THE KULIN UPDATE

14 December 2023

16 HAYDN MCINNES

17 JAKE FABI

18 KULIN POLICE

Haydn McInnes has been a Lions Club member since the very beginning 51 years ago. Jake went to two Olympic trials, and was training for the Commonwealth Games until ...

No big news from us this edition, Merry Christmas!

KDHS 2023 YEAR 10 GRADUATION



Congratulations to (L-R) Daniel Davies, Tristan Dyer, James McInnes, Jesse Quinn, Ethan Wade



Mon- Fri 8:30 am - 4:30 pm 38 Johnston Street, Kulin WA 6365 (08) 9880 1021

crccounter@kulin.wa.gov.au
www.kulin.wa.gov.au/crc-home

THE KULIN UPDATE FAQ

Contact

Phone: (08) 9880 1204

Email: crccounter@kulin.wa.gov.au

How to receive the Kulin Update via Email?

To receive "THE KULIN UPDATE" digitally, please sign up here.

How to advertise in the Kulin Update?

- 1. Download the Kulin Update Booking form and fill it in.
- 2. Attach the booking form and the content that you wish to publish to an email and send it to crccounter@kulin.wa.gov.au

When are the deadlines?

All articles incl. fully-filled in booking forms are to be submitted no later than **Tuesday, 4pm prior to any publication date.**

When is the next deadline?

The next deadline will be the 23 January 2024.

Advertising costs:

1/4 page b/w \$20 1/2 page b/w \$25 Front/Back page \$100

Members receive 25% off advertising costs, please contact crccounter@kulin.wa.gov.au for more information.

Accpeted document formats:

• PDF • JPEG

Have you got news?

If you would like to share news or information with the Kulin community, please email crccounter@kulin.wa.gov.au

DEADLINES TO SUBMIT CONTENT FOR THE KULIN UPDATE

23rd	Janurary	2024
6th	February	2024
20th	February	2024
5th	March	2024
19th	March	2024

HAPPY BIRTHDAY!

December

15th	Selina Turner, Matt Miles,
	Brad Smoker, Kaitlyn Waters
16th	Trish Mahe
17th	Zac Argent, Ronan Sullivan
18th	Grace Murphy
20th	Dean Hope, Darren Thomas,
	Wyatt McInnes, Max McInnes
21st	Paul McInnes, Chris Wade
22nd	Greg Tyley
23rd	Bryn Davies, Belle Brandis
24th	Alan Bowey
25th	Geoff Hodgson, Peter Mullan,
	Dot Cook
26th	Jack Jenks
27th	Kareena Waters, Will Mullan
29th	Doug Ellis

January

Janua	ai y
1st	Tanya Taylor
3rd	Peter Roads, Jack August
6th	Shane Grimsey, Molly McInnes
7th	Shania Slater
8th	Elise Mullan
9th	Reece Scadding, Chloe Sullivan
10th	Pam McInnes
12th	Shirley Wilson, Meggs Gibson
13th	Garry Whitehead
14th	Kendall Spurgeon
15th	Jock Corruthers, Jake O'Brien,
	Nadia Bull
17th	Chloe Argent, Caleb Siviour
20th	Tracey Noble
23rd	Ryan Brandis
24th	Brady Argent

Mulin 16 (10 am Kulin 19 Kulin 19 Sam 30 9 22 • Dr Surgery Close • KCCC Closed 5 • Dr Surgery Close • KCCC Closed 21 To Surgery Close KCCC Closed 4 • Dr Surgery Close • KCCC Closed 3 Dr Surgery Close KCCC Closed € + +61 | ♦ 2 • Dr Surgery Close • KCCC Closed 18 Rubbish Dr Surgery Closed Ladies Bowls Christme Sunday 7 9 3

Welcome to all our readers for what is the last edition of The Kulin Update for 2023. It is hard to believe that the end of the year is closing in very quickly.

With an early start to harvest is seems most people have successfully finished their program. Hopefully for most this means they can slow down leading up to the Christmas and New Year break and enjoy some well-deserved time off with family and friends.

Harvest and Vehicle Movement Bans (HVMB)

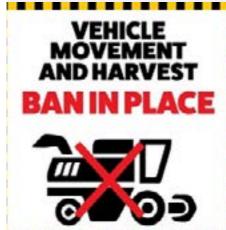
With the most recent Harvest Vehicle and Movement Ban imposed in the Shire of Kulin on Saturday 2nd December 2023, this was put in place as a precaution in light on the Total Fire Ban issued for the same day.

Whilst most HVMB will relate directly to weather readings at a point in time, on occasions it is deemed necessary and appropriate as a precaution to put a HVMB in place even if the conditions may not be at the Fire Behaviour Index of 40. Saturday 2nd December 2023 was such a day whereby the ban was imposed at 8am, which was approx. 4 hours prior to Fire Behaviour Index reaching 40.

Such a measure is not common but is done so in the interests of protecting

the community. There is always a level of inconvenience which comes with imposition of HVMB, however the precautionary ban on the morning of the 2 December ensured the community was protected as best it could be against potential fire events starting as a result of harvesting activities, noting the adverse fire weather conditions forecast for that afternoon. I am more than happy to discuss this with land owners/farmers.

The Shire Office will be closed between Christmas and New Years however if the conditions arise that a Harvest and Vehicle Movement Ban is required, the Shire has processes in place to ensure this will happen. Please note that there is an automatic Harvest and Vehicle Movement Ban imposed for Christmas Day (25th December 2023) and New Years Day (1st January 2024).



