
THE KULIN UPDATE

13 February 2025

4 FAREWELL + WELCOME

Sadly, we are saying goodbye to Aitor and Iria as they leave Australia, back home to Spain.

14 KULIN TRIATHLON

Please find registration forms on page 15 and 16.

46 KULIN UPDATE SURVEY

Thank you for your time and feedback!

L - R | JAVIER | IRIA | EDUARDO | AITOR





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



How to receive the Kulin Update via email?

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

Alternatively, visit

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

How to advertise in the Kulin Update?

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

When are the deadlines?

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

What are the advertising costs?

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

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

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 crccounter@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

25th	February	2025
11th	March	2025
25th	March	2025
8th	April	2025
22nd	April	2025
6th	May	2025
20th	May	2025

HAPPY BIRTHDAY!

February

13th	Michael Wilson
14th	Julie Young
16th	Rod Diery
18th	Peta West, Michelle Tyson
20th	Donald Bradford, Nahi Lewis
22nd	Sam Lewis
23rd	Kerry Riseborough, Scott Thompson, Clayton Waters
24th	James Ellis
26th	Stella Mullan

Kulin Phone Directory

Domestic Listings

If you would like your contacts in our domestic listing section of the Kulin Phone Directory, please email or directly see Stella at the Kulin Shire. The following information can be added. Please note not all contact information needs to be added. A name and mobile will suffice. Please see the below example.

Last | First name
Home: 0000 0000
Mobile: 000 000 000
E: random@random.com
PO Box 000 Town WA Postcode

Stella Wade
crccounter@kulin.wa.gov.au
9880 1204

DATES AND UPCOMING EVENTS

February

19th	Council Meeting
25th	Seniors Movie Day

COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Hotel opens from 11am
2 Bowls Hotel open from 11am	3 Hotel open from 4pm	4 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm	5 Social Tennis Nurses Clinic Open (8:30-12) Hotel open from 4pm	6 Playgroup Kids Yoga Yoga Corporate Bowls 6pm Hotel open from 12pm Kulin Netball Club AGM	7 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 4:30pm Hotel open from 12pm	8 Hotel open from 11am
9 Bowls Singles Hotel open from 11am	10 Hotel open from 4pm	11 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Annual Electors Meeting Hotel open from 4pm	12 Social Tennis Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts	13 The Kulin Update Playgroup Kids Yoga Yoga Corporate Bowls 6pm Hotel open from 12pm Remedy Physio	14 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 4:30pm Hotel open from 12pm	15 Bowls Championship Singles Hotel open from 11am
16 Junior Cricket Bowls Championship Singles Hotel open from 11am	17 Hotel open from 4pm	18 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm	19 Council Meeting Social Tennis Nurses Clinic Open (8:30-12) Kulin Arts Mens Open Doubles Tournament	20 Playgroup Kids Yoga Yoga Corporate Bowls 6pm Hotel open from 12pm Remedy Physio	21 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 4:30pm Hotel open from 12pm	22 Cricket Bowls Pennants Hotel open from 11am Kondinin Triathlon
23 Bowls Pairs Hotel open from 11am	24 Hotel open from 4pm	25 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm Senior Movie Day	26 Social Tennis Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts	27 The Kulin Update Playgroup Kids Yoga Yoga Corporate Bowls 6pm Remedy Physio	28 Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 4:30pm Hotel open from 12pm	

FAREWELL + WELCOME

Sadly, we are saying goodbye to Aitor and Iria as they leave Australia, back home to Spain. We warmly welcome our two new backpackers, Javier and Eduardo (Eddie). Eddie is from Madrid, and Javier is from Tenerife, an island off the Canary Islands.

Not so coincidentally, Javier and Eddie know our former backpackers, Aitor and Iria. Aitor met the two in high school at 16 years old. We can thank Aitor and Iria for introducing them to Kulin!

Javier and Eddie made their way to Kulin just 4 days after landing in Perth from Spain. They are looking forward to improving their English so I am sure we can all give them a helping hand! They plan to be in Kulin for at least 4 months but are staying open minded. They both hope to stay in Australia for a year, and hopefully even longer!

Aitor and Iria are leaving for Perth on Thursday the 13th and then off to Spain. Iria will be working as an OT again, with kids for 7 months and Aitor will be working as a salesman

in his family business, as well for 7 months.

They both plan on coming back to Australia at the end of the year, roughly October. They will definitely be coming to Kulin again, as I hear Aitor is interested in doing some farming during harvest (farmers, I hope your reading). Roughly they will be in Kulin for a month and a half if everything goes well.

Most of Aitor and Iria's stay in Australia was in Kulin and because they had such a good impression of Kulin, they have decided that this is why they want to stay in Australia. The only reason why they are leaving to Spain is to meet the requirements to be able to come back to Australia with a visa that allows them to stay longer. 'So, that's how good Kulin was.'

"Our stay in Kulin was amazing, it was nice every day, we were supported by everyone. The Shire and also the community, because we stayed here for 2 years, we made friends that we are going to have for a very long time. Our dream was also to buy a camper

van, and we could do that because we were in Kulin. We had the community to help with the maintenance of the van. This is the closest community that I've even seen, everybody helps everyone. They even helped us even though we are not from here, so that's really nice."

"We also would like to say that because we are living in a little community like Kulin, in the countryside, we have seen the Australian culture and we just kind of fell in love with the values and humour. So, thanks to that we had such a good time!"

Aitor and Iria, the Shire and the community will miss you guys and your positive attitude immensely! Thank you for your hard work at the Kulin Shire!

Javier and Eduardo, welcome to the team! We hope you love Kulin as much as we do.

Stella Wade
CRC Customer Service Officer



Kulin Shire Council

Annual Meeting Dates 2025

Public Notice

2025 Notice of Meeting

Notice is hereby given that the 2025 Ordinary Council Meetings of the Shire of Kulin will be held on the following **Wednesdays**, commencing at 4:00pm

19 February	20 August
19 March	17 September
16 April	15 October
21 May	19 November
18 June	17 December
23 July	

Meetings are held at the Shire of Kulin Council Chambers, 38 Johnston Street Kulin. Copies of agendas and minutes can be accessed on the Shire's website at www.kulin.wa.gov.au



PATCHWORK GROUP

Our lovely patchwork ladies would like to share some insightful information on the quilts they have been making for Wheelchairs for Kids. Patchwork itself started in 1998 in our very own Kulin Memorial Hall. They have been making quilts for Wheelchairs for Kids for over 10 years!

Faye Williams sister was connected to Wheelchairs for kids and she told Faye about there organisation, and the rest is history. The patchwork group said they could make quilts and teddies because they had lots of left over material and so it went from there.

Usually if Faye knows she is going to see her sister they wait until they have a couple of bag fills to take with her. Faye takes the quilts to her sister who then takes them to Perth for Wheelchairs for Kids. Around 2 bag fills give or take gets taken a year, that's around 30 quilts!

Monday and Wednesday is when the patchwork group is at the Kulin Memorial Hall. They make the quilts for Wheelchairs for Kids whenever they have some free time and spare/extra material.

‘Of course, our point was seeing Olly Pickett win the 2025 Senior Australian of the year.’

‘Brother Thomas Oliver (Olly) Pickett AM co-founded Wheelchairs For

Kids in 1996 to provide adjustable wheelchairs and occupational therapy expertise for children in developing countries, free of charge.

Since then, more than 60,000 custom-built wheelchairs have been gifted to children in over 80 countries.

