

### Packed with Goodness.

Come along to a FREE 90 minute session for tips and advice on how to pack a healthy lunchbox and choose healthy snacks!



Date/Time: Wednesday, 29th November 2023 at 10.00 am

RSVP: Friday, 24th November 2023

Venue: Southern Cross CRC, Canopus Street, Southern Cross











The Crosswords is produced by the
Southern Cross CRC,
PO Box 178, Canopus St,
Southern Cross WA 6426
Phone: 08 9049 1688 Fax: 08 9049 1686

Email: crc@yilgarn.wa.gov.au

#### Crosswords Disclaimer:

The Shire of Yilgarn supports the production of this community newsletter the content of which will include articles or comments from advertisers and contributors. The Shire does not accept responsibility for the content or accuracy of any of the information supplied by advertisers or contributors.

#### Shire of Yilgarn Emergency information hotline

#### Call (08) 9487 8777

for information relating to bushfire issues including vehicle movement & harvest bans, road closures, flood or other local emergency matters.

#### **Southern Cross Landfill Times**

The Tip Shop will also be open during the below hours. EFTPOS available for fee payment at Shire admin office.

Monday	1:00pm to 4:00pm
Tuesday	1:00pm to 4:00pm
Wednesday and Thursday	Closed
Friday	1:00pm to 4:00pm
Saturday	10:00am to 4:00pm
Sunday	10:00am to 4:00pm

#### Crosswords Advertising Rates 2023/24 (as of 1 July 2023)

Business Advertisements (Business premises outside of the	Black		Colour	
Shire of Yilgarn)	No Typesetting	With Typesetting	No Typesetting	With Typesetting
Full Page (A4)	\$35.00	\$55.00	\$160.00	\$180.00
1/2 Page (A5)	\$20.00	\$30.00	\$90.00	\$100.00
1/4 Page	\$15.00	\$25.00	\$50.00	\$60.00

#### Local Business and Non-Profit Organisations Advertisements

(Business premises within the Shire of Yilgarn)

Full Page (A4)	\$30.00	\$50.00	\$130.00	\$160.00
1/2 Page (A5)	\$15.00	\$18.00	\$70.00	\$90.00
1/4 Page	\$10.00	\$15.00	\$35.00	\$40.00

Lineage (Employment, Real Estate, Garage Sales maximum 6 lines) \$8.00

#### Advert size specifications for Crosswords (W x H)

1/4 page vertical90mm x 120mm1/4 page horizontal180mm x 60mm1/2 page vertical90mm x 270mm1/2 page horizontal180mm x 120mmA4 Full page180mm x 270mm



A5 adverts which are not horizontal will be displayed in print on their side to ensure no modification to advertisements.

### DON'T FORGET! Crosswords' submissions close every 2nd Tuesday at 12.00 noon

#### 2023 Publishing Dates

Deadline 12 noon	Publishing Date	
21/11/2023	23/11/2023	
5/12/2023	7/12/2023	

#### 2024 Publishing Dates

Deadline 12 noon	Publishing Date
16/01/2024	18/01/2024
30/01/2024	1/02/2024
13/02/2024	15/02/2024
27/02/2024	29/02/2024
12/03/2024	14/03/2024
26/03/2024	28/03/2024
9/04/2024	11/04/2024
23/04/2024	26/04/2024
7/05/2024	9/05/2024
21/05/2024	23/05/2024
4/06/2024	6/06/2024
18/06/2024	20/06/2024
2/07/2024	4/07/2024
16/07/2024	18/07/2024
30/07/2024	01/08/2024
13/08/2024	15/08/2024

#### Crosswords for



If you wish to receive the Crosswords for free via email, send an email to <a href="mailto:crc@yilgarn.wa.gov.au">crc@yilgarn.wa.gov.au</a> to register.

