

Ninghan News

POSTAGE
PAID
AUSTRALIA



WHATS ON

- ◆ Pick up after your dog Pg.4
- ◆ Dog & Cat Registration and Renewal Pg.6
- ◆ Games and High Tea Pg.9
- ◆ Double Demerits Points Pg.11
- ◆ 1 June - Western Australia Day Public Holiday

50 YEARS OF DEADLY NAIDOC WEEK 2026

1976 TRUCANNING LAST OF HER PEOPLE BORN 1977 DIED 1976. BURNED 1976. RECEIVED HER LAND RIGHTS AT LAST

1977 CHAINS OR CHANGE?

1978 CULTURAL REVIVAL IS SURVIVAL

1979 WHAT ABOUT OUR KIDS?

1980 TREAT US TO A TREATY ON LAND RIGHTS

1981 SACRED SITES ABORIGINAL RIGHTS

1982 RACE FOR LIFE FOR A RACE

1983 LET'S TALK - WE HAVE SOMETHING TO SAY

1984 TAKE A JOURNEY OF DISCOVERY - TO THE LAND, MY MOTHER

1985 UNDERSTANDING: IT TAKES THE TWO OF US

1986 PEACE - NOT FOR YOU, NOT FOR ME, BUT FOR ALL

1987 WHITE AUSTRALIA HAS A BLACK HISTORY

1988 RECOGNISE AND SHARE THE SURVIVAL OF THE OLDEST CULTURE IN THE WORLD!

1989 THE PARTY IS OVER - LET'S BE TOGETHER AS AN ABORIGINAL NATION

1990 NEW DECADE - DON'T DESTROY, LEARN AND ENJOY OUR CULTURAL HERITAGE

1991 COMMUNITY IS SHINY - OUR FUTURE DEPENDS ON US

1992 MAINTAIN THE DREAMING - OUR CULTURE IS OUR HERITAGE

1993 ABORIGINAL NATIONS - OWNERS OF THE LAND SINCE TIME BEGAN

1994 FAMILIES ARE THE BASIS OF OUR EXISTENCE - MAINTAIN THE LINK

1995 JUSTICE NOT TOLERANCE

1996 SURVIVE - REVIVE - COME ALIVE

1997 GURINDJI, MADO, WIK - THREE STRIKES FOR JUSTICE CELEBRATING THE 30TH ANNIVERSARY OF THE 1967 REFERENDUM

1998 BRINGING THEM HOME

1999 RESPECT - SHOW SOME, EARN SOME

2000 BUILDING PRIDE IN OUR COMMUNITIES

2001 TREATY... LET'S GET IT RIGHT

2002 RECOGNITION, RIGHTS AND REFORM

2003 OUR CHILDREN OUR FUTURE

2004 SELF-DETERMINATION: OUR COMMUNITY - OUR FUTURE - OUR RESPONSIBILITY

2005 OUR FUTURE BEGINS WITH SOLIDARITY

2006 RESPECT THE PAST - BELIEVE IN THE FUTURE

2007 50 YEARS - LOOKING FORWARD, LOOKING BACK

2008 ADVANCE AUSTRALIA FAIR

2009 HONOURING OUR ELDERLY - NURTURING OUR YOUTH

2010 UNSUNG HEROES - CLOSING THE GAP BY LEADING THEIR WAY

2011 CHANCE: THE NEXT STEP IS OURS

2012 SPIRIT OF THE TEXT EMBRASST 40 YEARS ON

2013 WE VALUE THE VISION: YIRRALA BARK PETITIONS 1983

2014 SERVING COUNTRY CENTENARY AND BEYOND

2015 WE ALL STAND ON SACRED GROUND: LEARN, RESPECT AND CELEBRATE

2016 SONGLINE: THE LIVING NARRATIVE OF OUR NATION

2017 OUR LANGUAGES MATTER

2018 BECAUSE OF HER, WE CAN!

2019 VOICE, TREATY, TRUTH

2020 ALWAYS WAS, ALWAYS WILL BE

2021 HEAL COUNTRY!

2022 GET UP! STAND UP! SHOW UP!

2023 FOR OUR ELDERLY

2024 KEEP THE FIRE BURNING BLACK, RED, AND WHITE

2025 THE NEXT GENERATION: STRENGTH, VISION, LEGACY

2026 50 YEARS OF DEADLY

THE ABORIGINAL FLAG WAS DESIGNED BY HAROLD THOMAS, A LURITJA MAN.
THE TORRES STRAIT ISLANDER FLAG WAS DESIGNED BY THE LATE BERNARD NAMOK FROM THURSDAY ISLAND.



NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 16 June 2026

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.



Council Meeting Dates 2026

Ordinary meetings of Council in 2026 will be held in the Council Chambers commencing at 4.00 pm, on the following dates –

Ordinary meetings of Council are open to the public unless otherwise stated.

Meeting dates 2026

- Wednesday 18 February 2026
- Wednesday 15 April 2026
- Wednesday 17 June 2026
- Wednesday 19 August 2026
- Wednesday 21 October 2026
- Wednesday 16 December 2026
- Wednesday 18 March 2026
- Wednesday 20 May 2026
- Wednesday 15 July 2026
- Wednesday 16 September 2026
- Wednesday 18 November 2026

Any variations to start times or dates will be published on the Shire of Trayning Website, Shire of Trayning Facebook page and in the Ninghan News.