With over 250 retiree workshop volunteers, Wheelchairs For Kids is one of Western Australia’s largest (and with an average age of 74, one of Australia’s oldest) volunteer-led charities. A further 550 people from aged care and community groups sew covers for wheelchair soft supports, and crochet rugs and soft toys.

Olly also spearheaded the development of an innovative, low-cost wheelchair design to World Health Organization standards that grows as the children do – a world first.

Wheelchairs For Kids is just one way that Olly has improved the lives of others. For 26 continuous years, his life-changing community service has ignited a ripple effect of kindness and generosity.’

Anyone and everyone that wants to come and sew, knit, crochet are welcome to join the patchwork group! Contact Faye on 0427 135 801 or Margaret on 0429 880 125.

Stella Wade
CRC Customer Service Officer



Dear Faye and Ladies of Kulin Patchwork Group,

Welcome to another year. How quickly the time flies when you're having fun! Happy New Year to you all. Production continues at the WFK factory despite all the excitement of Brother Olly Pickett being named 2025 Senior Australian of the Year. We are so proud of him.

Thank you so much for the beautiful bags you have donated for the children, they will be treasured. We really appreciate your efforts as it enables us at Wheelchairs For Kids to give each child a knee rug and soft toys to accompany their wheelchair. Children from all over the world love their wheelchair, and the rug and toys that go with it. However, this would not be possible if we didn't have your help, so a very grateful THANKS TO YOU ALL.

The wheelchairs are moving to their destinations. In January chairs were sent to Kenya and in February they are destined for Java. The children are always so happy when they arrive.

Once again thanks to you all for making a difference to children's lives and have a happy and prosperous 2025.

Sincerely
Your Curry for
Happier Journeys
Co-Chairman of Bags, Toys and Sewing

Wheelchairs For Kids Australia Inc. (08) 943 28478
100000168/0168-000000-0007
100000168/0168-000000-0007
100000168/0168-000000-0007
100000168/0168-000000-0007

Rotary



Kulin Aquatic Centre

School Term Dates

This is effective from the 5th of February 2025

NEW UPDATE

	Swimming Pool			Slide
Monday	Closed			Closed
Tuesday	6:00-7:30		12:00-6:30	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		12:00-6:30	Closed
Saturday			11:00-6:00	1:00-5:00
Sunday			11:00-6:00	1:00-5:00

Public Holidays

slide open 1:00-5:00 | swimming pool 11:00-6:00

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



transfer station

Please note that the Transfer Station will be closed when a Harvest and Vehicle Movement Ban is enforced and/or when catastrophic weather conditions are forecast



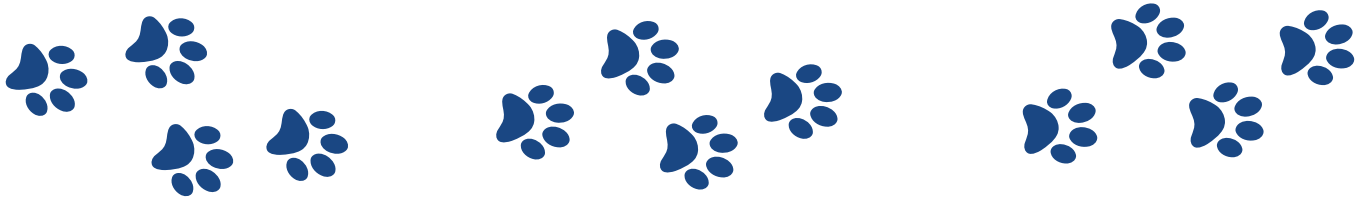
dudinin rubbish service

Please note that the skip bin service in Dudinin is for **household rubbish only**.

It is not for green waste or non household rubbish

If items that are not household waste continue to be dropped at the site the service may be closed.

Kulin Transfer Station is open Sundays, Mondays & Thursdays from 10am - 3pm for all other items.



KULIN SHIRE NOTICES



Thank you to the Kulin community. This is the first year (in a substantial time) in which we have had no over due dog registrations!



VOLUNTEERS NEEDED

If you are available to volunteer for the Kulin triathlon on the 8th of March please contact the email below.

First people in will have first preference over positions



CRCCOUNTER@KULIN.WA.GOV.AU
9880 1204

FREEBAIRN RECREATION CENTRE



FREEBAIRN RECREATION CENTRE

FRC MEMBERSHIPS ARE NOW DUE

If you would like to continue your membership, Please complete the membership renewal form, and return it with your payment by 28th February 2025 to: reccentre@kulin.wa.gov.au

Alternatively, you can post it to:

Freebairn Recreation Centre
PO Box 125 KULIN
WA 6365

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

****Please note**** By making payment to the FRC, you are agreeing to the terms and conditions of your membership agreement.

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



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



WE ARE OPEN

EVERY FRIDAY

FROM 4.30PM



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



February 2025

Dear Freebairn Recreation Club Member,

Membership Renewal for 2025

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

Your membership entitles you to full use of the well-equipped Gym as well as use of the other recreation facilities and function areas. Please ensure you check the conditions of membership as they may have changed. If you wish to use the gym facilities or the Pilates reformers, you are now required to sign a gym waiver. (Please disregard this if form has already been submitted)

Below is a renewal form for your Freebairn Recreation Club membership for 2025.

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

Membership Categories:

Ordinary Full Member \$80; Social Member \$35; Corporate Member \$130; and Junior Member (13yrs+) \$25.

Please complete the form and return it with your payment by 28th February 2025 to:

Freebairn Recreation Centre
PO Box 125
KULIN WA 6365

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

Kind regards

Caroline Carrie

Freebairn Recreation Centre Manager

Freebairn Recreation Club Membership for 2025

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Member's Full Name: _____ Membership type: _____

Email Address/es: _____

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

Postal Address: _____

FREEBAIRN RECREATION CENTRE

Payment Details: (All payments are to be made to the FRC) Total Paid \$_____	
<input type="checkbox"/> Cash	<input type="checkbox"/> Direct Deposit
<input type="checkbox"/> Cheque	Shire of Kulin
<input type="checkbox"/> Eftpos	BSB: 633-000 Acc: 136 499 258

CONDITIONS OF MEMBERSHIP

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

DECLARATION

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

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

Print Name: _____ Signature: _____ Date: _____

Kids Yoga Classes

Fun and Relaxing Yoga for Kids!
Bookings Essential
Ange 0417222827

KIDS
6 - 12 YRS
\$8



Thursdays 3.45pm to 4.30pm
TENNIS CLUBROOM
FREEBAIRN REC CENTRE
KULIN



Yoga with Ange

EVERY THURSDAY 2 PM - 3 PM

EVERY THURSDAY 5.30PM - 6.30 PM

Fun class to improve balance, flexibility & strength.

Perfect for beginners.

Tennis Clubroom

Freebairn Rec Centre

BOOK WITH ANGE
0417222827

\$15 PER CLASS

KULIN TRIATHLON

2025



**March
8 | 2025**

Starts 8:00am

Kulin Aquatic Centre

Registrations to Stella before 27 | 02 | 2025

crccounter@kulin.wa.gov.au

9880 1204



2025 Kulin Triathlon

Saturday 8th March, Kulin Aquatic Centre, 8am start

Individual/s: _____

Team Name (if applicable): _____

Contact Name: _____ Number: _____

Email: _____

Category: (Please circle) Individual OR Team

Junior Long / Junior Short / Adult Long / Adult Short

Anyone over 14 is required to do either of the adult courses, under 14s are able to do senior courses if competent. Junior events are not organised by age. 7-year-olds and under can enter at the discretion of a parent/ guardian.

