

THE KULIN UPDATE

20th November 2025

6 COMMUNITY GARDEN CATCHUP

Come and let us know what you want for the future of the Kulin Community Garden.

12 FIRE DANGER RATINGS & BUSHFIRE WARNINGS

Make sure you understand the NEW Fire Danger Ratings & Bushfire Warning Systems!

20 BUSH RACES 2026

An update from Kulin Bush Races, planning for 2026 is already underway and dates have been announced.



Kulin Aquatic Centre and Waterslide

The Waterslide is open this weekend!

Saturday 22nd & Sunday 23rd November

Aquatic Centre Opening Hours

	Pool	Slide
Monday	Closed	Closed
Tuesday	6-8am, 12-6pm	Closed
Wednesday	6-8am, 12-6pm	Closed
Thursday	6-8am, 12-6pm	Closed
Friday	6-8am, 12-6pm	Closed
Saturday	11am - 6.30pm	1-5pm
Sunday	11am - 6.30pm	1-5pm





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

02nd Dec	2025
16th Dec	2025

DATES AND UPCOMING EVENTS

NOVEMBER	
25th	Seniors Movie Day
DECEMBER	
2nd	Seniors Christmas Lunch
13th	Community Christmas Party
14th	Kulin Tennis Club PJ Party
18th	KDHS School Holidays Begin

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4 Doctor in Kulín Nurses Clinic Open (8.30 - 12.00) Yogalates Remedy Physio	5 Doctor in Kulín Nurses Clinic Open (8.30 - 12.00)	6 The Kulín Update Remedy Physio	7 Nurses Clinic Open (8.30 - 12.00)	8
9	10	11 Remembrance Day Doctor in Kulín Nurses Clinic Open (8.30 - 12.00) Yogalates Remedy Physio	12 Council Meeting Doctor in Kulín Nurses Clinic Open (8.30 - 12.00)	13	14 Nurses Clinic Open (8.30 - 12.00)	15
16	17	18 Doctor in Kulín Nurses Clinic Open (8.30 - 12.00) Yogalates Remedy Physio	19 Doctor in Kulín Nurses Clinic Open (8.30 - 12.00)	20	21 Nurses Clinic Open (8.30 - 12.00)	22
23	24	25 Senior Movie Day Doctor in Kulín Nurses Clinic Open (8.30 - 12.00) Yogalates Remedy Physio	26 Doctor in Kulín Nurses Clinic Open (8.30 - 12.00)	27 The Kulín Update Remedy Physio	28 Nurses Clinic Open (8.30 - 12.00)	29
Kulín to Cambodia Student Presentations					Nurses Clinic Open (8.30 - 12.00)	

This week has certainly tested the resilience of our community and our infrastructure. Wednesday's downpour put our drainage system under significant pressure; however, the water did drain, and thankfully no major damage occurred.

Unfortunately, the rainfall has had a considerable impact on the roadworks along Kulin-Holt Rock Road. Updates regarding road conditions and closures will continue to be shared on Facebook. If you have any questions, please contact Judd or the Shire Administration.

It is with great anticipation that we welcome the opening of the Waterslide this weekend. There has been strong interest in the opening dates, and we expect the weekend flow of visitors to our town to begin

quickly as people come to enjoy this fantastic facility. We look forward to welcoming everyone to our community.

As we head towards December, the CRC is pleased to be hosting several events for the community. The annual Seniors Christmas Luncheon will be held on Tuesday 2nd December at the Freebairn Recreation Centre. While it is titled "Seniors," we propose a new title – Kulin Classics. You've done a lap or three around the sun. You're seasoned. You're savvy. Basically—you're a classic. So, for our local legends 55 and up, we dub you the Kulin Classics. You're not senior. You're timeless. Let's celebrate the collective wisdom, the belly laughs, and the memories still to be made. This year's event

includes a little twist, with plenty of enjoyment planned—so make sure you call the CRC to book your spot!

Also pencil in the Community Christmas Party on 13th December 2025. Further information is in this edition, and we look forward to celebrating 2025 in a fun and relaxed environment.

Hopefully those headers will be back in full swing soon, and we look forward to connecting with our community members throughout December.

Taryn Scadding

Executive Manager of
Community Services



kulin shire road closure kulin-holt rock road

The Shire of Kulin advises that Kulin Holt Rock Road will remain closed to all traffic between **Paperbark Road and the Lake Grace Road** turnoff.

Yesterday's (19/11/25) heavy rainfall caused significant pavement damage, and the ability to complete repairs is dependent on how quickly the saturated gravel subgrade dries out. Our works team is monitoring the site daily.

Detours remain in place and are appropriately signed. Please follow all traffic management directions for your safety and to avoid further damage.

We appreciate the community's patience and will provide updates as soon as conditions allow repairs to proceed and the road to reopen.

For further information, please contact Executive Manager of Works.

 **Judd Hobson - Executive Manager of Works**
0427 801 241

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		 Doctor in Kulin Yogalates	 Nurses Clinic Open (8.30 - 12.00)	 The Kulin Update Remedy Physio	 Doctor in Kulin Nurses Clinic Open (8.30 - 12.00)	
7	8	9	10	11	12	13
	KDHS Specialist Program 	Senior Movie Day KDHS Specialist Program  Doctor in Kulin Yogalates	 Nurses Clinic Open (8.30 - 12.00)	KDHS Year 10 Graduation	 Doctor in Kulin Nurses Clinic Open (8.30 - 12.00)	 Kulin Community Christmas Party
14	15	16	17	18	19	20
		 Doctor in Kulin Yogalates	 Council Meeting Nurses Clinic Open (8.30 - 12.00)	KDHS Final Day Term 4	 Doctor in Kulin Nurses Clinic Open (8.30 - 12.00)	
21	22	23	24	25	26	27
			 Christmas Eve SHIRE OF KULIN CLOSED	 Christmas Day SHIRE OF KULIN CLOSED	 Boxing Day SHIRE OF KULIN CLOSED	SHIRE OF KULIN CLOSED
28	29	30	31	THE SHIRE OF KULIN OFFICE WILL BE CLOSED FROM WEDNESDAY THE 24TH OF DECEMBER 2025 AND WILL REOPEN MONDAY THE 5TH OF JANUARY 2026		
			 New Years Eve SHIRE OF KULIN CLOSED			

Kulin Community Garden

CATCH-UP & MORNING TEA

WEDNESDAY THE 26TH NOVEMBER 2025



Join us at 9:30am at the Shire Offices for a short walk to the Community Garden, followed by a relaxed morning tea where we'll celebrate the hard work already sown and share ideas for growing a welcoming space that encourages learning, connection, and community spirit, whether you're a seasoned green thumb or just starting out.