#### **Church Notices / Updates**



48 Altair Street, Southern Cross

SX Presbytery: 9049 1049 (Sun to Mon)

Bruce Rock Presbytery: 9061 1094 (Tues to Sat)

Email: yilgarnwestoniacatholic@gmail.com

Facebook: Yilgarn/Westonia Catholic Community

YouTube: Yilgarn Westonia Catholic CBH Grain Donations (SX): 40564452

Sun 29 Oct - Southern Cross Community Mass @ Our Lady of Montserrat Church, 11.00am

#### **Mass Times**

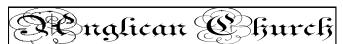
Saturday 6:00pm @ Bruce Rock Parish(live-stream) Sunday 5:30pm @ OLM church



Services for the Uniting Church are held on the first Sunday of each month.

Contact:

Cheryl Auld 9049 8026 Diane Della Bosca 9049 1149



Antares Street, Southern Cross Enquiries: Leonie Gethin Ph.: 0429 498 035

2023 Christ Church Southern Cross
Anglican Services
All services are held at 11.00am on Saturdays
Everyone is warmly invited to come along

Saturday 11<sup>th</sup> November - including Remembrance Day Prayers

16th December ("Christmas" Service)

#### SX SPEEDWAY

MEETS 1ST WEDNESDAY EVERY SECOND MONTH AT SENIORS CENTRE, 6PM—ALL WELCOME COME AND SEE WHAT IS HAPPENING WITH THE SPEEDWAY AND ANY NEW IDEAS ARE WELCOME

8th November

### Shire news



### PLANT OPERATOR ROAD CONSTRUCTION & MAINTENANCE

The Shire of Yilgarn is seeking applications for the position of Plant Operator Road Construction and Maintenance. The successful applicant must be self-motivated and work well in a team environment, primary responsibilities of the position are maintaining Councils road network within the Shire.

The applicant must be physically fit as this position requires work outdoors in all kinds of weather. Some of the work is physically demanding as it involves bending, lifting and handling various types of tools and equipment and the operation of road maintenance equipment, a HR manual drivers' licence is required.

This position operates out of the works depot located in Arcturus Street, Southern Cross under the supervision of the Executive Manager Infrastructure.

An information package is available at www.yilgarn.wa.gov.au or by contacting Laura Della Bosca on 08 90491 001 or ea@yilgarn.wa.gov.au.

Written applications, addressed to the CEO and marked confidential, will be received up to **4:00pm** on **17 November 2023**. Refer to the application pack for further information on how to apply.

### Nic Warren Chief Executive Officer

Shire of Yilgarn PO Box 86 SOUTHERN CROSS WA 6426

**PLEASE NOTE:** Canvassing of Councillors will disqualify. The successful applicant is required to obtain relevant police checks, and to provide evidence of all claimed qualifications prior to commencing employment. This position is subject to a Pre-Employment Medical and a National Police Clearance.

### Shire news



#### PLANNING AND DEVELOPMENT ACT 2005 SHIRE OF YILGARN

#### PROPOSED METMAST - LOT 600 GLENDOWNER ROAD

The Shire has received an application proposing a 120 metre high metmast on Lot 600 on Deposited Plan 204376. The lot is adjacent to Glendowner Road.



Details of the application, including an Aviation Assessment, can be viewed on the Shire's website.

Written submissions may be made on the proposal by close of business on the 30th day of November 2023, Submissions can be posted to the Shire of Yilgarn, PO Box 86, Southern Cross WA 6426 or emailed to rso@yilgarn.wa.gov.au

Submissions by email or in word format are encouraged.

Signed:

Dated:

..... 02.11.2023

Nic Warren

CHIEF EXECUTIVE OFFICER

For and on behalf of the Shire of Yilgarn

#### How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



#### Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

#### FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



### Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A WALK GOING TO AN EVENT TOGETHER



GOING FOR A COFFEE OR A MEAL



#### Listen

Just being there for someone and offering a listening ear can make a difference.

- Show them that you care and are here to listen to them.
- 2. Have patience, let others talk and don't judge.
- 3. Be reflective by repeating what they have said.
- Keep calm and accept that they may disagree with you.



