

Ninghan News

POSTAGE
PAID
AUSTRALIA



WHATS ON

- * 19 Sept Restricted Burning Period Pg. 10
- * Youth week Pg. 27
- * 3 – 5 Oct Nungarin Harvest Festival Pg.22
- * Wheatbelt Way Photography Competition Pg. 35



Congratulations to the Winners of the Rates Incentive Prizes!

The rates incentive prizes are automatically drawn by our accounting system.

We are pleased to announce the following winners.

1st Prize – 2x 25" LG Monitor donated by Wallis Computer,
Yeringa Park Estate

2nd Prize - \$250 Personal Bank Account donated by Bendigo Bank Branch
Mukinbudin,
Angela McDonnell

3rd Prize - 2x WASO tickets to Li-Wei Qin Plays Tchaikovsky Concert donated by the
West Australian Symphony Orchestra,
Roger McNee

4th Prize - \$200 Fuel Card donated by Great Southern Fuel.
Percy Cram

A huge thank you to the below businesses for their support and generous donations again this year!



Proudly Supported By
Community Bank
Mukinbudin



**West Australian
Symphony Orchestra**

NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 14 October 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.

Shire of Trayning News and Updates



LG019

[illegible]

Shire of Trayning News and Updates



WESTERN AUSTRALIAN
Electoral Commission

LG019

FILLING OFFICE OF COUNCILLOR WHO IS ELECTED MAYOR / PRESIDENT

_____ is elected as the Mayor / President and is a councillor on the council whose office becomes vacant under s.2.32(1)(f) of the *Local Government Act 1995*.

_____ is elected as a councillor of the _____ District/Ward, until _____, in accordance with *Schedule 4.1B of the Local Government Act 1995*.

Returning Officer

Full name:	Helen Croke		
Signature:	<i>Helen Croke</i>	Date:	4 September 2025

Candidate Details



Ballot paper name	BARNES, Peter
Candidate name	Peter Maurice BARNES
District	Shire of Trayning
Nominating for	Councillor for Shire of Trayning
Election type	Ordinary
Enrolment status	BARNES, Peter is eligible to stand for election as a resident of the Shire of Trayning.

Peter's family are pioneers of the district and brings a great sense of Community and knowledge of Emergency Services and skills to Council.

Currently the Captain of the Trayning DFES unit and involved with DFES for over 20 years, Peter also wears the hat of Chief Bush Fire Control Officer for the district.

I have been honoured to receive acknowledgement of my service by DFES when I deployed to the Waroona Yarloop incident.

He is passionate about helping people in times of need and assisting them to get back on their feet after a crisis. Peter is a member of the Eastern Wheatbelt Biosecurity Group and is a Council Committee Delegate for Audit Committee.

I'm keen to advocate on behalf of ALL residents. I'm proud of my track record thus far, and would value the opportunity to continue to represent you.

Mobile: 0408 053 023

Candidate Details



Ballot paper name	LESLIE, Mark
Candidate name	Mark LESLIE
District	Shire of Trayning
Nominating for	Councillor for Shire of Trayning
Election type	Ordinary
Enrolment status	LESLIE, Mark is eligible to stand for election as a resident of the Shire of Trayning.

Mark and his wife moved to Trayning 10 years ago, attracted to the peace and quiet of the district. A local school bus driver and active member of the community Mark involves himself strongly with our local community groups.

Mark is always happy to stop for a chat and is passionate about maintaining a good level of service to our residents.

Mobile: 0415 079 234

Postal Address: PO Box 55 TRAYNING 6488

Candidate Details



Ballot paper name	MCHUGH, Michelle
Candidate name	Michelle MCHUGH
District	Shire of Trayning
Nominating for	Councillor for Shire of Trayning
Election type	Ordinary
Enrolment status	MCHUGH, Michelle is eligible to stand for election as a resident of the Shire of Trayning.

Hi my name is Michelle McHugh and my family has resided in Kununoppin for over 100 years.

This is where I recognize the importance of fostering a sustainable community with a thriving environment for future generations.

I am a partner in a local transport business which has enabled jobs for locals. We support local businesses and understand the complexities of businesses in small communities.

I have also worked at the Kununoppin Medical Practice for over 13 years and understand the needs of our aging population.

I am committed to collaborative problem solving and welcome the opportunity to actively represent the needs of our community, where every concern is addressed with respect and consideration.

I believe that by working together we can build a stronger, more vibrant shire and surrounding area, whilst preserving what we have.

I am passionate about maintaining the integrity of our buildings, especially our halls, making sure our Shire is sustainable whilst maintaining its heritage.

Postal Address: 34 Lamond St KUNUNOPPIN 6489

Email: michellejarrad@westnet.com.au

Shire of Trayning News and Updates

Additional Information

Having deep roots in the community, I recognize the vital importance of fostering a thriving environment for future generations. My aim is to ensure that every voice is heard and every concern is addressed with respect and consideration.

Being from a farming background I also recognize that agriculture is also one of our main concerns and making sure the integrity of our roads and infrastructure around them is upheld.

I am passionate about maintaining the integrity of our community buildings, especially our halls, making sure they are sustainable and may be used for future generations.