Peter Naylor
CHIEF EXECUTIVE OFFICER

Public Notice

Please note that the Shire of Trayning does not allow the disposal of tyres at either of our Refuse sites.





Public Notice

Administration Office Closed Monday 1 June 2026

The Shire Administration Office will be closed due to the WA Day Public Holiday.

Re-opening Tuesday at 8:30am.

Peter Naylor
Chief Executive Officer



Public Notice

Please Pick Up After Your Dog

Let's keep our community clean, safe, and enjoyable for everyone!
Dog waste can carry harmful bacteria and parasites, It is unpleasant for neighbours, children, and other pets.

Dog waste bag dispensers are located at the Caravan Park, Pioneer Park and soon to be at the School Oval.

Please utilise these facilities.

A few simple steps make a big difference:

- * Always carry a bag when walking your dog.
- * Pick up waste immediately.
- * Dispose of it in the nearest outside bin.



**CLEAN UP AFTER
YOUR PET**



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



Dog and Cat Registrations and Renewals

Dear Residents

The Shire will be organising the Ranger to attend all properties to confirm dog and cat registrations & renewals, this is due to an influx of pet complaints and enquiries being received by the Shire of Trayning.

To avoid any issues please action as below:

- New residents or new pets, please visit the Shire Office to register your dog or cat.
- If your pet is registered in another City or Council, you still need to update their record, so they are registered in the correct district. Current registrations can be transferred at no cost to you.
- If your pet is registered with the Shire of Trayning but you are unsure if it is current, you can contact the Shire Office on 9683 1001 to confirm or update the pet's details.

Please remember if you have sold, transferred or your pet is now deceased you still need to contact the Shire, so records are up to date, and you do not receive any further renewals or notices.

You can find more information on pet registrations on the Shire of Trayning Website visit: [Ranger Services » Shire of Trayning](#)

Peter Naylor
Chief Executive Officer



2026 TELEPHONE DIRECTORY

The 2026 KTY Telephone Directory is now available, Purchase a copy for \$3.50 from the Shire of Trayning Administration Office or the Trayning Post Office.

Please contact the Shire of Trayning on 9683 1001 or via email admin@trayning.wa.gov.au to update your contact information for the 2027 Telephone Directory.

**Secure Your Load
For Safer Roads!**



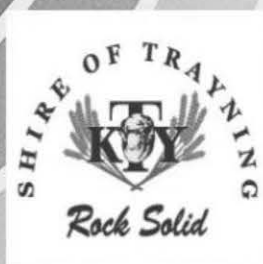
It's the Law!

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

The Shire of Trayning would like to give thanks to the volunteers that consistently show up for our community.

For those who have thought about volunteering, now could be the time.

Contact Angie, our Community Development Officer with your ideas.



National 18-24 MAY 2026
Volunteer
YOUR YEAR TO VOLUNTEER Week

Saturday Afternoon Games and High Tea



Join us for an afternoon of tea, treats and fun.

WHEN: Last Saturday of the month 1 to 4pm,
starting 23rd May

WHERE: Glass St, Trayning

Brought to you by Trayning Seniors Group





Public Notice

Pensioner / Seniors Fuel Card

Since the introduction of the new pensioner fuel cards which allow them to be used at un-manned BP fuel stations, the Shire of Trayning Administration Office are no longer providing this service.

You are now able to use your pensioner fuel card at all unmanned BP fuel stations. To do so you will need to set up a pin on your card prior to use. Details on how this can be done are provided below. If you would like help please do not hesitate to come into the Administration Office for assistance. The fuel cards can still be used as normal at manned BP fuel stations.

How do I set up a PIN on my Pensioner / Senior fuel card?

Online:

1. Log into your WEX Motorpass online account at osc.motorpass.com.au
2. Click through to the Cards section, select your card and then select PIN setting.
3. Expand the PIN setting section to set and confirm your PIN.

By phone:

1. Call WEX on 1300 764 502.
2. Follow the prompts to obtain a PIN Establishment code (pec). You will need your card number and mobile number handy.
3. Once you have your PIN Establishment code, Visit www.setupmypin.com.au where you set and confirm your pin.



Public Notice

Double demerit points will apply to prescribed offences from 0001 hours Friday 29 May 2026 to 2359 hours Monday 01 June 2026.

Double demerit points will apply to the following offences:

- Speeding
- Seatbelt offences (pertaining to drivers)
- Illegal use of mobile phones
- Driving with a BAC of or above 0.05
- Presence of prescribed illicit drugs or fail to supply oral or blood sample
- Contravene a red traffic control signal / arrow
- 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)

There will be a *heightened Road Policing enforcement – anywhere, anytime.*

Ningham 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!!**

KTY HIRE

PORTABLE TOILETS

SHIPPING CONTAINER WHEELS

CAR TRAILER

CHAIRS & MORE

CALL TODAY

0406 345 816

REASONABLE RATES

LOCATED SOUTH KUNUNOPPIN



D & D TRANSPORT

are proud sponsors of:

Trayning Bowls Club & Tractor Pull Assoc

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Lowloader Service & Side Tippers

