# THE KULIN UPDATE

13.03.2025

**6** PHONE DIRECTORY

**8** KULIN TRIATHLON

11 KONDININ KULIN CRICKET CLUB

Our 2025 Phone Directory is finally ready! See Stella at the Shire to grab yours.

We would love to hear your feedback from this event, please use the QR code or fill in the form on page 10.

Congratulations to the Kondinin Kulin Cricket Club on their Grand Final win against Corrigin Cricket Club!

# **COMMUNITY STRATEGIC PLANNING WORKSHOP**



# Have your say!

We are reviewing our Community Strategic

Plan and your input is vital!

Kulin Community Meeting
Freebairn Recreation Centre
Monday 17th March

5pm - 6pm - clubs and organisations

6.15pm - 7.30pm Kulin Community

Community input is vital to understand your aspirations for the future and identify where Council should focus efforts to make Kulin Shire a great place to live, work & play.

The session will be facilitated by Caroline Robinson (150Square), and Shire Councillors and senior staff will join community members for this interactive meeting

Light refreshments provided

For more information contact Taryn on 9880 1204 or emcs@kulin.wa.gov.au

KULIN COMMUNITY MEETING



# CONTENT CORNER



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/#newsletterscrol

**HAPPY BIRTHDAY!** 

**DEADLINES TO SUBMIT CONTENT** 

2025

2025

2025

2025

2025

2025

2025

**FOR THE KULIN UPDATE** 

March

April

April

May

May

June

22nd April

# March

25th

8th

29th

13th

27th

10th

13th	Barry Paynter
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14th Tasmin Noble, Liz Pittard

15th

16th Ambrose Poletti, Paul Buttigig

17th Sue Hobson, Gen Whisson,

Freyja Davies

18th

19th Olivia Turner

20th Ashlee West

21st Ron Argent, Macey Robertson

22nd Will Cook

23rd Michael Robins

24th Luke Ledwith

25th Ella Barndon

# 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 NC 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

# March

# 13th Art/Craft/Photography Exhibition

**DATES AND UPCOMING EVENTS** 

Corporate Bowls

14th Art/Craft/Photography Exhibition15th Art/Craft/Photography Exhibition

16th Art/Craft/Photography Exhibition

Bowls Championships 4s

19th Council Meeting

20th Corporate Bowls

22nd Bowls Semi Finals Pennants

25th Seniors Movie Day



# 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

# **COMMUNITY CALENDAR**

SATURDAY	7.2	12 Bowls Closing Day	19	26	
FRIDAY	4 Dr Chukwuneke in Kulin Bowls Men's Open Day Nurses Clinic Open (8:30-12) FRC open from 12pm	Dr Chukwuneke in Kulin Nurses Clinic Open (8:30-12) FRC open from 12pm Whotel open from 12pm KDHS Final Day Term 1	Good Friday  Dr Chukwuneke in Kulin  Nurses Clinic Open  (8:30-12)	ANZAC Day  Dr Chukwuneke in Kulin  Nurses Clinic Open  (8:30-12)	
THURSDAY	Playgroup Yoga Corporate Bowl 6pm Remedy Physio Hotel open from 4pm	The Kulin Update Yoga Corporate Bowls 6pm Remedy Physio Hotel open from 4pm	Yoga Corporate Bowls 6pm Remedy Physio Hotel open from 4pm	The Kulin Update Corporate Bowls 6pm Remedy Physio	
WEDNESDAY	Nurses Clinic Open (8:30-12) (8:30-12) Whotel open from 4pm Kulin Arts PLC On the Road Men's Regional Health & Wellness Initiative	9 Nurses Clinic Open (8:30-12) Whotel open from 4pm Kulin Arts A KDHS Leadership Camp	16 Council Meeting Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts	23 Nurses Clinic Open (8:30-12) Hotel open from 4pm Kulin Arts	30 Nurses Clinic Open (8:30-12)  Kulin Arts
TUESDAY	1  Or Chukwuneke in Kulin  Yogalates  Nurses Clinic Open  (8:30-12)	Senior Movie Day Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12) Hotel open from 4pm	15 Dr Chukwuneke in Kulin Yogalates Nurses Clinic Open (8:30-12)	Dr Chukwuneke in Kulin  Yogalates  Nurses Clinic Open (8:30-12)	29 • Dr Chukwuneke in Kulin  Yogalates • Nurses Clinic Open (8:30-12)
MONDAY		7 KDHS Leadership Camp	14 Hotel open from 4pm	21  Hotel open from 4pm  Easter Monday	28 KDHS Term 2 Commences
SUNDAY				20	27

# **CRC CORNER**

We are sailing through March and the month still has plenty to offer. Today we have the pleasure of hosting the Rural Health West Medical Student Immersion participants. morning at Kulin District High School and Kulin Child Care Centre where the students – the Teddy Bear Hospital. The kids love having the students interact and be involved in their day. Plenty of smiles at Kulin CCC this morning! After an hour at the Aquatic Centre riding the slide and having a dip a lovely lunch prepared by Acres of Taste and eaten in our beautiful gazebo/VDZ it is off for a town tour before heading out the Tin Horse Highway. Thank you to everyone who assisted with accommodation to facilitate this program.

It has been great to see local residents at the Dudinin and Pingaring Strategic Community Planning (SCP) workshops. Both meetings had great numbers and plenty of ideas and discussion. These workshops are integral in the SCP engagement, and I urge everyone to attend the Holt Rock workshop tonight (5pm at Varley Hall) and the Kulin workshops on Monday 17th March.

We have two workshops in Kulin with the first one being for all clubs and organisations. Our Not for Profits Organisations and Sporting Groups are important stakeholders in our community. We want to understand your plans going forward, challenges you are facing and the role of the Shire going forward in supporting your group.