I have been apart of our council for the last 8 years and in that time I have tried to make sure the integrity of our shire is upheld. I have helped to implement the footpaths around the towns, addressing the concerns of our aging population. Being an advocate to see that our halls may have a use again. Helped to implement areas for social gatherings with BBQs in our towns and play areas for residents' children. Also been a part of our road network being upgraded and withheld to usage standards.

I have also addressed the concerns of the community that have been brought to my attention.

I believe that by working together we can build a more vibrant shire and surrounding area, whilst preserving our heritage and a thriving community again.

So please let me be your voice for our community again and vote for me.



Public Notice

Illegal Dumping of Rubbish / Refuse

It has been brought to Council's attention that there have been a number of instances where rubbish has been dumped adjacent to private properties in the North Yelbeni area.

Please note that the illegal disposal of refuse, or illegal dumping, is the unlawful abandonment of waste, and carries serious environmental, health, and financial consequences in accordance with the Department of Water and Environmental Regulations.

Can the offenders please refrain from continuing this practice and dispose of the refuse in the appropriate manner at one of the refuse sites within the Shire. If you need to register for the monthly tip code SMS service please contact the Shire on 96831001.

Thank you,

Peter Naylor
Chief Executive Officer



Public Notice

Infrastructure works current works for September and October

Delays on Stapleton to Perks O'Meara road due to gravel re-sheeting road side verge slashing on Barnes road.

The above road works are scheduled to finish at the end of September. Please watch Shire of Trayning notice boards and social media for current road works and any upcoming delays.

Please drive to road conditions.

Paul Healy
Manager of Works



RESTRICTED BURNING PERIOD

It is hereby notified that the
Restricted Burning Period commences on
Friday 19 September 2025 & ends on
Friday 31 October 2025.

PLEASE BE ADVISED THAT THE FIRST
PERMIT TO SET FIRE TO THE BUSH
FOR THE SEASON IS TO BE APPLIED FOR
AT THE SHIRE ADMIN OFFICE.

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

Peter Naylor
Chief Executive Officer

Restricted Burning Periods





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: _____



Government of Western Australia
Department of Transport

Learn&Log

The new Learn&Log service is now available on the ServiceWA app.

Make the switch to:

- pre-load supervising drivers and vehicles
- track your 50+ hours of supervised driving
- celebrate milestones and achievements in-app
- complete PDA-ready practise exercises
- unlock drive-safe resources for the learners and supervisors
- enhanced security with Multi Factor Authentication (MFA) login.



Find out how to register or make the switch to the new service

transport.wa.gov.au/learnlog



Shire of Trayning News and Updates



Shire of Trayning Recycle Calendar 2025-2026

July 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- General Waste Only
- Recycle Only



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There will be NO changes to the service over the Christmas Period.



STAY ON YOUR FEET

Monday, Wednesday & Friday at 10:00am

Youth Hub (corner Twine & Glass Street) old Playgroup building

Gentle chair based exercises followed by Tea and Coffee

Move

Improve

Remove

Move your body

- Build your balance
- Strengthen your legs

Improve your health

- Check your medicines
- Keep a healthy mind
- Fuel your body

Remove hazards

- Make your home safer
- Check your eyesight
- Wear safe footwear





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



Safety Alert



Look out for snakes!!

As the weather warms up snakes are becoming more active, please consider their presence when conducting task risk assessments and activities. The following considerations may help in avoiding snake bites...

- Walk loudly – snakes will generally move away if they hear you coming...
- Be aware that snakes may be slower to move away in the early morning or on cool days and may be sunning themselves to warm up...
- Wear sturdy boots (and gaiters if required), look where you place your feet...
- Never place your hands into crevices or areas where you cannot see what may be lurking...
- Reduce likely habitat aspects, such as areas of cover or snake food (mice, etc)...
- Remember that you should never disturb or harass snakes, not only may you get bitten, but they are protected by law...
- Always have a first aid kit/ snake bite kit with you in the field and know how to apply snake bite treatment.

What's Dangerous & What's Not

SNAKES IN THE WHEATBELT

Snakes are a natural part of our environment, and they do a lot more than just sneak into your backyard and scare you silly! One of their best tricks is eating pests such as mice and insects! They are actually a very important part of our natural environment, and need to be looked after, just like you would any other native animal.

There are many different types of snakes, and many are not dangerous. Some may even turn out to be harmless legless lizards. Before you pull out the shovel, think if it is really a threat to you, or would it be better left alone. If it's outside, it will usually have somewhere to escape to, so let it. Remember that it's better to be safe than sorry!

THE ONES TO LEAVE ALONE



King Brown or Mulga

Like most snakes the King Brown can vary in colour from light brown to almost black but are generally uniform in colour. It's venom isn't as toxic as some other snakes, however it produces it in large quantities so it is regarded as a highly venomous snake! They can be very scary considering they can grow up to 3m in length, but like most snakes, if you leave them alone and back away, they will also leave you alone. There's no need to panic!