Gypsum Supplies ex Cowcowing Pit Since 1981

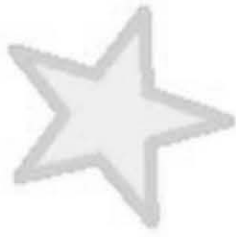
We look forward to being of service to you in 2026



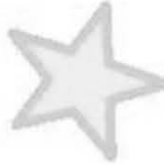
PH: 08 968 11 117 Mb: 0427 918 904

david@ddtransport.com.au

D & D Transport , At your service since 1977



For Sale

- ◆ Electric fully adjustable home Hospital Bed including waterproof medical mattress.
- ◆ Brand new Lambs wool Underlay 
- ◆ Forearm Crutches

(Needs new rubber tips)

\$2950 the lot



Contact: Belinda 0427831051- Trayning



Thank a First Responder Day!



Dress up day fundraiser

Go teal, blue and orange for first responders



This Thank a First Responder Day, we are inviting children and staff to dress up in teal, blue and orange or come as a first responder to show appreciation for Australia's first responders and their families.

By taking part, our community is helping raise funds to support the mental health and wellbeing of first responders through Fortem Australia.

How to get involved



Dress up in teal, blue or orange or come as a first responder.



Gold coin donation or donate via QR code.



All donations support Fortem Australia, a national not-for-profit delivering mental health and wellbeing support for first responders and their families.



Event details

Location: Trayning Primary School

Date: 10am Wednesday 10th June

More info: Join us at the school for a sausage sizzle and dress up to show our appreciation to our first responders. We will have a representatives from all emergency services attending!

thankafirstresponderday.org.au





FREE


Money Program for *Migrant Women* in Western Australia

3-WEEK PROGRAM IN JUNE 2026 (IN-PERSON)
AND JULY 2026 (ONLINE)

What We Offer

- 1 3-week program. 100% scholarship-funded
- 2 2 cohorts: In-person & Online (Western Australia only)
- 3 Practical. Engaging. Culturally-responsive

 www.financiallyempowered.com.au
 @financially_empowered

Applications close on 31 May 2026 

Public Updates



Ready to feel more confident about money?

Applications for **Migrant Money Matters 2026** are now open.

This is a **3-week, fully funded program** designed for women from migrant and CALD backgrounds in Western Australia who want to take control of their finances in a supportive, practical, and judgment-free environment.

No technical jargon. No pressure. No feeling like you're behind.

What you'll get:



-  100% scholarship (completely free)
-  Childcare support available (on request)
-  Interpreters available (on request)
-  Catering provided by Migrant businesses

Program Details:

Cohort 1: In-person held in Mirrabooka - starts 11 June 2026

Cohort 2: Virtual sessions for Regional or Rural WA participants - starts 23 July 2026

Eligibility:

-  Migrant women aged 25–40
-  Culturally and Linguistically Diverse (CaLD) background

Applications close on 31 May 2026, 11:59 AWST (Midnight)

 **Apply Now:** <https://financiallyempowered.com.au/migrant-money-matters-2026/>

Your media handles:

FB: <https://www.facebook.com/FinanciallyEmpowered>

LinkedIn: <https://www.linkedin.com/company/financially-empowered/>

Instagram: https://www.instagram.com/financially_empowered/

Public Notice



ABC Heywire & Trailblazers Program

Outreach toolkit

HEYWIRE
HEYWIRE **TRAILBLAZERS**

About the programs:



Heywire

Established in 1998, Heywire is a platform for the ideas and stories of young regional Australians. The annual competition invites people aged 16–22 living outside major cities to share their experiences of regional life.

More than 14,000 young people have taken part, with at least 33 winners selected each year from ABC radio regions.

Winners work with ABC producers to craft and record their individual stories for broadcast.

Trailblazers

Launched in 2017 under the Heywire umbrella, Trailblazers supports young regional leaders (18–28) driving social, environmental, educational or economic initiatives.

Each year, up to 20 participants receive tailored mentoring, leadership intensives at the Heywire Summit, exclusive funding and networking opportunities, and national exposure across the ABC.

Since launch, the program has supported more than 140 young Australians to grow their projects and amplify their impact.

Public Notice

Key Messages



Heywire

What is Heywire?

- A lived-experience storytelling competition for young people aged 16-22 living in regional, rural and remote Australia
- Not about spelling or grammar
- We want authentic stories about life in their community, what they care about, and what frustrates them
- Entries can be writing, audio, video or photos
- Entries are open now and close 1 September 2026

What winners receive

- Work with ABC producers
- National exposure across TV, radio, online and social media
- All-expenses-paid trip to Canberra for the Heywire Summit

Support for entrants

- Free online workshops April-August
- Recorded workshop available anytime

[Find out more about Heywire](#)



Trailblazers

What is Trailblazers?

- Supports young regional leaders aged 18-28 already working on social, educational, environmental or economic development projects that strengthen their community
- Individuals or groups of up to three can apply

Project examples

- Youth mental health
- Social enterprises
- Environmental or landcare projects
- Creative, cultural, STEM or education programs
- Community inclusion and advocacy initiatives

Selected Trailblazers receive

- National ABC exposure
- All-expenses-paid trip to Canberra for the Heywire Summit
- Access to funding opportunities
- Leadership, storytelling and entrepreneurship development
- Mentoring, networks and long-term support

[Find out more about Trailblazers](#)



Email template



Please use the below copy to share both programs within your networks



Subject: Please Share: ABC Heywire and Trailblazers Opportunities for Regional Young People

Email body: ABC Heywire has asked us to help spread the word about two great opportunities for young people in the region: the Heywire storytelling competition and the Trailblazers program. Below are the key details to pass on to your networks.