Please note that there is a \$15 entry fee for individuals and \$40 for a team. If this is unrealistic for you, please get in contact.

Competitors Details:

	Gender	Age	Surname	First Name
Swimmer				
Cyclist				
Runner				

Entry Forms to be emailed to crccounter@kulin.wa.gov.au or handed into the CRC before February 27th.

Payments can be made to the Shire before the event or cash on the day.

	Swim	Bike	Run
Junior Short	100m	1500m	1000m
Junior Long	200m	3000m	1500m
Adult Short	300m	5500m	3000m
Adult Long	400m	11000m	4500m

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

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

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

Signed: _____ Name: _____ Date: __/__/__

KULIN TRIATHLON

Photo Permission: Yes / No

GENERAL RULES

- The spirit of friendly competition should apply throughout each of the races. Any non-sportsman-like conduct constitutes grounds for immediate disqualification of you or your team
- Competitors must obey all directions and instructions by officials
- If you withdraw from the race, please notify the timing team at the finish line
- It is the responsibility of each competitor to be familiar with the race course
- A race briefing will be held 10-15 minutes before the first race. **All competitors must be present for this briefing regardless of their race time.**

Swim

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

Cycle

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

Run

- Runners are expected to follow the directions of all course marshals and race officials
- Music through some form of headphone is permitted whilst competing.

Transition Area

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

SAFETY & MEDICAL RECOMMENDATIONS

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

Thank you for participating, please direct any questions to crccounter@kulin.wa.gov.au or call 9880 1204.



Kulin Childcare Centre



The warm days last week gave plenty of opportunity for the children to cool off in the yard with water play. Turning our mud kitchen table over and filling with water resulted in a lovely splash puddle for toes. Changing the environment to support play shows our Educators scaffolding learning for children.

Looking at the world globe together talking about places and pointing to where we live helps children to learn about their world and their community.



Using straws to blow water paint on card creating a beautiful, coloured picture. This activity allows children to mindfully explore breath which links in with our previous learning about emotions and expressions. When Children can practice deep breathing in play and craft this leads to an understanding of regulation and taking time out when needed.



Obstacle courses provide children with space and challenge to grow their co-ordination skills, gross motor skills, and to strengthen their muscles. We have recently enjoyed the tunnel in our obstacle course during the early morning shade.



Last week we said farewell to our Educator Natalie who has been at KCCC for the past 2 years. Having Natalie as part of our team over this time has been very special.

Natalie has enjoyed being part of the Kulin community and experiencing the country living. We know the relationships she has built with the children are so special and we will miss her, as she will miss us.

We wish you Natalie, all the best and thank you very much for all the time you have spent at KCCC.

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

COMMUNITY NOTICES

THE REMEDY
PHYSIO • PILATES

Physio in Kulin

Pelvic Health Physiotherapy is coming to Kulin in 2025! Bookings now available.

Starting Thursday, February 13th, and every Thursday after, we'll be offering specialised Men's & Women's Pelvic Health Physio consultations.

Our services include:

- Pelvic floor muscle training & rehab
- Bladder & bowel dysfunction
- Pelvic organ prolapse management
- Pelvic pain management
- Menopause support
- Pre & postnatal care
- And more!

Not sure if this is the right appointment type for you? Contact us on 0409 868 114, and we'll be happy to help!



TELSTRA

Telstra has just launched a dedicated 3G hotline to assist customers experiencing mobile service issues following the 3G network shutdown.

If you or anyone in your network or community has noticed changes in your mobile experience or need help troubleshooting connectivity problems, you can now speak directly with a specialist team who have in-depth knowledge of the transition.

Telstra 3G Hotline: 1800 990 853

Operating Hours: Monday to Friday, 11 AM – 10 PM AWDT (WA time)

This hotline is designed specifically to help with 3G-related concerns, so if you, or anyone that you know of in your community is impacted, I encourage you to give them a call and/or pass on this information through your networks.



Seniors Movie Day

Tuesday | 25 February | 11am - 1pm

NEW DATE

Barrie forges a platonic bond with a widow, Sylvia, who has four kids. He is motivated to pen a play about a bunch of kids who don't desire to grow up, which ends up strengthening his bond with them.

The movie is about J.M. Barrie (Johnny Depp), a playwright who meets a widowed mother (Kate Winslet) and her four sons in Kensington Gardens in 1904. Barrie becomes a surrogate father figure to the boys, and their imaginative play inspires him to write Peter Pan.

**FINDING
NEVERLAND**

Coffee & tea provided | Free event



Opening Hours

MONDAY	4:00pm - close
TUESDAY	4pm - close
WEDNESDAY	4pm - close
THURSDAY	12pm - close
FRIDAY	12pm - close
SATURDAY	11am - close
SUNDAY	11am - close

08 9880 1201

kulincommunityhub@yahoo.com

Lunches available between
12pm - 2pm | Thursday to Sunday



KULIN COMMUNITY HUB VALENTINE'S DAY MENU

ENTREE

(PLEASE ONLY CHOOSE ONE OPTION)

Prawn Cocktail

Trio of dips

MAIN

(PLEASE ONLY CHOOSE ONE OPTION)

Lamb Roast

(With roasted vegetables and Yorkshire pudding and gravy)

Pork Belly

(With scallops and Greek salad)

Vegetarian Lasagna

(With salad)

DESSERT

Cookie Cream Cheese Cake

(With ice cream or cream)

Wild Berries Cheese Cake

(With ice cream or cream)

\$60.00 PER HEAD | KITCHEN OPEN FROM 6PM

BOOKING'S PREFERRED BY 10TH FEBRUARY

THROWBACK THURSDAY

VOLUNTEER WEEK 2018



CARAMEL MUD CAKE | BREAD & BUTTER PUDDING | BAKED CINNAMON DOUGHNUTS

Caramel Mud Cake

Ingredients

- Melted butter, to grease
- 200g butter, cubed
- 200g white chocolate, chopped
- 200g dark brown sugar
- 180ml hot water
- 1 tbsp golden syrup
- 2 tsp vanilla essence
- 2 eggs, at room temperature
- 150g plain flour
- 150g self-raising flour
- Icing sugar, to dust

Method

Step 1

Preheat oven to 160C. Brush a round 22cm cake pan with melted butter. Line base and side with non-stick baking paper.

Step 2

Place butter, chocolate, sugar, water, golden syrup and vanilla essence in a heavy-based saucepan. Stir over medium-low heat with a wooden spoon for 5 minutes or until chocolate melts and mixture is smooth. Set aside for 20 minutes to cool.

Step 3

One at a time, add the eggs, beating well after each addition. Sift the plain flour and self-raising flour over chocolate mixture and stir with a wooden spoon until well combined.

Step 4

Pour mixture into pan and bake in preheated oven for 50-60 minutes or until a skewer comes out almost clean. Stand cake for 20 minutes before turning onto a wire rack to cool. Dust with icing sugar.

Bread and Butter Pudding

Ingredients

- 4 eggs
- 1/3 cup caster sugar
- 1 tsp vanilla extract
- ¼ tsp cinnamon ground
- 2 cups milk
- 300ml pure cream
- 8 thick slices white bread, crusts removed
- 40g butter, softened
- ½ cup sultanas
- 2 tbsp demerara sugar
- Vanilla ice-cream, to serve

Method

Step 1

Preheat oven to 180C/160C fan-forced. Grease a baking dish. Whisk eggs, caster sugar, vanilla, cinnamon, milk and cream in a bowl.