We'll chat about what's working well, what could be improved, garden guidelines, signage, infrastructure updates, grant opportunities, and more.

Your ideas, knowledge, and hopes are the seeds of our next chapter – come help us shape it.





Media Release

Pingaring Rock Water Infrastructure – Funding Success

The Shire of Kulin is pleased to advise the Pingaring community that we have been successful in securing funding through the Department of Water and Environmental Regulation's (DWER) Community Water Supplies Partnership Program.

This funding will enable Council to proceed with renewal works to a portion of the historic pipe network and the tank inlet system servicing the Pingaring Rock Water Catchment. These works will improve water transfer efficiency, reduce losses, and help protect the long-term viability of this important community water asset.

The Pingaring Rock tank and catchment have supported the district for generations, and Council recognises the ongoing efforts of local landholders, volunteers, and the wider community who continue to maintain and advocate for the preservation of this asset.

Work is scheduled to commence within the next few weeks, with contractors now being confirmed and materials procurement underway. The Shire will provide further updates as works progress.

The Shire of Kulin extends its appreciation to DWER for supporting regional water security and acknowledges the strong community interest in preserving this important piece of Pingaring's heritage and water resilience network.

For further information, please contact the Shire office on (08) 9880 1204 or email ceo@kulin.wa.gov.au.

Alan Leeson

Chief Executive Officer
Shire of Kulin

20 November 2025



Department of Water and
Environmental Regulation

Dr Segun Olumide Kulin Medical Centre every Tuesday and Wednesday



Appointments can be made by phoning 9880 1315, presenting to the centre, or by visiting our website and clicking the Kulin booking link.

St Luke's Family Practice is now a Medicare Bulk Billing Practice!

This means that for all eligible Medicare card holders, you will not have any out-of-pocket costs for standard consultations. Instead, we bill Medicare directly, so our patients won't need to pay upfront or claim a rebate later. Our goal is to make healthcare more accessible and affordable for our community.

We bulk bill eligible GP services, including:

- GP consultations
- Chronic condition management plans & reviews
- Mental health treatment plans
- Health assessments



Fees may apply for non-eligible services. Please ask our reception staff for more information.

Christmas Period Hours

Tuesday 23rd of December 2025 10am to 5pm

Wednesday 24th December 2025 8am to 1pm

25th December 2025 to 5th of January 2026 CLOSED

Tuesday 6th of January 2026 – resume to normal hours 10am to 5pm

Wednesday 7th of January 2026 8.30am to 4pm



www.stlukesfamilypractice.com.au

the bonebus

is coming to our practice on:

Kulin Medical Centre

11th December and 12th December 2025



**ARE YOU AT RISK OF A
FRACTURE? FIND OUT
WITH A BULK BILLED
BONE DENSITY SCAN**



Available now for those over 70 years of age or with certain medical conditions

Ask your GP today!



thebonebus.com.au



1800 10 11 63

Celebrate our local heroes

Nominations close November 28th 2025

Community Citizen of the year Awards

Across Kulin, there are people and groups who make our community stronger, kinder, and more connected – and now's the time to recognise them. Whether it's a dedicated volunteer, a passionate young leader, a long-serving local, or a group that brings people together through events or initiatives, each award category

celebrates the spirit of active citizenship. Time is running out to submit your nominations – don't miss the chance to celebrate someone who inspires you! Nominate online today at <https://www.citizenshipawards.com.au/nominate/> or call into the CRC and get a paper copy form.

*We're all part of the
story...*



NOVEMBER IS NATIONAL ASBESTOS AWARENESS MONTH



NATIONAL ASBESTOS AWARENESS MONTH 2025

National Asbestos Awareness Month, aims to alert Australians to the dangers of working with asbestos during home renovations and maintenance and to educate them about where asbestos might be lurking in and around homes and on properties.

Many wrongly believe only fibro homes contain asbestos. Asbestos products can be found in ANY home built or renovated before 1990 including fibro, brick, weatherboard, clad homes and apartments. Asbestos can be lurking in kitchens, bathrooms, laundries, under floor coverings, behind wall and floor tiles, in cement floors, internal and external walls, garages, ceilings and ceiling space (insulation), eaves, fences, extensions and backyard sheds. Asbestos could be anywhere!

Anyone thinking of renovating should watch Asbestos In Homes: A guide to identifying, testing and removing asbestos and download the Residential Property Checklist from www.asbestosawareness.com.au to protect themselves and their families from asbestos.

Stop playing renovation roulette and Respect Asbestos! Visit www.asbestosawareness.com.au to learn how to manage asbestos safely because it's not worth the risk!

RURAL & REGIONAL PROPERTIES



Do you live on a property in rural or regional Australia? Asbestos can be found lurking in homes, farm sheds, rainwater tanks and outhouses. Download a simple guide today to ensure safe practices in the management of asbestos in rural and regional communities and on farms. Visit asbestosawareness.com.au to download Fact Sheet 3: Safe Practices For Rural & Regional Homeowners & Farmers Repairing Or Removing Small Amounts Of Asbestos Materials because it's not worth the risk!

#AsbestosOnFarms #RespectAsbestos #AsbestosAwareness #RegionalAsbestos
#Asbestos #RenovationRoulette #AsbestosAwareness #AsbestosAwarenessMonth
#StopPlayingRenovationRoulette #RespectAsbestos



Fire Danger Ratings describe the potential level of danger should a bushfire start.