Festive Season

This month there has been many events and celebrations, with a few still to come. It was great to attend the Seniors Christmas Party and enjoy a meal in a very relaxed setting. We have the Community Christmas Party on Friday which I am sure has many kids excited about Father Christmas stopping in Kulin.

Wednesday 20th December 2023 Kulin Shire Council will hold the Annual Electors Meeting and final Council Meeting for the year. I take this opportunity to thank our Elected Members for their efforts and support this year.

I take this opportunity to wish the community a great Christmas and enjoy this time with your family and friends, and above all, stay safe.

Alan Leeson







As 2023 comes to an end we find ourselves reflecting on the past 12 months. It has been a very busy year for the centre with our wonderful children, families and educators making our KCCC family a happy, busy, fun, nurturing, creative, safe and caring environment.

I would like to take the opportunity to thank our fantastic educators. Sue Knapp, Sarah Reader, Jocelyn Brandis, Natalie Murdoch, Gemma Smith, Jianqing Shi, Melina McBow, Evalyn Buttigig, Kailey Jenks and Brenton Kerr. Also a big thank you to Iria, Charlie and Kim who have been invaluable helping out regularly.

Also a big thank you to the community who have supported us in many ways including donations. We are very fortunate to live in such a giving and generous community. A VERY big thank you to the Kulin Bush Races for their generous grant which has allowed us to upgrade our equipment and toys. The kids will love the new things when they get back in 2024. Also a big thank you to the community who have supported us in many ways including donations. We are very fortunate to live in such a giving

ways including donations. We are very fortunate to live in such a giving and generous community.

On behalf of the KCCC team we wish everyone a Merry Christmas and Happy New Year and look forward to seeing everyone in 2024.

Taryn Scadding, Executive Manager Community Services

BEST WISHES FROM KULIN CHILD CARE CENTRE

SHIRE NOTICES

LOCAL NEWS



All correspondence to be addressed to:
Chief Executive Officer
PO 8ox 125 KULIN WA 6365
p. 08 9860 1204 ft 08 9860 1221
e: enquiries (Skulin wa gov.au
www.kulin wa gov.au

Shire of Kulin Notice of Annual Electors Meeting Wednesday 20 December 2023

In accordance with Regulation 5.29 (1) of the Local Government Act 1995, notice is given that the Shire of Kulin will hold the Annual Electors Meeting on Wednesday 20 December 2023, commencing at 2:00pm

This meeting will be held in the Council Chambers, 38 Johnston Street, Kulin.

The purpose of the meeting is to discuss the Annual Report for 2022/2023 and to deal with such other general business as allowed by the Presiding Officer, Shire President, Cr Grant Robins.

Note: Copies of the Annual Report for 2022/23 can be accessed via our website www.kulin.wa.gov.au or please contact the office if you require a hard copy.

All Electors are welcome to attend.



Alan Leeson Chief Executive Officer

Last Update Notice

Thank you to all our readers and advertisers in 2023. As this is our last edition for the year we wish you a very Merry Christmas and New Year.

We value your feedback so please complete the survey on page 19 to help us improve the Kulin Update

JUNIOR BASKETBALL 2023

The atmosphere was electric for our Grand Final on Friday night! Thanks to all our spectators.

Congratulations to our Premiers for 2023!

Year 3/4 - Nuggets

(coached by Maggie Murphy & Justine Tyson) MVP Paige Kempton

Year 5/6 - Heat

(coached by Jarrad Coppen) MVP Flynn Smoker

High School - Cavaliers

(coached by Chandler Sanford) MVP Jarrad Coppen Commiserations to our runner's up. You all played so well.

Season 2023 is now over. We hope you all enjoyed it.

Thank you to all our players, coaches, and to everyone who has volunteered throughout the season. Basketball takes a huge number of volunteers each week - it's all worth it when you see how much the kids love the competition. A special shout out to everyone who umpired this season - in particular Terrasha, Craig, Craig, Steve, Yvonne, Barry, Rachelle, Dee and Daniel.

Thanks too to our non-Kulin families, we appreciate the distance you travel each week and love having you join our competition.

Finally thank you to our committee: to our amazing president Dee Carroll, treasurer Rynelle Smoker, recorder Yvonne Bowey, volunteer co-ordinator Sarah Gangell, and our fabulous canteen co-ordinator Elise Mullan. You have all done a wonderful job this season.

Merry Christmas and Happy New Year. We hope to see you all back at basketball in Term 4, 2024.

Fiona Murphy



Re: General Waste and Recycle Collection - Christmas Week 2023

We have made the following arrangements for the collection services which would normally be done on Monday the 25th of December 2023.

The collections due for General Waste in Kulin and Pingaring on Monday the 25th will be serviced on Saturday the 23rd of December 2023.

The collections due for Recycle on Tuesday the 26th will be services on Sunday the 24th of December.

All services will be as normal for the New Years week.

If you have any further queries, please do not hesitate to contact our office. We would like to take this opportunity to thank you for your custom and wish you the best for the festive season.

Yours Faithfully,

Avon Waste.

To find a copy of the business directory listings please go to our website, kulin.wa.gov.au. We will be calling the contacts for the domestic listings at the start of 2024.