We invite representatives from your organisation to attend a community meeting on Monday 17th March at the Freebairn Recreation Centre from 5pm - 6pm.

It is really important that your club/ organisation is represented to ensure your plans and challenges are captured. This information will lead to more informed decisions and better outcomes for the community.

The Kulin Community workshop will begin at 6.15pm and everyone is urged to come along and have their say. It is the community voice, ideas and discussions that we are wanting to capture so we can ensure our Community Strategic Plan does reflect our community aspirations.

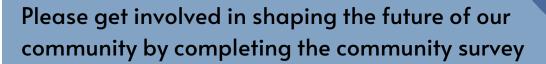
Please also fill out the online survey to provide additional information to be incorporated into the community feedback. If you would like a paper copy, come in to the Shire and collect one.

Taryn Scadding

Executive Manager of Community Services

# Have your say!

# Community Survey



https://www.surveymonkey.com/r/Kulin35

And don't forget to lock in a community meeting to attend!







# FOR SALE

The following item of plant is offered for sale by tender.

Writing submission must be sent to <u>tenders@kulin.wa.gov.au</u> or hand delivered to the Shire of Kulin offices no later than 2pm on Thursday 13th March 2025.

## TRADE or OUTRIGHT PURCHASE DETAILS

2019 Mitsubishi Canter 815 Tipper Engine No. 4P10D52896 Vin No. JLFFEB71G0KJ30391

Further details contact

Judd Hobson | 0427 801 241 | works@kulin.wa.gov.au









# SHIRE OF KULIN PHONE DIRECTORY 2025



2025 Phone Directory pricing:

A4 Colour\$20.00A4 B&W\$15.00A5 Colour\$15.00A5 B&W\$10.00

Collect at the Kulin Shire office





# **KULIN CHILD CARE CENTRE**

# **Kulin Childcare Centre**





We have taken a dive into our Ocean theme for the beginning of March. We have seen some great imaginative play including crew ships!

Painting turtles with bright food colouring supports our intentional teaching and fine motor. Turtles are something we often talk about during Ocean theme as they are affected often by floating rubbish.

Sustainability and waste management is reflected through our Ocean theme as we discuss what impact humans have on the environment. Our children are the next generation of people who will be responsible for *protecting preserving and improving the environment*. Sustainability is a principle in our learning framework, education around this topic and living the values in our centre allow our children to practise these life skills.





Our new sensory table filled with shells, sea animals and a pirate ship is proving to be very popular. We love listening to the ocean in our shells every day.





Team project – Treasure Chest! Over two days the children have painted and decorated a treasure chest to support our ocean theme is play. Completing a project such as this over a period of days allows children to practice teamwork and understand their daycare community.

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

# **KULIN TRIATHLON**

On the 8th of March we hosted the Kulin Triathlon which commenced at 8.00am. Thank you so much to everyone who helped out in the lead up to the event as well as on the day, people volunteering to time / sit on the course makes a huge difference and allows the event to run a lot more seamlessly. A huge thank you to Judd, Jones and the works crew for their massive help in the lead up and on the day with set up and pack away, we couldn't have done it without you. Another big thank you also to Taryn and the Kulin Shire for helping with the logistics of the event. Thank you also to KDHS and the Kulin Amateur Swimming Club for their contributions.

This event ran extremely well, we wrapped up around 10:30 and our mighty competitors were amazing with their efforts on the day! We even had every category but 1 filled which was really great to see. A job well done!

We would love to hear your feedback from this event, suggestions, comments, questions. Please use the QR code below or fill in the form on page 10 and return to the Kulin Shire.

Another big thank you to Healthway for your support of this years event!

**Junior Short Course (Team)** 

Winner

Tom Bowey | Parker Mullan | Hamish West

Time | 11.54

Runner Up

Milla Browning | Sophie Tyson

Time | 11.57

**Junior Short Course (Individual)** 

Winner

Amy Syred

Time | 13.10

Runner Up

Sam Murphy

Time | 13.18

**Junior Long Course (Team)** 

Winner

Toby Tyson | Ben Lucchesi | Hamish Stacev

Time | 23.49

**Junior Long Course (Individual)** 

Winner

David Valenta

Time | 25.45

Adult Short Course (Team) Winner

Anika Forherighame | Jenna Mouritz | Ellen James

Time | 40.19

Runner Up

'Everest'

Bernadette Havenstein | Peter Carmody | David Carmody

Time | 43.24

**Adult Short Course (Individual)** 

Winner

Christina Meier

Time | 37.08

**Adult Long Course (Individual)** 

Winner

Will Cook

Time | 59.39

Runner Up

Gary Harris

Time | 1.13.34

Stella Wade CRC Customer Service Officer









# **KULIN TRIATHLON**



















# **KULIN TRIATHLON**



# Feedback Form - Kulin Triathlon

We would love to hear your thoughts, suggestions, concerns or problems with anything so we can improve!

Feedback Type  ★ Comments	<b>★</b> Suggestions	<b>X</b> Questions
Describe Your Feedba	ack: *	
Name		
First Name Last Na	nme	
E-mail		
example@example.com		



# KONDININ KULIN CRICKET CLUB





# KULIN DISTRICT HIGH SCHOOL



Last Friday, 7th March, the competition was fierce as the Freebairn Flyers and Jilakin Rockets battled it out for the coveted shield in our annual Faction Swimming Carnival.

It was an incredibly close contest, with students giving their absolute best in every race. The swimming spirit was in full swing, and we couldn't be prouder of everyone who participated on the day!

This carnival wouldn't have been possible without the incredible efforts of Mark Jones (Kulin Pool Manager), the Shire of Kulin, Kulin DHS staff, our PE Teacher Taryn Day, her family and our dedicated Kulin DHS volunteer parents, who stepped in and filled all the roles—your help was truly invaluable.