Gwardar - Western Brown Snake

Like the Dugite of the south, this is another member of the brown snake family with highly variable colorations. They may have a banding pattern, or be uniform in colour with a black hood. This snake is often found around homes as it often shelters under piles of rubbish or tin, so best not to move that rubbish without boots on! Like the King Brown, they prefer to run away than attack, so if you back away slowly he will most likely move on.



If you see a snake:

DONT PANIC - it is probably just as scared as you are and if you jump up and down, you will scare it more. Just breathe and back away slowly. If the snake is coming toward you, stand still. You are probably standing in its path and it will just slide right past you!

CALL THE NRM OFFICER - they have the equipment and training to deal with all types of snakes safely. Keep an eye on the snake until they arrive if you can.

What's Dangerous & What's Not

HARMLESS AND HELPFUL

There are several species of snakes occurring throughout the Wheatbelt that, although venomous, aren't harmful to humans. A bite from some of these guys can cause some nasty reactions, but they aren't deemed dangerous. Apart from a few species, these snakes are generally smaller (up to 1m) and known to be shy and reluctant to bite, even when handled. This is not a good idea however as some look very similar to the really venomous ones so it's best just to leave them alone and call the NRM officer.



Orange-Naped Snake



Yellow-faced Whipsnake



Monk Snake

Pythons

Pythons are the snakes that no-one needs to fear. They can grow very large and have been known to kill and eat very large prey (kangaroos), but they are not venomous and not dangerous to people. They can be recognised by their diamond-shaped head and often stunning patterning. Around this part of the Wheatbelt we only have a couple of python species, the most common being the Stimson's Python. Stimson's Pythons are a small python (just under 1m) with distinct patterning. The other python, the Woma, is classed as rare in WA. This one can grow up to 2.3m and can be pale brown to olive coloured with numerous darker bands extending down its body. If you see either of these, please do call the NRM officer as they would be very interested in having a look!



Stimsons Python



Woma Python

NOT EVEN SNAKES

Legless Lizards and Skinks

All over Australia we have species of legless lizards and skinks (some skinks have only two or no legs aswell!). These guys are often confused with baby snakes. They pose no threat to people, but can be confused easily, especially if you only see a glimpse of them as they slither away. If you do manage to get a decent look, some tell-tale signs that he's a lizard is that his eyes are not cat-like but appear all black, some can blink, they're tail can be longer than their body (hard to tell without picking it up, and it is not recommended that you do this!), and if you look closely you may be able to see some legs. Once again, better to be safe than sorry and call the NRM officer to check him out!



Delma fraseri



Western-hooded Scaly-foot



Lerista gerrardii

Ninghan Fitness Centre

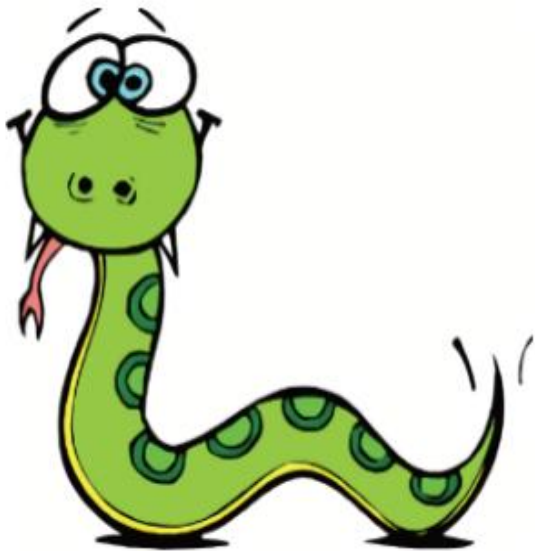
Open 24-7



**Closed every Thursday between
8:00am—9:00am for Cleaning**

**Yearly Membership & Day Passes
available at the Shire Administration
Office**

**or email admin@trayning.wa.gov.au
to sign up today!!**



Merredin Snake Removalists

James: 0429043185

facebook@merredinsnakeremovalists

WHEATBELT AGCARE

Community Support Services Inc. (est. 1991)

INDIVIDUAL & FAMILY COUNSELLING SERVICE

People Helping People



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

JOEL HAMMEN: Mobile 0461 299 135

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



Public Notice

HARVEST FESTIVAL WEEKEND

FRIDAY 3 OCTOBER - SUNDAY 5 OCTOBER

Nungarin 2025

- CONCERT -
- FOOD -
- MARKETS -

WWW.NUNGARIN.COM.AU/EVENTS

Stay the weekend in Nungarin at our lovely hotels and caravan parks - more information at www.nungarin.com.au

· Nungarin Shire Caravan Park 90465 006 · Mangowine Homestead 90465 149 - Woolshed Hotel 9046 5084
- McCorry's Old Hotel 0497 575 907 (limited)

Additional accommodation at:

Merredin Tourist Park 90 411 535, Trayning Caravan Park 9683 1001 & Mukinbudin Caravan Park 0429 471 103

- Welcome BBQ Tea - Museum fundraiser Friday, 3 Oct

Enjoy country hospitality at the 'Welcome to Nungarin' BBQ tea. A chance to make some new friendships, meet up with friends and have a drink at the bar.