KICKING THE FOOTY, PLAYING A GAME, SURFING ETC



GOING FOR A DRIVE



ANYTHING THAT
ENCOURAGES OR PROVIDES AN
OPPORTUNITY TO HAVE A CHAT



#### **Provide support**

If the person you're concerned about is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- · Call a support line.
- · Contact a support service.
- Try the Think Mental Health check-up tool.

They may also need your support while they look for professional help.



For more information visit thinkmentalhealthwa.com.au

# AFTER SCHOOL LEGO® CLUB



With the Southern Cross Aquatic Centre being open on Mondays for the 23/24 pool season, the Lego Club is postponed until April 2024.

Some school holiday Lego activities may occur, so be on the lookout in future Crosswords!



THE YILGARN COMMUNITY

#### **CHRISTMAS TREE**

2023

ROTARY PARK, SOUTHERN CROSS

SUNDAY

**DECEMBER** 

5PM - LATE

#### BYO PICNIC CHAIRS, NIBBLES & DRINKS

GIFTS PROVIDED TO CHILDREN UP TO YEAR 6

#### \$15 PER CHILD

INCLUDES PRESENT, JUICE BOX & LOLLY BAG

PLEASE RSVP BY 12 NOVEMBER WITH NAMES AND AGES OF CHILDREN to cwa.sxbranch@outlook.com

#### CWA PAYMENT DETAILS

BSB: 036 128

ACC: 280026







LIGHTING OF THE TREE 🔌 7:15PM FREE SAUSAGE SIZZLE





#### **EXPRESSIONS OF INTEREST WANTED**

#### BE A PART OF THE SENIORS GAMES TEAM FOR 2024

With the games being held in Southern Cross!

The Southern Cross Seniors Games team, "The Southern Cross Stars" are looking for people 55 years and older who would be interested in joining the Seniors Games for 2024. Whether you've been a part of the Games team before, or this is your first time taking part, you're welcome to join!

The Seniors Games will be held Tuesday, 26th March 2024, and consists of modified games of basketball, volleyball, shuffleboard and golf. There is also a quiz of general knowledge for teams as well.

Training sessions will begin early 2024, and more information will be available shortly.

If you'd like to register your interest in being a part of the 2024 team, please contact Monica at the Shire office: call 9049 1001, email crc@yilgarn.wa.gov.au or pop in to the Shire admin office to pop your name on the list.

### Community News

#### **AGM**

Yilgarn Men's Shed AGM Thursday 9th November 2023, 10am Everyone Welcome

#### **Yilgarn Bowling Club**

#### **November 2023—MENS**

Sun 12	Club Day	Southern Cross
Sat 18	Yilgarn v Civic	Southern Cross
Sun 19	Club Day	Southern Cross
	Bruce Rock Fours	Bruce Rock
Sat 25	Club Day	Southern Cross
Sun 26	Narembeen v Yilgarn	Narembeen

#### November 2023—LADIES

Southern Cross

Narembeen

Championship 4's

Narembeen Carnival

Tue 7

Fri 10

Sat II	Tammin Carnival	Tammin
Tue 14	Social Bowls	Southern Cross
Tue 21	Social Bowls	Southern Cross
Fri 24	Champ of Champ Fours	Yilgarn
Tue 28	Social Bowls	Southern Cross

#### **Moorine Rock Tennis Club**

Thur 9/11/23 JUNIOR TENNIS COACHING 3.30—4.30PM

Sat 11/11/23 SOCIAL TENNIS 3PM START BBQ TEA & POOLED SALADS

Thur 16/11/23 JUNIOR TENNIS COACHING 3.30—4.30PM

Sat 18/11/23 SOCIAL TENNIS 3PM START PIZZA TEA

Sat 25/11/23 SOCIAL TENNIS 3PM START. BBQ TEA & POOLED SALADS

#### **Birthday**

#### Happy Birthday

To my lovely Mum, Ursula, I would love to wish you a very happy birthday for the 10th November and hope it's a lot better than last year with many more to come. Have a great day.

Love you lots, from your Son, Colin Cuffe

#### Pioneers of Pilgarn

Stage 1.

