

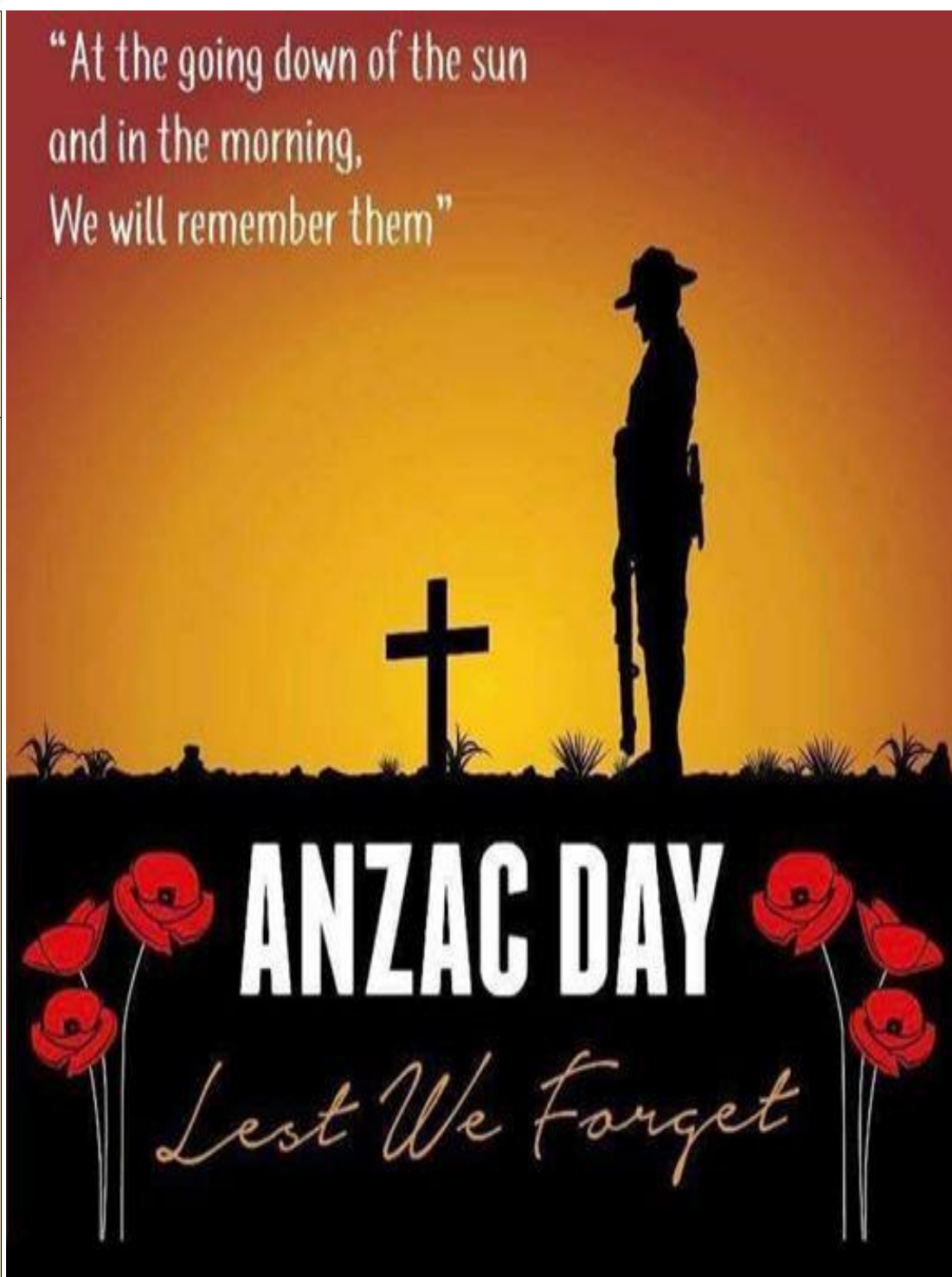
# Ninghan News

POSTAGE  
PAID  
AUSTRALIA



## WHATS ON

- ♦ 25 April - ANZAC Day  
Pg. 10
- ♦ 29 April - Bulk Green  
Waste Collection MUST  
be registered through the  
Shire of Trayning  
Administration Office for  
collection Pg. 6
- ♦ Double Demerits  
Pg. 12



**NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 20 May 2025**

**Proudly produced by the Shire of Trayning**

**Email: [admin@trayning.wa.gov.au](mailto:admin@trayning.wa.gov.au)**

Railway Street, Trayning WA

PO Box 95, Trayning WA 6488

Phone: 9683 1001 Fax: 9683 1040

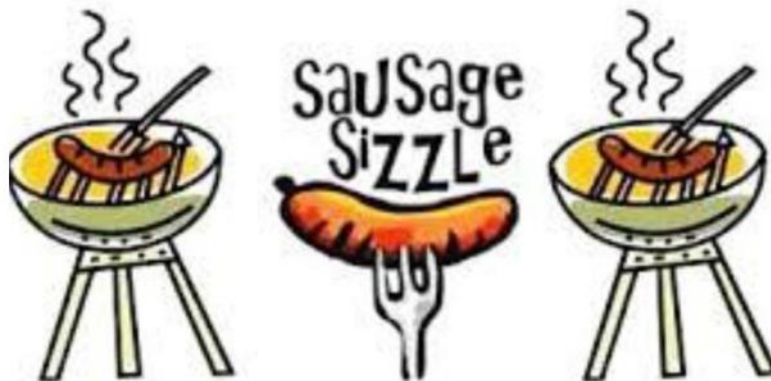
**OFFICE HOURS 8.30am to 4.00pm - Monday to Friday**

**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.



The KTY Community is invited to the Pioneer Park  
to meet and welcome our new  
Doctor Michael Livingston.

Please join us at the Trayning Pioneer Park,  
Trayning/Bencubbin Road on Thursday 24 April  
2025 at 2:00 pm for a sausage sizzle.





# 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





# Shire of Trayning News and Updates



10<sup>th</sup> April, 2025

To the Shire of Trayning

SHIRE OF TRAYNING	
Received	
14 APR 2025	
NAME	INITIALS
TO: CEO	
<input type="checkbox"/> MCPS	
<input type="checkbox"/> MOCS	
<input type="checkbox"/> WS	
<input type="checkbox"/> EHO	
<input type="checkbox"/> FO	
<input type="checkbox"/> CSO	
<input type="checkbox"/> ALL STAFF	
File No:	

WA Field and Bowhunters would like to extend their thanks to the CEO and staff of the Shire of Trayning. For allowing us to use the Yelbeni Golf Course and Club house to hold an Archery Golf weekend on the 5/6<sup>th</sup> April, 2025.

Also you are to be commended on the caravan park facilities. The cleanliness of the ablution blocks and camp kitchen is of the highest standard. All of us who stayed at the Caravan Park would have no hesitation in recommending your town to our friends. As not only are your shire staff helpful and friendly so too is the local population.

All those who attended had an enjoyable weekend of Archery Golf and look forward to participating in another weekend of Archery Golf.

Regards

Jo Baverstock

Secretary WA Field and Bowhunters Club Inc.





ARCHERY GOLF AT YELBENI GOLF COURSE APRIL 2025

### Deepest Sympathy

Jenny, Warren, Emma and  
families on the sad passing of  
Michael (Bear) Otto

A long time Trayning resident,  
who will be sadly missed.

President, Councillors  
and Staff

# 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](mailto: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: \_\_\_\_\_





## DEFIBRILLATOR LOCATION & INSTRUCTIONS

Trayning Post Office

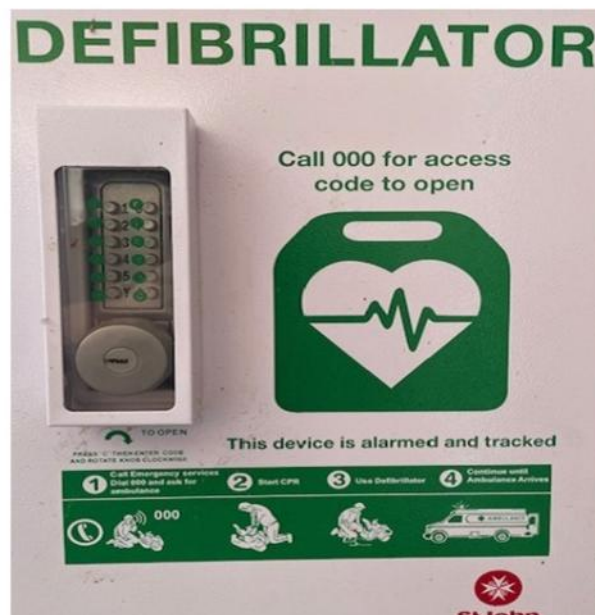
Trayning Aquatic Center

Kununoppin Post Office

Trayning & Districts Sporting Club

Yelbeni General Store

Please follow the Instructions on the Defibrillator Box





# Residential Bulk Green Waste Collection



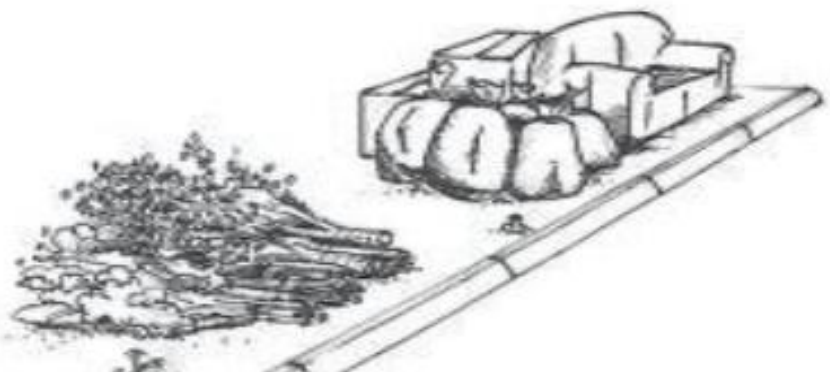
**Residential  
Green Waste  
Collection**