KULIN PHONE DIRECTORY

BUSINESS DIRECTORY LISTING

Fill your business listing details below and return to:

Kulin Community Resource Centre PO Box 125 Kulin WA 6365 or email crccounter@kulin.wa.gov.au with this form attached

Please return this form before the 9/02/2024 An invoice will be issued or you can pay at the Shire Office

INFORMATION			
Name			
Business Name			
Address			
Mobile		Phone	
		Fax	
Email			
Website			
Business			
Description (max 20 words)			

R	Α	Т	Ε	S

\$10.00 **Business Listing** Half Page Advert and Business Listing \$50.00 \$100.00 **Full Page Advert and Business Listing**

THANK YOU FOR YOUR INFORMATION



To find a copy of the 2024 booking form please go to our website, kulin.wa.gov.au.

THE KULIN UPDATE

ADVERTISEMENT BOOKING FORM

April

May

June

July

August

September

November

December

Advert size/cost Please cross in boxes below

Quarter page b/w

Half page b/w

Half page colour

Full page colour

Front or back page colour

Quarter page colour

October

4th 18th

11th 25th

8th 22nd

5th 19th

14th 28th

12th

3rd 17th 31st

2nd 16th 30th

Company/Organ	isation Name:		Contact Name:
Address:			Contact Number:
Email:			Title of Advert:
2024 Publication Information Please cross next to your preferred publication dates			
January	25th		Discounts are available
February	8th 22nd		
March	7th 21st		25% discounts for CRC member.

10% discount for publishing an advert for 6-12

5% discount for publishing an advert for 0-6

Sports Clubs and Community Groups with a CRC membership receive a discount plus 3 free black and white advertisements per membership year.

Submission deadline: 4pm, 2 days prior to publication

Please send your advert through in one of the following formats. (word, power point etc., tend to come out blurry when published)

·JPEG

If you have chosen to advertise in black and white, please sent your advert in a black and white PDF or JPEG format

> **More Information** Stella Wade 9880 1204 / crccounter@kulin.wa.gov.au

www.kulin.wa.gov.au

\$100.00

THANK YOU FOR YOUR INFORMATION

\$20.00

\$25.00

\$75.00



KULIN RE-USE WATER SUPPLY

STARTING ON THE 1ST OF NOVEMBER 2023

The Shire of Kulin wishes to advise that the town re-use water supply to the oval will recommence the week beginning 1st November 2023. This water will be applied between the hours of 10:00pm and 3:00am so will have no impact on normal oval use.





COVID TESTS

THE SHIRE STILL HAVE STOCK OF NASAL COVID
TESTS. A BOX OF 5 IS NOW \$22.50 WITH AN EXPIRY
FEBRUARY 2024

SO IF YOUR BUSY WITH THE CHRISTMAS SPIRIT THIS SEASON, ATTENDING NUMEROUS FUNCTIONS AND THINK YOU MIGHT NEED TO TEST, THESE ARE AVAILABLE FOR PURCHASE AT THE SHIRE ADMIN OFFICE.







Passion meets purpose at Wheatbelt NRM!

Are you ready to be part of a dynamic team dedicated to cultivating a vibrant Wheatbelt community? Wheatbelt NRM invites passionate community leaders and aspiring leaders to join our Board and play a pivotal role in shaping a thriving and sustainable future for our local environment.

Passion meets purpose at Wheatbelt NRM; share your unwavering passion for the Wheatbelt and contribute your expertise from community groups, other Boards, or your professional endeavours.

We're looking for individuals with experience and passion in one or more of the following areas:

- Governance literacy and experience
- Company Secretary experience or training
- Aboriginal engagement and liaison
- Financial governance and reporting
- Natural resource management

Board Members must live, own land, work within and/or operate within the Avon River Basin. If you are ready to contribute to a thriving Wheatbelt community and make a lasting impact on our environment, we invite you to submit your Resume and a Cover Letter addressing your experience in the above areas. While we value diverse experiences, it is not expected that candidates have experience in all areas.

Want to know more? Please contact Valetta Roberts, Executive and Governance Coordinator on 9670 3138.

Ready to make a difference? Applications are to be sent to vroberts@wheatbeltnrm.org.au by Friday 1 December 2023.

KULIN AQUATIC CENTRE CHRISTMAS CLOSURE 24.12 **CLOSED AT 5PM** 25.12 CLOSED 26.12 **CLOSED** 27.12 **POOL ONLY 12 - 6:30PM** 28.12 POOL 12 - 6:30PM | SLIDE 1 - 5PM 29.12 POOL 12 - 6:30PM | SLIDE 1 - 5PM 30.12 POOL 11AM - 6PM | SLIDE 1 - 5PM POOL 11AM - 6PM | SLIDE 1 - 5PM 31.12 POOL 11AM - 6PM | SLIDE 1 - 5PM 01.01 02.01 FROM THIS DATE NORMAL HOLIDAY HOURS RESUME



To celebrate the continuing commitments of our community members and volunteers, we invite everyone to our Community Christmas Party!

Why Thank a Volunteer Day

When 15 December 2023, 4:00pm onward

Where Visitor Discovery ZoneWho Everyone is invited!

How much No entry fee at all, band, entertainment and real life Santa are at no cost.

Food is the only thing that will require payment.

Big kids: License to Consume Liquor (BYO) or support Community Hub across the

road.

'Excuse my French Crepe Van' will be keeping our bellies full, we will also be holding a sausage sizzle, Kulin Community Hub will be serving a limited menu (dine in or take away), and Acres of Taste will be providing kids pizzas, milkshakes and icecream!







Entertainment

Band 'Groovy Tuesday' will be playing 4:30-7:30pm



For the Kids

Face painting, and 2x inflatables will be available at no cost, a ver VERY special guest from the North Pole will also be visiting.
Inflatables will be available from 3:30 onwards and will be supervised at all times.





