full of ‘official’ and unofficial versions of its origins, starting with the name.

Black Friday originally referred to September 24, 1869, when a scheme to manipulate America’s gold markets backfired resulting in numerous bankruptcies across the country. Even more troubling is the unsubstantiated story that southern slave owners allegedly got a ‘good deal’ if they brought slaves on the Friday after Thanksgiving.

But the story that’s most well-known about Black Friday is that retailers marked the day when filled coffees from holiday shoppers helped businesses go from ‘in the red’ to ‘in the black’. Although popular, this story is also not quite accurate. So, what is the actual story of Black Friday?

Philadelphia cops complained about ‘Black Friday’ when they were stuck working days and overtime the day after Thanksgiving. Packed downtown streets with hordes of shoppers, tourists, and fans in town for the next day’s Army-Navy game, meant that Black Friday was a haven for shoplifters as well as a crowd-controlling nightmare for the police.

Unfortunately, the idea that Black Friday was also a retailers’ headache did not entice Philly’s shoppers. By 1961, Philadelphia retailers decided ‘if you can’t beat ‘em, join ‘em’, turning a negative into a positive by way of reinvention. In the 1980s, “Black Friday” became synonymous as a day for big deals in national retail. Today, Black Friday invited you to shop ‘il you drop for the best bargains of the year.

Black Friday Timeline

September 24, 1869 | ‘Black Friday’ is coined.

When the bottom falls out of the gold markets due to manipulations by two shady Wall Street financiers, ‘Black Friday’ is used for the first time to describe the day that launched bankruptcies.

2017 | Amazon crushes competitors.

Amazon takes in a whopping 45.1% of all online sales, which is three times more than Walmart – Amazon’s biggest competitor.

2018 | Top Black Friday destinations

Amazon and Walmart were the places to grab the best Black Friday deals.

Black Friday – Survey Results

The National Today data science team surveyed 1,000 people about their Black Friday shopping habits.

Top Product Categories

Woman

Clothing – 72%
Accessories – 51%
Entertainment Systems – 51%
Household Appliances – 48%

Men

Computers/Laptops – 53%
TVs – 54%
Entertainment Systems – 56%
Clothing – 45%

Black Friday Traditions

Waiting In Line Overnight

Many people carb up on Thanksgiving dinner for the long, dark, cold wait in line outside their favorite store to get in when the doors open on Black Friday.

Aggressive Shopping

If you’ve ever seen the local news reports of people strong arming grandmas for 4K TVs, then you understand the tradition of aggressive shopping on Black Friday.

Waiting For Cyber Monday

One of the best Black Friday traditions is browsing Amazon in the comfort of your own home in anticipation of Cyber Monday while watching other people trample each other to get the last BOGO Apple TV. Yes, it’s dark. Yes, it’s satisfying. Congrats on your life choices.

Black Friday Activities

Create A New Tradition

Establish an annual tradition with friends or family members. Whether it means waking each other up at 4 a.m. to hit the stores at 6 a.m. or staying home in your pajamas and eating Thanksgiving leftovers together, Black Friday is the perfect opportunity to start a new yearly practice.

Donate Winter Clothes To People In Need

Don’t want to shop on Black Friday? Gather up all the winter items you no longer use and deliver them to your local shelter or thrift store. With winter just around the corner, needy families will be grateful to receive the extra help.

Wait In Line With Family And Friends

If you’re really not looking forward to a cold, overnight stay in a tent but you can’t watch the Super Bowl without a new 55 inch flat screen; get friends and fam to hang out with you! Bring some playing cards, dominoes or chess, crank up the music and lay out a spread of Thanksgiving leftovers for a fun, new Black Friday tradition!



ADULT SUPPORT SERVICES

DO YOU OR SOMEONE YOU CARE ABOUT NEED SOMEONE TO TALK TO?