**To Ensure Efficient  
Removal Of Your  
Green Waste Please  
Read Carefully**

**SHIRE OF TRAYNING**  
Railway Street, Trayning, Western Australia  
Postal Address: PO Box 95 Trayning WA 6488  
Telephone: (08) 9683 1001  
Email: [admin@trayning.wa.gov.au](mailto:admin@trayning.wa.gov.au)

To register for Pick up please  
contact the Shire on  
9683 1001.

## 29 April 2025





# 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.

# 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

# Thank you!

**Thank you for your support.** it's an honour and privilege to represent Central Wheatbelt in the State Parliament.

*How to keep in touch.*

✉ [lachlan.hunter@mp.wa.gov.au](mailto:lachlan.hunter@mp.wa.gov.au)

#### Merredin Office

☎ (08) 9041 1702

📍 Old Town Hall, Mitchell St, Merredin

#### Northam Office

☎ (08) 9622 2871

📍 Northam Boulevard, Fitzgerald St, Northam

**LACHLAN HUNTER MP**  
**MEMBER FOR CENTRAL WHEATBELT**

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



**YELBENI RURAL**  
**HERE TO HELP YOU GROW**

Shop: (08) 9682 5012

Email: [shop@yelbenirural.com.au](mailto:shop@yelbenirural.com.au)

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

# ANZAC BISCUITS

*a classic recipe*

## INGREDIENTS

1 cup rolled oats	25g butter
1 cup plain flour	2 tablespoons golden syrup
1 cup brown sugar	1 tablespoon water
½ cup coconut	½ teaspoon bicarb soda

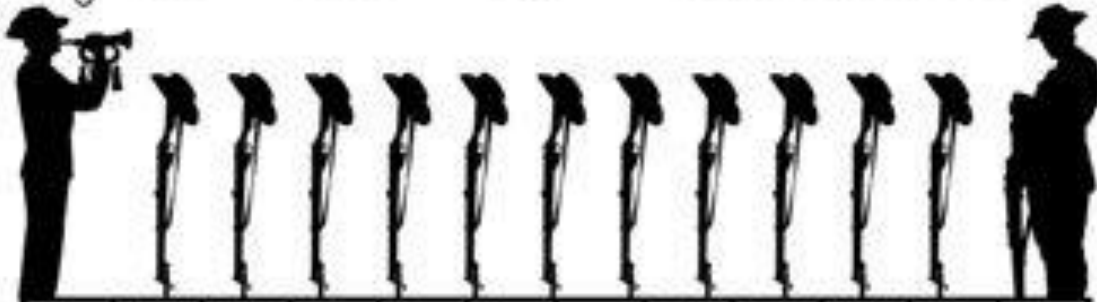
## TO MAKE

1. Preheat oven to 180°, fan forced.
2. Combine oats, sifted flour, sugar and coconut in a bowl.
3. Combine butter, golden syrup and water in a small saucepan, stir constantly over medium heat until butter is melted.
4. Stir in soda.
5. Stir mixture into dry ingredients.
6. Place rounded tablespoons of mixture 5cm apart onto baking paper covered oven trays.
7. Bake in oven for 20 mins, cool on trays.





# ANZAC Day Word Search 2



T	L	L	A	C	E	L	G	U	B	B	E
N	A	S	I	L	E	N	C	E	W	A	C
E	S	T	R	E	N	C	H	N	L	T	I
M	T	M	A	R	C	H	U	S	E	T	V
I	P	W	I	L	S	S	R	L	R	L	R
G	O	E	M	P	G	P	R	I	D	E	E
E	S	E	I	N	A	N	Z	A	C	F	S
R	T	R	I	R	U	O	N	O	H	I	N
M	I	S	W	R	E	A	T	H	S	E	W
T	I	S	R	E	I	D	L	O	S	L	A
R	B	E	M	E	D	A	L	S	R	D	D
L	E	S	T	W	E	F	O	R	G	E	T

ANZAC  
SPIRIT  
BATTLEFIELD  
REGIMENT  
DAWN-SERVICE

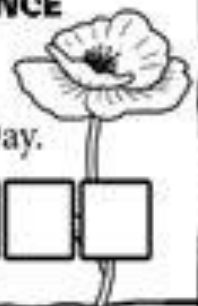
RISE-SUN  
HONOUR  
SOLDIERS  
BUGLE-CALL  
LEST-WE-FORGET

RSL  
TRENCH  
MEDALS  
MARCH

LAST-POST  
PRIDE  
WREATHS  
SILENCE

With the leftover letters, discover what happens on ANZAC Day.