SENIORS CHRISTMAS LUNCHEON

Thank you to all the lovely seniors who joined us for our annual Christmas luncheon. We had an amazing crowd and AMAZING catering. Thank you also to our special guests, CEO Alan Leeson, and Cr. Bowey, as well as Amy and Acres of Taste for catering. We received fabulous feedback about the food from all our guests. We of course, have to give an extra special thank you to our performers from

KDHS, Mrs Syred, and the teachers who doubled as singing coaches, it is safe to say everyone loved the Christmas carols.

We have been prioritising our involvement with the seniors in our community this year, this included introducing a monthly newsletter and quarterly morning teas and information sessions. It is through

these initiatives we have been able to gain a lot of insight into ways we can improve certain aspects of our community for our seniors, and create a warm and welcoming environment for everyone.

Wishing everyone a Merry Christmas and we look forward to seeing you all in 2024.

















SENIORS CHRISTMAS LUNCHEON















HAROLD PROUD - POEM

Thanks very much Alan, you're a great man

For giving all of us such a great plus

Here we are hale and hearty at another christmas party

Put on by the Shire at their desire

Recognised and organised

By two beautiful young ladies who did not come from hades

Stella and Izabella

Who got together a lot of nice dishes very much to our wishes

And with the bar makes more ha ha ha

So, its not too late to congratulate

And thank everyone for what you have done

Now hey ho to the merry oh

Let's have a good time with some rhyme

And jingle bells jingle bells with all the thrills

All the way to Xmas day

You had a poet but did not know it

Someone to hear a budding Shakespeare named Rowdy Proudy

HAYDN MCINNES JAKE FABI

Haydn McInnes has been a Lions Club member since the very beginning 51 years ago, he also held a position as Kulin Shire Councillor for 24 years and was a volunteer ambulance officer for 20 years. His amazing efforts have been recognised at the Lions Club International Convention at Curtin University in November, winning the Perpetual trophy for Best Club Treasurer 2023.

51 years ago, Lions looked a bit different, with Haydn saying that they had no idea where it was headed for their Kulin branch. Walter Alden, Bob Bailey, Ray Baldock, Robert Baldock, John Bell, Geoff Byres, Megs Gibson, Rod Giles, Peter Griffiths, Phil Hargraves, Kevin Hayes, Terry Hollow, Haydn McInnes, Robbie McInnes, George Meikle, Reg Moulds, Noel Muir, Colyn Prater, Harold Proud, Lawrence Robins, John Ryan, Terry Ryan, Rod Slater, Jack Stalley, Roy Stubberfield, Mike Terry, Ted Wilheim and John Wilson were the 1972 Charter Members, and minutes were recorded on a good old typewriter. Haydn and Harold are the only two people that have remained in the Club since the very beginning.

After 51 years of service, Haydn has held almost every position except secretary, however, his knack for numbers has landed him the Club Treasurer of the Year Award. An award that 70 other clubs across WA compete for. This award is given for having all accounts paid and paperwork handed in to the Cabinet Treasurer on time. Haydn has had his fair share of work on the Cabinet, having held positions as Deputy District Governor and Zone Chairman.

Following receiving his award, Haydn says he feels humble, as someone who didn't complete high school, and struggled being able to spell, numbers were what worked. He has managed to complete all his treasurer duties without any internet or technology, equipped with just a calculator, and cash / cheque books. Having held multiple positions within Lions, he mentions that he has enjoyed it all, and has also had the opportunity to win some other awards along the way. Haydn has been in Kulin his entire life and was told early on that "if you don't volunteer in your community, you won't have a community". He mentions that "Kulin revolves on a lot of community effort", and he aims to be able to volunteer and help out the community as much as possible.

Lions is a worldwide initiative, starting in 1917 by Melvin Jones. The Kulin branch has been able to support many community projects, including Kulin Retirement Homes, refurbishing the cemetery gazebo, helping with school projects, and supporting families in need. Haydn hopes to continue in the same direction in the future, helping and supporting the town and giving money back to the community. His favourite part of being part of Lions is the fellowship and getting to meet new people, also tying back to his philosophy of being able to do as much volunteering for the community as possible.

Showing true commitment to the team, Haydn plans to stay with Lions "until [he] drops dead". Kulin's branch currently has 12 members; however, he notes that they are always looking for and welcoming new members,

having around 130 members since the initiation of the Kulin branch.

Congratulations to Haydn, this is a massive achievement, and we are very lucky to have such a proactive member of our community.

Belle Brandis Community Development Officer





If you're a regular at the Aquatic Centre, you may have seen Jake breezing through his laps at 100km/h, or coaching our swimming club. Jake Fabi is originally from the Lake District of Northern England, a big change in scenery to little old Kulin. Originally from a dairy farm in England, Jake's Dad's favourite city is Perth, which led him to WA. Needing money to be able to travel, Jake found the Spurgeons and was offered a job. Jake started swimming at 3 years old, however, it was when his sister joined a swimming club, Jake joined one as well, wanting to do everything she did. For a few years, he balanced rugby, cross country, athletics, and swimming, and it wasn't until the age of 15 that swimming was his primary

Jake went to two Olympic trials, and was training for the Commonwealth Games until he got sick a couple weeks out, putting a halt in his progress. Doing anything at such a high level requires a massive amount of dedication and hard work, for Jake, it meant a lot of discipline and commitment, and training 36 hours a week. This included 20 hours in the pool, 9 in the gym and 7 on mobility training. Having a good team environment and encouragement made it a whole lot easier though. To be able to get to that elite level, he recognises that it is all a lot easier when you have a good relationship with your coach, and just genuinely love what you're doing. Jake loved being different to everyone else, as swimming is not a priority sport in England, he liked being the boy up at

4am to swim, smelling like chlorine the whole day, and set apart from the rest he is.