Step 2

Spread both sides of each bread slice with butter. Cut each slice in half diagonally. Arrange half the bread in rows in prepared dish. Sprinkle with half the sultanas. Repeat with remaining bread and sultanas.

Step 3

Pour egg mixture over bread. Sprinkle with demerara sugar. Bake for 30 to 35 minutes or until golden and set. Serve with ice-cream.

Baked Cinnamon Doughnuts

Ingredients

- 1 cup reduced-fat milk
- 50g unsalted butter, melted
- 2 ½ cups plain flour
- 1 ½ tsp instant dried yeast
- ¾ cup caster sugar
- 1 ½ tsp ground cinnamon

Method

Step 1

Place milk in a heatproof, microwave-safe jug. Microwave on medium-high for 30 to 40 seconds or until heated through (do not allow to boil). Stir in 1 tablespoon butter.

Step 2

Sift flour into a bowl. Stir in yeast, ¼ cup sugar and ½ teaspoon cinnamon. Make a well in the centre. Add milk mixture. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead for 10 minutes or until smooth elastic.

Step 3

Place dough in a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm place for 1 hour or until doubled in size. Line a baking tray with baking paper.

Step 4

Using your fist, punch dough down. Turn out onto a lightly floured surface. Knead until smooth. Press dough out until 2.5cm thick. Using a 6.5cm cutter, cut 12 rounds from dough. Using a 2.5cm cutter, cut circles from the centre of each round. Place doughnuts, 5cm apart, on prepared tray. Cover with lightly greased plastic wrap. Set aside in a warm place for 30 minutes or until doubled in size.

Step 5

Meanwhile, preheat oven to 200C/180C fan-forced. Cook doughnuts for 10 to 12 minutes or until golden brown and cooked through. Combine remaining sugar and cinnamon in a bowl. Brush doughnuts with remaining sugar and cinnamon in a bowl. Dip in sugar mixture, shaking off excess. Place on plates. Serve.

“There’s a nice little hotel in Kulin that’s on the market. Go down and see what you think of it.”

These were the words of a guy I was talking to in a bar in Perth. I had found out that he was a hotel broker and he had found out that I was an ex-publican. I had just returned to Australia after living in England for fourteen years where I had worked in pubs and clubs and bars for 9 years and I never wanted to step behind a bar again. I didn’t have a job and I wasn’t sure what I wanted to do but I know that I wasn’t interested in a “nice little hotel in kulin”.

It’s funny how time dims the memory, and a few drinks make a lot of things appear more lucrative. I hadn’t worked a bar for over 4 months and by the end bar of the evening I knew I didn’t want to step behind a bar again, but I couldn’t quite remember why.

Phone call next morning “Where’s Kulin?” – “Its in the wheatbelt.” – “The What?” – “Out towards Wave Rock” – “Never heard of it. Is it past Armadale?” – “No, turn left before you get to Armadale, onto the Brookton Highway and keep going.” – “Ok, give them a ring and tell them I’ll be there on Wednesday.”

Well, I’d travelled extensively in Westen Australia when I was living in Perth in the late 60’s and early 70’s, I’d been to a rodeo in Northam and seen Serpentine Dam overflow and had a barbecue in John Forrest National Park. I’d been up past Wanneroo to Yanchep and down to Safety Bay and Mandurah. Why not to Kulin?

So, onto the Brookton Highway it was. I knew Araluen and Karragullen. I’d even heard of the Rock Inn. Nice undulating hills, wooded countryside, not too hot. This was going to be a pleasant drive. More hills, less

wood, more pasture. Not as green as England, but reasonable. Can’t be far to Brookton now. Hang on! What’s this black and white sign “BO 85”. Oh well! Kulin can’t be far past Brookton.

It was March and I’d started the journey at 7.00am. It was now 8.15am and getting hotter. Air-conditioning in a Falcon was, and I think still is, an optional extra. There wasn’t any in this one. What about a drink? I’ll stop at the next service station and get one. That’s the funny thing, I can’t remember seeing any roadside stores or stations since I passed the Rock Inn. There must be one soon. And so there was. At Brookton!

Good old Stumpy’s. “How far is it to Kulin?” – “Kulin. It’s just the other side of Corrigin” – “Oh, err, yes.” “Must be a good six can trip if you drive at a decent speed.” – “Ok, I’ll have 3 coke, 3 lemonade and 3 squash just to be on the safe side.” – “You’ll need some ice as well. Where’s your Esky?” – “My what?” – “Esky to keep the drinks cool.” – “Oh, I forgot it” – “In that case you’d better take a couple of cans now and pick some more up in Corrigin.” – “Ok, thanks”.

Off again. What’s that big white shed I passed? If it was a shearing shed, they must have crossed their sheep with elephants or giraffes. Hadn’t I seen something similar in Northam 20 years ago? Not sure.

It’s hotter now. The countryside is getting drier, browner, flatter. The fields are empty. There are no crops in them and only a few of them have sheep. Bushes and a few trees along the roadside. A few single trees and a few clumps further away. It’s flat and featureless and hot. Why do they build farmhouses so far away from the road? What are those moulds bulldozed in the middle of the fields? Who decided they could make a

living out of farming in a dry, dusty, country like this? Why is Corrigin so far? I was used to driving in Europe, so I knew this kilometers were shorter than miles but this was a lonesome, never-ending country road, not a German autoban. The black and white sign said “CR 35” the last of the coke was hot but at least it was wet.

Corrigin at last! Another drink stop and 56 kilometers to Kulin. After the distance I’ve travelled, that’s nothing. Fill the fuel tank and check the oil and water, just in case. One can to drink now and one for the journey. Off again. The view doesn’t alter still empty fields and a few trees. What’s this. A single track road. It’ll be a non-existent road if I have to go much further? Oops, there’s a turning to Kulin. Nearly missed that! Only 31 kilometers now and I’m feeling much more content.

That all happened almost seven years ago and I’ve learnt a lot since then. I know that fields are paddocks, mounds in paddocks are dams, march is between harvest and seeding, therefor there are no crops in the paddocks, wheat bins are used for storing grain, not shearing giraffes, the countryside isn’t featureless, there are hills and valleys, creeks and gullies, farm building and homesteads. Every season has it’s own beauty and the land has to be cared for and nurtured. I’ve learnt that you always carry an Esky no matter how short the trip may be.

And he was right, you know. There is a nice little hotel in Kulin. What he didn’t know and I can tell him, is that the whole of kulin is a nice little town, that the Shire of Kulin is home to a friendly and proud community and that I hope it stays that way for a long, long time.