They are important because they provide people with information so that they can take action to protect themselves and others from the potentially dangerous impacts of bushfires.

Launched on 1 September 2022, the new Australian Fire Danger Rating System is a simplified, action-oriented Fire Danger Rating System.

The new Australian Fire Danger Rating System (AFDRS) levels are:



- Moderate**
Plan and prepare
- High**
Be ready to act
- Extreme**
Take action now to protect life and property
- Catastrophic**
For your survival, leave bushfire risk areas

- The AFDRS also introduces 'No Rating' for days where bushfires are unlikely to spread in a dangerous or life-threatening way. On these days you still need to remain alert and abide by local seasonal laws and regulations.
- The AFDRS is informed by one of Australia's largest social research projects which found that most Australians did not understand the old system and would prefer a simpler, action-oriented set of Fire Danger Ratings.
- The AFDRS has been implemented consistently across Australia and means that wherever you are across the country, you will be able to understand the threat posed on any given day and make appropriate decisions to keep you and your family safe.



Fire Danger Ratings and Bushfire Warnings

- **Fire Danger Ratings describe the potential level of danger should a bushfire start.** They provide important information so you can take action to protect yourself and others from the potentially dangerous impacts of a bushfire. You need to understand the Fire Danger Rating to assess your level of bushfire risk and decide what actions to take.

The new Australian Fire Danger Rating System (AFDRS) levels are:

Moderate: Plan and prepare.

Most fires can be controlled. Stay up to date and be alert for fires in your area.

High: Be ready to act.

Fires can be dangerous. Decide what you will do if a fire starts.

Leave bushfire risk areas if necessary.

Extreme: Take action now to protect your life and property.

Fires will spread quickly and be extremely dangerous. Put your bushfire plan into action.

If you and your property are not prepared to the highest level, plan to leave early.

Catastrophic: For your survival, leave bushfire risk areas.

These are the most dangerous conditions for a fire. Homes cannot withstand fires in these conditions and if a fire starts and takes hold, lives are likely to be lost. Stay safe by going to a safer location early in the morning or the night before.

- When there is minimal risk, Fire Danger Ratings will be set to **'No Rating'**. On these days you still need to remain alert and abide by local seasonal laws and regulations.

Water supply in a bushfire

This information could save your life



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

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

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

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

Drinking water

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

Assistance for customers affected by bushfire

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

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



Fire fighting and water supply

A message for fire fighters



What to do in an emergency

Before you hook into the water supply system, **call us on 13 13 75** (24 hours).

If we know where you're headed, we may be able to help maintain supply or provide an alternative location that has better pressure.

Reminder to the community

Please help us spread the word that you cannot rely on mains water during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Hydrant location

If you are unsure where the closest hydrants are located, please contact DFES or our Operations Centre on 13 13 75, who will provide you with the exact locations.

Broken hydrants

Any issues with hydrants should be reported to DFES to ensure repairs are made.

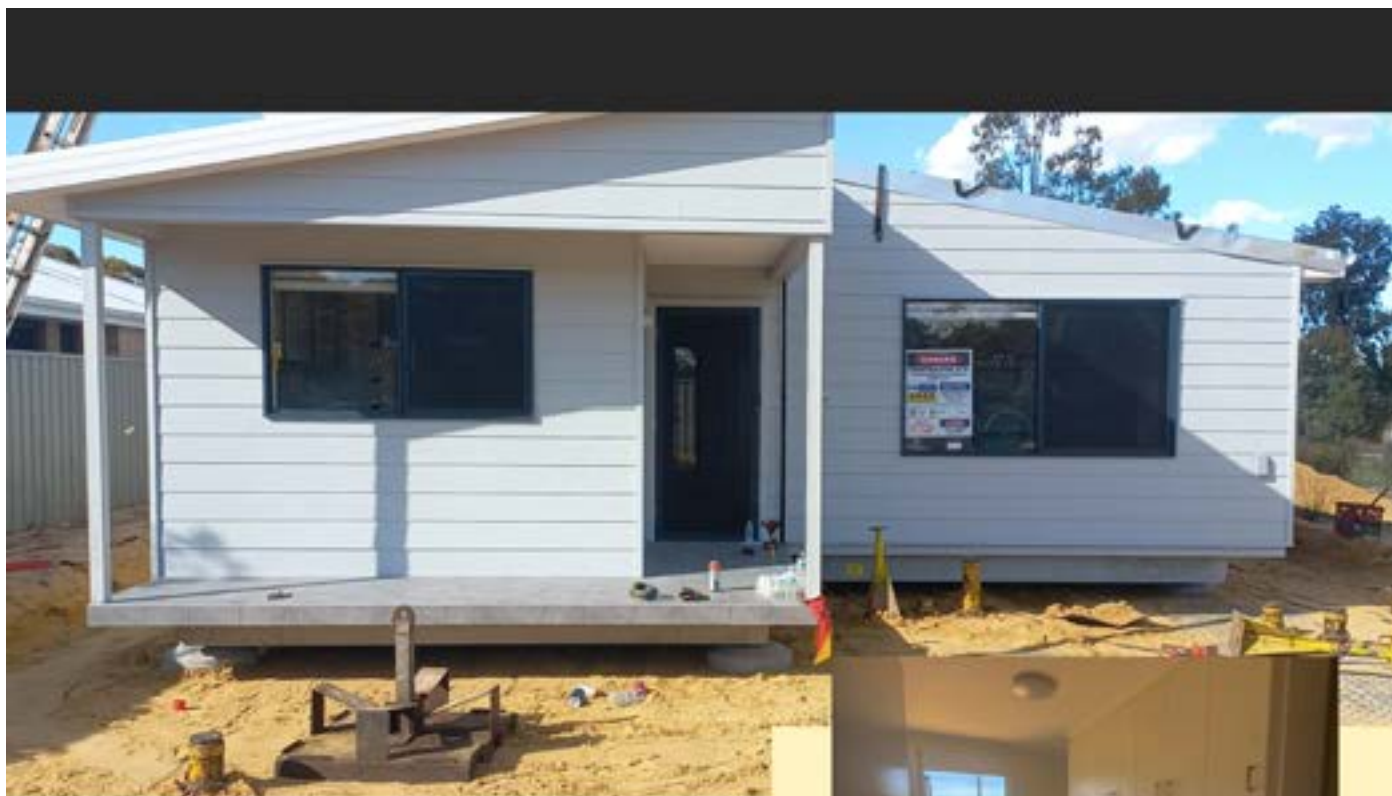
Testing

Please contact us before testing hydrants in your area as it may cause nearby properties to experience discoloured water.

