

Ningham News

POSTAGE
PAID
AUSTRALIA

Friday 28 February to Monday 3 March



WHATS ON

- * 24 February - Restricted access to Rubbish Tips Pg. 4
- * 28 February - Administration Office Closed Pg, 3
- * 3 March – PHOL
- * 8 March - State Election Pg. 8
- * 29 March - Merredin Show Pg. 12



During holiday periods and long weekends, the following offences are subject to Double Demerits:

- Speeding
- Drink or drug driving
- Failing to wear a seatbelt and child restraint
- Running a red light
- Illegal use of a mobile phone while driving
- Drive a motor vehicle fitted with a device designed to evade detection by a speed camera (14 points during double demerits period)
- Drive a motor vehicle in a manner to evade detection by a speed camera (14 points during double demerits period)

NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 18 March 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.

We had to ask?.....

Name: Kadius McKeagg

Q1: What name is printed on your Birth Certificate?

Kadius William McKeagg

Q2: What was your very first Job?

CBH

Q3: What personality trait has got you in the most trouble?

Anger

Q4: What is the best piece of advice you have received?

Hit the ball

Q5: What's your pet peeve?

Sand in the bed

Q6: If you had to pick a new name for yourself, what name would you pick?

None, I don't want to change it

Q7: Which would be harder for you to give up: Coffee or Chocolate?

Chocolate

Q8: If you could ask your pet 3 Questions, What would they be?

1. How is 4 legs?
2. What do you think about?
3. Can you see colour?

Q9: Do you put the toilet paper roll on the right way or the murderer way?

What do you mean by that

Q10: What's the one food you could never bring yourself to eat?

Banana





Public Notice

Administration Office Closed Friday 28 February 2025

Due to server upgrades the Shire of Trayning Administration Office will be closed on Friday 28 February 2025.

We apologise for any inconvenience.

John Merrick
Acting Chief Executive Officer



Public Notice

Closure Restrictions

The Shire of Trayning advises of the closure restrictions of the following locations.

Yelbeni and Kununoppin Refuse Sites (Rubbish Tips)

As of Monday 24 February 2025 local residents and rate payers only will be allowed access into our refuse sites.

Codes can be obtained by contacting the Shire of Trayning on 9683 1001 or admin@trayning.wa.gov.au.

Please help to eliminate illegal dumping and extend tip life usage to Shire residents by not sharing access codes with others.

John Merrick
Acting Chief Executive Officer



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





KTY Telephone Directory 2025 Entry / Advertisement Form

Name: _____ Date: _____
Address: _____
Phone: _____ Mobile: _____
Email: _____ 2-Way Channel: _____

Please give details of contacts to be added, changed or deleted from the 2025 KTY Telephone Directory (please attach a copy of the advert if applicable):

Phone Book Entry

Phone/Mobile/Email/Two-Way Channel – NO CHARGE

Colour Advert (A5 Size Pages)

- | | |
|---|---|
| <input type="checkbox"/> 1/8 Page \$31.00 | <input type="checkbox"/> 1/2 Page \$64.00 |
| <input type="checkbox"/> 1/4 Page \$43.00 | <input type="checkbox"/> Full Page \$101.00 |

Payment Options

- Cheque made payable to Shire of Trayning attached for \$ _____
 Cash Paid _____ Receipt # _____
 Invoice to be sent to above address

Signed

Contact:
Shire of Trayning, PO Box 95, Trayning WA 6488
P: 08 9683 1001
E: admin@trayning.wa.gov.au

Shire of Trayning News and Updates



Shire of Trayning Recycle Calendar 2024-2025

July 2024						
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 2024						
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 2024						
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 2024						
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 2024						
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 2024						
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 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	

February 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	

March 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					

April 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			

May 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

June 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					

	Rubbish Only
	Recycle Only
	Christmas Day



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.