--	--	--	--	--	--	--	--	--	--	--	--	--





*Lest we Forget*

**ANZAC DAY**

**25 April 2025**

**Please join us at the Trayning War Memorial  
for the Anzac Day Service.**

**25 April 2025 at 11:00am**

**Service will be followed by**

**Bangers and Mash \$20**

**At the Trayning Watering Hole Hotel**





# 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**

# KTY HIRE



*PORTABLE TOILETS*

**CAR TRAILER  
CHAIRS & MORE**

*CALL TODAY*

*0406 345 816*

*REASONABLE RATES  
LOCATED SOUTH KUNUNOPPIN*



# Public Notices



**TOYOTA**

**BOEKEMAN TOYOTA**

*PRE OWNED VEHICLES*

**FOR SALE**

19/03/25

<b>2020 TOYOTA LANDCRUISER PRADO VX (4x4) WAGON</b>	<b>1HBV380</b>
Travelled 100,300Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, Driver assistance, Adaptive Cruise Control, Bluetooth Connectivity, 5 Star ANCAP Safety Rating.	\$ 68,900
<b>2020 TOYOTA FORTUNER GX (4x4) WAGON</b>	<b>AS9627</b>
Travelled 41,500Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, 5 Star ANCAP Safety Rating, Power Assisted Steering.	\$ 48,950
<b>2021 TOYOTA HILUX SR (4x4) DOUBLE C/CHAS</b>	<b>1IMK324</b>
Travelled 44,000Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, Air Cond, Android Auto & Apple Car Play, Active Traction Control, Active Drive Control, Stability Control.	\$ 48,500
<b>2021 TOYOTA KLUGER GX 2WD V6 WAGON</b>	<b>1HTR791</b>
Travelled 65,000Kms, 3.5Ltr Petrol Engine, 5 Star ANCAP Safety Rating, 8 Speed Auto Transmission, Android Auto and Apple Car Play, 18 Inch Alloy Wheels.	\$ 42,990
<b>2022 MITSUBHISI TRITON GLX (4x4) DOUBLE C/CHAS</b>	<b>1IEU439</b>
Travelled 110,268Kms, 2.4Ltr Turbo Diesel, 6 Speed Auto Trans, 3ton Braked Towing Capacity, 5 Seat Interior, Power Assisted Steering.	\$ 36,750
<b>2016 TOYOTA LANDCRUISER PRADO GXL (4x4) WAGON</b>	<b>1ILZ418</b>
Travelled 291,700Kms, 2.8Ltr Turbo Diesel, 6 Speed Auto Trans, 7 Seats, 5 Star ANCAP Safety Rating, Cruise Control, Sat Nav, Power Windows and Mirrors.	\$ 31,500
<b>2019 TOYOTA KULGER GXL AWD WAGON</b>	<b>1ILZ407</b>
Travelled 184,500Kms, 3.5Ltr V6 Petrol, 6 Speed Auto Trans, 7 Seat Interior, Air Cond, Cruise Control, Power Windows and Mirrors.	\$ 27,850
<b>2020 TOYOTA HILUX 2WD WORKMATE SINGLE CAB (HI-RIDER)</b>	<b>1IAV870</b>
Travelled 56,740Kms, 2WD Turbo Diesel, 5 Speed Man Trans, Dual Front Airbags, Cruise Control, Bluetooth Connectivity, Central Locking, Lane Assist.	\$25,990
<b>2013 TOYOTA HILUX SR (4x2) EXTRA CAB</b>	<b>1ILZ423</b>
Travelled 191,330Kms, 4.0Ltr V6 petrol, 5 Speed Auto Trans, Air Cond, Power Assisted Steering, 2ton Braked Towing Capacity.	\$ 16,350
<b>2007 TOYOTA HILUX 2WD WORKMATE SINGLE CAB</b>	<b>1DYX760</b>
Tipping Tray, Set up for Pilot with Roof Mount Sign and Wig Wag Lights.	\$ 9,490

**\*ALL PRICING INCLUDES GST AND EXCLUDES GOVERNMENT STAMP DUTY**

## COMING IN TO STOCK

- 2019 TOYOTA HILUX (4x2) SINGLE C/CHAS- 2.7Ltr Petrol, 5 Speed Manual, 40,000Kms
- 2014 LANDCRUISER PRADO GXL (4x4) WAGON- 3Ltr Turbo Diesel, Manual
- 2019 TOYOTA PRADO VX- Diesel, 100,000Kms, 1 Owner, Full Service History
- 2009 TOYOTA PRADO- 3.0Ltr Turbo Diesel, SWB, 3 Door