Before you hook into the water supply
call us 24 hours on **13 13 75**



KULIN RETIREMENT HOMES



KULIN RETIREMENT HOMES

GORDON ST, KULIN
WORKMAN ESTATE

Modular WA house has arrived in Kulin.

The house is currently a building site and although people are welcome to pass by on the street, we request locals to stay clear of the site.



**Home open
soon!**

UNIT:

- 2 Bedroom
- 1 Bathroom
- Kitchen
- Laundry

CONTACT:

Annette Lewis
Shire Office
9880 1204
finance@kulin.wa.gov.au



CHRISTMAS CUP

ONE POINT SLAM

JINGLE, MINGLE AND PLAY SOME
TENNIS IN YOUR



DECEMBER | 14 | AT 2PM

BRING A SMALL PLATE OF NIBBLES TO SHARE.
BAR WILL BE OPEN!

RSVP TO TARYN BY FRIDAY 12TH DECEMBER-
NO TEAM REQUIRED, JUST LET ME KNOW YOU'RE
JOINING US FOR THE FUN.

0429199226 OR KULINTENNIS@GMAIL.COM

EVERYONE OF ALL AGES
AND ABILITIES WELCOME!



KULIN AQUATIC CENTRE & WATERSLIDE

FEES & CHARGES

ADULT - \$4.50

CHILD - \$2.50

SPECTATOR - \$2.50

SLIDE - \$10

SEASON PASS POOL ONLY

ADULT - \$90

CHILD - \$55

FAMILY - \$170

ADDITIONAL CHILD - \$55

SEASON PASS & WATERSLIDE

ADULT - \$190

CHILD - \$115

FAMILY - \$325

ADDITIONAL CHILD - \$115

P: 9880 1222

E: POOL@KULIN.WA.GOV.AU



Kulin Aquatic Centre and Waterslide



Lions Cancer Institute (WA) Inc.
ABN 26 521 960 054



Lions Skin Cancer Bus Visit to Kulin

The Lions Club of Kulin is pleased to share the results from the recent visit of the Lions Skin Cancer Bus on 25 October.

A total of 69 screenings were carried out, with a fairly even mix of men and women attending.

Of those screened, 11 people (almost 16%) were advised to follow up with their GP.

18 lesions were detected, including two life-threatening cases requiring urgent attention.

It's important to remember that all lesions are considered suspect only until confirmed by further medical investigation.

The Lions Club extends heartfelt thanks to the Shire of Kulin for providing facilities, and to the community for their generosity. Over the course of the day, more than \$1,000 was raised – a fantastic achievement that will help support this vital service.

The Lions Skin Cancer Bus provides life-saving resources and ensures people have access to regular skin checks and the information they need to stay healthy. The Kulin Lions Club is proud to help bring this service to our community.

On behalf of Tim Barndon Lions Club President - Kulin





LOOKING AHEAD TO 2026

After catching our breath and reflecting on what was an incredible 30th Kulin Bush Races, we're already looking ahead to the next one. We're excited to announce that the 2026 CRISP Wireless Kulin Bush Races will run from 2-4 October 2026. Mark it in your calendars, because planning has already begun!

This year's event was one of our biggest ever, with 4,050 people attending and a projected profit of more than \$400,000. That achievement is something every volunteer should feel immensely proud of. Whether you were helping in the months before, keeping things ticking across the weekend, or stepping in when things got hectic, you are the reason this event continues to thrive.

Our next Community Funding Round will open in early 2026. Local groups are encouraged to start brainstorming now, we'd love to see a range of creative, meaningful and community-driven applications come through.

While we would love to hand every dollar back to the community, we also have some important long-term infrastructure commitments to tackle.

A few of our ablution blocks are now well past their use-by date, so we'll be kicking off an ablution upgrade schedule in 2026.

Some of these replacements will be done in partnership with Blazing Swan, which helps spread the load and ensures both events can continue to operate smoothly.

Our new KBR HQ is also set for further investment. The floors will be refreshed, and heating and air-conditioning will be installed to make the space more functional year-round.

We've made the decision not to open the HQ for merchandise sales throughout the year, not only do we have limited stock left from 2025, but we also want to avoid adding more work for volunteers. Instead, a small selection of KBR merchandise will be available at the Shire of Kulin Visitors Centre.

The HQ will become the home of our monthly committee meetings and a dedicated space to showcase KBR history to visitors.





We're also required to install a lift for the mezzanine, which will be a significant project, but a necessary one to ensure accessibility for all.

In some excellent news: the Pavilion shed is now officially paid off. Early next year, the committee will be working on hire charges, with the goal of making the Pavilion available for public and community group hire for a wide variety of events and functions.

To help guide our planning into the future, we'll soon be releasing a survey to all ticket holders and volunteers. Please take a few minutes to complete it. Your feedback makes a real difference and helps us continue to refine, improve and shape the event for years to come.

As we wrap up another huge year, we want to wish everyone a safe and successful harvest, and a happy, restful Christmas and New Year with family and friends. Enjoy the break, recharge, and we'll see you all again in 2026 as we gear up for another fantastic weekend.