PHONE-BASED SUPPORT FOR MENTAL HEALTH:

LIFELINE - 13 11 14

BEYOND BLUE - 1300 224 636

HERE FOR YOU - 1800 437 348

SUICIDE CALLBACK SERVICE - 1300 659 467

1800RESPECT - 1800 737 732 (Family & Domestic Violence)

RURAL LINK - 1800 552 002

MENSLINE - 1300 789 978

13YARN - 13 92 76

PHONE-BASED SUPPORT FOR ALCOHOL & DRUG USE:

ALCOHOL & DRUG (AOD) SUPPORT LINE - 1800 198 024

(AOD) PARENT & FAMILY SUPPORT LINE - 1800 653 203

METH HELPLINE - 1800 874 878

GAMBLING HELP ONLINE - 1800 858 858

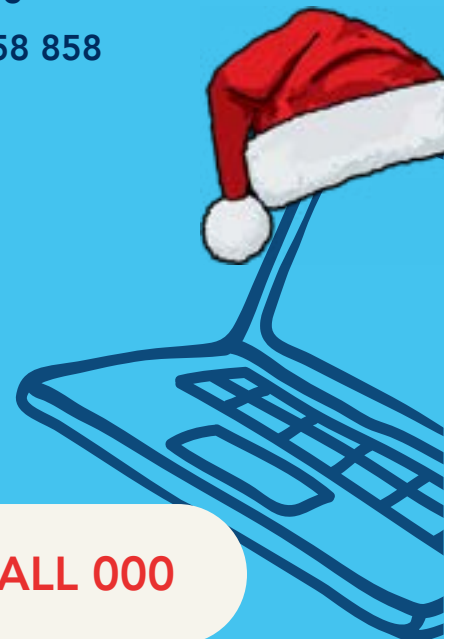
WEB-BASED SUPPORT:

LIFELINE - www.lifeline.org.au

BEYOND BLUE - www.beyondblue.org.au

MENSLINE - www.mensline.org.au

1800RESPECT - www.1800respect.org.au



IN CASE OF AN EMERGENCY CALL 000



Youth Support Services

Do you or someone you care about need someone to talk to?



Phone-based support:

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

QLife - 1800 184 527

Kids Helpline - 1800 551 800

headspace - 1800 650 890

1800respect - 1800 737 732

13YARN - 13 92 76

Web-based support:



Beyond Blue - youthbeyondblue.com

Kids Helpline - kidshelpline.com.au

eheadspace - ehheadspace.org.au

mindspot - mindspot.org.au

reachout - au.reachout.com

MOST - most.org.au

QLife - qlife.org.au



JOIN US FOR 2 HOURS OF FUN

CHRISTMAS CRAFTS

MONDAY 16TH DEC 1-3 PM

TUESDAY 17TH DEC 10-12PM

\$25

BOOKINGS ESSENTIAL

Kulin Community Arts Centre
High Street - opposite Tin Horse Automotive

FOR BOOKINGS OR MORE INFORMATION
CONTACT ERIN BAILEY 0429809013

Kulin Christmas Markets

Friday 13th Dec 4.30-7.30pm Freebairn Recreation Centre

- Stalls will be outside - either on the verandah or grass (all spaces will be approximately 3m X 3m).
- The fee will be \$10 per space (Non-for-profit organisations are free).
- Setup from 3pm.
- **VENDORS SELLING FOOD:**
 - must obtain approval from the Kulin Shire's Environmental Health Service (EHS). **Applications for approval must be received by the EHS at least 5 working days prior to the event;**
 - at least one person at you stall must have completed Hygiene Officer training - <https://hospitalityhygiene.com/>
- All vendors will be covered under the Kulin Shire public liability insurance.
- **All vendors must supply their own tables, chairs and any equipment needed for their stall.**