Heywire (ages 16-22)

A national lived experience storytelling competition for young people in regional, rural and remote Australia. **Stories can be submitted in:** writing, audio, video or photos, as long as they are true.

Winners receive:

- Mentoring from ABC producers
- National TV, radio, online and social media coverage
- An all expenses paid trip to Canberra for the Heywire Regional Youth Summit

Free online workshops are available from April to August to help young people shape their story.

More info or enter: <https://www.abc.net.au/heywire/competition>

Trailblazers (ages 18-28)

For young leaders running impact projects in their regional communities, including social, environmental, educational, creative, STEM, inclusion, sport or economic initiatives, whether early stage or established.

Applicants can apply as an individual or as a group of up to three people.

Trailblazers receive:

- An all expenses paid trip to Canberra for the Heywire Regional Youth Summit
- Project development support
- Exclusive funding opportunities
- National ABC media exposure

Apply here: <https://www.abc.net.au/heywire/trailblazers>

For any questions or further information - Email: abcheywire@abc.net.au

Public Notice



Social copy



Please use the below copy to share the programs within your networks.



Option 1: Heywire & Trailblazers (Combined social post)

We're excited to share two opportunities for young people in our region through ABC Heywire.

- Heywire is seeking true stories from young people aged 16–22 living in regional, rural and remote Australia.
- Trailblazers is looking for young leaders aged 18–28 who are running community impact projects. Individuals and groups of up to three can apply.

Both opportunities offer mentoring, national ABC exposure and an all expenses paid trip to Canberra for the Heywire Regional Youth Summit.

Know someone who should enter?

- <https://www.abc.net.au/heywire>
- <https://www.abc.net.au/heywire/trailblazers>

[Download tiles](#)

Feel free to follow and tag us on any posts you share via Instagram: [@abc_heywire](#)

Option 2: Heywire

Got a true story from your corner of regional Australia? ABC Heywire wants to hear it.

Share your lived experience for the chance to have your story featured on the ABC website, work with ABC producers, and head to the inspiring Heywire Summit.

Enter by September 1.

To enter: [ABC Heywire Competition - ABC Heywire](#)

Option 3: Trailblazers

Got a project strengthening your regional community? ABC Trailblazers can help you take it further.

Apply now for the chance to grow your work with national exposure, exclusive funding opportunities, mentoring and a trip to the Heywire Summit in Canberra.

Applications are open until 1 August.

[Apply now](#)

Newsletter copy



Please use the below copy to share the programs within your networks.

Headline: ABC Heywire & Trailblazers Now Open: Opportunities for regional young people

ABC Heywire is inviting young people across regional, rural and remote Australia to take part in two national programs celebrating youth voices and leadership: Heywire and Trailblazers.

HEYWIRE (AGES 16–22)

A lived-experience storytelling competition where young people share true stories through writing, audio, video or photos.

Successful entrants receive mentoring from ABC producers, national ABC exposure, and an all-expenses-paid trip to Canberra for the Heywire Regional Youth Summit.

Free online storytelling workshops are available from April to August.

- Learn more or enter: <https://www.abc.net.au/heywire>

TRAILBLAZERS (AGES 18–28)

Designed for young leaders driving positive change in their regional communities. Individuals or groups of up to three can apply with projects across areas such as social impact, environment, education, STEM, creative industries and more.

Participants receive project support, funding opportunities, national ABC exposure, and a trip to the Heywire Regional Youth Summit.

- Apply now: <https://www.abc.net.au/heywire/trailblazers>

Please share these opportunities with young people and community groups who may be interested.

[Download banners](#)

Public Notice



Please let us know if you have any questions!

For Heywire:

Emma Funnell
Senior Producer, ABC Community Impact
M: 0431 991 048
E: Funnell.Emma@abc.net.au

For Trailblazers:

Imogen Archer
Producer, ABC Community Impact
M: 0429 077 111
E: Archer.Imogen@abc.net.au

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.

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

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



Public Notice



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



*Your local voice
for Traying!*

Here to help!

✉ lachlan.hunter@mp.wa.gov.au

Northam Office

☎ (08) 9622 2871

📍 PO Box 92, Northam WA 6401

🏠 185 Fitzgerald St, Northam

Merredin Office

☎ (08) 9041 1702

📍 PO Box 66, Merredin WA 6415

🏠 Old Town Hall, Mitchell St, Merredin

LACHLAN HUNTER MP

MEMBER FOR CENTRAL WHEATBELT



Authorised by L. Hunter, 185 Fitzgerald St, Northam WA 6401.

get involved

What is your council doing to support healthy food environments?

About the study

We are mapping local government policies, programs, strategies and initiatives that support healthier, sustainable and equitable food environments across Australia.

Who can participate?