KBR Committee



Executive Committee:

Chairperson- Tom Murphy
Vice Chairperson- Simon Duckworth & Michael Lucchesi
Event Coordinator - Simone Lockyer- Luscombe
Treasurer- Tracey Noble
Graeme Robertson

Management Committee:

Rynelle Smoker	Mike Wilson
Brendan Sloggett	Jack Wilson
Robbie Bowey	Julie Young
Brendon Savage	Robert Clayton
Tim Barndon Jnr	Emma Wilson
Ashley Buttigig	





Kulin Childcare Centre



This week we have spent time outside in the sunshine mixing and making with water play. Filling up bowls and various vessels with our garden hose or watering cans sets a level of excitement in the children's play. Our children enjoy the base for loose parts play which water provides especially in the mud kitchen setting. Collecting things from our yard and adding it to their bowls to create soups and mixes allows them to explore different materials. The water provides a gentle sensory space to explore all while we watch what they transfer from their learning into their play.

Moureen put together a great paint and sensory outdoor experience last week which involved us splotching and swirling paint onto a long piece of paper which we covered with recycled bubble

wrap. This is a fabulous activity which allows children to explore movement and pressure. The added bonus of popping the bubble wrap further encouraged the swirling and mixing of our pastel paint.



Everyday our new magnetic blocks are used to create chunky towers and flat play spaces during our inside play. These blocks provide a great base for construction play which encourages the practise of problem-solving skills.



*Our last day open to children is **Friday 19th of December 2025.** We are looking to re-open in mid-January depending on demand and staffing. Please email the centre with dates for the New Year including preferences of permanent days.*

Thank you to our families and community for supporting us.

Kid's Corner

The Kulin Update Kid's Activity Page
Colour, create and celebrate!

Harvest is a special time of year! The farmer plant seeds in Autumn, crop is grown in winter, and we harvest in summer. We thank farmers for all the food that is grown, we are grateful for the sun and rain. Now it's time to get your pencils and add some colour to the paddock!



Harvest time!



KULIN CHRISTMAS MARKETS

You are invited to join the Kulin Christmas Markets being held during the Kulin Community Christmas party at the Freebairn Recreation Centre.

DECEMBER

13

4.30-7.30PM

FOR A STALLHOLDERS' APPLICATION
PLEASE FILL OUT OUR ONLINE FORM OR
CONTACT ERIN BAILEY 0429809013

WWW.JOTFORM.COM/ERINBAILEY/2025XMASMARKETS

Kulin Christmas Markets

Saturday 13th Dec 4.30-7.30pm Freebairn Recreation Centre

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

NAME/BUSINESS NAME:			
ADDRESS:			
PHONE:		EMAIL:	
PRODUCT DESCRIPTION:			
PLEASE MARK YOUR MARKET SPACE PREFERENCES			
☐ SINGLE SPACE \$10		☐ DOUBLE SPACE \$20	
WILL YOU BE SELLING FOOD?			
☐ NO	☐ YES	Do you need a Food Vendors form?	☐ YES ☐ NO
PAYMENT OPTIONS			
☐ Non-profit group (no fee)	☐ Direct Debit – Kulin Arts Council - Bendigo Bank BSB 633000 #109904896 (please state your name in the payment description)		
☐ Pay on the night		☐ Pay at Kulin CRC	
I agree to <u>provide all my own equipment</u> and will leave my area clean at the conclusion of the Markets.			
Signed:			Date:
For more information or to return an application contact Erin Bailey 0429 809 013 erin@kulin.com.au			





Seniors Christmas Luncheon

Save the date for the Kulin Seniors Christmas Luncheon celebration. It's going to be summer so glam up in summery dresses and bright tropical shirts. Think of Elvis strumming a ukelele under a palm tree with a Christmas hat.



**Tuesday the 2nd December 2025 from 11:30am
at the Freebairn Recreation Centre**

Enjoy Delicious Food, Tropical Christmas Music and Raffle Prizes. The Shire of Kulin and CRC are looking forward to saying thank you for the wonderful contribution our seniors make to our community.

**RSVP to kulincdo@kulin.wa.gov.au or on 98801204
by the 18th of November.**





Save the Date!



Kulin

Community Christmas Party

Let's come together to celebrate the spirit of
Kulin!



Saturday the 13th of December 2025

from 4:30pm to 8:30pm

at

The Freebairn Recreation Centre



Enjoy live music, festive food, games for all ages, and a visit from Santa! Bring your picnic rugs, wear your Christmas colours, and share the joy with neighbours and friends.

More details to come in The Kulin Update and on community noticeboards.

If you are interested in helping out and volunteering reach out to Kirra at the Shire office or email kulinco@kulin.wa.gov.au



*Let's make this
a night to remember!*



Seniors Movie Day

Tuesday | 25 November | 11am – 1pm

Left at the altar, a young executive takes her Caribbean honeymoon cruise with the last person she ever expected -- her estranged father. Although they depart as strangers, they soon gain a new appreciation for love, life, family and each other.