Where: Recreation Centre Cost: \$20 Time: 6:00pm
Everyone is welcome - Limited seated places available



Nungarin Heritage & Military Museum Opening hours

Friday 3, Saturday 4 and Sunday 5: 9am-4pm

Mangowine Concert - Saturday, 4 Oct

Gates open: 4.30pm Entertainment starts: 5.00pm

• **Food & drink for sale (cash)** or bring your own picnic
• LICENSED BAR - NO BYO • SMOKE FREE EVENT

BOYS FROM MUKA ARE BACK!

Eastern Line will be performing at 5.00pm

Mangowine Concert 2025
RISEING SUN
COLD CHISEL & JIMMY BARNES
ULTIMATE TRIBUTE



SATURDAY OCTOBER 4

Cash at the Gate
Bookings On-Line
www.eventbrite.com.au

General Admission
(online purchase
preferred & at gate)

\$30 per adult

CASH ONLY AT GATE
ON THE NIGHT

(Under 18 — free)

BYO chairs/picnic rugs

VIP

(online purchase only)

\$175 for two people

Only 110 available

✓ Your entry tickets

✓ Seating at a table

✓ 3-course meal in an esky (pick up from the bar upon arrival at event)

✓ Choice of a bottle of red or white wine

NO ACCESS TO ATMs IN NUNGARIN OVER THE WEEKEND

Be prepared for cold weather

Concert Transport

No bus fare charged for buses to and from Mangowine. An administration fee will be charged per person leaving from Nungarin
LEAVE FROM 4.00PM—LIMITED SEATING

To book

Nungarin : www.nungarin.com.au/events
Merredin Wheatbelt Visitor Centre: 9041 1666
Mukinbudin Caravan Park: 0429 471 103

Wheatbelt Markets - Sunday, 5 Oct



FREE TRAIN RIDES

Sausage Sizzle in aid of St John Ambulance

Craft Shop & Op Shop open

Café in the Hall - Ice Cream Van

Blessing of the Header @10.30am



Stall Bookings/ Enquiries 0448 244 063

Email: nungarinwheatbeltmarkets@gmail.com

Additional information will be available as soon as possible.

www.nungarin.com.au/events

Please check back again closer to event date as information may have changed.

• Where to buy breakfast/lunch on Sat & Sun

• Camping @ Mangowine

• Miscellaneous concert info (weather etc)