WA State Election Saturday 8 March

Vote early from 24 Feb
Vote by post apply from 3 Jan
Vote on election day Saturday 8 March

**YOUR VOTE
GOES A >>>
LONG WAY**



WESTERN AUSTRALIAN
Electoral Commission

elections.wa.gov.au



EASTERN WHEATBELT
BIOSECURITY GROUP



EXPRESSION OF INTEREST - FREE RABBIT BAIT



The EWBG are calling for EOI's to hold bait mixing days in February for the landholders in the Shire's of Kondinin, Kulin, Lake Grace, Mt Marshall, Merredin, Mukinbudin, Narembeen, Nungarin, Trayning, Westonia & Yilgarn.

EWBG WILL PROVIDE:

- ✓ Assistance with and pay the cost of obtaining a Restricted Chemical Product (RCP) Permit.
- ✓ The supply of poison one shot 1080 oats that will be mixed with the landholders oats (you supply) for the landholders to trail out on your property.

**REGISTER EOI
NOW**

 0455 724 848

 admin@ewbg.com.au

 www.ewbg.com.au



BRANCH CLOSURE

PLEASE NOTE THAT ALL BOEKEMAN MACHINERY BRANCHES WILL BE CLOSED ON WEDNESDAY THE FIFTH OF MARCH FOR AN ALL STAFF TEAM MEETING . WE APOLOGISE FOR ANY INCONVENIENCE . WE RE - OPEN ON THE THURSDAY THE FOLLOWING DAY .

ALL BRANCHES CLOSED WEDNESDAY THE 5TH OF MARCH 2025



**FOR URGENT MATTERS. PLEASE CONTACT OUR BRANCH
MANAGER / CO - ORDINATOR ON MOBILE OR VISIT
[WWW .BOEKEMANS .COM .AU](http://WWW.BOEKEMANS.COM.AU)**

How to vote for LACHLAN HUNTER

CENTRAL WHEATBELT



Western Australia Ballot Paper

Election of one Member of the Legislative Assembly

CENTRAL WHEATBELT DISTRICT

You must number every box.

- 3** HOLTEN, Les
- 2** FRENCH, Lance
Liberal Party
- 6** LEAM, Peter Stephen
- 4** LINES, Peter
- 1** HUNTER, Lachlan
The Nationals WA
- 5** ATKINSON, Rebecca

REMEMBER
Number every box

STEP 1
Number every box as shown.

STEP 2 - Legislative Council
Place a number **1** in Box D and then number the boxes as indicated below.

Remember!

Voting for The Nationals WA in the Legislative Council (the big ballot paper) helps us make **any** government better for regional people.

WHOLE OF STATE ELECTORATE

B

4

SFFPWA

C

2

Liberal Party

D

1

The Nationals WA

E

5

Australian Christians

I

6

Libertarian

L

3

One Nation

NO NEED TO NUMBER BOXES BELOW THE THICK BLUE LINE



**MERREDIN
SHOW**

BACK TO OUR ROOTS

29th March 2025



**CALLING ALL
MARKET
STALLHOLDERS!**

**WE WANT YOU AT THE 2025
MERREDIN SHOW!**



For more information and to receive a booking form please

**download a booking form
from our website
merredinshow.com**

call or email
Merredin CRC
904141041
merredinshow@gmail.com.au

Public Notices

Traying Watering Hole Hotel



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*



KTY HIRE



PORTABLE TOILETS

**CAR TRAILER
CHAIRS & MORE**

CALL TODAY

0406 345 816

*REASONABLE RATES
LOCATED SOUTH KUNUNOPPIN*

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



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 Notices

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

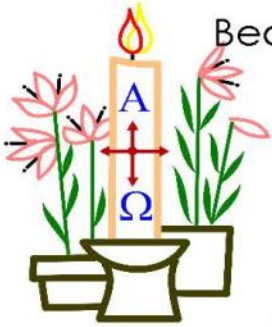
You care about your community. The Volunteer Ambulance Officers you see around town. They're your neighbours and your mates. There for you in times of celebrations or when times are tough. Your community looks after you. And now you have the chance to give back.