Jake spent most of his time training as a junior, and after being unable to make the Commonwealth Games due to sickness, he decided to take a small intermission in his swimming career, this break was extended, and Jake began working in our little town in Wheatbelt Australia.

Somehow between 36 hours of training weekly, Jake also completed a Bachelors Degree with Honours in Biomedical Science, Health, Exercise & Nutrition. Having this degree helped Jake gain key knowledge, aiding in making diet plans, knowing what, when and how to eat, as well as understanding and utilising quantitative measures in his performance such as V02 max, aerobic, and anaerobic thresholds and heart rate tracking.

While Jake doesn't consider himself an athlete anymore, to him being an athlete meant a whole lot of commitment, perseverance, and being willing to give up other opportunities to further himself as an athlete. While swimming had its ups and downs, it was rewarding, "you forget about everything when you're in the water, you need to make sure you enjoy it". Out of everything, swimming or other, "if you show commitment, you will get places. Get high up in what you do, then adventure". It was not entirely fun and games though, and the hardest parts included balancing university, work and swimming,

as well as being away from family while they were sick, "the stuff you give up to reach high levels is hard, but worth it in the end, the results are rewarding".

Other than swimming and sports, Jake's secret skills include cooking and teaching. He hopes to be able to give everyone the opportunity to learn, and show them they have the potential to reach high places. He comes from an area similar to Kulin and wants to show people in communities like ours that they can reach the same opportunities as city kids.

In his break from competitive swimming, Jake travelled the world, and after harvest, he will be heading to Tasmania for his next adventure, then moving to Perth or Brisbane to start working as an exercise physiologist. His goals for the future include the 2026 Commonwealth Games, and then hopefully the 2028 LA Olympics. Above all, he wants to be happy, as in these high-level sports, enjoyment is

Jake would like to add in a thank you to Kurt and Jane for how good they have been to him, and a special mention to how lucky the community is to have Jones who runs the pool to an amazing standard.

Thank you to Jake for taking time out of his busy schedule to talk to me, hopefully we will all see you again in the future, and best of luck!

Belle Brandis Community Development Officer







PAGE 16 PAGE 17



21 Johnston Street, Kulin WA 6365 Phone: 98615800

Email: Kulin.Police.Station@police.wa.gov.au Staff: Sergeant Andy Dunn, Senior Constable Barry Osborne (Uncle Baz)

REMEMBER - Kulin Police Station number is **9861 5800** or dialling **131 444** will connect you to your nearest police station.

It is important that if you are diverted to another Police Station, please hold the line and leave your details and your complaint / query and they will notify Kulin Police who will arrange attendance during normal business hours or immediate attention if warranted.

No big news from us this edition, just wanted to say, on behalf of Baz and I, Merry Christmas and a Happy New Year to you all. Stay safe, enjoy yourselves and never lose sight of the fact family is always the most important thing.



"All it takes for crime to flourish is for good people to do nothing"

CRIME STOPPERS 1800 333 000

TWITTER @KulinPol

FB Great Southern District – WA Police Force





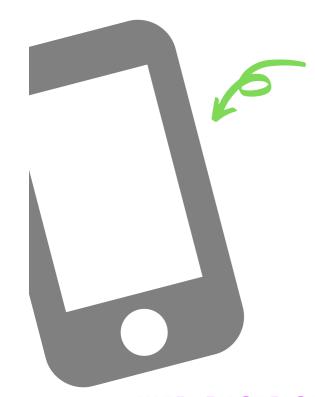


Community Bank Kulin



YOUTH SUPPORT SERVICES

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



PHONE-BASED SUPPORT:

LIFELINE 13 11 14

BEYOND BLUE 1300 224 636

QLIFE 1800 184 527

KIDS HELPLINE 1800 551 800

HEADSPACE 1800 650 890

1800RESPECT 1800 737 732

13YARN - 13 92 76

WEB-BASED SUPPORT:

BEYOND BLUE - HTTP://WWW.YOUTHBEYONDBLUE.COM
KIDS HELPLINE - HTTPS://KIDSHELPLINE.COM.AU
EHEADSPACE - HTTPS://EHEADSPACE.ORG.AU
MINDSPOT - HTTP://WWW.MINDSPOT.ORG.AU
REACHOUT - HTTP://AU.REACHOUT.COM
QLIFE - HTTPS://QLIFE.ORG.AU





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

-3/44

Quality of articles
 Completely
 Unsatisfactory

Thank you for your time.

Survey

Kulin Update

Please take 5 minutes to complete our survey to ensure we can provide the best possible quality to the community. It can be accessed via the above QR ode, the link above, or filled in and handed to the CRC.