KRISTEN BELL

KELSEY GRAMMER

LIKE FATHER

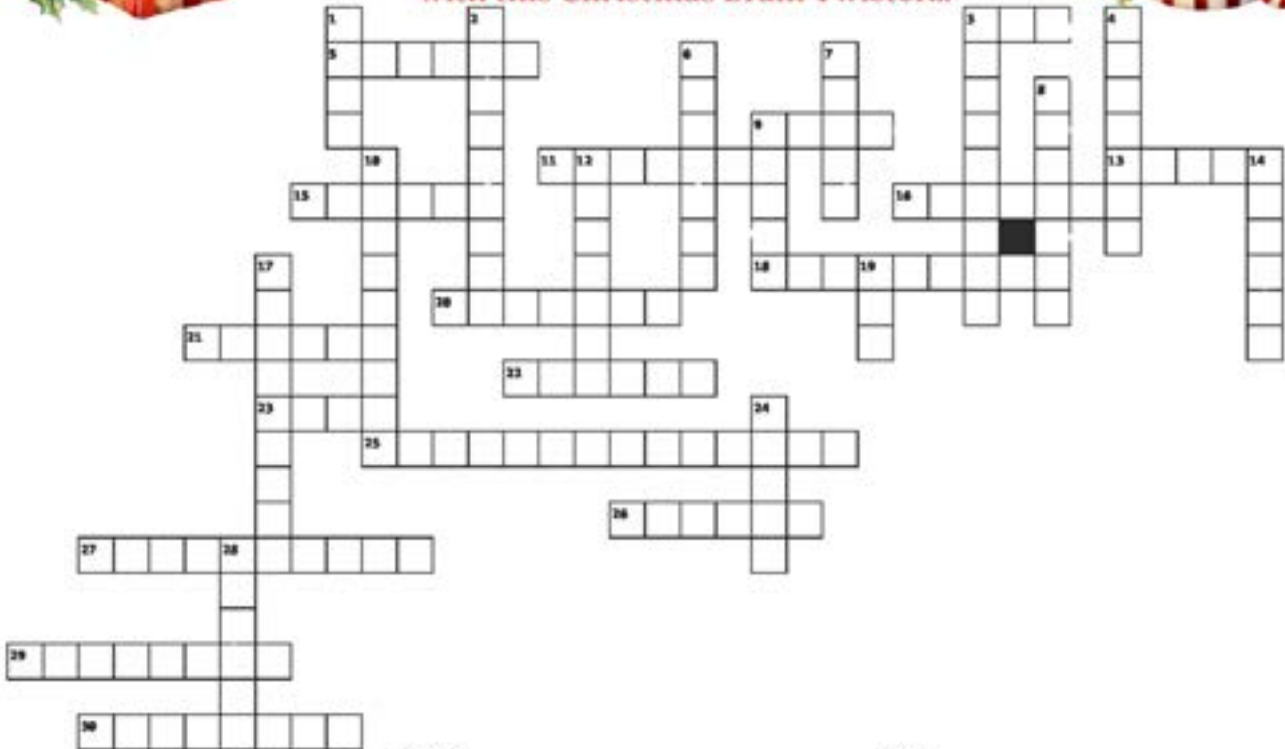


Coffee & tea provided | Free event



Get into the Spirit

Its time to dust of the Festive Season knowledge with this Christmas Brain Twister...



Across

3. The name of the Grinch's dog
5. The sparkling thing you might wrap around a tree or banister
9. The item you might find in a pudding (if you're lucky)
11. Pulled at the table, often with a bang
13. "Deck the ..." festive decorating tune
15. The "Noel" language of origin
16. Wrapped surprise under the tree
18. Santa's frosty home (2-words)
20. The traditional log-shaped dessert (2-words)
21. The sound of sleigh bells
22. Santa's laugh, heard from rooftops
23. The festive seasons other name (starts with "Y")
25. The things you might leave out for Santa (2-words)
26. Where you might hang a stocking with care
27. Traditional Christmas flower with red bracts
29. The month when carols fill the air
30. The perch of the partridge on the first day of Christmas (2-words)

Down

1. The heavenly body that guided the wise men
2. The carol that demands figgy pudding (3-words)
3. The thing you might kiss under (if you're lucky)
4. The list you don't want to be on
6. The author of "A Christmas Carol"
7. The colour of Bing's famous Christmas
8. The gift-bearing trio from the east (2-words)
9. The thing you might wear from a Christmas cracker
10. The town where Jesus was born
12. Reindeer with a luminous nasal feature
14. Santa's preferred mode of rooftop transport
17. Red-and-white striped sweet, often hooked
19. The number of lords a leaping
24. The reindeer who sounds like a flirt
28. "... Night" carol of calm and brightness





From harvest dust to Christmas sparkle,
we're entering the silly season!

The countdown is on—Christmas is only 35 days away! School is nearly done, and as any kid in Kulin or away at boarding will tell you, summer holidays are even closer. Honestly, I'm not joking when I say I can see the New Year peeking at us just around the corner.

November in Kulin is always a whirlwind. Out in the paddocks, harvest is in full swing—trucks rushing grain, headers running late into the night, and farmers pulling long hours with limited time and even less sleep. But it's not just the farmers.

In town, people are busy too: getting ready for community events, planning Christmas shut downs, and bracing for the influx of visitors. Add in end-of-year celebrations, school graduations, family gatherings, and kids heading home from boarding, and suddenly the calendar looks like it's bursting at the seams.

So, how do we keep our heads above water and still

enjoy the season? Let's have a chat about a few things worth keeping in mind:

- Beat the heat: It's easy to get swept up in the busyness of the day and forget the basics. Slip, slop, slap, and keep hydrated. Even if you don't feel thirsty, you're probably using more water than you realise compared to just a few weeks ago. Keep your water bottle topped up, and chuck an extra frozen one in the ute or esky—it can be a lifesaver when the sun is blazing.
- Stay summer safe: This is the time of year when paddocks, yards, and bushland dry out, and the winds turn hot and strong. We're in a prohibited burning period, so fire safety is critical. Snakes are also on the move, so keep your yards tidy, grass mown, and rubbish cleared. No-one wants to create hiding spots for our legless friends. Make sure you've got a fire plan ready, and check the DFES website or Emergency WA app for alerts. Most importantly, make sure your family knows the plan: what you're doing, where you're going, and what you're taking if it's time to leave.
- Keep up with your nutrition: Don't skip meals, especially the good ones. Your mind and body need proper fuel to keep powering through this time of year. Even if it's just a quick sandwich or a piece of fruit, it'll help you stay sharp when the days are long.
- Plan ahead for visitors: If family or friends are heading to Kulin, check your supplies early. Groceries, fuel, and festive treats can sell out quickly this time of year, so it's not a bad idea to

stock up a little. That way, you're ready for those last-minute drop-ins without the stress.

- Support local: We've got some fantastic retailers in town who keep our community thriving all year round. Don't forget them in your Christmas shopping. Whether it's picking up gifts from local makers,

grabbing supplies in town, or joining in the community events, supporting local is how we all keep each other going.

- Look after yourself: Most of all, remember to take a breather. It's incredibly busy, so don't forget to pause and take time for yourself when you need it. Maybe it's a

cuppa on the verandah, a cold beer at the end of the day, or a quiet walk to soak up the evening air. It's wonderful to catch up with family and friends, but it's also okay to say, "today isn't my day." The small moments matter, and they're often the ones we remember most.