You are invited to participate if you are:

- 18 years or older
- A local government staff member (e.g. public health, policy and planning, community development, sustainability, or related roles), or
- An elected representative involved in health, planning, or community wellbeing, or
- A stakeholder or partner organisation working with local government on food environment initiatives (e.g. local government associations, NGOs, policy advisors, or research partners)

What will participation involve?

- 15–30-minute online survey
- Share examples and lessons learned
- Help build a national Knowledge Bank

Why your input matter

- Your expertise will directly contribute to an online resource designed for local government, by local government, supporting practical action on the ground.

Want to get involved?

- Please complete our survey by accessing the link: <https://tinyurl.com/bd5eyan9>
- or the QR code



This project has received ethics approval from Deakin University. Reference number: 2026/HE000046

refresh
.....next generation



INSTITUTE FOR HEALTH
TRANSFORMATION



Public Notice

Wheatbelt Agcare, with support from the Shire of Mount Marshall, and with guest speakers from Holyoake, and Rural Aid present the...

Bencubbin Wellness Day

A free community event. All welcome!

9 am - 1 pm, Thu 28 May 2026, Bencubbin Recreation Centre

Morning tea and lunch

Relax and connect with your community over a cuppa and light lunch

Wellbeing sessions

Including responding to emotions and stress, being your own best friend, and mindfulness

Local services showcase

Hear from and meet people providing free mental health support right here in our region

RSVP by Wed 20 May

Text or email any Wheatbelt Agcare counsellor below to RSVP.
Please let us know if you have any dietary needs or accessibility requirements.

Clarissa Panizza 0488 465 081
wheatbeltagcare@hotmail.com Mount Marshall, Yilgarn, Trayning,
Mukinbudin, Westonia, Nungarin

Di Morgan 0488 964 255
wheatbeltagcare@outlook.com Koorda, Wyalkatchem, Dowerin

Christie Kingston 0461 387 412
christie@wheatbeltagcare.org.au Merredin, Kellerberrin, Tammin



Wheatbelt Agcare

Community Support Services Inc. (est. 1991)
Family and Individual Counselling Service

Wheatbelt Agcare is funded by the Western Australian Government Department of Communities; the Shires of Dowerin, Kellerberrin, Koorda, Merredin, Mount Marshall, Mukinbudin, Nungarin, Tammin, Trayning, Westonia, Wyalkatchem, and Yilgarn; and the Bendigo Bank Community Bank Mukinbudin.

www.wheatbeltagcare.org.au

WARRIOR WELLBEING ARTICLE

Staying Connected in Challenging Times

BY THE REGIONAL MEN'S HEALTH INITIATIVE
May 2026

Things that we cannot control are our biggest stressors in life. In agriculture it is mostly weather issues followed by a multitude of other factors such as commodity prices, input costs (diesel, fertilizer availability and price), machinery breakdowns ... how long is a bit of string.

Every season is not without its challenges, and the effects are always felt across the whole community (farmers, people involved in agribusiness and those in the Agri-link industries like the mechanics and the Mitre 10 store). Everybody feels the pain.

No one can change what happens with the weather and/or influence the other factors, all we can do is manage our programs and control our business as best we can which importantly includes looking after ourselves and each other (our family, mates and neighbours).

Remaining connected is one way of doing this. So, what does this mean? Rural communities have an innate capacity to reach out and organize and participate in many bottoms up activities. RMHI has been attending a lot of these events including breakfasts, sundowners and many other gatherings over the years which allow the communities to have a conversation about where they are at individually and as a collective. There is less and less of us living in regional areas, add this to the nature of modern farming as well as a challenging season and isolation becomes more prevalent. It's so important that we maintain social connection, but it takes an effort.

Isolation is the enemy of good mental wellbeing. This is both in the physical sense (less of us) and the interpersonal sense (social networks around us). Staying connected is important and something we must work on, this can be achieved in part if we are mindful of living in the present and staying connected with others.

As blokes, we have a propensity to self-medicate. A lot of people think that is done by sex, drugs and rock and roll however in the work we do it is mostly blokes

spending more time in their cave, working harder, longer, and talking less (some ladies might find that hard to believe). It is important that we continue to talk about some of the pain and distress that as blokes we tend to suffer alone.

We describe *primary care* as what can we do to look after ourselves and others, invariably it is about connection. Some simple things we can do:

- Talk to a Mate® – realize that we are not alone.
- Talk to whoever needs to be informed about our situation (family, financiers, advisors).
- Keep an eye on others – drop into a neighbour and have a chat and a coffee. Take the time to ask someone *are you okay?*
- Slow the pace of our life a little, join a group that fits in with our passions and interests. It will make a difference.
- Maintain our sense of humour, laugh at ourselves and with others.