2. Content in Update			
Completely			
Unsatisfactory	Average	Outstanding	
0			
3. Want to see more of:			
4. Want to see less of:			
Traine to see seas on		1	
	-	d	
5. Thoughts on: General	content (cooking corner,	handy hints, around the	world, etc)
Boring / uninteresting	0.00	Ň	
Irrolevant			
_			
Interesting			
Valuable			
Neutral			
6. Thoughts on: Staff men	nber contributions (CEO	report, Works happening	s, FRC, KCCC
etc)			
Boring / uninteresting			
Irrelevant			
Interesting			
Valuable			
Neutral			
7. Thought on: Written	work (event wrap ups, i	nterviews, community co	ntributions)
Boring / uninteresting	100		
Irrelevant			
Interesting			
Valuable			
Neutral			
8. Any suggestions or con	nments:		

COOKING CORNER

KULIN BUSH RACES 1995

















EASY BUTTER CHICKEN AND CLASSIC SHEPHERD'S PIE

Easy Butter Chicken

Ingredients

- 500g skinless boneless chicken thighs

Marinade

- 1/2 11emon, juiced
- 2 tsp ground cumin
- 2 tsp paprika
- 1-2 tsp hot chillie powder
- 200g natural yoghurt

Curry

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 1 green chilli, deseeded and finely chopped
- thumb-sized piece ginger, grated
- 1 tsp garam masala
- 2 tsp pound fenugreek
- 3 tbsp tomato puree
- 300ml chicken stock
- 50g flaked almonds, toasted

To Serve

- Cooked basmati rice
- Naan bread
- Mango chutney or lime pickle
- Fresh coriander
- Lime wedges

Method

Step 1

In a medium bowl, mix all the marinade ingredients with some seasoning. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1hr or overnight.

Step 2

In a large, heavy saucepan, heat the oil. Add the onion, garlic, green chilli, ginger and some seasoning. Fry on a medium heat for 10 minutes or until soft.

Step 3

Add the spices with the tomato puree, cook for a further 2 minutes until fragrant, then add the stock and marinated chicken. Cook for 15 minutes, then add any remaining marinade left in the bowl. Simmer for 5 minutes, then sprinkle with the toasted almonds. Served with rice, naan bread, chutney, coriander and lime wedges, if you like.

Classic Shepherd's Pie

Ingredients

- 1 tbsp olive oil
- 1 brown onion, halved, finely chopped
- 1 carrot, peeled, finely chopped
- 2 celery stick, trimmed, finely chopped
- 1 tbsp Cole's tomato paste
- 500g lamb mince
- Salt and freshly ground black pepper
- 2 tbsp plain flour
- 2 cups Massel beef style stock
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 4 Desiree potatoes, peeled, chopped
- 40g butter
- 1/2 cup milk
- Melted butter, to brush

Method

Step 1

Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.

Step 2

Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.

Step 3

Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to serve until combined. Taste and season with salt and pepper.

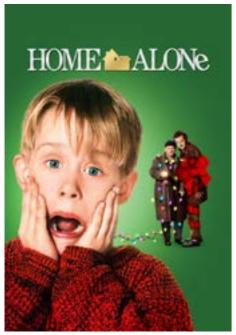
Step 4

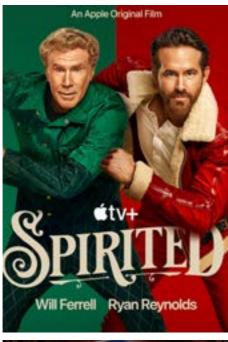
Preheat oven to 200C. Spoon lamb mixture into a 2L capacity ovenproof baking dish or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately.





KIDS CORNER BRAIN TWISTERS























Lump of Coal Christmas Plastic Wrap Face the Gingerbread Man







Marshmallow Toss

DIY Punch Advent Calendar







Gingerbread House Competition

Build A Snowman

AROUND THE WORLD

PAINTING

Clean Walls With Suagr Soap

Old paintwork can be dirty, and new paint won't adhere well to greasy or frimy surfaces. The best way to clean walls ready for painting is to use sugar soap. Brush walls to remove surface dirt. Dissolve half a cup of sugar soap in 5L of water and apply with a sponge or cloth, then rinse off using a clean damp sponge.

Tip: Work upwards, as the top of the wall is always the dirtiest.

Use A Sanding Sponge On Trim

Decorative detailing, such as trim and mouldings needs to be carefully sanded to get the best result. The most effective way is to use a sanding sponge. Sponges conform to the shape of the timberwork and can get crevices that sandpaper can't. They also apply even pressure and make it easy to cut own rough spots.

Tip: Sand trim with a fine grit sponge between coats for a smooth finish.

Scrape Off Any Loose Paint

Before applying new paint, flaky paint needs to be removed or the new paint coat won't adhere and eventually flake off as well. Check old paint poking it, and if it moves or cracks, it needs removing. Use a wide firmbladed scraper and take care to avoid damaging the surface, as gouges will have to be repaired before painting.

Protect Floors With Cardboard

Plastic sheet drops are inexpensive, but they can be slippery and clumsy. They can also catch the wind and come in contact with the wall. Canvas cloths are a better option, but for a tough solution, cardboard is ideal. You can butt it tight against a wall and it's easy to reposition as needed.

Hold The Brush The Correct Way

Gripping the brush incorrectly will reult in a tired hand and a messy paint job. Hold the handle between your thumbs and forefinger, resting your fingertops on the top. Dip half the bristles in the paint, then wipe on the side of the tin to remove excess. Apply in short strokes.

Paint In The Right Order

When painting a room, it's best to tackle the trim first. Don't worry about taping the walls, just concentrate on getting a smooth finish on the timber, as any trim paint will be easily covered when you paint the walls. Wait at least 24 hours after painting the trip, then tape it off. Do the ceiling next, as rollers cam create splatter that could easily ruin a freshly painted wall. Finish the room by painting the walls, cutting in with a brush and covering the rest with a roller. Nothing offers as much value for money as paint when it comes to transferring your home, and it is an easy job to DIY. Painting is time consuming, so it can be tempting to take shortcuts, but cutting corners will cost you in the long run with a poor result. Preparation is the key to a good paint job, so make sure the walls are clean, flay paint is removed and trim is sanded before you get out the paintbrushes and rollers.