Department of
Primary Industries and
Regional Development

Tel: 9046 5400
E: crc@nungarin.com.au



Nungarin
Community Resource Centre
Your local connection

Proudly supporting
the 2025 Mangowine Concert

Telecommunications Tower Infrastructure Approval

Officer Recommendation/Council/Decision

Moved Cr ML McHugh

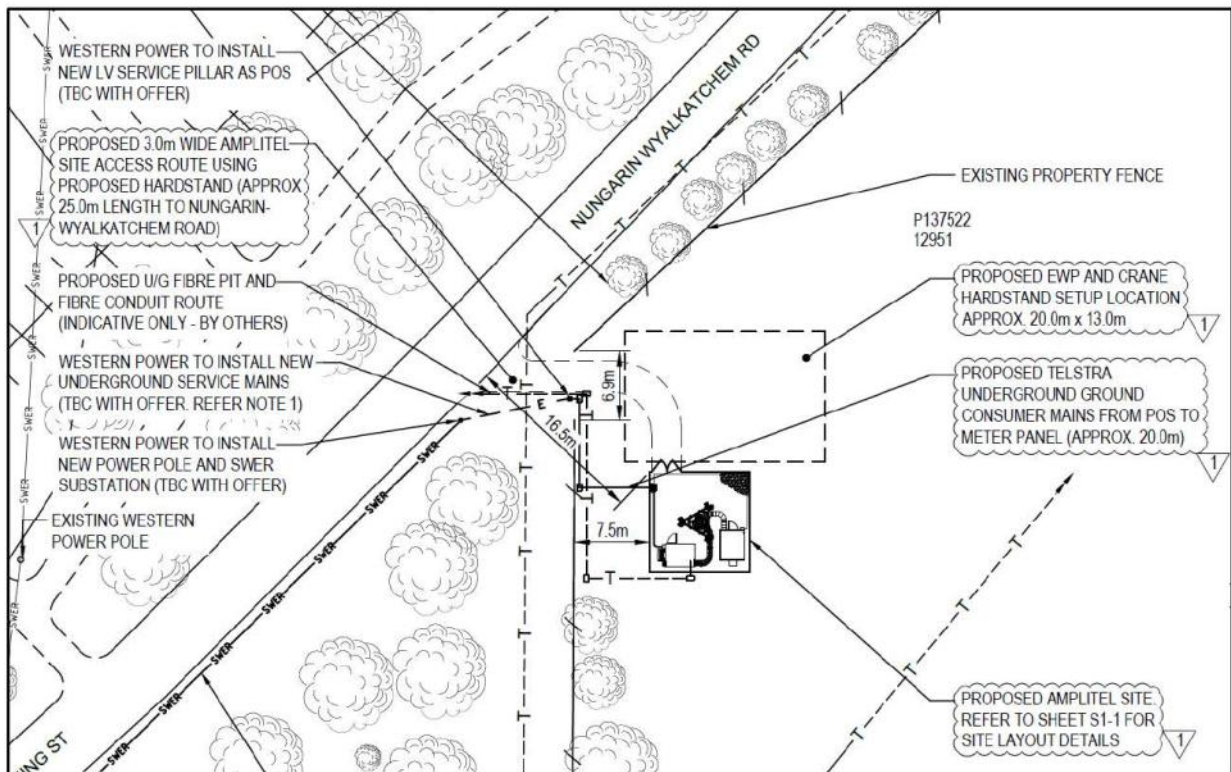
Seconded Cr CF Harken

That Council approve the Application for Planning Approval to Amplitel Pty Ltd to construct a telecommunications tower on part of Lot 12951 in accordance with the attached site plan.

Resolution 08.2025.69

Carried by Absolute Majority 7/0

For Cr Harken, Cr Barnes, Cr McHugh, Cr Brown, Cr Marchant, Cr Naughton, Cr Leslie



WARRIOR WELLBEING ARTICLE

Looking After Our Back

BY THE REGIONAL MEN'S HEALTH INITIATIVE
September 2025

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 centered 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.

📍 @RMHI_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



Biosphere Boodja

Arts & Wild Things Festival 2025
FREE ENTRY EVENT

Free Stalls for Wheatbelt Small Business

Contact: Katey Watson ASAP
vendors@biosphereboodja.com.au

Goomalling WA

**Sunday 28 September
to Monday 29 September
King's Birthday Long Weekend**



www.biosphereboodja.com

Public Notices



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



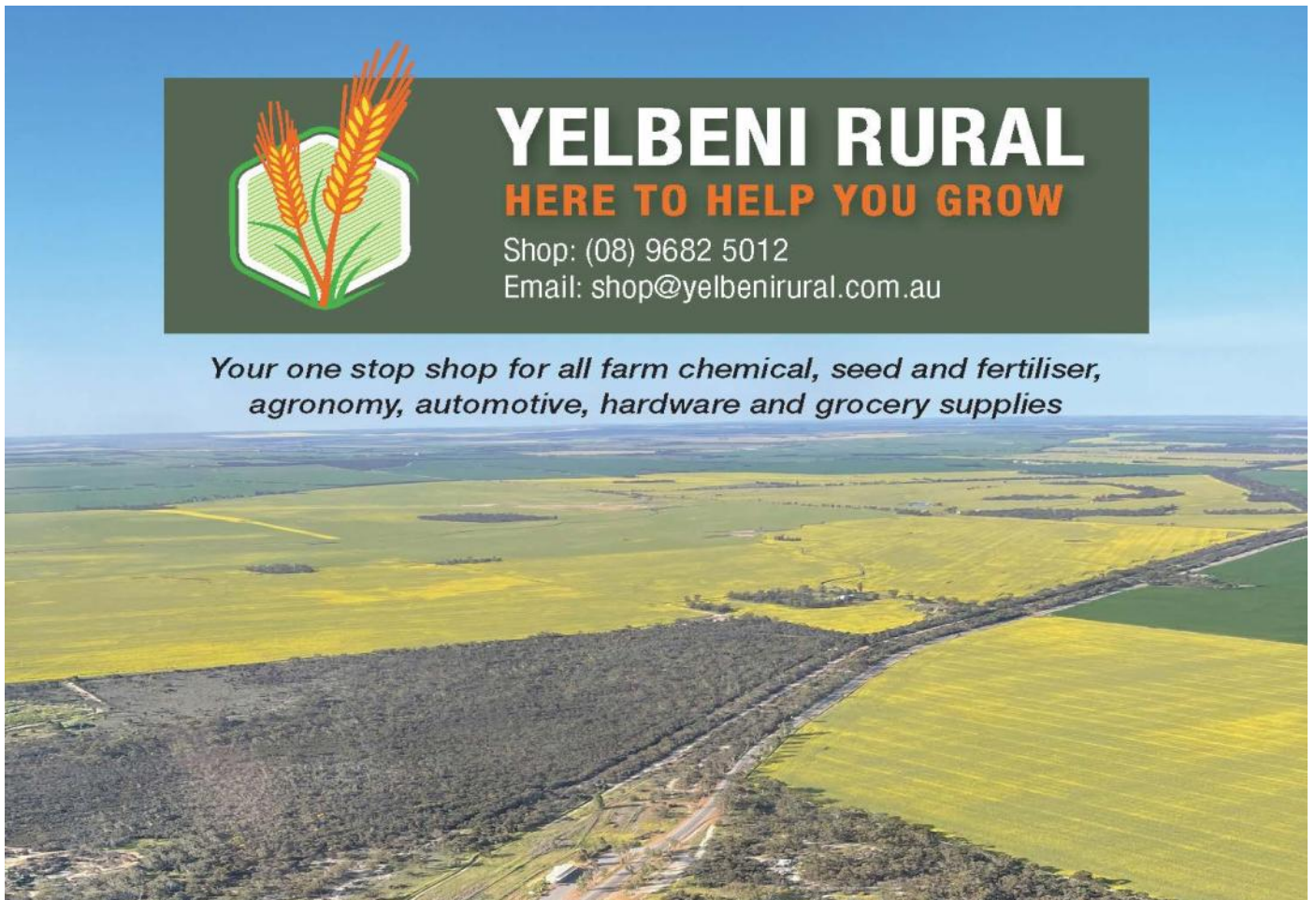
YELBENI RURAL

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*





Government of **Western Australia**
Department of **Communities**



YOUTH WEEK WA 2026 **Set the tone** for Youth Week WA 2026!