...before it all gets too much...
Talk to a Mate!!®
or *Talk it Over*
1300 789 978 mensline
australia
THE REGIONAL
MEN'S HEALTH
INITIATIVE

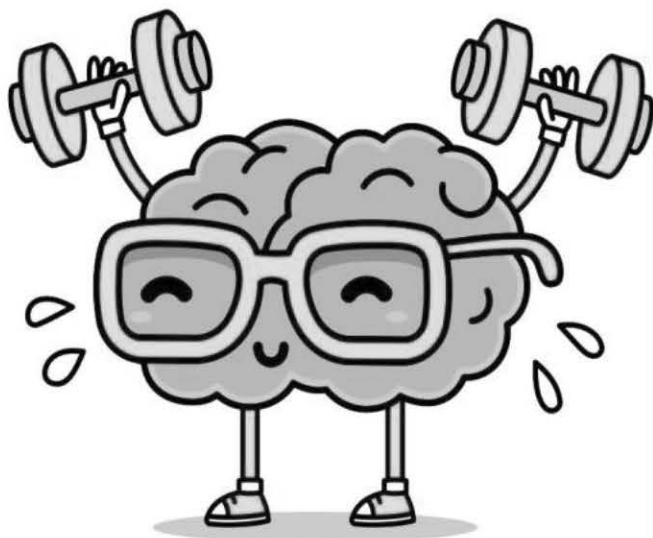
Australians are well known for their larrikinism and humour, Edward de Bono one of the world's foremost thinkers called humour *a key lubricant for life* and often referred to humour as *social glue and the best anti despair device we have*. I think he is right on the money, when we lose our sense of humour we are buggered.

✉ @RMHI_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au





RESOURCES

[Mental Health Commission](#)

[Wheatbelt Mental Health Services](#)

[DPIRD Regional Finance and Counselling Support](#)

[National Centre for Farmer Health - WA Hub](#)

[Rural Aid Counselling Service](#)

[Men's Health and Wellbeing WA](#)

[Financial counsellors of WA](#)

[Holyoake Wheatbelt](#)

[Hope Community Services](#)

[Anglicare](#)



**Mental Health Emergency
Response Line
(country/rurallink)**

1800 552 002

The current challenges and uncertainty with fuel supply can cause additional pressure on members of our wheatbelt community

RURAL AND REGIONAL MENTAL HEALTH SUPPORT

• Self-Care

Regular exercise, balanced diet, adequate sleep.

• Seek Professional Help

Therapists, counselors, and support groups.

• Be There

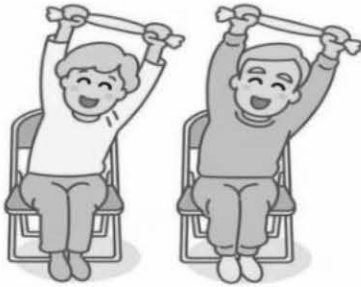
Offer support and listen without judgment.

Public Notice



CHAIR EXERCISE SESSIONS

Join In



Every Monday,
Wednesday and
Friday

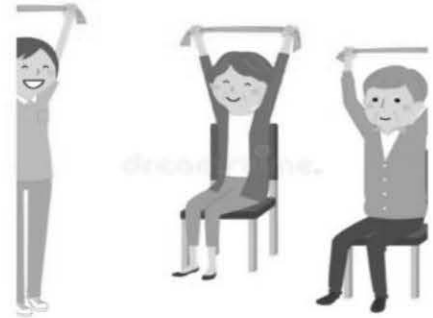
10am



Traying Seniors
Group



1 Glass St Traying



Government of Western Australia
Department of Communities

At Risk Youth Statewide Engagement Summary

Purpose and context of consultation



The stakeholder engagement and consultation was undertaken in alignment with the At Risk Youth Strategy 2022-2027.



This work aims to redesign and strengthen the service system established in 2014 so that it is more responsive, culturally safe, trauma informed and meets place based need.



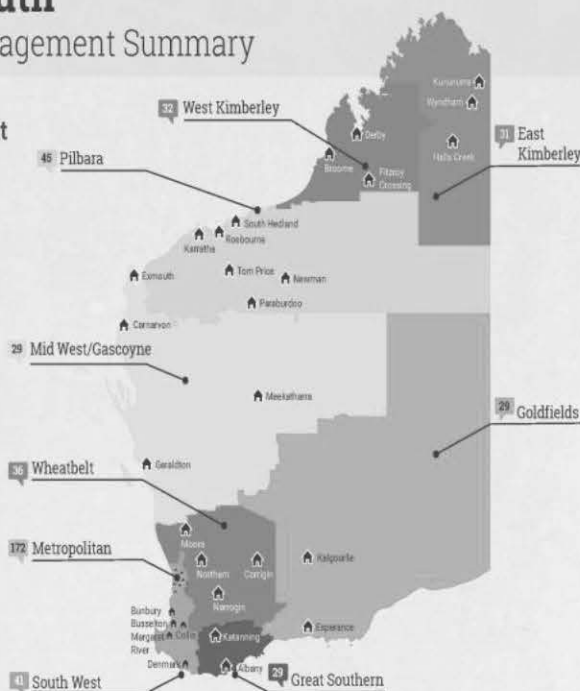
The redesign is part of a broader system improvement, and recommendations arising from engagement will inform future service models and investment approaches.



Stakeholder engagement session locations



Total number of session attendees per region



Engagement and consultation overview

Targeted, place based consultation took place between August and November 2025 across 30 workshops, 444 participants, 61 one-on-one meetings and involved:

- District Leadership Groups
- Aboriginal Community Controlled Organisations (ACCOs), Community Service Organisations and Local Government Authorities
- Local interagency reference groups
- Representatives from the Departments of Justice, Education, Health, the Mental Health Commission and WA Police Force and other Government agencies.
- Local place-based community sector stakeholders

This engagement captured local perspectives, service gaps, and opportunities for improvement.