Volunteering for St John WA is a gift. One that makes you feel a sense of belonging, a sense of place, a 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>

Public Notices

Lord of the Harvest Parish



Beacon – Bencubbin – Koorda – Mukinbudin – Trayning

Fr Mark Rucci PO Box 27 Bencubbin

Mob 0437 830 073

EMAIL: bencubbin@perthcatholic.org.au

St Joseph's Catholic Church Trayning

	1st Sunday of the month	2nd Sunday of the month	3rd Sunday of the month	4th Sunday of the month	5th Sunday of the month
Saturday Evening 5pm	No masses in Parish	Trayning	No Masses in Parish	Trayning	No Masses in Parish
Saturday Evening 7pm		Beacon Subject to numbers Please ring		Beacon	
Sunday Morning 7am		Bencubbin Subject to numbers please ring		Bencubbin	
8:30am Sunday		Mukinbudin		Mukinbudin	
10:30 Sunday		Koorda		Koorda	

Local Contact Person:- Sandra Waters 0429832048

***We are few in number and we sometimes change the time, so please ring if you are new to the area.**

**Parish meeting Sunday 23rd February after 9:00am
Mass at Bencubbin.**

**Ash Wednesday 5th March
Easter Sunday 20th April.**

Public Notices

Central Wheatbelt Uniting Church Notices 2024



Sunday	16 March	Traying 9am	Kellerberrin 11am
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Jesus said : If anyone would come after me, he or she must deny them selves, take up the cross and follow me.

Community Minister:

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



Traying Community Shop

Coronation Street, Traying 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

Bag of Rags
For \$10



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

Funds raised from shop sales are invested into the community.

WARRIOR WELLBEING ARTICLE

Returning to Work – Getting Ourselves Back on Track

BY THE REGIONAL MEN'S HEALTH INITIATIVE
February 2025

After we have returned to work, the kids have headed back to school and the holiday season is well and truly behind us, it's healthy to ask ourselves the question, how am I feeling? Am I happy to be back, energised and ready to tackle another year or am I feeling a little out of sorts?

Often referred to as the back to work blues or beating the holiday hangover, returning to work can be an overwhelming and challenging time for us. Whether we are back in the office, on the farm, in the truck, back on site or responsible for the never-ending household chores and important caring duties of children, elderly parents or family. The circumstances are different for all of us, however an important part of self-care is checking in on how we are travelling and being aware of how we are feeling.



What is our state of mind after returning to work? Feelings one could expect to experience may be:

- *Regret – I should have taken more time off.*
- *Overwhelmed – Where do I start? There is so much to do!*
- *Worry/anxious – What will this season/year bring?*
- *Jealous/resentment – I'm back at work, the other party (wife/husband/colleague) is still on holidays.*


- *Lack of motivation – After being off work for so long I forgot what it is that I pretend to do around here (ha-ha).*

Some useful tips that may help to beat the back to work blues are:

- *Be realistic: Don't put too much pressure on yourself. Don't expect everything to be done in the first week. Set achievable goals. Give yourself some space to ease back into the swing of things.*
- *Prioritise: Looking at everything that needs to be done can cause us to become overwhelmed. Make a list, break things down into manageable tasks. Recognise your achievements.*
- *Don't feel guilty: If you overindulged, enjoyed a bit too much Christmas cheer, or just did nothing. Accept the break for what it was, it's been and gone. It's time to look forward.*
- *Get back into routine: One reason we may be feeling worse for wear, is because we have been out of our regular routine. Try to start working on this as soon as possible. Three important areas: Diet, sleep and exercise. It's amazing how much better we can feel if we get some balance back in these areas.*
- *Communicate how you feel: Talk to your kids, partner, wife and/or work colleagues. Everyone is probably feeling a bit hungover. Don't feel isolated and alone.*
- *Normalise your reaction: Remember feeling a little flat can be a normal reaction after holidays.*

Holidays are an important part of managing our wellbeing, now it's time to get back on track and get energised for another big year.

 @RMHI_4blckes

 Working with Warriors Podcast

 reg.onalmenhealth.com.au



Trayning Primary School News

Our Vision: A learning community of confident and resilient students who strive for excellence.