BOOM

Youth Week WA is the biggest celebration of young people in Western Australia, and we want YOU to help shape how it looks and feels in 2026!

YEAH!

slay

Submit your theme idea

Your theme could become the official Youth Week WA 2026 theme featured across all events and promotions. If you are eligible, and your submission is chosen, you also score an Apple iPad!

Vote for your favourite branding concept

The concept with the most votes will shape the official look of Youth Week WA 2026.

**To find out more and to enter,
scan the QR code!
Submissions close
28 September 2025.**



DC1883-04-01 0825

KTY HIRE



PORTABLE TOILETS

**CAR TRAILER
CHAIRS & MORE**

CALL TODAY

0406 345 816

*REASONABLE RATES
LOCATED SOUTH KUNUNDRUP*

For Sale

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

Over bed bedtable on wheels

- ♦ Brand new Lambs wool Underlay
- ♦ Forearm Crutches
(Needs new rubber tips)

\$3400 the lot



Bariatric Wide
Wheelchair
Near New
\$800



Contact: Belinda 0427831051- Trayning

Public Notices



Central Wheatbelt Physiotherapy (Bella Reeves) is taking bookings for Physiotherapy services in Kununoppin.

Appointments are available Wednesdays fortnightly at Kununoppin Hospital.

Bella offers a range of Physiotherapy services, including private, DVA, NDIS (self-managed and plan-managed), WorkCover and EPC referrals. Services cover assessment and treatment of various musculoskeletal and sports injuries, neurological conditions, pre and post surgical rehab, injury rehabilitation and prevention.

To book an appointment or learn more about our services, please contact us either by phone on 0413901057 or email centralwheatbeltphysio@gmail.com.



FLOWER CROSSWORD PUZZLE

GUESS THE SOLUTIONS TO THE CLUES AND FILL THEM IN THE GRID.

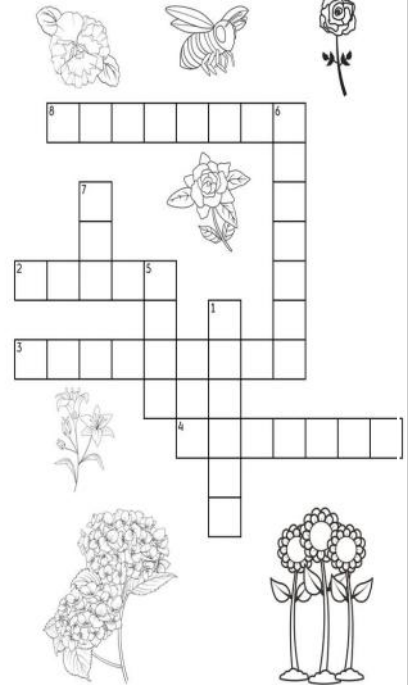


DOWN

1. THIS FLOWER SHARES ITS NAME WITH A COLOR IN THE RAINBOW
5. HOLDS A FLOWER OR LEAVES
6. A SPOTTED, COLORFUL INSECT
7. A SMALL GARDENER'S PLANT HOLDER

ACROSS

2. A WATER-LOVING PLANT WITH BIG LEAVES
3. ACTIVITY WITH FLOWERS AND PLANTS
4. WHEN A FLOWER OPENS
8. A SPRINGTIME BLOOM THAT'S OFTEN YELLOW



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.



INTAKE NOW OPEN

Heavy Duty Mechanical Apprenticeships Merredin, Mukinbudin, Cunderdin & Corrigin

The opportunity

Our annual apprentice intake is currently open, offering 4-year Heavy Duty Mechanical Apprenticeships for commencement in February 2026. The apprenticeships will be based at the Hutton & Northey Sales branches of Merredin, Mukinbudin, Cunderdin & Corrigin.

The role

During your apprenticeship you will learn to diagnose, troubleshoot, examine, test & repair a range of heavy-duty machinery and equipment with industry leading technologies

The position

The apprenticeships are full-time and fully paid, providing the opportunity to gain hands on experience in the industry, and qualifying in a Certificate III in Agricultural Machinery Technology.

As part of your specific qualification training, each year you will be enrolled in three, two-week TAFE training blocks at an accredited TAFE training institution off site. We also offer ongoing upskilling and training into your employment to keep pace with rapidly changing technology in the industry.

Additionally, our experienced technicians will provide guidance and support you in your training and learning.

The next step

Please email your covering letter and resume to hr@hutonorsales.com.au with:

- Licences you have (eg: drivers, forklift)
- Certificates completed (eg: Cert II in Automotive)
- School Reports from your last 2 years of education (with comments)

Call our HR team on 08 9041 9500 for further information. Intake closes 30 September, 2025.