What we heard

Key and consistent themes that emerged across the state include:

- Increasing cohort complexity, including mental health concerns, justice involvement, alcohol and other drug use, neurodiversity, homelessness, and family and domestic violence.
- Importance of culturally responsive and inclusive services, particularly for Aboriginal young people, young people from multicultural backgrounds, and young people who identify as LGBTQIA+.
- Need for earlier intervention and more tailored support for younger cohorts.
- Opportunities to strengthen coordination between local services, including more structured approaches to case management.
- Workforce challenges across the sector, including recruitment, retention and training opportunities.
- Regional factors such as transport gaps and geographic isolation that impact service access.
- Importance of Aboriginal leadership, self-determination and ACCO-led responses.

Next steps

Data and evidence collated from stakeholder engagement will be used to identify service gaps, and opportunities for improvement, to inform future service design options. These findings will inform advice and recommendations to State Government on the future At Risk Youth service system and forthcoming commissioning and investment approaches.

Thank you

Your role in supporting young people at risk is vital, and your expertise continues to sit at the centre of this redesign.

Thank you for your ongoing partnership and for the critical work you deliver every day for young people, families, and communities across Western Australia.

Contact us

Atriskyouthservicescommissioning@communities.wa.gov.au



National Road Safety Week 2026



DAILY THEMES



Sunday 17 May
Remember the 1.300



Monday 18 May
Make the pledge



Tuesday 19 May
Be mindful of young
people on our roads



Wednesday 20 May
Travel the road
to kindness



Thursday 21 May
Refresh your road
rules knowledge



Friday 22 May
Plan your journey



Saturday 23 May
Drive safely on
regional/country/rural/remote
roads



Sunday 24 May
Yellow ride

Public Notice



Central Wheatbelt Uniting Church Notices 2026

Tuesday		Bible Study	Trayning	11am
Sunday		Bible Study	Trayning	11am
Tuesday		Church Service	Trayning	10am
Sunday		Bible Study	Trayning	10am
Tuesday		Church Service	Trayning	10am
Sunday		Bible Study	Kellerberrin	11am
Tuesday		Church Service	Trayning	10am

All Dates May change, will advise if so.

Community Minister:

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

Please call Valda if you need help of any kind

Proverbs 16: We can make our plans, but the
Final outcome is in God's hands.

**TRAYNING HAS A RADIO STATION:
FM88**



Trayning Community Shop

ALL MONEY STAYS IN THE COMMUNITY!!

Opening

Thursday & Saturday

10:00am to 12:00pm

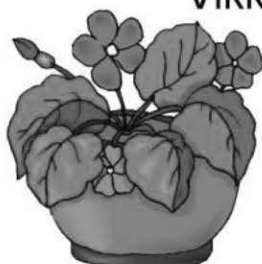
Come in and have a look.....

....You never know what you might find!

Out of hours shop can be opened if needed by:

Anna Ricetti on 0408 099 315

Vikki on 0451 501 961



Police Notice

OFFICIAL



POLICE NEWS

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



Hello Everyone,

Family Violence – Bail Refused

Police investigated reports of ongoing family violence at a residential address in Bencubbin. A male offender, aged 48 was arrested after police attended.

The offender was charged with multiple counts of aggravated common assault (family violence related) and obstructing police. A 72-hour Police Order was issued to protect the victim.

The offender was refused bail and remanded to appear before the Perth Magistrates Court.

Family Assault – Partner Violence

Police attended another family violence incident within the Mukinbudin sub-district. A male offender, aged 47 was arrested after his partner allegedly sustained injuries during an assault.

The offender was charged with aggravated assault occasioning bodily harm. A Police Order was issued at the time.

The offender is due to appear before the Merredin Magistrates Court.

Stealing Motor Vehicle – Trayning

Police investigated the theft of a motor vehicle from a residential property in Trayning. A female offender, aged 44, from Trayning, allegedly stole car keys, and removed a vehicle from the driveway. The vehicle was later located and recovered.

The offender was arrested and charged with:

- Stealing a Motor Vehicle

She is due to appear before the Merredin Magistrates Court.

Traffic Crash – Bonnie Rock–Burakin Road

Police attended a single-vehicle truck rollover, unknown cause. The male driver sustained minor injuries. Alcohol was not a factor. A vehicle defect notice was issued and road damage was referred to the local authority.

Police Notice

OFFICIAL

Traffic Crash – Wialki Road, Karloning

Police also attended a single-vehicle rollover near Karloning. The male driver attempted to avoid a kangaroo, causing the vehicle to roll several times. Both occupants sustained minor injuries. The driver recorded a 0.00 BAC, and no charges were laid.