Citizens who built this district between years 1887 and 1914

Hampson, William: 'Sailor Bill' had the distinction of building the first pub in Southern Cross during 1888. It was called Southern Cross Hotel, and situated on a mining lease near Frasers Mine. The hotel also incorporated a store which his wife ran while Hampson managed Hopes Hill mine. He advertised himself as gentleman and mining expert. would bring rich gold samples home each night and employ four men to turn the handles on a portable crushing machine, paying them with beer from his pub. The post office was set up in one corner of the store, Mrs Green moving the license from Golden Valley to Southern Cross in 1889 when that centre declined. Hampson was one of the original councillors elected to the Municipality in 1892 and lived up to his Gentleman and Mining Expert advertising. He was an asset to the Municipality and first Unfortunately Hampson's pub and auditor. store were outside the town boundary when it was surveyed in 1890, leading to it being abandoned and another hotel of the same name being built where the medical centre is today. **©Lance Stevens** 

Can you accommodate a

couple of medical students for three nights?



Wheatbelt Medical Student Immersion Program
TUESDAY 12 TO FRIDAY 15 MARCH 2024

### Share what living in the Wheatbelt is like with doctors of the future

More than one hundred medical students will be coming to the Wheatbelt in March 2024. During their stay, they will visit local farms, industry, general practices, hospitals and schools, and participate in community activities.

We need you to provide real-life experiences that will give them an understanding of what it is like to live in the Wheatbelt and perhaps inspire them to become rural doctors.

The students will visit the following towns:

- Bruce Rock
- Narrogin
- Cunderdin
- Southern Cross
- Kellerberrin/Tammin
- Westonia
- Merredin

As a host, we will ask you to provide accommodation for two or more students, be able to assist with transporting them to/from town, and share what it is like to live in your town with the students. You are invited to come along to a Thank You Dinner with the students on the Thursday night.

#### RURAL HEALTH WEST



#### Why host?

Even if you need the students to roll out a swag in the living room, we want to hear from you if you can host.

This is a life-changing experience for the students, with many having no previous exposure to rural life or the Wheatbelt.

By providing these rural immersion opportunities early in their degree, it has been proven that students are more likely to explore rural career opportunities.

Some students, who have previously been hosted through this program, continue to keep in touch and visit their host families, some return to do seasonal work and placements, others have joined mentoring programs, some have inspired host family members to pursue tertiary studies in health and medicine, and some students are now doctors in the Wheatbelt and other parts of rural/remote WA and Australia.

For further information, contact Rural Health West:

- T 08 6389 4567
- E futureworkforce@ruralhealthwest.com.au







Hearing has never been more important than during these challenging times as we try and stay connected with family and friends via phone or video chat. Hearing services are essential and as such we are providing much needed hearing services to Southern Cross.

We are conveniently located within the: Southern Cross Community Resource Centre Canopus Street Southern Cross WA 6426 BY APPOINTMENT ONLY ON 08 9000 2948

The range of services we provide include:

- Onsite hearing aid repairs and batteries
- Free hearing services to eligible pension and DVA card holders\*
- · Industrial deafness and workcover claims
- Hearing test and hearing loss rehabilitation
- Amplification devices/Hearing aids
- Trials of the latest in hearing technology
- Wireless TV accessories/Phones
- Ear protection/Swimming plugs
- Ear wax removal
- Tinnitus management
- Private patients welcome, no referral required.
- \* On behalf of the Government Hearing Services Program

  \*\* Free hearing screening for over 18yrs of age



ASHLEY YONG LOCAL - IHEAR AUDIOMETRIST

I was fortunate enough to start my working career in Kalgoorlie and from then on I always knew I would come back to live.

Now I am here to set up to provide hearing care to Kalgoorlie, Norseman, Leonora, Esperance, Kambalda and Southern Cross. I believe this will enhance the lives of generations of locals, helping them to hear, allowing them to engage so they can be heard and helping to maintain the connection that hearing brings with friends and loved ones.