**Term 1 Week 1
5 February 2025**



30 ADAM STREET
TRAYNING WA 6488
TEL: 9683 1400

EMAIL: TRAYNING.PS@EDUCATION.WA.EDU.AU

From the Principals Desk

Kaya Noonakoort Wandju (Hello welcome everyone),
Kia Ora - Hello
G'day and hello to all our Parents, Carers and
Community Members

WELCOME BACK TO THE 2025 SCHOOL YEAR

We are pleased to welcome old faces and new faces to the Trayning Primary School family. It is wonderful to have you all back safe and sound and to see the smiling faces of all our students. Even in this extreme heat weather conditions the students are still happy.

Good news - the Senior Room air conditioning has been repaired just in time for the start of the new school year and we are rejoicing in the cool air in the room.

KEY DATES TO REMEMBER

Tuesdays and Thursdays
Kindy Days
Starting Thurs 6 Feb
Wednesday 12 February
Healthy Schools Lunch
Day
Friday 7 March
DISA Swimming Carnival
Mukinbudin
Friday 21 February
School Photos

Public Notices

Please check out the new Parent Term Planner attached to find out what is happening this term.

The calendar is filling up quickly and will be updated when additions are made.

Next week is **Healthy Lunchbox Week** so we have decided that on Wednesday we will be providing 'Crunch and Sip' and 'Lunch' to all students so there is no need to bring these on this day. Please bring Recess only!

Just a reminder that Trayning Primary School has it's own Facebook page where we will put a lot of notices and pics of what's happening here.

As usual my door is always open and I look forward to engaging with all our parents/guardians and community and hope to get to know our new parents as well!

Always working together

Vicki Macdonald

Principal

Public Notices



TRAYNING PRIMARY SCHOOL Parent Term Planner Term 1 2025

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Feb	3 STAFF DEVELOPMENT DAY	4 STAFF DEVELOPMENT DAY	5 NEWSLETTER P-6 STUDENTS RESUME 2:35 EARLY CLOSE	6 KINDY STUDENTS BEGIN	7	8/ 9
2 Feb	10 → HEALTHY	11 KINDY	12 HEALTHY SCHOOL LUNCH PROVIDED LUNCHBOX WEEK 2:35 EARLY CLOSE	13 KINDY	14 →	15/ 16
3 Feb	17	18 KINDY	19 2:35 EARLY CLOSE	20 KINDY	21	22/ 23
4 Feb	24	25 KINDY	26 2:35 EARLY CLOSE	27 KINDY	28 Schools Clean Up Day	1/ 2
5 Mar	3 PUBLIC HOLIDAY LABOUR DAY	4 KINDY	5 NEWSLETTER 2:35 EARLY CLOSE	6 KINDY	7 DISA Swimming Carnival Mukinbudin	8/ 9
6 Mar	10	11 KINDY	12 NAPLAN 2:35 EARLY CLOSE	13 KINDY NAPLAN	14 NAPLAN	15/ 16
7 Mar	17 NAPLAN	18 KINDY NAPLAN	19 NAPLAN 2:35 EARLY CLOSE	20 KINDY NAPLAN	21 SCHOOL PHOTOS NAPLAN	22/ 23
8 Mar	24 NAPLAN	25 KINDY	26 2:35 EARLY CLOSE	27 KINDY 2:30 WHOLE SCHOOL ASSEMBLY	28	29/ 30
9 Mar / Apr	31	1 KINDY	2 2:35 EARLY CLOSE	3 KINDY	4	5/ 6
10 Apr	7	8 KINDY	9 NEWSLETTER 2:35 EARLY CLOSE	10 KINDY	11 TERM 1 END	12/ 13

Students return to school on Tuesday 29 April 2025
S:\AdminShared\Administration Staff\100 Administration\108 Planning\2025

MARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 Public Holiday	4 	5	6 Trayning Watering Hole Hotel Jag the Joker	7	8 State Election held Don Mason Community Centre Trayning	9
10	11 	12	13 Trayning Watering Hole Hotel Jag the Joker	14	15	16 Uniting Church Service 9am Trayning 11am Kellerberrin
17	18 	19 Ordinary Meeting of Council 	20 Trayning Watering Hole Hotel Jag the Joker	21	22	23
24	25 	26	27 Trayning Watering Hole Hotel Jag the Joker	28	29 Merredin Show	30
31 						