Maintain A Wet Edge Of Paint

The best way to get an even finish is by keeping a wet edge as your work across the wall. Cut in with a brush, then start painting at the top corner using a roller. Work in 1sqm sections, painting a large M, then rolling across the area finishing in one direction. Immediately start painting the next section of wall, using light pressure to overlap the strokes with the wet edge.

Prevent Brushes Drying Out

Disposable gloves not only keep your hands clean when paining, but they can also be used to prevent your brush from drying out when taking breaks. It minimises clean-up too. To preserv your brush, simply grasp it by the bristles with a gloved hand, then pull the glove over the bristles with your other hand. Use a twist tie around the handle to keep air out.

Keep The Room Well Ventilated

Adequate ventilation is essential when painting, not only for your health but also to speed up the drying time. Open windows or set up a fan and take breaks. Nothing offers as much value for money as paint when it comes to transforming your home, and it is an easy job to DIY. Painting is timeconsuming, sit it can be tempting to take shortcuts, cut cutting corners will cost you in the long run with a poor result. Preparation is the key to a good paint job, so make sure the walls are clean, flaky paint is removed and trim is sanded before you even get out the paintbrushes and rollers.

Tip: Don't paint if it is very hot, cold or humid, as it can affect the finish.

Neutralise Odours

Paint odours can linger even in a wellventilated room, which can cause headaches and discomfort for some people.



CHRISTMAS DAY

Christmas Day falls on December 25 and is an occasion for Christians to celebrate the birth of Jesus. Many people, even if they are not Christian, give each other giftsm prepare special meals and decorate their homes at this time of years. Many aspects of the Christmas celebrations originated from winter celebrations in Europe. However they are increasingly influenced by the Australian climate and wildlife.

Is Christmas Day A Public Holiday?

While this is an official public holiday in the state, some businesses are allowed to be open on this day. Others may have restricted trading hours.

What Do People Do?

People often spend Christmas Day with family members or close friends. Christmas Day falls in the middle of the summer school holiday and both December 25 and 26 are public holidays. Hence, many people celebrate the event away from home, in holiday parks, on camp sites or at relatives' homes.

In the weeks before Christmas Day, many people decorate their homes with Christmas decoratuions. These often include a Christmas tree, candles or small electric lights, glass baubles, tinsel, snowmen, fake snow and figures of Santa Claus in his red fur-trimmed outfit. Typicallay Australian decorations are also used. These are glass baubles or wooden ornaments decorated with images of Australian wildlife, such as bilbies, koalas, king parrots, Waratah flowers or Australian landmarks. Small statues of native animals dressed in 'Santa' hats and sleighs pulled by groups of sx white kangaroos are also popular, as are figures of Santa Claus in beach clothing.

On Christmas Day, the children hope to recieve gifts in a stocking or under the Christmas tree from the mythical figure Santra Claus. In the weeks before Christmas, they write letters to him so that he knows what they want. Many people eat a special meal on Christmas Day. Traditionally, the main meal was similar to the Christmas meals served in Europe. They consisted on roast meats and vegetables and heavy fruit cakes and steamed pussing, which was doused with burning alcohol before being served. Whoever found the coin in his or her portion, would have a lucky year. However, now many people choose to hold a barbecue at the beach or a picnic in a park or prepare a meal of cold meat and seafood followed by

Pavlova, a soft meringue cake topped with whipped cream and fresh fruit. **Public Life**

Christmas Day falls in the summer school holiday. All schools and other educational establishments, many businesses and many stores are closed on Christmas Day. Some public transport systems close down and others offer only a limited service. If you wish to travel by public transport, it is a good idea to check the services before you make your plans.

Background and Symbold

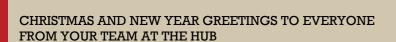
On Christmas Day, Christians celebrate the birth of jesus. Different denominations have a range of traditions and types of Church service around Christmas Day. Catholics often attend midnight mass, which starts at midnight as Christmas Eve leads to Christmas Day. Other denominations attend special church services during the day on December 25.

There are a number of native Australian plants that include "Christmas" in their popular names. This is usually because they flower during the Christmas period. Examples include: Christmas bells, Christmas Bush, the Christmas tree and the Christmas orchid



OUR HUB NEWSLETTER





Speaking of new year we feel the time is right to share with you our hub journey over the past year and our future going forward. You are all no doubt aware that the pub that we all own is in trouble, like other country pubs, but ours has the advantage of being locally owned and operated as well as being a beautiful old building right in the centre of our town. The building restoration is well in hand and CKC are working on some major projects which will be visible soon. The actual running of the pub is a constant battle as wages are high, stock is expensive and running costs on such a large building are huge. Over the past months we have cut back staff hours, tried to conserve power and water and are about to enter into a better system for alcohol purchases. We do endeavour to be open when other businesses are closed to cater for our visiting travellers.

We just need more local people through our doors- it really is that simple - can you imagine Kulin with a closed pub on the corner, the reality is real.

We urge you all to take a moment over the summer break to think about how you can make a difference, be it Friday night drinks after work, celebrating your special occasions locally, weekly catch ups with friends and family or purchasing your beer and wines locally. It will all help. Don't hold back on reaching out to one of us if you would like to chat about this further. Thank you for your time in reading this, we have tried not to sound too desperate, but lets face it-we are!

Wendy Gangell, for and on behalf of Directors G Robertson M Lucchesi G Schorer J Varone N Thompson.
Shareholders and staff.

Special events

 Community Christmas Party Dec 15TH

> Hub will have available fish and chips – steak sandwiches and ice cream cones.