BOOK YOUR FREE HEARING CHECK\*\* NOW ON 08 9000 2948





### Eastern Districts Panel Beaters Merredin's Windscreens O'Brien Authorized Dealer

### Contact us for a booking! 9041 1592

- Auto Glass-Front, Rear & Side for all Makes & Models
- · All Fleet & Insurance Work with Direct Billing
- Trucks & Heavy Machinery
- Chip Repairs
- 24hr Tilt-Tray Towing

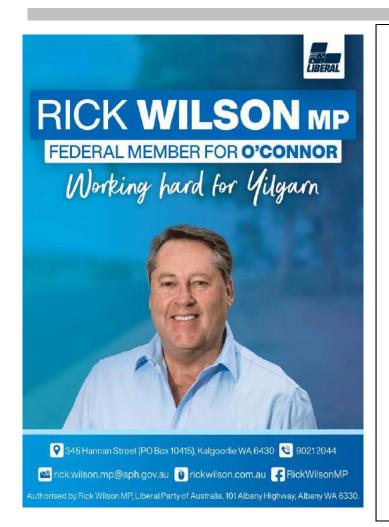
Windscreens O'Brien
Authorised Dealer

Eastern Districts Panel Beaters PO Box 247, Barrack Street East MERREDIN WA 6415 Email: edpb@bigpond.com

> PH: 08 9041 1592 MBL: O4O7 O2O 413 PH: 08 9041 1539

FOR ALL BOOKINGS PHONE GRANT DIRECT ON 9041 1592

Plus you can see **GRANT** for all your Smash Repair Quotes, either Insurance or Private.





Eye Tests Katie Jorgensen from West Specs Kalgoorlie

will be visiting Southern Cross on Mon 20 November 2023

Eye tests will be at the Southern Cross Hospital.

For appointments please call the Southern Cross Pharmacy on 90491056

### SHIRE EMERGENCY INFORMATION SENT STRAIGHT TO YOUR PHONE DO YOU WANT TO REGISTER FO WHISPIR SMS?

### TEXT THE WORD JOIN TO 0428 160 716. YOU WILL BE ADDED TO THE SMS LIST TO RECEIVE HARVEST & VEHICLE MOVEMENT

IILL RECEIVE A SMS WITH A LINK TO COMPLETE YOUR REGISTRATION (BY PROVIDING YOUR NAME AND EMAIL DETAILS) Essential (Your registration will still be registered) but makes it easier for us to update oftails if nfi

#### SOUTHERN CROSS MOTOR MART VEHICLE SERVICING AND REPAIRS SPARE PARTS

From Sparkplugs to Tyres

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14 ORION ST (on the highway) MRB1159



#### **Domestic and Commercial**

- ~Pre-purchase Inspections
- ~Spiders
- ~Termite Control
- ~Ants
- ~Rodents
- ~Cockroaches
- ~Other Household Pests

#### LOCALLY OWNED AND OPERATED SERVICING THE WHEATBELT

Phone Deon or Leah King Phone/Fax: 9041 2018 Mobile: 0428 412 018 PO Box 313, MERREDIN WA 6415 PHD License No 311

#### FAIRCLOUGH WOOL

BUYING ODDMENTS

Brokering Clips (large & small)

SPECIAL OFFERS EXCLUSIVE TO OUR
CLIENTS

Entries for the 23/24 "Best in the West" hogget wool competition - now open.

Fantastic prizes on offer!!!



Enquiries and T's & C's Mike Fairclough 0429 635 999

# Eastern Districts Petfood BULLFINCH regular deliveries to SOUTHERN CROSS

camel, roo, beef, rabbit, roo tails

Injured or un-stock removed! Fencing contractor available. Feral dog control.

NOW BUYING IN KANGAROO CARCASSES ONLY FROM LICENCED SHOOTERS WITH DEC

Kangaroos under 20kg not accepted.

Also buying in beef & horse for dog bait purposes.

\*Drop off by appointment only.

Encouraging local farmers to get on board.

PROFESSIONAL. Police clearances available on request. LICENSED and INSURED.