A big thank you to all the parents and spectators who braved the sweltering heat to cheer on our swimmers. Special mention to the parents for helping during training; Tanja Spurr, Cindy Mullan, Michelle Miller, Sarah Reader, Minnie Lucchesi and Elle Bowey.

# FRIDAY 7 MARCH 25 FACTION SWIMMING CARNIVAL

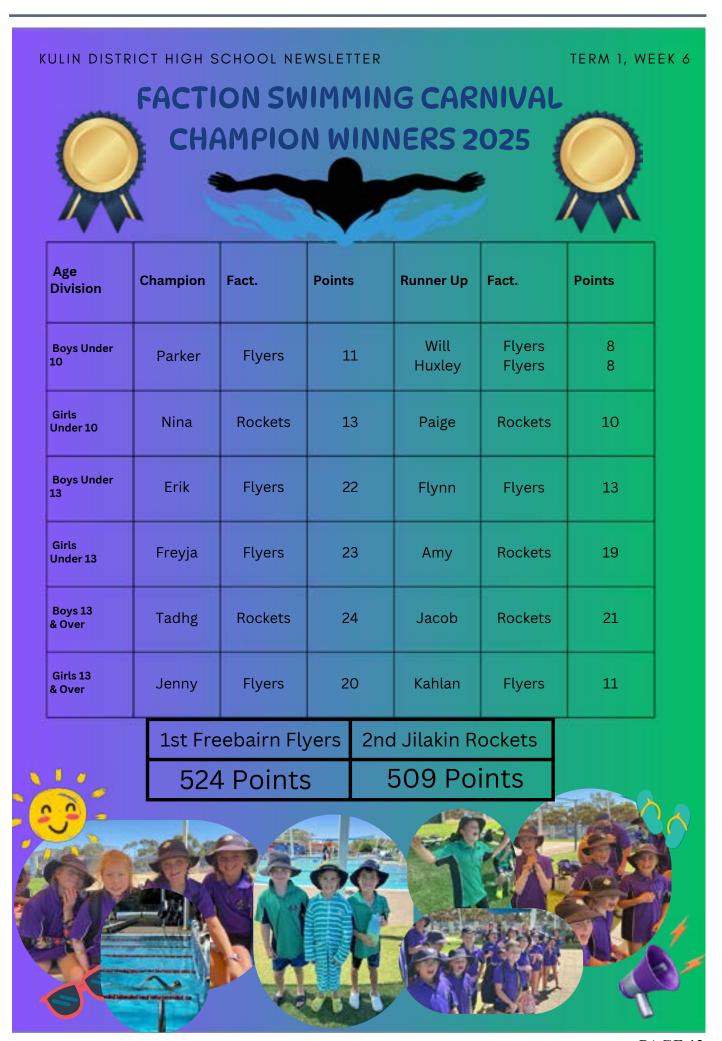
In the end, it was the Freebairn Flyers who claimed victory—congratulations to them! A special shout out to all our medal winners and the record breakers for their outstanding performances.

We now turn our focus to the Interschool Carnival on 27th March, where selected students will proudly represent Kulin against other schools in our district. We wish them the best of luck!



KULIN DISTRICT HIGH SCHOOL NEWSLETTER

# **KULIN DISTRICT HIGH SCHOOL**



Full Name:		
Maiden Name:		
Birth Date		Birth Date
Family Grandparents		
Parents		
Siblings		
Current I	Family (Spouse, children, da	aughter & son in laws)
Current I	Family (Spouse, children, da	aughter & son in laws)
	Family (Spouse, children, da	aughter & son in laws)
		aughter & son in laws)
		aughter & son in laws)

If you would like to submit an article - please see last page.

Where did you attend school?
Any further education?
Employment
Special Achievements
(Sporting, personal, education, business, work)
Community Involvement/Voluntary Work - any positions held
Where do/did you live?

Life and Work in Kulin
Defining Moments of your life
Any Special Memories (personal or community)

Significant Events in your life
How has Kulin changed?
Any other relevant information
Please feel free to include information on a separate sheet, but bear in mind the article will be kept to approximately two pages. Thank you for your contribution.
Please provide your email address or mobile, so the article can be sent to you to check for clarity.
Stella Wade   CRC Customer Service Officer   crccounter@kulin.wa.gov.au

| 9880 1204

# **COMMUNITY NOTICES**



**The Shire of Kulin** is proud to participate in *drumMUSTER*, a national product stewardship program for the safe disposal of empty chemical drums. Together, we're protecting our community and environment from the hazards of chemical residues.

# What we accept

Our site accepts clean, triple-rinsed chemical drums with lids removed. This ensures safe handling and meets recycling requirements.

## What happens to the drums

Recovered drums are recycled into products such as new chemical drums, concrete bar stools, and Gallagher droppers, promoting a circular economy.

## How to get involved

- 1. Load your trailer with clean drums only.
- 2. Visit Shire of Kulin Waste Transfer Facility
- 3. Drop off your drums at the cage and complete the declaration form.

## Reminder: Clean drums only.

Drums that are dirty or have lids create processing issues and will not be accepted.

For more information, contact Shire of Kulin on 9088 1204.

Thank you for supporting safe farming practices!

# Kulin Community Financial Services Limited

### **Company Secretary/ Treasurer/ Board Support**

Over the past 25 years, Community Bank Kulin has become a significant part of Kulin and its surrounding communities. It has provided local banking and financial services which has created community contributions totalling 1.7 million dollars.

Kulin Community Financial Services Limited operates under the Bendigo Bank franchise and oversees the management of Community Bank Kulin. Run by a board of passionate community volunteer directors it conducts one meeting per month.

