

Ninghan News

POSTAGE
PAID
AUSTRALIA



! Free Entry !

WHATS ON

- * 31 Oct - Halloween
- * 1 Nov - Prohibited Burning Period commences Pg. 5
- * 11 Nov - Remembrance Day Pg. 19

Trayning Aquatic Centre
Opening 1st November 2025

12:00pm till 7:00pm

Closed on Tuesdays

Free entry all season!



NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 18 November 2025

Proudly produced by the Shire of Trayning

Email: admin@trayning.wa.gov.au

Railway Street, Trayning WA

PO Box 95, Trayning WA 6488

Phone: 9683 1001 Fax: 9683 1040

OFFICE HOURS 8.30am to 4.00pm - Monday to Friday

DISCLAIMER: The views expressed in articles published in this newspaper are not necessarily the view of the Editor or any other person who may work to produce this publication. The Editor has the right to withhold, edit, abbreviate any items as considered necessary. No responsibility is accepted for any statements of opinion, errors or omissions.



Public Notice

Upcoming Road Works

The following roads works are scheduled to commence in the coming Months

Please note in an effort to minimise traffic interruption we are endeavouring to complete the re-sheeting works prior to the commencement of harvest and then resume construction works in the new year.

Harrod Road - Drainage - 2nd week of November
Barnes Road - Crew currently Gravel carting and re-sheeting
Gabbin / Trayning Road - Drainage and Re-sheeting
Couper Road - Drainage - November
Nalkain Road - Drainage - December
Sutton Road - Drainage - January
Kununoppin / Mukinbudin Road - Reconstruction - January 2026
Kellerberrin / Bencubbin Road - Reconstruction - January 2026
Leake Street Kununoppin - Reseal - New Year
Harrod Road - Reseal - New Year

No roads will be closed but expect delays, remember to plan your trip ahead of time and drive to road restrictions and conditions.

Paul Healy
Manager of Works



Public Notice

Mosquito Tablet

The Shire of Trayning is supplying a free mosquito tablet for your septic tanks, with your help we can decrease the number of mosquitoes in our Shire.

Collect your tablet today during opening hours 8:30am - 4:00pm
Monday - Friday from the Shire of Trayning Administration Office.

Peter Naylor
Chief Executive Officer

Shire of Trayning News and Updates



SMS MESSAGE SERVICE

Dear Residents,

The Shire provides a service which enables a SMS Text Message to be sent to all listed Mobile numbers to notify the phone owner of the following information but not limited to:

- Harvest & Movement of Machinery Ban
- DFES Total Fire Bans
- Closure of Roads
- Emergency Notices

If you would like the SMS Service sent to your Mobile Phone or wish to change /delete your number, please fill in your details in the below section and return it to the Shire Office.

Should you require further information please do not hesitate to contact the Shire Office by phone (08) 9683 1001 or by email : admin@trayning.wa.gov.au

Name: _____

****Name and Mobile Number/s you wish the messages to be sent to:***
(Please Print Clearly)

(Name:)

(Mobile Number:)

(Name:)

(Mobile Number:)

****Name and Mobile Number/s you wish to delete from the service:***

(Name:)

(Mobile Number:)

(Name:)

(Mobile Number:)

Do you wish to receive other **Council Notices** SMS Messages via this service?
Yes / No
(Please Circle)

Signature: _____



PROHIBITED BURNING PERIOD

It is hereby notified that the
Prohibited Burning Period commences on
Friday 1 November 2025.

Please be advised that this means there is to be **NO BURNING**
of any type under any circumstances

Please be vigilant of the Shire's **FIRE RATING SIGNS** and **FIRE
BAN BROADCASTS** to ensure we keep the Shire safe this
Summer.

Peter Naylor
Chief Executive Officer



**Secure Your Load
For Safer Roads!**



It's the Law!

Please secure your loads,
not only is it dangerous to
other motorists, it litters
the road sides and harms
wildlife.



Trayning Aquatic Centre Kiosk



- Chips
- Ice Creams
- Lollies
- Chocolates
- Cool Drinks (600ML & 2L)
- Fresh ground Coffee
 - Tea
- Milkshakes
- Biscuits
- Hot chips
- Pies
- Sausage Rolls
- Mini Pizza
- Chicko Rolls
- Ham & Cheese Toasties



And so much more !