Phone Andrew or Tyler Now

9049 5317

### Services Listing



We specialise in All Types Of Pests

Deon & Leah King 0428 412 018

PO Box 313

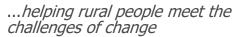
Merredin WA 6415 State Licence No. 4294 Phone/Fax: 9041 2018 Registration No. 311

#### **FAMILY COUNSELLING SERVICE**

#### WHEATBELT AGCARE

COMMUNITY SUPPORT SERVICES INC.

### **FAMILY**COUNSELLOR



#### **Shires Serviced:**

- Kellerberrin
- Merredin
- Mount Marshall
- Mukinbudin
- Nungarin
- Trayning
- Westonia
- Yilgarn



Supported by the Shire of Yilgarn

Contact: Melanie Meier

**PO Box 101** 

Nungarin WA 6490

Phone: (08) 9046 5091 Mobile: 0488 465 081

**Email:** 

wheatbeltagcare@hotmail.com

#### WHEATBELT AGCARE...

"providing free, independent and confidential family counselling for the Wheatbelt.



#### **Quality Work at Reasonable Prices**

- 15 Year's Experience
- Repairs
- Renovations
- Maintenance
- · Additions and Alterations
- Call for an estimate

#### **Nick Walsh**

<u>Owner</u>

Mobile - 0499 465 351

Address - 68 McInnes Street, Moorine Rock

Email - nick.mrbuilder@gmail.com



## Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

1 Antares Street, Southern Cross WA 6426

Ph: 9049 1172 Email: info@sxtas.com.au

Website: <u>www.sxtas.com.au</u>

Hydraulics,
Automotive Parts & Servicing,
Agriculture, Mining,
Kalexpress Freight Depo,
BOC Gas & Elgas Agents,
Vehicle & Equipment Hire.

Find Us on Facebook!

#### Calendar of Events

Thu 9 Nov	AGM: Yilgarn Men's Shed @ Men's Shed, 10am
Thu 16 Nov	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Sat 18 Nov	Brush & Bubbles @ Senior Citizen's Centre, 6.30pm
Thu 23 Nov	Pat & Chat Mobile Vet in town
Wed 29 Nov	Packed with Goodness Parent Information Session @ CRC, 10.00am
Sun 3 Dec	The Yilgarn Community Christmas Tree, (live music, Santa visit, Carols by Candlelight, Lighting of the Tree, and Sausage Sizzle) @ Rotary Park, 5pm to late
Wed 6 Dec	St Joseph's Primary School End of Year Concert and Picnic
Fri 8 Dec	SCDHS Presentation Night
Mon 11 Dec	Pat & Chat Mobile Vet in town
Thu 21 Dec	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Sat 17 Feb 24	A Night under the Southern Cross Skies concert in the Park—SAVE THE DATE!

Shire of Yilgarn Tourism Committee Meetings are held every 1st Wednesday of each month—please come along to share ideas and input to help support our towns of the Yilgarn!

#### Looking to get involved in a group or club? There are many local groups you can join!

- ✓ Art Group
- ✓ Country Women's Association
- ✓ P & C / P & F Organisations
- ✓ Patchworking
- ✓ Progress Associations
- ✓ Scrapbooking
- ✓ Senior Citizen's Centre activities
- ✓ Southern Cross Gardening Club
- ✓ Southern Cross Hospital Auxiliary

- ✓ Southern Cross St John Ambulance
- ✓ Southern Cross Vol. Fire & Rescue
- ✓ Volunteer Bush Fire Brigade
- ✓ Yilgarn Agricultural Society
- ✓ Yilgarn Community Support Group
- ✓ Yilgarn Entertainers
- ✓ Yilgarn History Museum
- ✓ Yilgarn Men's Shed

✓ Yilgarn Motoring Enthusiasts

#### Sporting groups including:

- ✓ Basketball
- ✓ Darts
- ✓ Football
- ✓ Golf
- ✓ Lawn Bowls
- ✓ Motorcycle Club
- ✓ Netball
- ✓ Shooting
- ✓ Tennis

#### **Recycling Days 2023**

Nov 10 Nov 24

Dec 8 Dec 22