Peter “The Publican” Entwistle

Personality of the Week

Larni Gibbs



Born:

6 January 1975

Work:

Local IGA

Pets:

No pets

Favourite Sports:

Hockey

Favourite Singers:

Pink

Favourite Movies:

Dirty Dancing

Favourite TV Shows:

Suits

Favourite Food:

Ribs

Favourite Animals:

Dogs

Favourite Pastimes:

Reading

Personality of the Week

Clarrie King



Born:

20 January 1973 | I married Pam 63 years ago!

Work:

Retired Farmer, second generation on Strathallan Farm

Histor:

Past secretary to six organisations (all now defunct)

Pets:

Just a few chooks

Favourite Sport:

Pass

Favourite Singers:

Pam, she sang with a Choir for 8-9 years

Favourite TV Shows:

Backroads, Landline

Favourite Food: Cold boiled mutton spareribs with tomato, bread & butter

Favourite Animals:

Shipping weathers

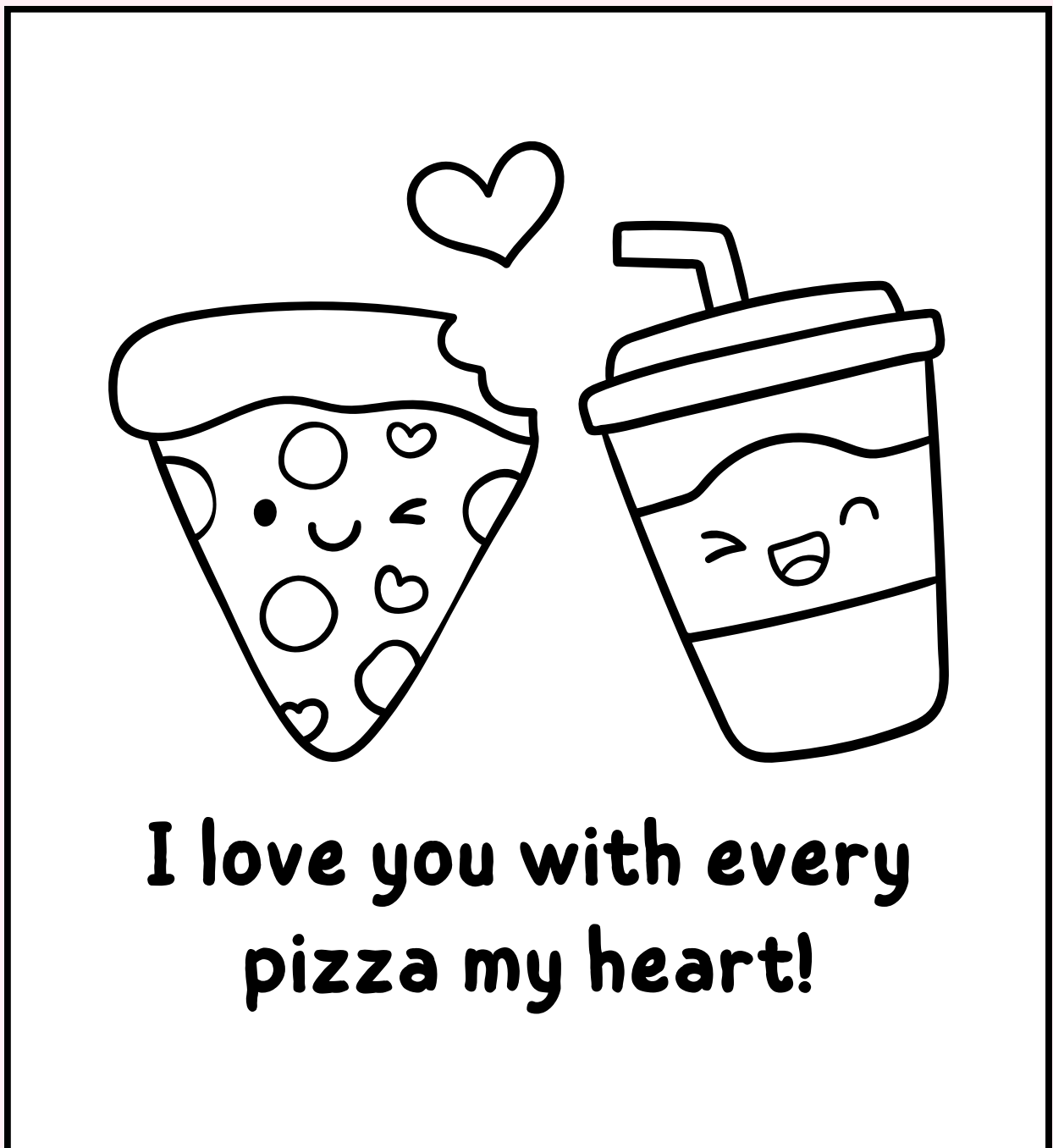
Favourite Pastimes:

Showing visitors around the Museum

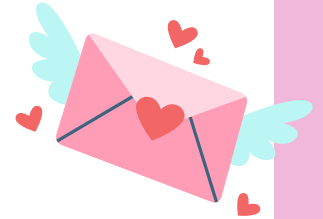
Favourite Hobby:

Bee Keeping

Valentine's Day Coloring Cards



Valentine's Day Word Search



Find the words below in the word search.

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



HUG
CARD
PRESENT
FEBRUARY

LOVE
LETTER
CHOCOLATE
HAPPINESS

KISS
COOKIE
KINDNESS
TEDDY BEAR

RETURNING TO WORK AFTER A HOLIDAY

Factor In Time Differences

Depending on where you travelled during your holidays, there might be substantial time differences between your home and the holiday destination. If you spend several weeks in another time zone, your internal body clock might adjust to that time zone. For example, after returning home, it might be late afternoon local time, but your body clock thinks it's early morning. Consider having a few days at home before returning to work, allowing you to reset your internal body clock.

Plan An Easy First Day

You might feel excited about returning to work or reluctant, but regardless of how you feel, it's often helpful to have an easy first day. During your holiday, you might have felt relaxed because you had no deadlines or urgent tasks that required your attention. If you return to work and have a busy day with deadlines and urgent responsibilities, it might feel overwhelming. By planning an easy first day, you can give yourself time to organise yourself, set goals, socialize with colleagues and discuss operations with supervisors.

Exercise

It might seem unrelated to returning to work, but exercising when you get back from a holiday can be an excellent method for boosting your endorphins. Depending on your personality, working environment and values, you might feel disheartened about the prospect of returning to work, making it challenging to produce endorphins that keep your mental state healthy. An excellent method for maintaining a positive attitude about returning to work is to exercise. There are many methods of exercising that may suit you, such as going to the gym, swimming, walking or running.

Organise Yourself

Organising your work and personal

life can be crucial of returning to peak productivity. A messy work environment with documents or tools scattered throughout the office can be distracting and cause an unhealthy environment. If you spent weeks away from home during your holiday, there might also be an abundance of work required at home, such as cleaning the house and tending to the garden. Before you absorb yourself in your work routine and responsibilities, consider organizing your working and personal life to minimize distractions, allowing you to focus on your tasks and duties.

Inform Everyone Of Your Return

Depending on your job, your colleagues might immediately know of your return. In some working environments, though, you might liaise with different department teams, business partners, clients and remote colleagues. Depending on the communication channels and systems you use, you might have an availability status or notifications informing them of your absence. It's often important to change your status to available and remove absence notifications. You might also send emails to individuals, such as clients and business partners, informing them of your return and availability for communication.

Communicate With Your Colleagues and Supervisors

Depending on your career and responsibilities, you might work independently or in team environments with many supervisors and colleagues. Colleagues, teams and supervisors can be important in helping you return to work. Human interactions, such as simple discussions with colleagues or working together on a project, can produce endorphins and inspire motivation. Consider finding opportunities to work with your colleagues and engage in conversation. Communicating with colleagues and supervisors can also be an excellent method for identifying changes in the workplace, such as resource locations, new processes, additional procedures

and new clients.

Sort Your Inbox

If you regularly receive an abundance of emails each day. It's often helpful to prepare yourself for a substantial amount of emails in your inbox. When you open your inbox and find hundreds of emails, it might feel overwhelming, but sorting through them and organizing your inbox can be a crucial step in returning to work productively. There are different methods of sorting through large quantities of emails. You might review each email by date, inbox type or email size. An excellent method might be to review emails by senders, which can help you identify urgent emails first.