Call 0455 111 455 to Pre order

Milk Shake





DEFIBRILLATOR LOCATION & INSTRUCTIONS

Trayning Post Office

Trayning Aquatic Center

Kununoppin Post Office

Trayning & Districts Sporting Club

Yelbeni General Store

Please follow the Instructions on the Defibrillator Box



OFFICIAL



POLICE NEWS

Bencubbin Police Station, Lot 282 Monger Street, Bencubbin, WA 6477
Phone: (08) 9685 0200



Hello,

An update over the last few weeks as to what has been happening.

Beacon – Assault and Damage Incident

Police attended an alleged assault and damage incident at a rural property near Beacon in the early hours of the morning.

This serves as a timely reminder for community members to ensure that teenagers are not supplied alcohol at private gatherings. Given the number of attendees at this event, organisers are reminded to notify police prior to holding large parties so that appropriate policing arrangements can be made.

As a host, you have a duty of care for the safety and wellbeing of your guests. While it's important that everyone enjoys themselves, steps should be taken to minimise the risk of harm to people and property from excessive alcohol consumption or uninvited guests.

You can register your event online at:

👉 www.wa.gov.au/service/security/law-enforcement/hosting-responsible-parties

Once registered, print and display the “This party has been registered with the WA Police Force” poster at the entrance to your event.

Yelbeni – Single Vehicle Crash

Police attended a single-vehicle crash along Nungarin–Wyalkatchem Road, South Yelbeni.

A Nissan Navara towing a caravan was travelling east when the driver failed to negotiate a sweeping right-hand bend. The vehicle left the road and overturned, coming to rest on its side with the attached caravan on its roof.

The driver was treated at the scene by St John Ambulance before being transported to hospital with non-life-threatening injuries. Tragically, the driver's pet dog was ejected during the crash and died at the scene. With consent from the driver, Shire of Trayning staff assisted in respectfully burying the animal nearby.

Three firearms located in the caravan were seized by police for safekeeping. No other vehicles were involved, and there were no witnesses or dashcam footage available.

Shire of Trayning News and Updates

OFFICIAL

Nungarin – Causing Excessive Noise and Smoke

On 2 October 2025, police investigated an incident on Railway Avenue, Nungarin.

Following a gathering at the local tavern, a suspect entered a vehicle and performed a burnout, producing excessive smoke and tyre debris on the roadway. A second, unidentified vehicle then performed a doughnut manoeuvre at the nearby intersection, also creating significant smoke and road damage.

The Ford Falcon was impounded under hoon legislation, and a 28-year-old male has been charged with causing excessive noise / smoke under the Road Traffic Act. The second suspect and vehicle are still under investigation.

A similar hoon incident occurred in Trayning on Riley Road (next to Kellerberrin-Bencubbin Road) where dark burnout tyre marks have been left on the road. This vehicle has not yet been identified.

Driver Behaviour

These recent incidents of reckless and hoon driving in and around the district are dangerous, unnecessary, and poses a serious risk to other road users, pedestrians, and property. In small country towns, where families, farmers and local traffic all share the roads, irresponsible driving has no place.

Under the Road Traffic Act 1974 (WA) and the Road Traffic (Administration) Act 2008, offences such as reckless driving, causing excessive noise or smoke, and driving in a manner that creates a nuisance or danger carry significant penalties. Police have the authority to impound or confiscate vehicles under Section 79 of the Act when drivers engage in hoon behaviour, including burnouts, doughnuts or sustained loss of traction. Offenders also face substantial fines, demerit points, and potential loss of licence.

Police remind all drivers that roads are not racetracks. Driving responsibly protects not only your own life but also the safety and peace of the wider community. Bencubbin and the surrounds are all close-knit towns — let's keep it that way by showing respect on the roads and setting a good example for others. Burnout marks around town send the wrong message to visitors and show little care for the community. Take pride in your streets and do better if you are involved.

Slow down, think ahead, and don't drive like an idiot — it's not worth losing your licence, your car, or someone's life.