**Matt Read** 0427 530 687

**Stuart Boekeman** 0427 777 105

ABN: 92 6130 700 90

DL 25985

**boekemantoyota.com.au**

### WONGAN HILLS

131 - 139 Wongan Rd  
PO Box 125, WA 6603  
Tel: (08) 9671 1211

### DALWALLINU

1A Johnston Street  
PO Box 160, WA 6609  
Tel: (08) 9661 1002

### DOWERIN

Cottrell Street  
PO Box 99, WA 6461  
Tel: (08) 9631 1006



### 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





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](mailto: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 23<sup>rd</sup> February after 9:00am  
Mass at Bencubbin.**

**Ash Wednesday 5<sup>th</sup> March  
Easter Sunday 20<sup>th</sup> April.**



## Public Notices

### Central Wheatbelt Uniting Church Notices 2024



Sunday	18 May	Trayning 9am	Kellerberrin 11am
--------	--------	--------------	-------------------

Other Services: Trayning to be confirm.

Valda will be at church 9am most Sundays if you need anything just call on 0488 253 490.

Why do we have a holidays for 4 days over Easter? Jesus Christ was crucified on what we call good Friday. Why?? On Sunday Jesus rose from the dead & was seen By his Farther in Heaven.

Read the bible Matthew 28-1-20 Jesus was crucified for your sins & mine.

As you eat your chocolate eggs be thankful.

**Community Minister:**

Valda Knott OAM JP

Mob: 0488 253 490

Email: valmknott2@gmail.com



# 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.*

## WARRIOR WELLBEING ARTICLE

### Understanding Our Prostate

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
April 2025

Recent ABS data indicates prostate cancer is the 2<sup>nd</sup> most common cancer to cause death in Aussie males, with around 3700 deaths each year. In the work we do, great importance is placed on educating men and hearing their individual stories around early detection & diagnosis, treatment options, post-surgery & other treatment recovery, and most importantly being a prostate cancer survivor.

However, there is also a much broader and holistic conversation that needs to be had at the same time about this little gland that makes up an important part of our manhood. Because along with prostate cancer there are two other major issues that can affect the prostate:

- Prostate enlargement (BPH: benign prostatic hyperplasia) – the most common prostate disease in men is enlargement of the prostate gland
- Prostatitis (inflammation of the prostate gland that can cause pain)

The prostate gland is an important part of our reproductive system, it is about the size of a walnut (in a young man) and makes the fluid that protects, transports and feeds the sperm produced.

This little gland is shaped like a donut and the tube we pee with (the urethra) passes right through its centre. The problem is that as part of the ageing process the prostate keeps growing, trebling in size over our life, and as the prostate enlarges it can restrict the urethra, inhibiting our ability to urinate properly.

Most of us know that some older men have trouble emptying their bladder. Sometimes this means getting up often during the night and not being able to urinate when they need to, which is a nuisance and can be embarrassing. Something more serious could be happening such as a blockage, which can cause repeated urinary tract infections or result in bladder or kidney problems, or it could be prostate cancer. Unfortunately, the symptoms of several prostate conditions are similar.

#### UNDERSTANDING OUR PROSTATE

##### LESSON #1

OUR AGING PROSTATE MAY GROW  
GIVING US GRIEF DOWN BELOW  
SO SEE YOUR G.P.  
IF AS YOU PEE  
YOUR FLOW, GIVES YOU WOE, WHEN YOU GO.

As men, we need to act on any prostate issue that is affecting us and find out if it is part of the natural ageing process or something else. If troubled by urination problems, see a doctor (no matter what our age). If the doctor agrees that our symptoms need further investigation, we may need to undergo a few tests.

Diet is important to prostate health, we know that eating about 150 grams of nuts a week and incorporating natural red foods such as beetroot, tomato and watermelon into our diet, helps keep our prostate and the rest of our body in good condition. Regular low to moderate intensity exercise also plays a big role, a brisk 30min walk can not only make us feel great but can help reduce the risk of prostate problems. Exercises that strengthen our pelvic floor (yes, we do have one!) are not only important for dealing with issues surrounding our prostate health, but also the bowel, bladder and even our sexual function.