Create A To-Do-List

When returning to work, there might be several tasks and duties requiring your attention. Creating a to-do list can help you prioritize and visualize your immediate tasks. It might feel overwhelming to return to work after a vacation and find so many tasks and responsibilities awaiting. Your to-do list can help you organise your tasks, which usually allows you to prioritize and complete them methodically. A to-do list can help you identify how much work you have, allowing you to approach your duties calmly rather than feeling overwhelmed.

Set Goals For Yourself

Before your holiday, you might've previously set long-term and short-term goals in the workplace. When you return to work, consider reviewing the goals to assess your progress and the likelihood of achieving your targets. If you haven't set any goals, consider identifying achievable goals and targets you can reach. By having goals to work toward, you can improve your motivation to complete your tasks and responsibilities. This can often be beneficial, as you might experience a lack of motivation and purpose when returning to your duties after a holiday.

GALENTINE'S DAY

February truly is the month of love and Galentine's Day on February 13 fits right in. We're quick to shower our significant others with gifts and treats on February 14, but the day prior was designed to celebrate other equally important relationships in our lives: our girlfriends! Galentine's Day is a time to bring together the ladies in your life you love most.

Is Galentine's Day Only For Single People?

Absolutely not! One of the best things about Galentine's Day is that it is truly for everyone. Whether you're single, coupled-up, stuck in a talking stage, or languishing away in yet another unlabeled three-month situationship, Galentine's Day is a chance to get in on all the V-Day vibes, even if you don't happen to have a date for February 14th this year (not that you need one FYI!). Regardless of your relationship status, G-Day is a day to celebrate love in all its forms.

Where Did Galentine's Day Come From?

One of the most interesting things

about Galentine's Day is that it wasn't created by a card company or internet marketplace trying to take all your money. Instead, Galentine's Day was founded by a badass fictional character; Leslie Knope of Parks and Recreation.

The friend-filled holiday dates back nearly 15 years to season 2, episode 16 of parks and Rec. During the 2010 episode – which is aptly called 'Galentine's Day' – Leslie gathers a group of her closest gal pals for a brunch full of waffles and love. 'Every February 13, my lady friends and I leave our husbands and our boyfriends at home and we just come and kick it, breakfast style,' she explains in the episode. 'Ladies celebrating ladies.'

And thus, Galentine's Day was unofficially added to everyone's calendar. According to The Atlantic, it's such a widely recognised fake holiday that some companies now run Galentine's Day Promotions. What Could Be More Real Than That?

How Do I Celebrate Galentine's Day?

First off, just like Valentine's Day, you are absolutely free to skip Galentine's Day if it doesn't feel like your thing. That said, it's definitely worth giving the holiday a chance. Sure, it sounds a little cheesy, but considering that it's a day about showering your friends with affection, it's a pretty easy holiday to like.

The good news is that because Galentine's Day is so new, there's no right or wrong way to celebrate. Without centuries of tradition, you sort of get to make your own rules here. Many people choose to pay tribute to Leslie Knope – the foremother of Galentine's Day, if you will – by hosting a waffle and cocktail brunch.

Is Galentine's Day Only for Women?

Nope. Despite its name, anyone and everyone can celebrate Galentine's Day. At its heart, Galentine's Day is a celebration of friendship and the people who stick by your side as romantic relationships come and go. That means you can celebrate with any and all friends, no matter their genders, orientations, etc.



VALENTINE'S DAY

Valentine's Day is celebrated on February 14, and we are ready to shower our significant others with love and tokens of our affection. Unlike National Boyfriend Day, this day isn't just for the boyfriends – anyone and everyone can be shown some love today. This day of love is celebrated in so many ways, it is always exciting to see what new traditions are included or created year after year. Whether it is elaborate engagements, intimate dinners for two, spending time with family, or the most recent variation 'Galentine's Day'.

Take a look at how love is celebrated in different ways on different days around the world.

Country | Brazil
 Holiday | Dia dos Namorados
 Occasion | Lovers Day is celebrated with great enthusiasm

Date | June 12

Country | Spain
 Holiday | Saint Dionysus
 Occasion | The day of love is celebrated by making figurines from marzipan, called 'macadora'.
 Date | October 9

Country | Wales
 Holiday | San Dwywnwen
 Occasion | On this day, uniquely handcrafted wooden spoons are exchanged by lovers.
 Date | January 25

Country | Bulgaria
 Holiday | San Trifon Zartan
 Occasion | Valentine's Day with a twist on 'Day of Winemakers'
 Date | February 14

Country | Ghana
 Holiday | National Chocolate Day

Occasion | Chocolate and love go hand in hand on this celebration
 Date | February 14

Valentine's Day Traditions

All is fair in love and war, so the former celebrated in countless ways. From a small handwritten note to telling someone they look good, the expression of love is endless. Red balloons, streamers, lights, and of course roses are everywhere, along with special deals and promotions in pretty much every store. Assorted chocolates, heart-shaped confectionaries, and chocolate-covered strawberries and cherries are popular on Valentine's Day, along with dinner for two offers in eateries. Children design cards in school to give to their teachers, parent, or first crush. Romantic movies are also shown all day on different channels.



Circle of Security® Parenting™

A Relationship-based Parenting Program

Circle of Security Parenting (COSP) is a FREE 8-session series that focuses on supporting and strengthening parent-child relationships and teaches new ways to understand and respond to your child's needs. It is based on decades of attachment research, and allows parents to learn, understand, and make mistakes without judgement.

The program will foster not only healthy relationships between parents and children, but lifelong benefits for the child.

No cost. Bookings essential.

To Register:

T: 0447 622 736

E: WheatbeltPCWA@wanslea.org.au

When: Weds 6pm – 8pm
Starting 19 Feb 2025
Runs for 8 weeks
ONLINE

Supported by



TALKING KIDS
AUSTRALIA
KEEPING CHILDREN'S BEHAVIOUR - MAKING PARENTING EASIER





**REGIONAL TRAINING
CALENDAR
FEB-APR 2025**
proposed dates TBC

LOCATION	HR open		
	FEB	MAR	APR
Katanning	18-21		11-14
Merredin		04-07	
Kellerberrin			
Wongan Hills		09-12	
Narrogin		20-23	
Kulin		24-25	
Corrigin		26-27	
Beverley		28-29	
Jerramungup			06-09

MC-A		
FEB	MAR	APR
24-27		11-14
	04-07	
	08-09	
	10-13	
		07-10
	24-25	
	26-29	
	30-31	01-02

Please note the above dates are estimated and for a range of training dates yet to be confirmed. Dates will be offered and confirmed once student numbers have been met in each location.

To register email emcs@kulin.wa.gov.au

Kulin Transfer Station

The Kulin Transfer Station is located on Truebody street approximately 2km from the Kulin Post Office.

The Station is open Sundays, Mondays & Thursdays from 10am – 3pm.

Driving Assessor

Kulin has one assessment day a month. Call BENDIGO BANK KULIN for bookings or enquiries 9880 1422

DIFIBRILLATOR LOCATIONS

KULIN

- Kulin District High School
- Kulin Caravan Park
- Public Toilets (Johnston St)
- Aquatic Centre
- Freebairn Recreation Centre
- Kulin IGA
- Butler’s Garage & Museum
- Kulin Memorial Hall

DUDININ

- Dudinin Tennis Club

PINGARING

- Public Toilets
- Pingaring AgSolutions
- Pingaring Golf Club



Government of Western Australia
WA Country Health Service

Quit smoking services in the Wheatbelt

Smoke Free Me

Smoke Free Me is a free program run by WA Country Health Service. It offers tailored support to help you gain control of your smoking. Phone: 08 9690 1720

Email: wheatbelt.phu@health.wa.gov.au



**Wheatbelt Aboriginal
Health Service**

No More Ngamari

No More Ngamari is a culturally appropriate program run by the Wheatbelt Aboriginal Health Service. It offers 12 weeks of free support, advice and nicotine replacement therapy. Phone: 08 9690 2888

Quitline

Quitline is a confidential support service. For the usual cost of a call, a trained advisor (including Aboriginal advisors) can help you to plan and develop strategies to quit smoking.