Until next time — stay safe, drive responsibly, and look out for one another.

Bencubbin Police



Public Notice

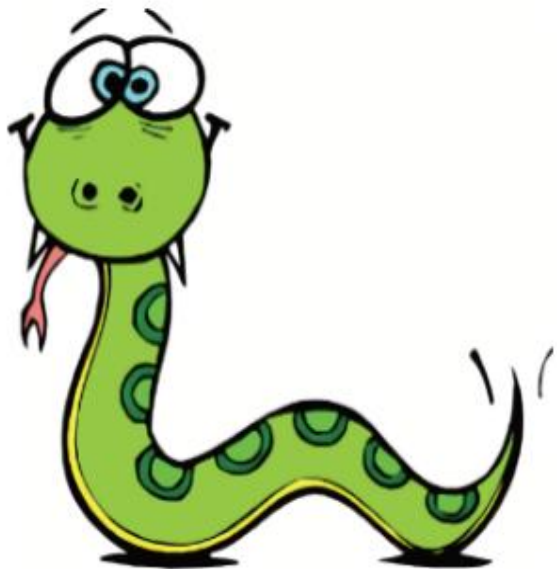
Ninghan Fitness Centre Door Lock Upgrade

The new lock has now been installed and your membership swipe card will no longer be valid, however you will be issued a 4 digit pin number.

Please contact the Shire of Trayning for your new access pin number.

You can contact the Administration Office on 9683 1001 or via email admin@trayning.wa.gov.au between 8:30am - 4:00pm Monday - Friday.

Peter Naylor
Chief Executive Officer



Merredin Snake Removalists

James: 0429043185

[facebook@merredinsnakeremovalists](https://www.facebook.com/merredinsnakeremovalists)

KTY HIRE



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LOCATED SOUTH KUNUNOPPIN

For Sale

- ♦ Electric fully adjustable home Hospital Bed including waterproof medical mattress.

Over bed bedtable on wheels

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(Needs new rubber tips)

\$3400 the lot



Bariatric Wide
Wheelchair
Near New
\$800



Contact: Belinda 0427831051- Trayning

FOR SALE

SHOP RIDER MOBILITY SCOOTER

Brand new battery and charger with Shopping Basket.

Excellent Condition.
\$2400

Contact 0428 825 042



Public Notices

*Your local voice
for Trayning!*

HERE TO HELP

✉ lachlan.hunter@mp.wa.gov.au

Northam Office

☎ (08) 9622 2871

📮 PO Box 92

📍 Northam Boulevard,
Fitzgerald St, Northam

Merredin Office

☎ (08) 9041 1702

📮 PO Box 66

📍 Old Town Hall,
Mitchell St, Merredin

LACHLAN HUNTER MP
MEMBER FOR CENTRAL WHEATBELT

Authorised by L. Hunter, Northam Boulevard, Fitzgerald St, Northam WA 6401



YELBENI RURAL
HERE TO HELP YOU GROW

Shop: (08) 9682 5012

Email: shop@yelbenirural.com.au

*Your one stop shop for all farm chemical, seed and fertiliser,
agronomy, automotive, hardware and grocery supplies*





Department of
Primary Industries and
Regional Development

Business Transition Program and the **Livestock Transport Industry Transition Program** are scheduled to open for applications on **7 October**, closing **1 December 2025**.

You can view the Grant Opportunity Guidelines now on Grant Connect to start planning your application.

- [Farm Business Transition Program](#)
- [Livestock Industry Transition Program](#)

The Grant Opportunity Guidelines provide important information about eligibility, co-contribution requirements, and the types of activities that can be supported. I encourage you to take the time to review the guidelines and begin considering how this opportunity might support your business through the transition.

The **Farm Business Transition Program** is designed to help producers plan for the future and adopt alternative systems and practices that suit their operations. Grants of up to **\$75,000** are available, with a matching co-contribution required.

The **Livestock Transport Industry Transition Program** will provide grants of up to **\$40,000** for planning, training, and co-funded investment in upgrading or modifying transport assets.