We are looking for someone to join our team in the remunerated role of company secretary/ treasurer/ board support. Reporting to the chairperson of the board, your role will involve coordinating the financial and administrative operations of the company including:

- Managing Board processes including preparation and circulation of agendas and minutes,
- Managing correspondence and liaison with shareholders,
- MYOB invoicing and bill payments including BAS and PAYG,
- Monthly financial reporting to Bendigo & Adelaide Bank Limited,
- Co-ordination of company audits and compliance obligations,
- Manage community point of sale device,
- Marketing and social media material,
- Manage community grant funding applications.

This is a flexible position working approximately 10 hours per week. To discuss the role contact Alison Lucchesi on 0439927315. Please send applications to <a href="mailto:kcfschair@outlook.com.au">kcfschair@outlook.com.au</a> by 31st March 2025





When: Friday, 14th of March, from 6:00pm

Yenue: Kulin community hub

A lamb themed night with an auction and music by TINNY BAND



FYFE TRANSPORT





STUD



**GANGELLS LIVESTOCK** 





# Seniors Movie Day

Tuesday | 25 March | 11am - 1pm

Three bachelors, Peter (Tom Selleck), Jack (Ted Danson), and Michael (Steve Guttenberg), live together in a Manhattan penthouse. When Jack is away, a baby girl named Mary is left for him by her mother, who had a fling with Jack a year earlier. Peter and Michael must learn to care for the baby while Jack is away. They initially think they'll be happy to hand the task over to Jack when he returns, but they end up enjoying being fathers. When Mary's mother returns to reclaim the baby, the men are unwilling to give her up.



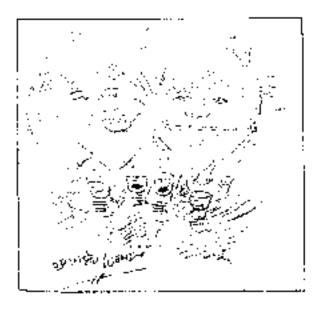


Coffee & tea provided | Free event

# KULIN BUSH RACES 2006 CARACTER SKETCHES









# ZUCCHINI PIZZA AND PANZANELLA SALAD AND FRIED PESTO EGGS

### Zucchini Pizza

### **Ingredients**

- 2 Bakers Delight White Pizza Bases
- 2 tbsp pesto sauce
- 120g mixed pizza cheese
- Zucchini
- Salt and pepper
- ½ cup pine nuts
- 2 tbsp olive oil
- 100g ricotta
- 50g parmesan
- 8 fresh basil leaves
- 2 lemon wedges

### Method

### Step 1

Preheat oven to 200c.

## Step 2

Ribbon the zucchini using a vegetable peeler.

# Step 3

On a lined baking tray place down the pizza bases and spread with the pesto, followed by the grated cheese, zucchini ribbons, salt, pepper, pine nuts and a drizzle of olive oil.

### Step 4

Cook in the oven for 10 minutes, or until the cheese is bubbly and golden.

### Step 5

Remove pizza from the oven and top with dollops of ricotta, parmesan, fresh basil leaves and a squeeze of lemon.



### Panzanella Salad

### **Ingredients**

- ½ Bakers Delight Sourdough Vienna, torn
- 2 yellow peaches, stoned, cut into wedges
- 400g mixed cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 3 radishes, thinly sliced
- 2 Lebanese cucumbers, cut into ribbons
- 1/3 cup (80ml) red wine vinegar
- 1 garlic clove, crushed
- ½ cup (125ml) extra virgin olive oil
- 4 slices prosciutto
- 100g fetta, crumbled
- Basil leaves, to serve

### Method

## Step 1

Arrange the peach, tomato, onion, radish and cucumber in a bowl. Place vinegar, garlic, mustard and 3 tbsp oil in a screw top jar. Season. Seal and shake until well combined. Drizzle over peach mixture. Gently toss to combine. Set aside for 10 minutes to develop the flavours.

### Step 2

Meanwhile, heat half the remaining oil in a large frying pan over medium heat. Cook half the sourdough, tossing, for 2-3 minutes or until golden crisp. Repeat with the remaining oil and sourdough.

### Step 3



Cook the prosciutto in the pan for 1-2 minutes each side or until golden brown. Transfer to a plate and set aside to cool. Tear into pieces.

## Step 4

Arrange the peach mixture and sourdough pieces on a serving platter. Top with prosciutto, fetta and basil leaves. Season to serve.

## Fried Pesto Eggs

### **Ingredients**

- 2 slices Bakers Delights Sourdough Vienna
- 2 tbsp pesto
- 2 eggs
- ½ an avocado (mashed)
- Salt, pepper, chilli flakes (optional to taste)

### Method

### Step 1

Heat a non-stick pan on medium heat and add 2 tbsp of pesto.

### Step 2

Crack the eggs in slowly and cook for 2-3 minutes or until the egg white is fully cooked.

## Step 3

Meanwhile toast the sourdough and evenly spread the avocado on top.

### Step 4

Once the pesto eggs are cooked, place on top of the toast and top with salt, pepper and chilli flakes.



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# **KULIN CULTIVATOR**

# VOL. 1 NO. 1 OCTOBER 1994 - KULIN HOCKEY CLUB INC NOTES

The 1994 hockey season has drawn to a close, after a very busy year for Kulin. President Jo Noble, Secretary Chris Tholstrup and Treasurer Andrena Mullan were the club organisers this year. A very successful 'Tree Thinning' day was held in February at Bryan and Debbie Robins tree nursery, and this proved to be a good fund raiser. A very pleasant steak night was also held during the year. The club was able to purchase new uniforms for the 1994 season.

Kulin fielded four teams this year and a Minky competition which was organised by Chris Tyson.

C Grade – coached by Shelly Scadding finished just out of the four in 5th spot on goal average.