SEND US YOUR CV & WE'LL TAKE YOU TO THE TOP!

To apply and for further information
Phone HR 08 9041 9500
HR@hutonorsales.com.au
hutonorsales.com.au/careers

CASE II



Hutton & Northey Sales

Keeping Our Farmers Growing



St John Volunteers are needed!

No matter where you live, you can make a positive impact in your community by becoming a St John volunteer. Whether you volunteer as a first aid officer or a community transport volunteer, with St John Ambulance, you'll learn new skills like endorsed first aid qualifications, build strong relationships with new people you meet, and work with emergency services to make a real contribution to your community. You'll also receive a range of fantastic benefits.

When you become a St John Ambulance volunteer, you'll be part of a team that's changing lives.

St John Ambulance have a wide range of volunteer roles available. Find out more about being a volunteer and join today! Your Community needs you!

Make A Difference



Public Notice

REGIONAL

COMMUNITY TRANSPORT VOLUNTEER

Community Transport Volunteers provide transport and companionship to members of our community who need it most, allowing them to maintain their independence and wellbeing.

Commitment: Minimum one shift per fortnight

Location: Limited locations across regional WA

APPLY FOR ROLE ✓

BACK TO ROLES

Are you free during the week to drive people to and from appointments and provide a reassuring smile and friendly conversation? We are looking for volunteers to provide a safe, reliable and caring transport for our passengers.

<https://stjohnwa.com.au/changelives/volunteer/regional/community-transport-volunteer>

REGIONAL

VOLUNTEER AMBULANCE OFFICER

Volunteering is a set of values. It's about more than just offering medical assistance, it's the opportunity to give back, be there for your neighbour, and keep your community strong. When you lend a helping hand, you join a group of legends. People who hold the same values as you. Those who show up and make a difference.

Commitment: 5 hours monthly

Location: Regional

APPLY FOR ROLE ✓

BACK TO ROLES

For the love of your community

Building resilient communities

You care about your community. The Volunteer Ambulance Officers you see around town. They're your neighbours and your mates. There for you in times of celebrations or when times are tough. Your community looks after you. And now you have the chance to give back.

Volunteering for St John WA is a gift. One that makes you feel a sense of belonging, a sense of place, sense of worth. It's the chance to be legendary. Not for money or recognition, but for that special feeling you get when you lend a helping hand.

<https://stjohnwa.com.au/changelives/volunteer/regional/volunteer-ambulance-officer>

Are you a farmer who could use some help?

Rural Aid is committed to providing support to farmers and rural communities.

Whether you're coping with or recovering from a serious event, or preparing for future challenges... we're here and ready to help.

REGISTER NOW

for **Farmer Assistance & Support**



ruralaid.org.au
1300 327 624



Public Notice



2025 #wheatbeltway Photography Competition

NOW OPEN

Community Bank
Mukinbudin
Bendigo Bank



**A total of \$3,000
in prizes to win!**

**Visit Our Website
for more Details**

**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.
During conversation	Focus on the behaviours	Listen to understand	Avoid providing solutions	Express genuine empathy	Don't make comparisons
	When sharing your concerns, focus on specific behaviours or things you have noticed rather than criticising them.	Instead of inserting your own opinion, you might say something like, 'That must be tough to deal with. How are you coping?'	Instead of providing solutions, ask questions that prompt further thought, such as 'Have you considered talking to a professional about this?'	Use supportive, non-judgemental words such as 'I care about you', 'I'm listening', 'I'm here to help', or 'Your feelings are valid'.	Avoid comparing them to others or to previous versions of themselves, focus on their current experience and emotions.
	Use 'I' instead of 'you'	Don't talk too much about yourself	Show that you understand	Ask open-ended questions	Try not to interrupt
	For example, you might say 'I have noticed a change in your behaviour lately' rather than 'You have changed'.	It's important to prioritise the other person's needs and experiences without overshadowing them with your own.	Reflect their words back to them such as 'It sounds like the past week has been really overwhelming for you. Is that right?'	Questions like 'What's that like for you?' instead of 'yes' or 'no' questions like 'Do you feel sad?' encourages conversation.	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	Offer practical support	Let them know it's OK if they're not ready to talk	Direct to professional help	Look after yourself
	Be sensitive and respectful to any cultural, religious or personal differences.	If someone is feeling overwhelmed, offering to take something off their to-do list (such as running errands) can ease pressure.	Try not to pressure someone to open up and talk to you if they're not ready. Simply let them know you're there.	Remember it's not your role to have the answers or be a counsellor. Help them access professional support, if appropriate.	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	Follow up	Be consistent, not intrusive	Respect their choices	Seek support
	Do something nice for yourself after the conversation.	Support shouldn't be a one-off. Following up can show you care.	A simple message or quick check-in can go a long way. Let them know you're there, without overwhelming them.	People open up in their own time. Be patient, and let them know you'll be there when they're ready.	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





What to expect from counselling

COUNSELLORS CAN HELP

It can be scary going to see someone for support for the first time. If you're feeling unsure about what it's all about - that's normal - and we are here to help.