Now is a good time to start thinking about your application, including identifying potential projects, gathering supporting information, and seeking advice if needed. Early preparation will help ensure you're well-placed to submit a strong application once the program opens.

As outlined previously, these grants are part of the Commonwealth's broader assistance package for the Western Australian sheep industry. More information on the package can be found at www.agriculture.gov.au/2028. Specific information on the **Supply Chain Capacity** program can [be found here](#).

Factsheets that provides examples of eligible and ineligible projects under the Supply Chain Capacity, Farm Business Transition and Livestock Industry Transition programs and to illustrate the differences in the programs. This factsheet is available at www.agriculture.gov.au/2028 and is not part of the guidelines or assessment process.

Public Notice



Government of Western Australia
WA Country Health Service

WE WANT
TO HEAR
FROM YOU



Are you interested in health?

Would like to contribute to health care in your community?

WA Country Health Service invites you to join the Eastern Wheatbelt District Health Advisory Council (DHAC). This includes the Shires of Bruce Rock, Cunderdin, Kellerberrin, Koorda, Merredin, Mount Marshall, Mukinbudin, Narembreen, Nungarin, Quairading, Tammin, Trayning, Westonia, Wyalkatchem and Yilgarn.

Why join?

Eastern Wheatbelt DHAC members meet bi-monthly at the Merredin Health Service, working together with the community, patients and WA Country Health Service teams to ensure that we provide the best care possible.



CONTACT US

**For more information please contact:
Merredin Health Service**

Phone: (08) 9081 3222

Email: WBEast.OperationsPA@health.wa.gov.au

District Health Advisory Councils • Engaging with our community

Public Notice

25
ways to

**Make Every
Conversation
Matter**

Mental Health First Aid Day

Every conversation can be a turning point in someone's life.
Whether it's in person, on the phone, in virtual meetings, over text or via social media, there are things you can do to make every conversation matter.



Learn more



**MENTAL HEALTH
FIRST AID**

For Anyone. For Everyone.

 Preparing	Know the signs	Pick your moment	Check in with yourself	Choose a safe space	Create a supportive environment
	Recognising when someone is struggling lets you know when it's time to step forward and offer support.	Start a conversation when you're not in a rush or distracted, so that you allow adequate time to listen, focus and respond appropriately.	Check in with yourself before initiating a conversation to make sure you are in the right frame of mind to discuss difficult topics.	A relaxed environment with privacy will encourage someone to talk openly.	Non-judgemental comments and active listening are essential for creating a safe and supportive environment.
	Focus on the behaviours When sharing your concerns, focus on specific behaviours or things you have noticed rather than criticising them.	Listen to understand Instead of inserting your own opinion, you might say something like, 'That must be tough to deal with. How are you coping?'	Avoid providing solutions Instead of providing solutions, ask questions that prompt further thought, such as 'Have you considered talking to a professional about this?'	Express genuine empathy Use supportive, non-judgemental words such as 'I care about you', 'I'm listening', 'I'm here to help', or 'Your feelings are valid'.	Don't make comparisons Avoid comparing them to others or to previous versions of themselves, focus on their current experience and emotions.
 During conversation	Use 'I' instead of 'you' For example, you might say 'I have noticed a change in your behaviour lately' rather than 'You have changed'.	Don't talk too much about yourself It's important to prioritise the other person's needs and experiences without overshadowing them with your own.	Show that you understand Reflect their words back to them such as 'It sounds like the past week has been really overwhelming for you. Is that right?'	Ask open-ended questions Questions like 'What's that like for you?' instead of 'yes' or 'no' questions like 'Do you feel sad?' encourages conversation.	Try not to interrupt Even if you think you know what they're going to say, it can interrupt their train of thought and make them shut off.
	Respect different perspectives Be sensitive and respectful to any cultural, religious or personal differences.	Offer practical support If someone is feeling overwhelmed, offering to take something off their to-do list (such as running errands) can ease pressure.	Let them know it's OK if they're not ready to talk Try not to pressure someone to open up and talk to you if they're not ready. Simply let them know you're there.	Direct to professional help Remember it's not your role to have the answers or be a counsellor. Help them access professional support, if appropriate.	Look after yourself Don't forget to check in with your own thoughts and feelings when supporting others - and reach out to someone you trust if you need support.
 After	Practise self-care Do something nice for yourself after the conversation.	Follow up Support shouldn't be a one-off. Following up can show you care.	Be consistent, not intrusive A simple message or quick check-in can go a long way. Let them know you're there, without overwhelming them.	Respect their choices People open up in their own time. Be patient, and let them know you'll be there when they're ready.	Seek support If you find yourself feeling affected over time, seek professional support.