**Junior Boys** – coached by Judy Riddell finished in 4th and were beaten by Corrigin in the 1st Semi Final.

**B** Grade – coached by Jo Noble won the B Grade Premiership, beating Lake Grace 4 goals to nil. B Grade lost only one game for the season.

A Grade – coached by Cheryl Dearlove finished in 6th place.

Kulin were responsible for the Association books this year with Mary Hawking as president, Robbie Bowey Secretary, Bernadette Havenstein Treasurer and Sue Hobson Records Clerk and Uniform person. So, nearly everyone in the Club had a job to do in 1994. Kulin hosted the Grand Finals this year. They were also well represented at Country Week with 8 players attending and Robbie Bowey was manageress. Mary Hawkins was awarded her C grade umpiring badge this year also.

Chris Tholstrup shared the Association B Grade Fairest and Best with June Collins from Corrigin. Christ was also the highest goal scorer in the Association for B Grade.

Five girls and a group of boys from Kulin attended Junior Country Week in the July school holidays this year. Jemma Robertson and Gabrielle Lucchesi played in the under 15 association team which played off in the final. They were unlucky to lose on a penalty shoot out.

Club Achievements for the 1994 season were:

A Grade Fairest & Best won by Cheryl Dearlove

Runner Up won by Sue Hobson

B Grade Fairest & Best won by Chris Tholstrup

Runner Up won by Eva Cook

**Best In The Finals** 

won by Chris Tholstrup, who also scored 7 goals

Sue Hobson has already started her pre-season training for 1995 and is at the moment in Alice Springs playing in the Masters games. The Club AGM will be held in February 1995.

# VOL. 5 NO. 2 MARCH 1998 - NATIONAL BANK CLOSURE

The closure of the bank will effect everyone. It has been estimated that business turnover reduces by 20% to 25% when there ceases to be a bank in town.

Tuesday 24 February 1998 there was a meeting at the Kulin Community Centre attended by 119, regarding the closure of the National Bank in Kulin. The meeting resolved to do whatever possible to have banking services retained in Kulin.

# The Main Courses Of Action Discussed Were.

Existing National clients to write to the Bank, expressing their dissatisfaction with the closure, and the way it is being managed, and stating whether they intend taking their banking business elsewhere IF there is not a National Bank service in Kulin.

Customers who have previously transferred to one of the Rural Finance Teams (e.g. Narrogin) to let the team leader know that they will be reviewing their banking arrangements. Shire to meet with National Bank representatives to find out if there is a level of business required to ensure there is a National Bank service in Kulin. If so, endeavor to generate this level of business from the Kulin community.

### **Existing National Bank Customers**

The Shire have all the addresses and fax numbers for sending correspondence. Call the Shire on 9880 1204. The Shire and Telecentre

will also assist with faxing if you do not have access to a fax machine.

When writing to the NAB please advise them if you would retain your NAB account if there was a service in Kulin and whether you intend taking it elsewhere if they close the Branch. Include all the services you use from the National. Include your cheque book, savings, accounts and those of your children (their future customers), term deposits, life and business insurance, credit cards, EFTPOS cards etc.

If you are a member of a sporting club, advice that you will be encouraging the club to close their account if the NAP cannot continue to provide the level of service currently enjoyed by the club.

# Personality of the Week

# Nadia Bull

Born: 15.01.2007

Work: Kulin Child Care Centre Educator

Pets: A dog and a chicken | Kingston and Butter

Favourite Sports: Hockey

Favourite Singers: Billie Eilish. Zach Bryan

Favourite Movies: 10 Things I Hate About You

Favourite TV Shows: Greys Anatomy, FRIENDS, Gilmore Girls

Favourite Food: Pasta

Favourite Animals: Meerkats and dogs

Favourite Pastimes: Swimming and going on long walks

# Personality of the Week

# Haydn McInnes

Born:

Work:

Pets:

Favourite Sports:

Favourite Singers:

Favourite TV Shows:

Favourite Food:

Favourite Pastimes:



11.11.1943

Retired (tired)

No pets

Football

Slim Dusty

The news

Roast

Helping Lions

_	HARMONY DAY
	My Family Recipe
r	INGREDIENTS
-	
	METHOD
-	
-	
-	
-	

_		
	HARMONY DAY	
	My Family	
	OUR COUNTRIES OF BIRTH:	
	Me:	
	My mum: My dad:	
	Mum's mum: Mum's dad: Dad's mum: Dad's dad:	
	CELEBRATIONS WE OBSERVE	
	SPECIAL FOODS WE EAT:	

# HOW TO STAY CALM UNDER PRESSURE IN THE WORKPLACE

# The Importance Of Staying Calm In The Workplace

What draws the line between successful people? While there can be many factors, the ability to remain calm and combat stress as it occurs is a huge one. In many cases, even just having a positive attitude and outlook on life can be the difference between success and failure. In most cases, knowing the benefits of staying calm can help provide the necessary motivation to reach a specific goal. Here's what you can expect from learning how to control your emotions at work.

# What Causes Pressure In The Workplace?

### Heavy Workload:

Many workers report having too many tasks on their plate at one time, so its hard to keep up with their to-do list. Also, as companies consolidate workforces and reduce employee sizes, workloads become even heavier and create more pressure.

### Deadlines:

Nothing can ramp up the pressure like a tight deadline. Unfortunately, one problem can turn into multiple when you fall behind. For example, if you miss one deadline for one task, you'll struggle to catch up with the next one, and so on.

### • Clients:

Ideally, clients will be easygoing and love everything you do for them. Unfortunately, in the real world, clients can be demanding and high maintenance. In some cases, clients can add pressure by requesting lastminute changes or adjustments that take more work than they realize.