Remember getting support is a sign of strength and there's no shame in reaching out. We all need help sometimes.



WHY PEOPLE MIGHT GO TO COUNSELLING?

Counselling can be a great way to get support when you're going through tough times. It's about having a yarn or chat with a professional about life's twists and turns and what might help.

Counselling can be useful for lots of things like when you're feeling down, anxious, angry or stressed. Some people might go to counselling to help understand themselves better or to chat about what they want in life. And it can also be helpful for exploring what you're doing well or want to do more of. It's really up to you.

WHAT YOU DISCUSS IN A SESSION

Sessions focus on what you want and need. They are driven by you, what you want to talk about, and anything you need support with. It might be things like:

- *relationship challenges*
- *work/the farm*
- *emotional wellbeing*
- *stress, worries and feeling overwhelmed*
- *grief and loss.*

The first session is a great chance for you to ask questions and talk about what you want to work on. If you've been to counselling before, it might be useful to discuss what has and hasn't worked. You can share what's on your mind and see if they're the right 'fit' for you.

Before starting, the Counsellor will tell you a bit about themselves and their role. They'll also:

- *explain confidentiality and your rights*
- *ask if there's anything you need to support you in getting the most out of your work together.*

HOW TO PREPARE FOR YOUR FIRST SESSION

Feeling nervous or unsure about your first session is completely normal. Lots of people feel this way when they talk to someone for the first time.

It can help to have an idea of what you'd like to get out of counselling. It might be as simple as 'I want to feel happier' or 'I'd like a plan for what to do next'.

But don't stress if you're unsure about this, it's something you and your Counsellor can figure out together.



For further information email mhwb@ruralaid.org.au
or call **1300 32 76 24** | Monday to Friday | 9am-4pm

What to expect from counselling

QUESTIONS WE MIGHT ASK YOU

The Counsellor is going to be interested in you and what's led to you getting support. They'll want to know about anything big that's happened that sticks out to you, and the things that you might worry about. They'll also ask what you do now to support yourself, what your strengths are, and about the positive things going on in your life.

The questions help your Counsellor understand your story, how you'll work together, and what might help. It's not just because they're nosy!

Your Counsellor may also ask about your:

- *home life*
- *family and friendships*
- *cultural influences*
- *family's mental health history*
- *alcohol and other drug use*
- *as well as your strengths, interests and what you're into*

It's important to remember that if you don't want to or don't feel comfortable answering a question, you don't have to. Your Counsellor will also ask if you're using self-harm or having any thoughts about suicide.



QUESTIONS YOU MIGHT WANT TO ASK

You might have some questions for your Counsellor too.

You could ask what experience they've had helping people with challenges like yours, how long the sessions go for.

You could also ask about how your family will be involved in your care and how they'll work with them.

It's a good idea to write down your questions beforehand or have them in notes on your phone, because it's easy to forget them in the moment.

Your Counsellor might work with you to ensure you have a sense of choice and control over who is included in your care, and who might be helpful.



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 (mid-August): Police investigated an alleged assault between two men. Following inquiries, the matter was finalised with no charges laid.
- Trayning: Several reports of a suspicious male trespassing were received. The man was located by police under the influence and moved on from the area. There have been no further reports.
- Nungarin / Kununoppin (23 August): A Mitsubishi Triton was stolen in Nungarin and later found on a property in Kununoppin. Police recovered the vehicle and arrested three men (aged 49, 20, and 20). All were charged with Steal Motor Vehicle, while one of the younger men was also charged with Possess Cannabis.

Drink driving remains one of the leading causes of serious crashes and fatalities on Western Australian roads. Even at a blood alcohol concentration (BAC) just over 0.05, drivers are significantly more likely to be involved in a crash. Alcohol slows reaction times, reduces coordination, and impairs judgment — putting not only the driver at risk, but passengers and the wider community as well. Police strongly urge all drivers to plan ahead: arrange a designated driver or stay the night if you have been drinking. The safest option is always don't drink and drive.

Road Safety Reminder – King's Birthday Long Weekend

Double demerit points will be in force from 0001hrs Friday 26 September 2025 until 2359hrs Monday 29 September 2025. Offences that attract double demerits include:

- Speeding
- Seatbelt offences (drivers)
- Illegal use of mobile phones
- Driving with a BAC \geq 0.05
- Presence of prescribed illicit drugs / failing to supply a sample
- Disobeying red traffic signals or arrows
- Driving a vehicle fitted with a device to evade speed detection (14 points during double demerits)
- Driving in a manner to evade speed detection (14 points during double demerits)

👉 Please take care on the roads this long weekend and look out for each other.

Until next time, stay safe.

Bencubbin Police

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.

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Kulin Bush Races Nungarin Harvest Festival	4 Kulin Bush Races Mangowine Concert Beverley Markets	5 Kulin Bush Races Nungarin Markets
6	7 	8	9	10	11	12 Last Day of school Holidays
13 	14 	15 	16	17	18 Merredin St Mary's fete 9:30am - 1pm Koorda Drive in	19 United Church
20	21 	22 Ordinary Council Meeting 	23	24	25	26
27	28 	29	30	31 		