Anyone can have a conversation that may save a life.
Become a Mental Health First Aider today.

mhfa.com.au/our-day

#MHFADay

Join us on social media



More Sport – Their Way!

Promoting women's informal sport participation in WA

Join us in work to find out more about the sort of participation girls and women in WA are involved in and looking for!

Complete our on-line survey to add your voice and views to future planning and provision for girls' and women's sport participation across communities in WA –

[More Sport Their Way Survey](#)

If you are over 16 years of age, whatever sport you are involved in – or would like to participate in, we want to hear from you!

ECU ethics approval 2023-04756-PENNEY
Email: d.penney@ecu.edu.au



ECU
EDITH COWAN
UNIVERSITY

Research project
supported by





WHEATBELT AGCARE

Community Support Services Inc. (est. 1991)

FAMILY & INDIVIDUAL COUNSELLING SERVICE



CLARISSA PANIZZA: Phone 90 465 091 or Mobile 0488 465 081

Serving the Shires of: Kellerberrin Mt Marshall Mukinbudin
Nungarin Tammin Trayning Westonia & Yilgarn

DI MORGAN: Mobile 0488 964 255

Serving the Shires of: Dowerin Koorda & Wyalkatchem

CHRISTIE KINGSTON: Mobile 0461 387 412

Serving the Shire of Merredin

A Family Counsellor can assist you with:

- Adjusting to Separation
- **Anger Management**
- Coping with Grief and Loss
- **Domestic Violence Issues for Adults and Children**
- Learning to Manage Anxiety, Depression and Stress
- **Relationships: Family, Couples, Parent/Child, Parent/Adolescent and Mediation**
- Self Esteem, Personal Growth, Life Skills & Life Stage Issues
- **Sexual Abuse & Sexuality Issues**
- Suicide Prevention
- **Trauma**
- Work Related Issues

FREE, CONFIDENTIAL AND MOBILE – RURAL COUNSELLING SERVICE

Country People Helping Each Other

REMEMBRANCE DAY

11 NOVEMBER



"They shall grow not old, as we that are left grow old
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning.
We will remember them".



WARRIOR WELLBEING ARTICLE

Testosterone and Wellbeing

BY THE REGIONAL MEN'S HEALTH INITIATIVE
October 2025

We've all heard of the hormone testosterone, but we might not know just how important it is that we look after our testosterone levels for our physical and mental health and wellbeing. Hormones themselves are the chemical messengers that the glands in our body send through our blood to our organs. They are necessary for growth, reproduction and wellbeing. The ones that are particularly important to men are the male sex hormones called androgens. Testosterone is the most important androgen and effects everything from our metabolism, our recovery time after physical exertion, our mood and of course our sex drive, performance and health. All things that we care about, that help define us as men and that we don't want to compromise on.

As testosterone is such a vital part of living a full and healthy life, it's important to keep a lookout for signs of testosterone issues, most commonly testosterone deficiency. It is normal for men to have their testosterone peak between 20 and 30 years of age; and from there fall gradually as we get older to one third of our maximum amount. In fact, by 45 years of age 4 out of every 10 men have symptoms of male hypogonadism (lowering testosterone). Despite it being common it is still important to keep an eye on it as testosterone deficiency can have severe consequences.

In our youth it can present as failure to go through normal puberty, including not having our voice break, not getting a normal growth spurt or even developing breasts. This is all to be avoided if possible! In adults there are a range of potential symptoms including weight gain, mood changes, reduced strength, difficulty getting erections and a lower sex drive. These symptoms and others can have a detrimental impact on our health and quality of life so being aware of testosterone's role in our lives and the difficulties we can have with it is important to all men.