• New Years Eve

Book a table for your family/friends and enjoy a relaxed night together - local musician

 Australia Day-Evening Aussie BBQ

SUPPORT US SO WE CAN CONTINUE TO SUPPORT YOU





2024 Movie Days

February 27th Definitely, Maybe

March 12th
The Intern

April 23rd Miss Potter

May 21 Book Club

June 25th Mrs. Harris Goes To Paris

July 9th
Downsizing

August 13th Going In Style

September 10th Mrs Doubtfire

October 22nd

Remember The Titans

November 12th Like Father

December 10th Mamma Mia







Got Achievements?

If you, or someone you know have achieved something pretty amazing, send the details through to crccounter@kulin.wa.gov.au and we'll give it a feature in the Update!

We can't wait to see and share all the amazing things being achieved in our community in 2024.

ADVERTS



WE ARE HIRING.

APPRENTICE METAL FABRICATOR

Are you looking at becoming a tradie, come kick-start your career with us.

Titan Engineering are looking for capable people to join our growing team in the agriculture manufacturing sector based in Kondinin.

If you have a willingness to learn and are a team player, Titan Engineering is interested in talking with you.

Feel free to call me, Peter Harvey on 0428 891 200 or email peter@titaneng.com.au









COVID

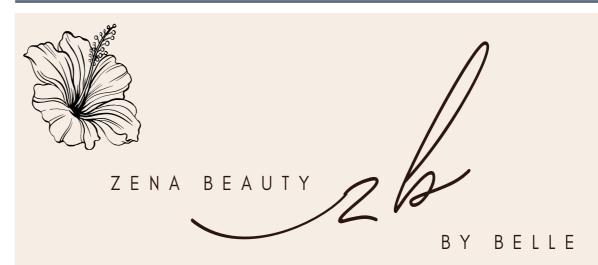
MODERNA BI-VALANT Vaccinations

Now available for patients aged 18 years and over.

Please go to www.corriginpharmacy.com.au to book.







email izabellabrandis@icloud.com

phone 0476 178 045

socials ezenabeautybybelle

makeup and hair for all occasions. located in the heart of the Wheatbelt

DUFFY ELECTRICS

ResidentialCommercialIndustrial

Tv installation
Air Conditioning



FERTILIZERS

duffyelectrics@outlook.com Servicing Wickepin and surrounds

Make the Best In-Season Nutrient Decisions Using nutrient Fuel Gauges and inSITE Plant Analysis, your local Area Manager can help you make the best in-season nutrient decisions. Speak with Steve today! Steve Cooke, Area Manager - Corrigin

Email: scooke@summitfertz.com.au

LOCAL CHURCHES

UNITING CHURCH
10:30am Morning tea
11:00am Service starts
1st and 3rd Sunday of each
month

CATHOLIC CHURCH

Fr Truc Nguyen M: 0426 018 782 8am 1st, 3rd, 4th Sunday and 5th

10:30am 2nd Sunday

ANGLICAN CHURCH

Regular services in Kulin have stopped for the time being, however, the Anglican church can be made ready for special services.

Katheryn Wilson- 0429 801 228 Bunbury Office- 08 9721 2100

KULIN MOTOR MUSEUM

Wednesday 10am- 12:30pm Saturday- 10am-2pm Clarrie- 9880 1058 Bill- 0429 804 615 John- 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

ARTS CENTRE

A simple way to make a contribution to the Kulin Arts Centre is to support their Containers for Change collection. Simply return your containers and use the ID C10333381.

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

KULIN CHILDCARE CENTRE

You can help support our local Child Care centre with just your bottles and cans. Drop your eligible containers into the bin behind the Memorial Hall or to any Containers For Change donation point using the ID C10351204

JUSTICES OF THE PEACE

MT Lucchesi 9880 4050 JM McInnes 9880 1360 R Noble 9880 1383 BW Sloggett 0427 081 925

Useful contacts for someone who's not ok

Lifeline (24/7)

13 11 14 lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467 suicidecalibackservice.org.au

Beyond Blue (24/7)

1300 224 636 beyondblue.org.au

1800 RESPECT (24/7)

1800 737 732 1800 respect.org.au

Kids Helpline (24/7) (5-25 yrs)

1800 55 1800 kidshelpline.com.au

Mensline

1300 78 99 78 mensline.org.au

QLife (LGBTI support)

1800 184 527 qlife.org.au

13YARN 24/7 (Aboriginal and Torres Strait Islander support)

> 13 92 76 13 yarn.org.au

For more information and tips ruok.org.au



PAGE 34

Mobile: 0429 934 243

Kulin Contacts

Nursing Hours: Tuesday & Wednesday 8:30am-2:30pm

CHSP Co-Ordinator / Nurse by Apt: Thursday & Friday

Kulin Doctors Surgery: 9880 1315

Kondinin Medical Centre: 9889 1753

Kondinin Hospital: 9894 1222

Western Power: 13 13 51

Water Supply: 13 13 75

Kulin Water Depot: 9880 1356

Crime Stoppers: 1800 333 000

Kulin Police: Kulin Police station is staffed by 2 officers who are available to respond to incidents 24/7. Your local police can

be contacted as follows:

For emergencies: 000

For non-urgent incidents: 131 444

Officer at Kulin Police Station: 9861 5800

Did you know that you can use your smart phone to report local issues? Just download the free Snap Send Solve app and get Snapping! When you're out in the community, you are our eyes and ears. If you see something that doesn't look right, just Snap Send Solve it!