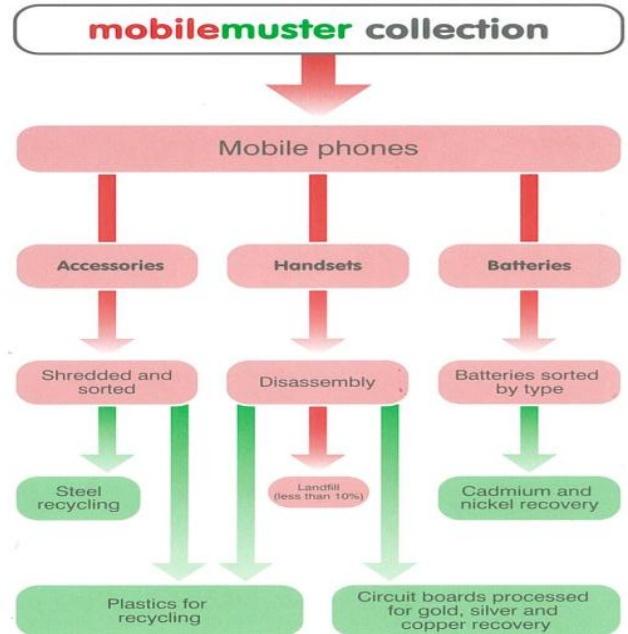
✉ @RMHI\_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au







## Why do we need to recycle mobile phones?

Most Australians own a mobile phone and update to a new model every 2 years.

A recent survey found that many Australians also elect to keep their old mobile phones. While they are tucked away in the bottom drawer at home or the office they are not a threat to the environment.

The challenge for our recycling program is to ensure that when it comes time for people to dispose of their mobiles, they hand 'em in for recycling rather than throw them away.

### What should you do with your old mobile phones, batteries or accessories?

The answer is simple, recycle them at your local mobile phone retailer.

### Benefits of recycling

Mobile phones contain valuable materials such as plastics, gold, nickel and cadmium of which 90% can be recovered to make new products like stainless steel, batteries, composite fence posts and jewellery.

Mobile phones handed into MobileMuster are recycled. We do not refurbish or resell mobile phones. Our priority is to recover the majority of materials for reuse.

### Did you know...

One tonne of circuit boards can yield about the same amount of precious metals as 110 tonnes of gold ore; 123 tonnes of silver bearing ore and 11 tonnes of copper sulphide ore.

By recycling your old mobiles you are protecting the environment and saving scarce natural resources.

### Join the MobileMuster

Start a stampede, round 'em up and hand 'em in at your local mobile phone retailer where you see the MobileMuster logo.

Your local Collection Point is  
The Shire of Trayning Administration Office.  
Come in and drop your old phones in the box.





## Roads

### Local Government Transport and Roads Research and Innovation Program (LGTRRIP)

Guidelines for the use of crumbed rubber modified asphalts, sprayed seals, reclaimed asphalt pavement (RAP) and a catalogue of standard pavement profiles are scheduled for publication shortly. Work has commenced on an investigation into available technologies for best practice road condition assessments and data collection and the development of a road safety rating tool for intersections.

### Condition Assessment of Roads of Regional Significance

The condition assessment survey of significant roads in the Pilbara and Gascoyne regions is now complete and Local Governments have been provided access to the condition data via an online tool and hard drive. The condition survey project for the Kimberley region has commenced, with data logging to begin in April.

### Road Rail Interface Agreements

Rail Interface Agreements are a requirement under the *Rail Safety National Law (WA) Act 2015*. Each metropolitan Local Government with road/rail crossings with PTA electrified network has now signed this updated agreement. For road/rail interfaces on the Arc Infrastructure network, a model *pro forma* agreement between Local Governments and Arc Infrastructure is nearing the end of negotiations and should be available for Local Government review and action soon. WALGA will begin a process to liaise with each relevant affected Local Government to provide advice around the new agreement, once the *pro forma* agreement has been finalised.

### Update of User Guides for calculating the cost of road wear for defined freight tasks

Due to recent escalation in road construction costs, WALGA has initiated an update of the unit rates that are used to underpin the methodologies in the User Guides for calculating the cost of road wear for defined freight tasks on sealed and unsealed roads. NTRO have been appointed to update the guides and to compile an online calculator. The updates are scheduled for publication in April.

### Operational Boundaries and Asset Responsibilities in Rural Regions

Main Roads have released a draft policy document that defines the operational and maintenance boundaries between State and Local Roads outside of the Metropolitan Region (a policy for the Metropolitan Region was published in 2020). WALGA has consulted Local Governments and Zone committees. Feedback has been collated, and a submission response has been provided to Main Roads.

## Funding

### Multi-Criteria Assessment (MCA) Model Revisions

The WALGA Infrastructure Team is working with the Regional Road Groups to harmonise the MCA models used by Regional Road Groups to prioritise projects for Road Project Grant funding. The proposed changes to the MCA models reflect the new focus areas of the State Roads Funds to Local Governments Agreement, while still allowing for flexibility to recognise





the significant differences between regions. All the Regional Road Groups have commenced the MCA revision process, with the process in the Gascoyne and South West region now complete.