Community Safety Reminder

Bencubbin Police remind the community to:

- Report family violence early, including elder abuse
- Secure vehicles and keep car keys out of sight
- Check on elderly or vulnerable neighbours
- Drive to conditions and remain alert for wildlife

☎ Emergency: 000

☎ Crime Stoppers: 1800 333 000 (anonymous)



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

Bencubbin Police

Police Notice



CENTRAL WHEATBELT WINTER SPORTS RESULTS

BELT UP ROUND FIVE— Saturday, 16th May 2026

Beacon: 3.2, 6.3, 8.5, 13.6 (84) def by Koorda: 7.2, 10.5, 16.10, 20.15 (135)

GOALS:

Beacon: W. Munns 5, C. Farmer 4, B. Dunne 1, H. Sinclair 1, J. Poole 1, N. Dunne 1

Koorda: R. Wells 5, B. Ward 3, A. Settineri 2, J. Trainor 2, C. Mckinlay 2, T. Fuchsbichler 2, R. Greaves 1, L. McWha 1, D. Hyde 1, C. Boyne 1

BEST:

Beacon: D. Walsh, W. Munns, C. Junk, A. Munns, C. Farmer, L. Dunne

Koorda: R. Greaves, C. Mckinlay, T. Stanicich, A. Settineri, T. Fuchsbichler, K. South

BELT UP Best Player— Charlie Mckinlay (Koorda)

Bencubbin: 6.4, 7.6, 14.7, 17.9 (111) def Mukinbudin: 2.1, 4.6, 7.8, 10.11 (71)

GOALS:

Bencubbin: J. Brooks 5, D. Mcfarlane 3, K. Gillett 2, J. Allen 2, B. Matera 2, D. Patat 1, K. Beagley 1, D. Campbell 1

Mukinbudin: E. Brooks 3, R. Sprigg 3, C. Willaims 1, A. Dykman 1, S. Irving 1, P. Ambrose 1

BEST:

Bencubbin: M. Holden, D. Campbell, J. Brooks, D. Manuel, A. Coleman, K. Gillett

Mukinbudin: E. Brooks, R. Sprigg, C. Williams, S. Irving, Z. Sprigg, C. Brandis

BELT UP Best Player— Devin Mcfarlane (Bencubbin)

TEAM	P	PTS	%	W	L	D	BYE
Bencubbin Football Club	4	16	230.93	4	0	0	1
Kalannie Football Club	4	12	118.18	3	1	0	1
Koorda Football Club	4	8	92.70	2	2	0	1
Mukinbudin Football Club	4	4	87.96	1	3	0	1
Beacon Football Club	4	0	50.42	0	4	0	1



Central Wheatbelt Netball Association



Beacon (21) def by Koorda (62)

Beacon: **Best Player:** Lucy Wright

Coach's Award: Mary Collins

Koorda: **Player of the Day:** Kayla Butcher

Coach's Award: Mackenzie McIntosh

BELT UP Best Player—Tamara Gibson (Beacon)

Bencubbin (30) def by Mukinbudin (52)

Bencubbin: **Players' Choice:** Kasey Pringle

Coach's Award: Megan Woodfield

Mukinbudin: **Players' Choice:** Trinity Onn

Coach's Award: Chantelle Pedrotti

BELT UP Best Player—Ashleigh Garlett (Mukinbudin)

TEAM	P	PTS	%	W	L	D	BYE
Koorda Netball Club	4	16	187.13	4	0	0	1
Kalannie Netball Club	4	12	161.68	3	1	0	1
Mukinbudin Netball Club	4	8	127.01	2	2	0	1
Bencubbin Netball Club	4	4	99.23	1	3	0	1
Beacon Netball Club	4	0	22.45	0	4	0	1

Central Wheatbelt Ladies Hockey Association



Beacon (1) drew Koorda (1)

GOALS:

Beacon: T. Mullins 1

Koorda: S. Pladdy 1

AWARDS:

Beacon: **Best Player:** Becky Kirby

Coach's Award: Mary Collins

Koorda: **Players' Choice:** Gina Boyne

Coach's Award: Kiri-Lee Ward

BELT UP Best Player—Maddie Naylor-Pratt (Beacon)

Bencubbin (1) def by Mukinbudin (10)

GOALS:

Bencubbin: D. Hurley 1

Mukinbudin: H. Paterson 3, S. Graham 2, D. Cronje 2, S. Gringer 1, I. Vernon 1, J. Graham 1

AWARDS:

Bencubbin: **Player of the Day:** Lauren Yates

Coach's Award: Georgina McKay

Goal of the Day: Debbie Hurley






Mukinbudin: **Players' Choice:** Isabel Vernon

Coach's Award: Sarah-Kate Graham

BELT UP Best Player—Hannah Paterson (Mukinbudin)

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Mukinbudin	3	1	0	1	21	3	18	7
2. Koorda	2	2	0	1	13	3	10	6
3. Beacon	1	2	1	1	8	5	3	4
4. Bencubbin	1	1	2	1	5	16	-11	3
5. Kalannie	0	0	4	1	1	21	-20	0

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Bible study Trayning 11:00am	3	4	5	6	7 Nungarin Markets
8 Tammin CWA WA Day Luncheon 	9 Bible study Trayning 11:00am 	10	11	12	13	14 Church Service Trayning 9:00am
15	16 Bible study Trayning 11:00am 	17 Ordinary Council Meeting 	18	19 Corrigin Growing Native Gardens	20	21 Church Service Kellerberrin 11:00am
22	23 Bible study Trayning 11:00am 	24	25	26 Merredin Native Garden Official Opening	27	28 Church Service Trayning 9:00am Kellerberrin CWHRC Trayning Cup
29	30 Bible study Trayning 11:00am 