So, as the sun starts blazing and the carols start playing, let's embrace the silly season with good cheer, practical planning, and a sprinkle of festive sparkle. Here's to keeping safe, staying happy, and enjoying a fantastic Kulin Christmas season together.

Recipe Sharing

*Submit your favourite
recipe to be shared in the
Kulin Update!*

It can be sweet or savoury, breakfast,
lunch, or
dinner, or a treat
or snack.

Each submission should have a little story to
go along with the recipe, creator's name and
contact information.

Email entries to
KulinCDO@kulin.wa.gov.au
or hand in at the Shire Office

STIRRING UP THE SPIRIT - PAM'S CHRISTMAS PUDDING

If you haven't already started getting ready for Christmas... consider this your gentle nudge. The season of twinkling lights, heartfelt generosity, and neighbourly cheer is fast approaching—and here in Kulin, the spirit of community, hope, and giving is already in full swing.

We're thrilled to share a treasured recipe from the lovely Pam McInnes: her famous Christmas Pudding. It's a beloved family favourite—rich, reliable, and full of festive flavour. Pam assures us that while it's traditionally made well in advance, it still turns out beautifully even if you whip it up just before the big day. So if you haven't got a traditional pudding in your repertoire, this might just be the one to try.

I'm keen to give it a go myself. Why not add it to your list and make it part of your Christmas table this year?

Christmas Pudding

Ingredients:

- 750g (1½ lb) Mixed Dried Fruit
- 3 Tablespoons Venerbottom Rum or Brandy
- 250g (8oz) Butter
- 250g (8oz) Brown Sugar
- Grated rind of 1 orange and 1 lemon
- 4 Eggs, lightly beaten
- 60g (2oz) Blanched Chopped Almonds
- 1 Cup Flour, sifted
- ½ Teaspoon each: Salt, Mixed Spice, Nutmeg
- 1 Teaspoon each: Ground Ginger, Cinnamon, Bicarb Soda
- 2 Cups Fresh Breadcrumbs
- Extra Rum or Brandy to serve

Method

1. The day before, mix dried fruit and sprinkle with rum or brandy. Leave overnight.
2. Cream butter, sugar, and fruit rinds until light and fluffy.
3. Add eggs a little at a time, beating well.
4. Stir in almonds alternately with sifted dry ingredients.
5. Put mixture into a large pudding basin.
6. Cover with greased paper and then with greased waterproof paper.

7. Tie down with pudding cloth. To make a handle, tie string across the top of the basin.
8. Steam for 6 hours.
9. To reheat, wrap pudding in greased paper and place basin in hot water.
10. To serve, steam pudding in boiling water for 2 hours.

Pam McInnes

GROW YOUR OWN FOOD

Veggies to plant in November

DISCOVER THE BEST VEGETABLES TO PLANT EACH SEASON FOR
OUR WARM CLIMATE ZONE



ARTICHOKE



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CORN



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SALAD GREENS



LOOFAH



PARSLEY



PARSNIP



POTATO



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RADISH



RHUBARB



ROCKMELON



ROSELLA



SAGE



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SQUASH



SWEDE



TOMATO



TURNIP



WATERMELON



ZUCCHINI

Wildflowers of Kulin

Discover the wonder. Embrace the wild.



Look for *Grevillea excelsior*, common name Orange Flame Grevillea. It can be seen on road verges on sandy and gravelly hill tops. Flowers November and December. Photo's above.

Also, *Calothamnus quadrifidus*, common name One-sided Bottlebrush. Common on road verges in gravelly loam soil type on mid and upper slopes, is a good revegetation species which thrives in various soil types. Flowers October to December. Photo's adjacent.

Jean Sloan

Refs: Anbg.gov.au Anspa.org.au

Florabase.dbca.wa.gov.au

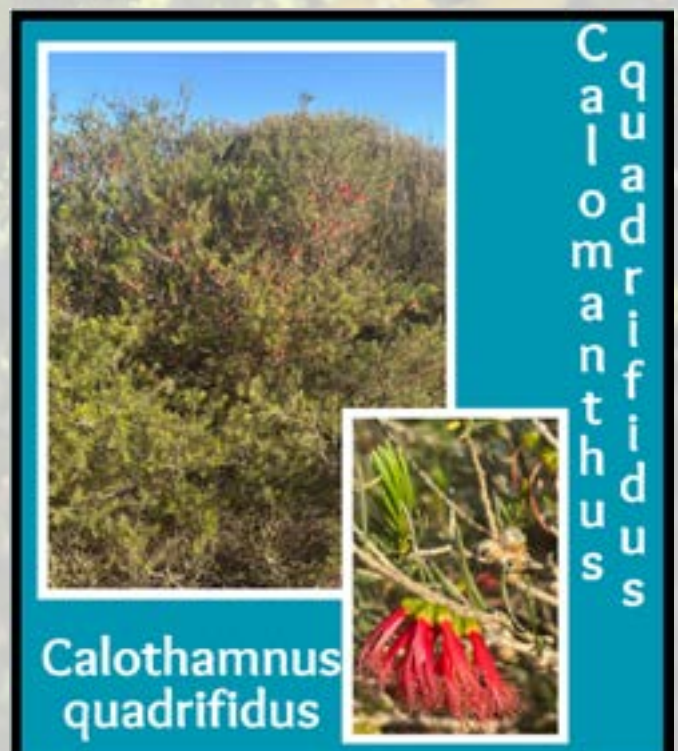
As spring fades and summer rushes in, our farmers are deep in harvest—long days, short nights, and the ever-present hope that the weather gods remain kind. While the paddocks yield their bounty, the bush is quietly putting on its own show, scattering bursts of colour across the landscape.

Closer to town, our Shire Works Crew have been busy with exciting developments along the Macrocarpa Trail. Though still a work in progress, it promises to be a wonderful addition to our community—so keep an eye out for updates.

In the meantime, we're fortunate once again to draw on the expansive knowledge of Jean Sloan, who has highlighted a few native treasures to watch for as you wander through our patch of the Wheatbelt.