NAME/BUSINESS NAME:				
ADDRESS:				
PHONE:	EMAIL:			
PRODUCT DESCRIPTION:				
PLEASE MARK YOUR MARKET SPACE PREFERENCES				
<input type="checkbox"/> SINGLE SPACE \$10	<input type="checkbox"/> DOUBLE SPACE \$20			
WILL YOU BE SELLING FOOD?				
<input type="checkbox"/> NO	<input type="checkbox"/> YES	Do you need a Food Vendors form?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
PAYMENT OPTIONS				
<input type="checkbox"/> Non-profit group (no fee)	<input type="checkbox"/> Direct Debit – Kulin Memorial Hall - Bendigo Bank BSB 633000 #133862086 (please state your name in the payment description)			
<input type="checkbox"/> Pay on the night		<input type="checkbox"/> Pay at Kulin CRC		
I agree to <u>provide all my own equipment</u> and will leave my area clean at the conclusion of the Markets.				
Signed:			Date:	
For more information or to return an application contact Erin Bailey 0429 809 013 erin@kulin.com.au OR Kulin CRC PO Box 125, KULIN 6365 08 9880 1204 admin@kulin.wa.gov.au				



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

Counsellor

Permanent Part-Time Position Available

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.



Transfer Station Closure

The transfer station hours over the Christmas break and through January will remain as normal except it will be closed on Boxing Day



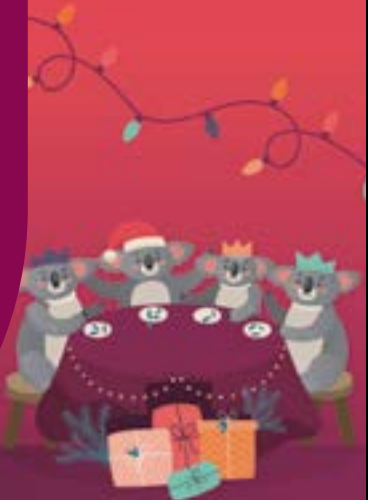
Share in the merry

From silent nights to loud Christmas lunches, may your festive season be a special one.

During the festive season our branch will close on Tuesday 24 December 2024, and reopen Thursday 2nd January 2025.

From the Community Bank Kulin team.

 Community Bank · Kulin 08 9880 1422



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1419239 OUT_41825117, 21/11/2024

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



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



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: bruce@sensorsolutions.com.au

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

Christmas trading hours

Tuesday 24 December	9.30am to 4pm
Wednesday 25 December	Closed
Thursday 26 December	Closed
Friday 27 December	Closed
Saturday 28 December	Closed
Sunday 29 December	Closed
Monday 30 December	Closed
Tuesday 31 December	Closed
Wednesday 1 January	Closed
Thursday 2 January	9.30am to 4pm

bendigobank.com.au



Bendigo Bank

bendigo and Adelaide Bank ABN 11 068 049 176 AFSL 237870 (2058454-2058913) (10/24)



EXPRESSION OF INTEREST - FREE RABBIT BAITS



The EWBG are calling for EOI's to hold bait mixing days in February for the landholders in the Shire's of Kondinin, Kulin, Lake Grace, Mt Marshall, Merredin, Mukinbudin, Narembeen, Nungarin, Trayning, Westonia & Yilgarn.

EWBG WILL PROVIDE:

- ✔ Assistance with and pay the cost of obtaining a Restricted Chemical Product (RCP) Permit.
- ✔ The supply of poison one shot 1080 oats that will be mixed with the landholders oats (you supply) for the landholders to trail out on your property.

**REGISTER EOI
NOW**

 0455 724 848

 admin@ewbg.com.au

 www.ewbg.com.au

GENERAL INFORMATION

SHIRE CONTACTS

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

JUSTICES OF THE PEACE

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

MEDICAL CENTRE

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

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

EMERGENCY CONTACTS

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

POLICE CONTACTS

Crime Stoppers-
1800 333 000

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

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

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

Feedback

Acres of Taste - Stopped in for breakfast after an overnight stop at the free RV stop across the road. Had an amazing breaky wrap and excellent coffee. Good range of food choices and range of condiments and tasty treats to buy. The town is really welcoming to visitors, lots to see and do

Kulin Hardware and Rural - Great staff. Certainly worth a drop in and browse. They have a huge range of things and good advice and assistance. Good location near fuel stop.

Kulin Community Hub - Stayed one night at the free RV stop across the road and we had fantastic chicken parmi and couple of drinks at the pub. Friendly service, great venue. The town is really welcoming to visitors and lots to see while you are here.