## Transport

### **Bus Stop Infrastructure**

Bus stop infrastructure agreement is in its final stages. It is anticipated that the parties will sign the new agreement in April.

### **Active Transport and Micromobility-Discussion Paper**

On 6 March, WALGA hosted the Active Transport Strategic Forum, where high-level stakeholders were invited to provide insights on the gaps and challenges in active transport that WALGA had identified. These discussions will help shape the development of WALGA's Active Transport policy position. As the next step, an online workshop for Local Government officers is scheduled for 2 April.

## Asset Management

### **Road Assets and Expenditure Report Update Project**

Tango IT has completed a final report detailing the current processes used to develop the RAE Report and identifying options for improvement in data collection, interpretation, and presentation. Work has commenced to prepare the procurement documents to progress to Phase 2 of the project. This phase will include the development of a database, reporting interface, and dashboard.

## Road Safety

### **Road Safety Council Update**

The Road Safety Council met on 14 March, primarily to consider submissions for Road Trauma Trust Account funding and to prepare the Council's recommendations to the Minister responsible for road safety for the 2025-26 budget. The other matters considered at that meeting included: updates on the road safety research program, a proposal to introduce demerit point penalty for lower-level speeding offences, and reviews of both the e-rideable regulations and the graduated licensing systems. The Road Safety Council meet next in June.



# POLICE NEWS

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



Hello,

There were 28 fatalities in the Wheatbelt last year, it was an increase of 10 from the previous year. A reminder regarding of not wearing Seatbelts. It does carry a fine of \$550 and 4 demerit points. It was a factor in several of these crashes last year in the Wheatbelt. Research shows vehicle occupants involved in a serious crash are eight times more likely to be killed if they are not wearing a seatbelt. While seatbelts do not prevent a crash, they have a significant impact on the severity of a crash.

Vehicles are great things to drive and we get great enjoyment out of them, but they are also dangerous weapons if not used correctly. Many of the arterial roads surrounding Bencubbin have speed default zones (110 km/h). A vehicle driving at this speed hitting a tree or another object don't mix well and the chance of serious or fatal injuries is considerable. So please, pay attention when driving, do not drive without a seatbelt, do not drive over the speed limit, do not talk on your mobile phone.

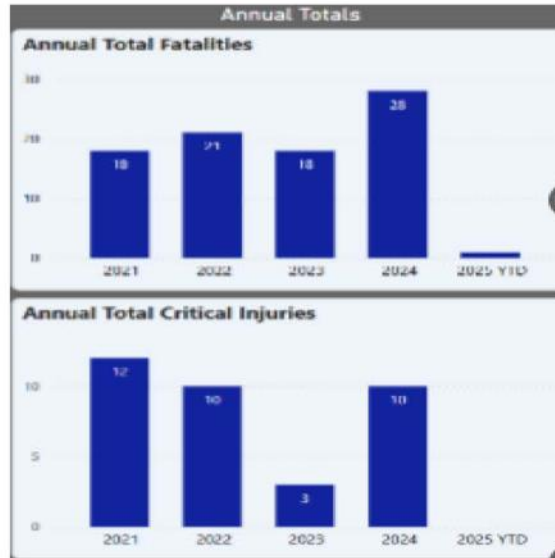
If you see a hazard (roo for example) and can't avoid it - break in a straight line - do not swerve your vehicle, particularly on gravel at speed (you will under steer and lose control quickly). If you start to feel tired, pull over and have a short power nap or go into your closest servo and have a brew. You will be amazed at how much better you feel after a 5-10-minute break.

If you receive a traffic infringement from Bencubbin Police or another outstation - do not feel aggrieved, we are in the business of saving lives and we want to ensure you arrive home safely to your loved ones. Having said that, there have been very few road user behaviour incidents in Bencubbin and surrounds, well done to the community.





## Public Notices



Also, please be advised the station has received a couple of Firearm Licence Infringements to serve of late as the Firearm Licence Holder has not renewed their licence.

Please check the status of your Firearm Licences and renew your licences before they expire.

The fines are not cheap (\$421) and you also risk potential Firearms Act offences.

Until next time, stay safe.

Kind Regards,

Bencubbin Police

EMERGENCY	POLICE ASSISTANCE
 <b>000</b>	 <b>131 444</b>
For life-threatening situations	When Police attendance is required



# Public Notices



## CENTRAL WHEATBELT WINTER SPORTS RESULTS



### ROUND ONE—Saturday, 12th April 2025

**Bencubbin: 5.2, 9.3, 13.3, 15.6 (96) def Koorda: 2.2, 5.5, 9.8, 11.10 (76)**

#### GOALS:

**Bencubbin:** J. Richardson 3, J. Stivey 3, B. Rhodes 2, K. Beagley 2, C. Thompson 1, D. Patat 1, C. Ravlich 1, B. Matera 1, B. Matera 1,