Phone: 13 78 48 or text 0477 765 007 to receive a free call back.



Holyoake

Wheatbelt Community Drug Service Team

Holyoake offers quit smoking support to people who are also affected by alcohol and other drugs.

Phone: 08 9621 1055

General Practitioner

You can book in with your GP to talk about quitting.





Government of Western Australia
WA Country Health Service

Quit vaping options in the Wheatbelt

Vape Free Me

A free program run by WA Country Health Service, which offers individual support to help you gain control of your vaping.

Appointments available face-to-face or via phone.

Phone: 08 9690 1720, Email: wheatbelt.phu@health.wa.gov.au



No More Ngamari

A culturally appropriate program run by the Wheatbelt Aboriginal Health Service. It offers free support, advice and nicotine replacement therapy to help you quit smoking or vaping. Phone: 08 9690 2888



Wheatbelt Aboriginal
Health Service

Quitline

For the usual cost of a call, a trained advisor (including Aboriginal advisors) can help you develop strategies to quit vaping or smoking.

Phone: 13 78 48, SMS: 0482 090 634, WhatsApp: +61 385 832 920,

Facebook Messenger: @quitvic, or request a call back: www.quit.org.au



Clear the Air

Clear the Air is a free digital self-help platform exploring how to quit vaping and stay vape free. For more information see: cleartheair.org.au/how-to-quit-vaping

My QuitBuddy

My QuitBuddy is an app that helps you get, and stay, smoke-free and vape-free. Download from the app store or Google Play.



General Practitioner

You can book in with your GP to talk about quitting.



Kulin Arts AGM Friday 21st 2025 10.30am

@Kulin Community Arts Centre All welcome



Art / Craft / Photography Exhibition

12th-16th March
2025

Any medium (2D or 3D)
No bigger than 1m X 1m

**Entry form due 28th February
Artworks due 6th March**

Online entry form:

www.jotform.com/erinbailey/p-exhibition

For a printable entry form or more information, contact:
Val Whiting 0429 685 131 or Erin Bailey 0429 809 013
arts@kulin.com.au



Kids Creative Arts Starting 19th Feb

Kulin Arts will be holding weekly
Creative Arts sessions for kids

Wednesdays 2.45-4.15pm

Kulin Community Arts Centre

\$5 per session

All ages welcome



For more information or to book your child in,
please contact Erin Bailey 0429 809 013
arts@kulin.com.au

SHIRE OF KONDININ



Kondinin . Karlgarin . Hyden

Kondinin Medical Centre Practice Manager

The Shire of Kondinin and Kondinin Medical Services are seeking someone keen to assist a small rural medical service in the delivery of an efficient Doctor Medical Practice for a growing community.

Your role is the key to our success and is valued in our cohesive team. We appreciate the care and attention our reception pay to our clients and families and the little things that keep the clinic running smoothly. We work with various clients of different ages with many challenges, and you are an integral role in their care.

The role involves a high level of patient interaction, liaising with referrers, GP's and insurers; Using practice management software (we use Best Practice); processing payments and following up invoicing as well as a variety of reception and practice support tasks. Our practice strives to operate with the highest standards of professionalism and process to achieve excellent patient care.

We would ideally like the applicant to have:

- **Medical or Allied Health Reception Experience**
- **Leadership and management skills**
- **A genuine desire to help others and work in a team-based environment**
- **A proactive and positive attitude**
- **Attention to detail and ability to follow processes and procedures with accuracy**
- **Ability to work effectively and efficiently in a team**
- **Ability to multitask**
- **Personal interest in assisting children and families experiencing the impact of disabilities**

This part-time rewarding position (approximately 24 hrs per week, but may be up to 40 hours) requires someone who would like to work with some flexibility. Working from home is an option for some tasks.

If you would like to work in a practice with a positive environment, and work in a practice that makes a real difference to small communities and people's lives, please email your CV plus cover letter to the CEO of the Shire of Kondinin ceo@kondinin.wa.gov.au.

Applications close 28th February 2025

KONDININ OFFICE HOURS

Office Hours: Monday to Friday 8.30 am - 4.30 pm
Licensing Hours: Monday to Friday 8.30 am - 3.00 pm
Email: ceo@kondinin.wa.gov.au
Phone: 9889 1006

HYDEN OFFICE HOURS

Office Hours: Monday to Friday 10.00 am - 4.30 pm (close between 1.00pm - 1.30pm)
Licensing Hours: Monday to Friday 10.00 am - 3.00 pm
Email: hylib@kondinin.wa.gov.au
Phone: 9880 5180



GangellsAgSolutions

INVITES YOU TO

2025 Cropping Update & Supplier Trade Show

WEDNESDAY 5TH MARCH 2025

9AM START

FREEBAIRN RECREATION CENTRE, KULIN
RSVP BY 17TH FEBRUARY
TO RECEIVE YOUR GANGELLS PROMO PACK

**MORNING TEA, LUNCH, DINNER & DRINKS
PROVIDED**

(PLEASE ADVISE US OF ANY DIETARY REQUIRMENTS)

PRESENTED BY BEN WHISSON






GangellsAgSolutions

INVITES YOU TO

2025 Gangells Customer Sundowner

WEDNESDAY 5TH MARCH 2025

FROM 5PM

ALL FAMILIES WELCOME TO JOIN US FOR A RELAXING
EVENING **WITH DINNER & DRINKS**
WITH GUEST APPEARANCE FROM
ROCKY RIDGE BREWERY.

THIS IS A FANTASTIC OPPORTUNITY FOR OUR
GANGELLS TEAM TO THANK YOU FOR YOUR SUPPORT
THROUGHOUT THE YEAR.

FREEBAIRN RECREATION CENTRE, KULIN
RSVP BY 17TH FEBRUARY
FOR CATERING PURPOSES



DO YOU HAVE ROOM FOR A COUPLE OF MEDICAL STUDENTS FOR THREE NIGHTS?

Curtin Medical School Student Rural Immersion Week
TUESDAY 11 MARCH TO FRIDAY 14 MARCH 2025

Share your *town and rural lifestyle*
with **doctors of the future**

More than 100 second-year medical students from Curtin University will participate in the Curtin Medical School Student Rural Immersion Week, with the aim of inspiring them to pursue careers in rural Western Australia.

During their stay, they will visit local farms, industry, general practices, hospitals and schools, and engage in community activities.

Do you live in or near Brookton, Corrigin, Dalwallinu, Katanning, Kondinin, Kulin, Moora or Wongan Hills?

As a host, we will ask you to provide accommodation for two or more students for three nights, be able to assist with transporting them to/from town, and share what it is like to live in your town with the students.

You are invited to come along to a Thank You dinner with the students on the Thursday night.

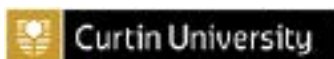
Why host?

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

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

By providing these rural immersion opportunities early in their degree, it has been proven that students are more likely to explore rural career opportunities and have a better understanding of treating rural patients.