Kirra Pederick

Community Development Officer



RURAL AID ARTICLE

Creativity?, many of us when we hear the word creative or creativity associate this with the artists, crafts or inventive people of our world. But creativity can be found in any idea or possibility, where someone sees an opportunity, fostering that idea and doing something. Creativity is defined as the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

Creative sharing of our experiences in our own unique way is very helpful to ourselves and to those in a similar situation.

To experience challenges and hard times in life is to be human, we all experience hard times, we also experience good times. Our past stories in the present give us clarity, meaning an ability to know we can get through challenges. Sharing experiences where appropriate to do so encourages others to ask for help when they are at an impasse.

The future? you never know if your yet to have the best day of your life.

In my travels I always meet

people proud to tell me how they are doing their bit, using their personal skills, experiences and knowledge, to help make others aware that asking for help should be a natural reaction. These people are being creative. Telling others about a health issue and what they did rather than didn't do and are now OK. Some share how they are forever grateful describing that something that made them stop when on the brink of suicide or self-harm. Some have seen the change in another they know, stepped up and asked RUOK. Each of these people openly share their experience to make others aware, especially those in similar situations that you can get through. They make themselves vulnerable, thinking that they may be judged, only to find that the majority see only strength, really appreciating their message and encouragement.

I've seen the salt of the earth types, with the biggest hearts, nervously get up in front of people and tell how they got through a serious health scare or challenging time. How they feared being judged by others. They are passionate, using words from their heart, being who they are, sometimes not politically correct, but their message is very clear.

Just do it, get that help. None are professional speakers or professional therapists; they are just legends telling their story their way to help and encourage others.

Others arrange events just because they can and invite Rural Aid or another service to do a quick wellness talk. It does not matter if 5 people turn up or 50 people turn up, the message like a stone thrown into a pond ripple out into your community. I need more than two hands to count the number of people who have reached out for assistance after hearing about Rural Aid at the event or from someone who attended the event. You are not alone so be a legend.

Roger Hitchcock

Counsellor & Community Representative West Australia based in Narrogin (Wagin and Surrounding Region)

Rural Aid Australia
0460 310 667
roger.hitchcock@ruralaid.org.au



SEPTEMBER 8, 2025
WARRIOR WELLBEING
ARTICLES

Looking After Our Back

As blokes we are all guilty of just wanting to get the job done and we sometimes throw our bodies on the line without considering the possible consequences. We see this with both young and old blokes alike, and injuring our back is one possible consequence. In fact, the Australian Institute of Health and Welfare suggest that 70% – 90% of the population will experience lower back pain in some form during their life.



Back problems can be caused by a multitude of factors ranging from: a pre-existing issue or weakness we may have from childhood; wear and tear caused by the physically demanding jobs blokes undertake; or just a fact of life due to our modern-day sedentary lifestyle (i.e. hours sitting in trucks/tractors, office chairs and on the couch). There are also those situations where we push ourselves that bit too hard or things just go pear shaped. It's important to recognise that our back is a precious commodity, just ask anyone who has suffered a back injury resulting in chronic pain... it can be debilitating!

A neglectful attitude is something else a lot of blokes are guilty of, and this attitude can exacerbate many health conditions. This is a common attitude that underpins the often unspoken but hardwired attitude that I am a warrior, and it will not happen to me. How many times have you heard a bloke experiencing pain say, she'll be right, I'll see how it goes? and puts up with his issue for weeks, months, and even years. If

we're lucky we do 5 minutes of stretching and remember to sit up straight for the rest of the day, but that's about as far as it goes.

Proper back care should be part of our regular routine and there are simple steps we can take that will not only decrease the chances of back problems but also benefit our overall wellbeing, such as: Exercise and stretching; the better shape our body is in with a good range of movement decreases the risk of putting our back under unwanted pressure. Try some yoga!

Proper posture, whether it's sitting in a tractor, behind a desk or with our feet up enjoying Saturday arvo footy, our body is not designed to be in a seated position for extended periods. Get up and stretch out as often as possible and make sure we don't slouch or slump in our chairs. Place a rolled-up towel behind the lower back for good lumbar support.

Bulging belly; we can't all have

a raging six pack like some of the pin up boys out there but losing a few kg's off the guts and increasing strength around our core muscles, especially our pelvic floor, takes unwanted pressure off our lower back.

Lifting logically; we need to bend our knees, keep our back straight, and keep the load centred to our body. Also, when we are helping our mate lift those heavy loads or rearranging furniture for the wife remember Prior Planning and Communication Prevents Piss Poor Performance.

If back pain is not resolving itself with some of these basic back care tips consult a GP or book in to see a physiotherapist for more specific treatment and back care exercises.

By The Regional Men's Health Initiative
75 York Rd, Northam WA 6401
(08) 6314 1436

regionalmenshealth.com.au

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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
BW Sloggett - 0427081925

MEDICAL CENTRE

Kulin- 9880 1315
St Luke's Family Practice
Dr available Tues & Wed

Kondinin- 9889 1753
KN Hospital- 9894 1222

Kulin Nursing Station
9880 1056
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

Sunday | Monday | Thursday
10am - 3pm

KULIN TRANSFER STATION

The station is open
Sunday | Monday | Thursday
10.00am - 3.00pm

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
0426 018 782
1st, 3rd, 4th, 5th, 8.00am

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 - 0429 804 615
J. Munro - 0427 386 849

DRIVING ASSESSOR

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

CONTAINERS FOR CHANGE

All Good Refund Depot
comes 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. To donate your cans to
KCCC use their ID
(C10351204) or to donate
your cans to the ARTS
CENTRE use their ID
(C10333381)

DEFIBRILLATOR LOCATIONS

KULIN
Kulin District High School
Kulin Caravan Park
Public Toilets (Johnston St)
Aquatic Centre
Freebairn Recreation Centre
Kulin Foodworks
Butler's Garage & Museum

PINGARING
Public Toilets
Pingaring Ag Solutions
Pingaring Golf Club

DUDININ
Dudinin Tennis Club

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