# • Inefficiencies And redundancies:

When worked have to go through hoops to complete a task, it can be frustrating and stressful. When combined with everything else, inefficient workplace operations can increase pressure by creating bottlenecks and time-consuming processes. When the pressure gets

too great, the entire system could collapse.

# Strategies For Staying Calm Under Pressure At Work

### **Practice Deep Breathing**

When the workload is too overwhelming, it's easy to get distracted by other tasks or future deadlines. Deep breathing helps you stay focused on the present moment and the task at hand. In Some cases, you may want to use external tools to help you with your breathing exercises. For example, a timer can help you know how long to breathe in and out.

### Take Breaks

Taking breaks is a cornerstone of avoiding burnout and stress in the workplace. While you shouldn't be on break more than you're at work, there's nothing wrong with small breaks in between tasks. The brain can only handle so much stimulation at once, so it's imperative to take mental breaks.

### **Consider Your Priorities**

No matter what, some tasks will always take precedence over others. By prioritizing your to-do list, you can make sure you're focusing your time and energy on what matters most right now. Also, when it comes to managing stress and taking breaks, consider your personal priorities. For example, do you want to feel more rested or relaxed, or do you want to be better at jumping from one task to the next? Knowing these priorities can help you train your brain accordingly.

## **Maintain A Positive Attitude**

Workplaces have all kinds of personality types, but those with a positive attitude tend to outshine those with a negative one. Positive feelings can help you feel refreshed and energized, not drained and defeated. A simple way to reframe your workload is to pay attention to tasks you've accomplished, not those you haven't started on yet. When you

focus on your productivity throughout the day, it's easier to feel like you've done something rather than looking at what's still on your list.

### **Seek Support**

No one can handle everything themselves, and there's nothing wrong with asking for help. Coworkers, managers, and supervisors are all there to help you succeed, so all you have to do is ask. That said, make sure to have specific questions or tasks instead of just asking 'for help'. When you can be clear about what it is you need, it's easier for others to step in and assist you.

### **Focus On The Present Moment**

As we mentioned, staying calm means staying focused on the present and not the future. In some cases, listening to productive music can help you stay focused. In other instances, you may just have to train your brain to ignore other tasks on your to-do list until you're finished with one.

# **How To Prevent Stress In The Workplace**

While managing stress and staying calm are valuable skills to master, you must also focus on preventing stress in the workplace. Here are some excellent method to make the job far less overwhelming:

# - Use High-Productivity Tools.

As we mentioned, automation can go a long way toward relieving stress without sacrificing productivity. The trick is knowing when to automate and when to do a task yourself.

### - Maintain Open Communication

When everyone is in their own bubble, it's easy for the pressure to build too much. Open communication and collaboration allow you to breathe a little and discuss problems with others. When everyone is working toward the same goal, its much easier to stay calm and focused on the task at hand.

# HARMONY DAY

Harmony Day (21 March 2025) is part of Harmony Week, which celebrates Australia's amazing cultural diversity. During this week, schools celebrate inclusiveness, respect and a sense of belonging for all Australians, from the traditional custodians of the land to those who have come from many countries around the world.

This week of inclusiveness is celebrated from Monday, 17 to Sunday, 23 March 2025, so there are plenty of opportunities to create and participate in activities all week long.

With the motto 'Everyone belongs', Harmony Week encourages to us appreciate our differences and similarities, promote inclusiveness, and show mutual respect for everyone, regardless of race, colour, religion or background.

## **About Harmony Day**

Harmony Day is an Australian Government program that centers on the message that 'Everyone Belongs', reinforcing the importance of inclusiveness to all Australians. Since 1999, thousands of Harmony Day events have been staged in childcare centers, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

### The History Of Harmony Day

Harmony Day was first celebrated in Australia in 1999. People celebrate it by reflecting on the ways they can live in harmony with their neighbours. In 1998, the government commissioned a study into the nature of racism that highlighted a greater need for people to 'live in harmony'. As a result, Harmony Day was created to encourage everyone to respect each other and appreciate the country's vibrant multicultural background.

### **Fascinating Facts**

# Some Interesting Statistics About Australia's Diversity.

o We identify with over 300 ancestries in Australia

- o 812,728 people identified as Aboriginal and/or Torres Strait Islander. This is an increase of 25.2% since 2016, representing 3.2% of the population.
- o 167 Aboriginal and Torres Strait Islander languages were used at home by 76,978 Aboriginal and Torres Strait Islander peoples. The most widely reported language groups used were Arnhem Land and Daly River Region Languages (14.5%) and Torres Strait Island Languages (12.0%).
- o Since 1945, more than 7.5 million people have migrated to Australia
- o The top five most reported ancestries included English 33.0%, Australian 29.9%, Irish 9.5%, Scottish 8.6% and Chinese 5.5%.
- o Mandarin is the most common language other than English spoken in Australia with 685,274 people using Mandarin at home.
- o 85% of Australians agree multiculturalism has been good for Australia

### **How To Celebrate Harmony Day**

As an educator, you can use this day (or week) to help students understand the importance of celebrating diversity, inclusion, respect, empathy and community. Harmony Day activities help us understand how all Australians equally belong to this nation and enrich it. We've put our thinking caps on and curated some ideas that schools can use to celebrate Harmony Day 2025 in a respectful and engaging way.

## Wear Orange

On the official Harmony Week website, it tells us that 'orange is the colour chosen to represent Harmony Week' as it 'signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.' So, ask your class or school to wear something orange on Harmony Day



to show their support for cultural diversity and an inclusive Australia.

### **Share Stories**

What better way to promote diversity than by exploring different cultures and customs from your peers? Encourage students to share stories about their backgrounds with their classmates. Storytelling is such a personal way to learn about different traditions and a way to promote crosscultural understanding.