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



For further information, contact Rural Health West:

T 08 6389 4500

E futureworkforce@ruralhealthwest.com.au



STEAMWEST

Professional Carpet Cleaning

- Carpet cleaning
- Flood restoration
- Advanced stain removal
- Tile and Grout
- Upholstery cleaning

We are coming to Kulin!

Call us on **9670 3163** to get an estimate, or inquire through our website **steamwest.com.au**



Could you be our next Wheatbelt legend?

WACHS Wheatbelt have several positions available, and we are actively looking for suitable applicants.

- **Clerical Officer at the Kondinin Hospital (part-time)**

Benefits include generous salary packaging and superannuation, study days, professional development opportunities, career pathways and flexible working arrangements.

Want to know more about what's on offer today?

Contact Lisa Biglin, Health Service Manager, Kondinin on (08) 9894 1222 for any help you might need OR

Visit www.jobswa.gov.au or www.health.wa.gov.au/careers



APPLICATIONS NOW OPEN!

Have you seen any of these?



Carnaby's Black-Cockatoo

The iconic Carnaby's cockatoo is known as the bringer of rain. This is probably related to their habit of returning to the Wheatbelt in winter to breed. Did you know they nest in tree hollows and only eucalypts around 150 years old have the right type of hollows.



Chuditch

Did you know this mammal has the title of being the largest carnivorous marsupial in WA? They are a very cryptic and largely nocturnal animal, most likely to be seen in and around woodlands and mallee shrublands in the Wheatbelt.

Wheatbelt Woodlands

The Wheatbelt Woodlands include some of our iconic eucalypt woodlands such as Salmon gums, York gums and about 31 other species. We are working to protect patches of remnant bushland in good condition. Do you have your favourite patch of eucalypt woodland? Do you want to protect it and restore it?

Applications are now open to protect Eucalypt Woodlands and Carnaby's black-cockatoos!

If you have Eucalypt woodlands and/or Carnaby's cockatoo habitat on your property that you would like to protect, **please submit an Expression of Interest via our website below.**

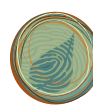
Funding is available to help cover costs of materials for activities such as fencing, feral animal control, weed control and revegetation. We will also be providing and installing nest boxes for Carnaby's and dens for Chuditch, in suitable habitat.

Applications close on the **1st of March**, so be sure to get your application in as soon as possible. Please contact **Kate at ksherlock@wheatbeltnrm.org.au** for more information.

www.wheatbeltnrm.org.au



Australian Government



wheatbelt
natural resource
management

TICKETS ON SALE FEBRUARY 1ST

SAVE THE DATE

Gourmet in the Garden

FRIDAY 21ST OF MARCH 2025

AT THE
KONDININ COMMUNITY GARDEN

HOSTED BY
WEST AUSTRALIAN GOOD FOOD GUIDE CHEF OF
THE YEAR 2019
CHEF / OWNER @ YOUNG GEORGE BAR &
KITCHEN & ETHOS DELI & DINING ROOM
MELISSA PALINKAS





KONDININ

TRIATHLON

SATURDAY 22ND FEBRUARY 2025

START 8:00 AM @KONDININ AQUATIC CENTRE





\$20 PER ADULT	\$5 PER CHILD
OPEN SHORT COURSE	JUNIOR UNDER 12
SWIM - 250M	SWIM - 100M
BIKE - 10KM	BIKE - 2.5KM
RUN - 2.5KM	RUN - 1KM
OPEN LONG COURSE	JUNIOR 12 TO 16
SWIM - 750M	SWIM - 200M
BIKE - 20KM	BIKE - 5KM
RUN - 5KM	RUN - 2KM

REGISTER NOW FOR INDIVIDUALS AND TEAMS



ALL LOCAL SPORTING CLUBS ARE ENCOURAGED TO ENTER A TEAM AND COMPLETE FOR THE CHANCE TO WIN THE TROPHY AND CLAIM VICTORY!
REGISTRATION FORMS CAN BE COLLECTED AT THE SHIRE OFFICE IN KONDININ/HYDEN OR VIA WWW.KONDININ.WA.GOV.AU



**THE
ROOF & WALL
DOCTOR**
*Is Back
In Town!!*

Like to have your roof replaced with new Long lengths of Zinalume or Colorbond? How about new gutters & downpipes, Insulation or a Skylight?

WE REMOVE & DISPOSE OF OLD TILES, IRON & TIN

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- ✓ Insulation
- ✓ Tuckpointing & Crack Stitching

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

**HERITAGE BUILDINGS RESTORED
RESTORATION OF FRETTING BRICK & STONE WALLS**

All quotes carried out on-site, by the Doc himself. We service all country areas. Get your free quote now, while we are in your area.

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TIN HORSE *Tyre & Auto*




New Tyre Services

Tin Horse Tyre & Auto is excited to announce that we now stock all your tyre replacement and repair needs. In addition to our usual automotive repair services, we are here to ensure your vehicle is in top condition with our comprehensive tyre services.

Discover our wide range of tyres suitable for passenger cars, light vehicles, agricultural machinery, trucks, and industrial equipment. Our tyres are designed to provide optimal performance, safety, and durability for all types of vehicles and applications.

We offer comprehensive automotive services including expert wheel alignment, brake repairs, engine diagnostics, and more. Trust our skilled technicians to keep your vehicle running smoothly and safely on the road.

A photograph showing a person's hands working on a car engine. The person is wearing a red shirt. The engine components are visible, including the alternator and various hoses.

Visit us at 60 Bull St, Kulin, Monday to Friday from 7.30am to 4.30pm,
or call David at 0408952285 for more information.

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

Kulin Nursing Station:

Tues, Wed & Fri

8:30 - 12:30

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 the Shire for more

info.

KCCC ID

C10351204

ARTS CENTRE ID

C10333381

KULIN UPDATE SURVEY

KULIN UPDATE

SURVEY

To ensure our publications are up to optimum quality and most enjoyable/informative for our readers, we would love your feedback. This should only take 5 minutes and will help ensure that our future editions of the Kulin Update are tailored to what the community wants.

	UNSATISFACTORY	AVERAGE	OUTSTANDING
1) Quality of articles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) Content in update	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3) Want to see more of:	<input type="text"/>		
4) Want to see less of:	<input type="text"/>		
5) Thoughts on: General content (cooking corner, handy hints, around the world, etc)	BORING / UNINTERESTING <input type="checkbox"/> IRRELEVANT <input type="checkbox"/> INTERESTING <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VALUABLE <input type="checkbox"/> NEUTRAL <input type="checkbox"/>
6) Thoughts on: Staff members contributions (CRC corner, work happenings, FRC, KCCC, etc)	BORING / UNINTERESTING <input type="checkbox"/> IRRELEVANT <input type="checkbox"/> INTERESTING <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VALUABLE <input type="checkbox"/> NEUTRAL <input type="checkbox"/>
7) Thought on: Written work (event wrap ups, interviews, community contributions)	BORING / UNINTERESTING <input type="checkbox"/> IRRELEVANT <input type="checkbox"/> INTERESTING <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VALUABLE <input type="checkbox"/> NEUTRAL <input type="checkbox"/>
8) Any suggestions or comments:	<input type="text"/>		

THANK YOU FOR YOUR TIME AND FEEDBACK

**TO SUBMIT PLEASE HAND IN TO THE SHIRE OFFICE OR EMAIL
 CRCCOUNTER@KULIN.WA.GOV.AU
 IF YOU WOULD LIKE TO SUBMIT ANONYMOUSLY SEE THE SURVEY BOX
 LOCATED INSIDE THE KULIN POST OFFICE**