If we find ourselves experiencing these issues we should go to the doctor and have a simple blood test that will check our testosterone levels. If we are suffering from a severe deficiency it is likely we will be administered Testosterone Replacement Therapy (TRT) in the form of injections, gels, lotions, creams, patches and tablets; some of which can come with negative side effects. Fortunately, there are ways to increase our testosterone short of pharmaceutical help. Primarily through lifestyle choices. That is getting enough sleep, avoiding alcohol and drugs, staying active; especially through weightlifting, minimising stress levels and getting all our vitamins and minerals through a balanced diet, will all have a significant impact on our testosterone levels and general health.

Like with most aspects of our health the same fundamentals affecting everything else also affect testosterone levels. Good health is a holistic process and if we do these things to take care of our testosterone we will enjoy the benefits of healthy testosterone levels throughout our lives. As always if there is any doubt it's important to speak to your GP, especially when something as important as testosterone is involved.

✕ @RMHI_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



Public Notices



Central Wheatbelt Uniting Church Notices 2025

Sunday	19 October	Trayning 9am	Kellerberrin 11am
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Valda Knott,
Will Be at the Church on the First and
Second Sunday of every Month at 11am.

Community Minister:

Valda Knott OAM JP
Mob: 0488 253 490
Email: valmknott2@gmail.com

Please call Valda if you need help
of any kind



Trayning Community Shop

Coronation Street, Trayning 6488

OPENING HOURS

Thursday & Saturday

10.00am to 12.00am

Come in and have a look.....
.....You never know what you might find!

A. Ricetti 0408 099 315
V. Warner 0451 501 961



Crockery & All Kitchen items, Pot Plants, Linen , Curtains, NEW briefs & Hankies

Funds raised from shop sales are invested into the community.



Gardener - Handyperson

Branch: Trayning Primary School

Division: Wheatbelt Education Region

Salary: Level 2, \$1,219.80 - \$1,237.60 per week (pro-rata) (GS (Misc.) GA 2025)

Work Type: Permanent - Part Time

FTE: 0.4

Location: Trayning

Closing Date: 2025-10-24 4:30 PM



This is a permanent part-time (0.4 FTE) position commencing as soon as possible

Trayning Primary School (PS) is located in the Ballardong Noongar region in the Wheatbelt of Western Australia. We are 243kms from Perth situated on the Nungarin-Wyalkatchem Road, 149kms from Northam and 72kms from Merredin.

We take pride in our approach to teaching and learning, and we are committed to a culture of high achievement and providing opportunities of experiencing success for Every Student, in Every Classroom, Every Day.

The school motto 'Building our Dreams' identifies our goal to instil in our children a love of learning, a desire for knowledge and for taking steps to create successful futures. The schools' values Relationships, Achievement, Responsibility and Respect (RARR) cultivates positive attitudes, beliefs and behaviours that guide us in the choices we make to support a safe and inclusive environment.

The Role

We are seeking a Gardener-Handyperson to join our team and help enhance and maintain the school grounds.

In this role, you will be responsible for keeping the grounds attractive, clean, and well-presented. Your duties will include gardening tasks, general maintenance of the grounds and facilities, as well as other responsibilities outlined in the attached Job Description Form (JDF).

To succeed in this role, you should have a solid understanding of gardening methods and procedures, including the safe use and storage of equipment, materials, and chemicals. Experience with servicing gardening equipment and performing minor repairs and maintenance is also highly desirable.

A current Driver's Licence is essential. The successful applicant will be required to complete introductory School Gardener training, along with any other role-specific training mandated by Departmental policy.

For more information visit:

<https://search.jobs.wa.gov.au/page.php?pageID=160&AdvertID=392603&source=other>

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Trayning Aquatic Centre Opens 12pm—7:00pm	2 Nungarin Markets
3	4	5	6	7	8 Westonia Christmas Markets	9
10	11 Remembrance Day	12	13	14	15 Cunderdin Twilight Markets	16
17	18	19 Shire Council Meeting	20	21	22 Kellerberrin Christmas Twilight Markets	23
24	25	26	27	28 Southern Cross Christmas in the park	29	30 Kondinin Christmas Twilight Markets