### Eat The World's Yummiest Food

Food is a universal language that brings people together. Encourage students to bring in a traditional dish from their culture or organise a multicultural food festival. This is a fun (and yummy) way for children to learn about different cultures and celebrate our culinary similarities and differences. Perhaps your class can bake a Harmony Cake, mixing different ingredients to produce a delicious and harmonious result.

# **Cultural Display**

Set up a cultural display in your classroom, featuring artifacts, pictures and other items from different cultures around the world. Encourage students to contribute to the display by bringing in items from their culture or a culture they're interested in. This is a great way to spark conversations about different traditions.

### **Explore Your Diverse Community**

Give students a deeper understanding of the cultural diversity of their community by going on a community walk. Point out cultural landmarks, such as religious buildings or monuments and discuss the significance of these landmarks to the community.

INFORMATION FOR CUSTOMERS

# Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

# More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

# Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- · people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- · registering and using the agency's online services
- · new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- · non-cash Medicare transactions
- · enrolling for and issuing new Medicare cards
- · updating and re-issuing Medicare cards
- · social work support and referrals.







# Serving regional Australia

Visit the mobile service centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

We can also help veterans and their familes connect to the Department of Veterans' Affairs phone line and online services.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

# Tuesday, 8 April 2025

9:30 am to 4:00 pm

Near the Visitor Discovery Zone, Johnston Street

**KULIN** 



For more information, go to servicesaustralia.gov.au/mobileoffice

# **COMMUNITY NOTICES**



### 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 **15th 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









# REGIONAL COLUMN

www.demirs.wa.gov.au www.wa.gov.au

6 March 2025

# With Senior Regional Officer for the Great Southern, Chadd Williams

## Paying extra? What to know about surcharges

Have you found yourself paying \$17.45 for two flat whites on a public holiday? No, the price of your morning coffee hasn't gone up, you were most likely hit with a surcharge.

Hospitality businesses often charge a surcharge on public holidays to cover higher wage costs. Staff must be paid penalty rates on weekends and public holidays, so your favourite café, restaurant or pub may pass on these extra costs to you.

Paying a surcharge should never come as a surprise. You should be made aware of any weekend or public holiday surcharges before you decide to order or buy from a restaurant, pub or cafe.

The menu or price board must include the wording 'a surcharge of [percentage] applies on [the specified day or days]'. This statement must be easy to see and noticeable, so you know the price displayed won't be the final price charged on those specified days.

Alternatively, if the menu does not list prices, the information about the surcharge must be displayed in some other obvious way so you're aware *before* you order. This could be a large sign at the door or at the cash register.

So, if your local pub fails to let you know your pint of beer is going to cost a little more on a public holiday, this may be a breach of the Australian Consumer Law.

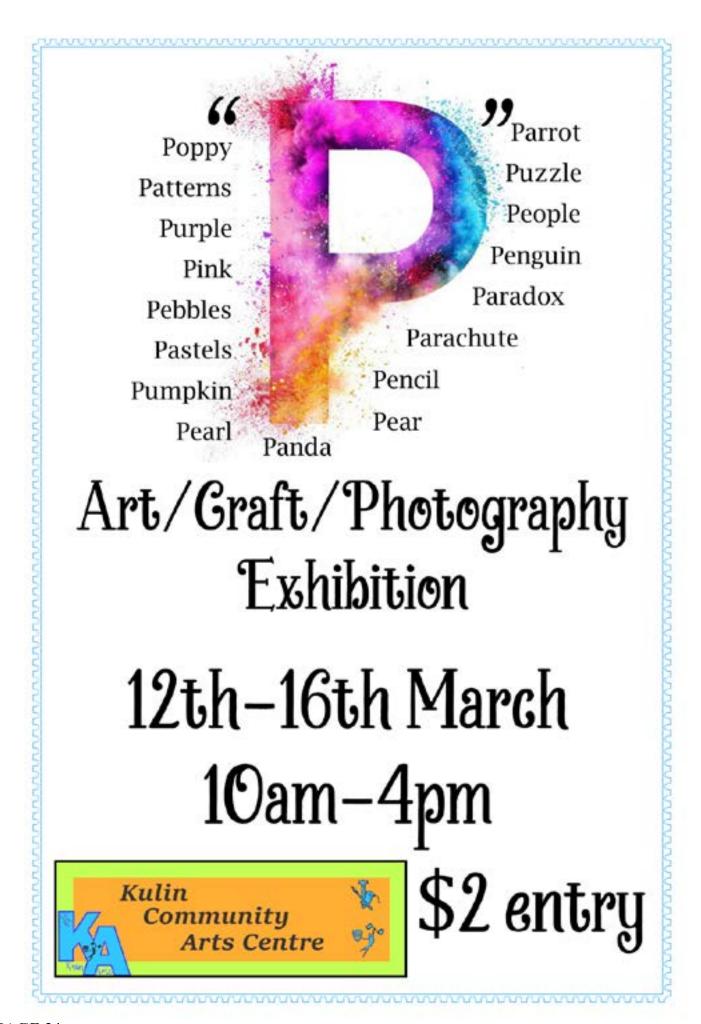
Another type of common surcharge is credit card surcharges. The good news is there are rules about this too. Card surcharges are permitted under the Australian Consumer Law, however the fee must only reflect what it actually costs the business to process the payment, such as bank fees or terminal costs. If a business charges a payment surcharge, it must be able to prove the costs it is based on.

If there is no other way for you to pay without incurring a surcharge, then the business must include the fee in the total cost. For example, your local café charges \$5 for a coffee, but they do not accept cash, and all card payments are surcharged. Then it is not possible for you to buy that coffee at \$5. If the surcharge is 1% then the price displayed must clearly be \$5.05 so you can easily tell how much your coffee really costs.