**Koorda:** J. Applegate 3, R. Wells 3, J. South 2, K. South 1, L. McWha 1, R. Edwards 1,

#### BEST:

**Bencubbin:** D. Patat, C. Ravlich, C. Morgani, W. Wiringi, J. Richardson, B. Matera,

**Koorda:** R. Greaves, J. South, T. Stanicich, J. Applegate, K. South, R. Wells,

**DELTA AG Best of Ground—Daniel Patat**

**Beacon: 3.3, 6.4, 10.5, 14.6 (90) def Mukinbudin: 4.1, 5.1, 7.1, 7.2 (44)**

#### GOALS:

**Beacon:** N. Cole 5, W. Munns 2, L. Dunne 1, X. Kickett 1, N. Dunne 1, T. Weibel 1, B. Dunne 1, J. Munns 1, B. Beard 1,

**Mukinbudin:** B. Harbour 3, T. Brown 1, W. Dobson 1, Z. Puzey 1, B. Naylor 1,

#### BEST:

**Beacon:** N. Dunne, N. Cole, H. Sinclair, C. Junk, B. Poole, L. Dunne,

**Mukinbudin:** J. McIntosh, W. Dobson, C. Hughes, L. Britz, E. Brooks, Z. Alvaro,

**DELTA AG Best of Ground—Nathan Cole**

TEAM	P	PTS	%	W	L	D	BYE
Beacon Football Club	1	4	204.55	1	0	0	0
Bencubbin Football Club	1	4	126.32	1	0	0	0
Koorda Football Club	1	0	79.17	0	1	0	0
Mukinbudin Football Club	1	0	48.89	0	1	0	0
Kalannie Football Club	0	0	0	0	0	0	1



Community Bank  
Mukinbudin





# Public Notices

## Central Wheatbelt Netball Association



### Bencubbin (34) def by Koorda (38)

**Bencubbin:** Best Player: Amelia Sherry

**Coach's Award:** Megan Davis

**Koorda:** Player of the day: Kirby Brooks

**Coach's Award:** Maya Nicholls

**DELTA AG Best of Ground—Lois Kowald**

### Beacon (14) def by Mukinbudin (41)

**Beacon:** Best Player: Georga Munns

**Coach's Award:** Becca Irons

**Mukinbudin:** Players' Choice: Zoe Vernon

**Coach's Award:** Krystal Olsson

**DELTA AG Best on Ground—Jessica Collins**

TEAM	P	PTS	%	W	L	D	BYE
Mukinbudin Netball Club	1	4	292.86	1	0	0	0
Koorda Netball Club	1	4	111.76	1	0	0	0
Bencubbin Netball Club	1	0	89.47	0	1	0	0
Beacon Netball Club	1	0	34.15	0	1	0	0
Kalannie Netball Club	0	0	0	0	0	0	1

## Central Wheatbelt Ladies Hockey Association



### Bencubbin (0) def by Koorda (7)

**GOALS:**

**Bencubbin:** NIL

**Koorda:** Carissa Lawrence 3, Carolina Doyle 2, Amber Cooke 1, Sian Pladdy 1

**AWARDS:**

**Bencubbin:** Player of the day: Lucy Gibson

**Coach's Award:**

**Defender of the day:** Debbie Hurley

**Koorda:** Players' Choice: Carolina Doyle

**Coach's Award:** Kiri-Lee Ward

**DELTA AG Best on Ground—Amber Cooke**

### Beacon (1) def by Mukinbudin (5)

**GOALS:**

**Beacon:** Louise Pomykala 1

**Mukinbudin:** Ellen White 2, Carrie Cooper 1, Lucia Scari 1, Sarah-Kate Graham 1

**AWARDS:**

**Beacon:** Best Player: Louise Pomykala

**Coach's Award:** Bella Champman-Cohen

**Mukinbudin:** Players' Choice: Lara Silinger









**Coach's Award:** Lucia Scari

**DELTA AG Best on Ground—Ursina Gringer**

## CWLHA 2025 CWLHA Point Score

Team	Wins	Draws	Losses	BYEs	For	Against	Diff.	Points
1. Koorda	1	0	0	0	7	0	7	2
2. Mukinbudin	1	0	0	0	5	1	4	2
3. Kalannie	0	0	0	1	0	0	0	0
4. Beacon	0	0	1	0	1	5	-4	0
5. Bencubbin	0	0	1	0	0	7	-7	0

# MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Merredin Dorothy the Dinosaur spectacular show	3	4 Nungarin Markets
5	6 	7	8	9	10 Merredin Men's Shed car boot sale	11 
12	13 	14 	15	16	17	18
19	20 	21 Ordinary Council meeting 	22	23	24	25
26	27 	28 	29	30	31 Koorda drive-in cinema Westonia country campout weekend	