In the same way a hospitality business must let you know about surcharges; they must also let you know if they don't accept cash.

Remember, purchasing goods or services is entering into an agreement with a seller. You do not have to agree to make the purchase if the payment methods or final price aren't acceptable to you.

If you feel you have been misled by a business about surcharges, have a chat with them first about it and see if they can help rectify it. Otherwise, report it to Consumer Protection – 1300 30 40 54 or consumer@demirs.wa.gov.au





# Kondinin Community Resource Centre Inc

Kondinin CRC has a permanent part time position available for a **Finance Officer**.

The application package is available on request from the Kondinin CRC at <a href="mailto:coordinator@kondinincrc.com.au">coordinator@kondinincrc.com.au</a> or by contacting the CRC on 9889 1117.

Selection criteria must be addressed when applying.

# Applications close at 4 pm on Wednesday 26<sup>th</sup> March 2025

Written applications must be submitted to:

The Coordinator, Toni Smeed Kondinin Community Resource Centre, either by

- Post to PO Box 10, Kondinin WA 6367
- Hand delivered to Kondinin Community Resource Centre
- Email: <a href="mailto:coordinator@kondinincrc.com.au">coordinator@kondinincrc.com.au</a>

# Mazda 3 - \$20,500 ono

# **BP2HLA G25 GT Hatchback 5dr SKYACTIV-Drive 6s 2.5-**

# 2019 Mazda 3 G25 GT BP Series Auto

- Apple / android car play connectivity
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- Dual zone climate control air conditioning and forward collision alert/warning.
- 7 airbags fitted for your safety with an ANCAP safety rating of 5
- HUD Head up Display
- High spec GT model 2.5ltr engine with full electrics
- Lane assist ABS ESC Forward monitoring Cruise control
- Preset driver seat positioning
- Heated seats and steering wheel
- Good tyres...

Excellent vehicle, excellent condition. Full service history, no issues, country km's.

Contact Andrew - 0429 907 422















## wacountry.health.wa.gov.au



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











# **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.

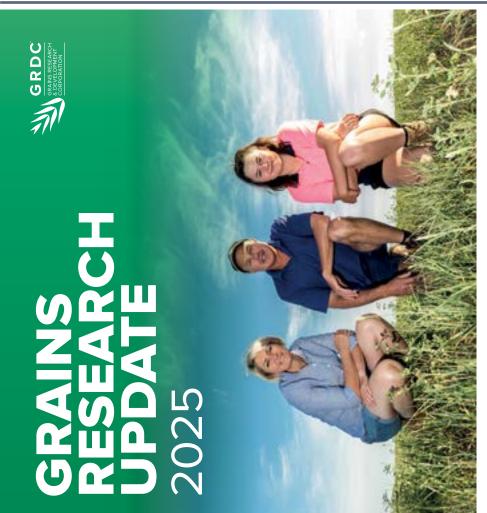
Discover our wide range of tyres suitable for passenger cars, light vehicles, agricultural machinery, trucks, and industrial equipment. Our tyres are designed to provide optimal performance, safety, and durability for all types of vehicles and applications.

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.









Discuss the latest farm-ready information to improve profit with researchers, agronomists and leading growers at the Kulin GRDC Grains Research Update.

Topics include:

Soil Amelioration – Does it pay on more challenging soils? Gaus Azam, DPIRD and Mark Pearce, Tarin Rock

Location: Freebaim Recreation Centre, Kulin-Lake Grace Rd Registration: 915and for a 10:00am start. Finish 5:00pm. Cost: Free to attend. Please RSVP to assist in catering and venue preparations. Included. Morning and afternoon tea, lunch and networking sundowner. Workbook also included

Wednesday 19 March 2025

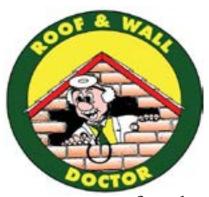
Optimising herbicides and where are we headed?
Mark Congreye. ICAN

Experiences from a UK Grain Grower Dick Hall, UK

בוכא חמון, טא (Program subject to change)

To register, please visit grdc..com.au/events For further information, please contact Nadia Chiang on 08 6262 2128 or email admin@giwa.org.au This one-day Kulin Update is brought to you by GRDC and hosted by ConsultAg

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Email:- <a href="mailto:info@roofandwalldoc.com.au">info@roofandwalldoc.com.au</a>
As Seen on GWN & Channel 7 "Home in WA"

### SHIRE CONTACTS

# JUSTICES OF THE PEACE

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

# MEDICAL CENTRE

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

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

# Leedbick,

# **Kulin Aquatic Centre & Waterslide**

Well worth the drive Such an amazing pool!

We really enjoyed our trip to Kulin. We drove from Perth for a day out, long day but worth the drive. we've made plans to visit again and stay overnight next time.

The pools offer a variety of depths. Giant slide that the kids loved.

Plenty of shade sails and grassy areas to sit.

Definitely making the trip back again!

An oasis in the country on a hot day

Awesome slide and pools for little kids right up to big kids! Nice
grassed areas and toilets and showers were super clean. Friendly staff
and reasonably priced. An oasis in the country on a hot day!!

Tin Horse Highway - Lots of laughing and giggling
Gorgeous experience! 12 km of funny objects made of tin cans. A
must to see when you are in this region!

## **Kulin Caravan Park**

Amazed, stayed for one Friday night only on our long journey to the great Southern. The park is simple, immaculate, and effective.

Booking was a breeze and customer service was above and beyond. Thankyou. The community at Kulin, evident in the Hub on a Friday night just shows what can be possible. The vibe in this place was so encouraging to any a visitor, adding also that the Goliath pizzas took a while to digest. This should be on your tourist stop over list, have never felt so welcome. Thankyou Kulin