CROSSWORDS





When: Friday 14 September 2018

6.30pm

Where: Palace Hotel

What: Warrior session by

Regional Men's Health

• Join sports broadcaster Glenn Mitchell as he shares his inspirational story of his journey with mental

illness and his times behind the microphone.

FREE Entry:















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.

Crosswords for



If you wish to receive the Crosswords for free via email, send an email to crc@yilgarn.wa.gov.au to register.

Crosswords Advertising Rates 2018/19 (as of 1 July 2018)

Business Advertisements (Business premises outside of the Shire	Black		Colour	
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
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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

2018 Publishing Dates

Deadline 12 noon	Publishing Date
Deadine 12 noon	rablishing Date
18/09/2018	20/09/2018
2/10/2018	4/10/2018
16/10/2018	18/10/2018
30/10/2018	1/11/2018
13/11/2018	15/11/2018
27/11/2018	29/11/2018
11/12/2018	13/12/2018



being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health

Church Notices



Service held 1st Sunday of the month.

PLEASE NOTE THERE WILL NOT BE
SERVICE IN SOUTHERN CROSS ON
SUNDAY 7TH OCTOBER.

Contact:

 John McKane
 9041 1117

 Mobile
 0435 507 606

 Cheryl Auld
 9049 8026

 Diane Della Bosca
 9049 1149



48 Altair Street, Southern Cross

SX Presbytery 9049 1049 (Fri to Mon)

Kalgoorlie Parish 9021 2100 (Tues to Thurs)

Email: kalgoorlie@perthcatholic.org.au

On Sunday 14 October at 10:30am we will gather for our annual Community Mass. Refreshments will be offered immediately after Mass. This is always a fun day - with people travelling from Kalgoorlie and Merredin to be part of the occasion. All are welcome.

Mass Times

Saturday 6:00pm Sunday 8:30am



Antares Street, Southern Cross

All services held on a Saturday at 11.00am

15th September 20th October 17th November December TBA

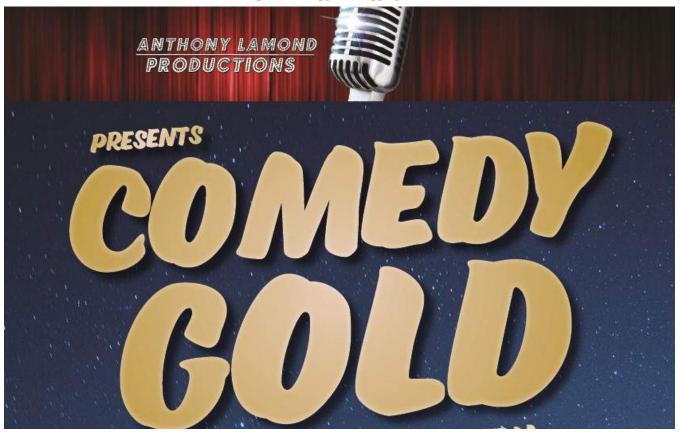
Enquiries: Leonie Gethin

Ph.: (08) **9049 1222**

Proudly presented by:



"good country for hardy people"



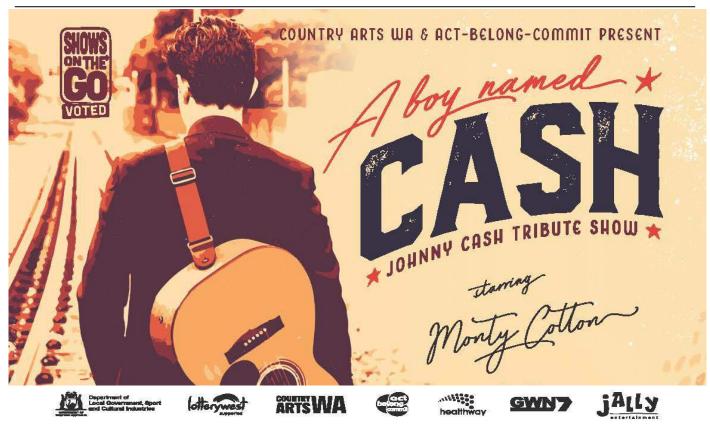
A fantastic night was had by all that attended the Comedy Gold Night held at the Southern Cross Sporting Complex Lounge on Friday 24th August.

The 66 people that came were in stitches the whole night!

All four comedians brought a whole lot of laughs with a lot of on the spot witty interaction with the audience.

Thank you to Anthony Lamond, Lindsay, Josh, Rory and Bob for bringing some much needed smiles to the faces in the Yilgarn.





TOUR COORDINATED BY COUNTRY ARTS WA

All that attended the Johnny Cash tribute show, A Boy Named Cash on Wednesday 29th August were treated to an amazing show full of great music, audience participation and spectacular guitar work that the Man in Black himself would have been impressed with.

It was great to see 90 people brave the cold weather to support another Country Arts WA performance presented by the Shire of Yilgarn.

Thank you to Monty Cotton, Janie and Tom for bringing your fantastic show to the people of the Yilgarn.















COME DANCE YOUR WAY AROUND THE SOUTHERN CROSS SENIORS CENTRE

SATURDAY 8TH SEPTEMBER AT 1 PM SS PER DANCER

RUN BY TANIA DARBY-GETHIN IN CONJUNCTION WITH THE SOUTHERN CROSS CRC

WITH YOUR SUPPORT WE ARE HOPING TO MAKE THIS A REGULAR EVENT

BEST FOOTWEAR IS EITHER BOOTS OR SHOES WITH NOT TOO MUCH GRIP

JOIN US ON THE

BOOTS AND SHUFFLES FACEBOOK PAGE
FOR MORE INFORMATION AND DANCE SHEETS





Libra Colour Fun Run



Everyone welcome to attend!

Please register your participation with the CRC by 1 Oct 2018 via email (crc@yilgarn.wa.gov.au) or call 9049 1688.



Community Sporting and Recreation Facilities Fund (CSRFF)

The Community Sporting and Recreation Facilities Fund (CSRFF) exemplifies the Western Australian Government's commitment to the development of sustainable infrastructure for sport and recreation across the State.

CSRFF forward planning grants

\$166,667–\$2,000,000 will be allocated to the large-scale projects where the total project cost exceeds \$500,000 and may require an implementation period of between one and three years. Grants given in this category may be allocated in one or a combination of the years in the triennium.

Examples of forward planning projects:

- multipurpose leisure/recreation centre
- swimming pool new or major upgrade including heating to allow increased use
- construction of large synthetic fields
- playing field construction
- clubroom new or major upgrade
- large ablution block/change rooms

Level of funding available

The maximum grant offered for standard grant applications is **one third of the total estimated project cost** (excluding GST) up to a maximum grant of \$2 million. DLGSC will assess the total eligible cost of your project (excluding GST) from the information provided. Any ineligible items shown as eligible will be deducted from the eligible project cost.

This may result in the funding eligible for your project being less than the amount you have requested.

DLGSC will assess the total eligible cost of your project (excluding GST) from the information provided. Any ineligible items shown as eligible will be deducted from the eligible project cost.

Application forms are available from the Shire of Yilgarn and must be lodged with the Shire no later than 7 September 2018.



Expressions of Interest – Biosecurity Funding Scheme Committee Members

Cattle Industry Funding Scheme Management Committee
Grains, Seeds and Hay Industry Funding Scheme Committee
Sheep and Goat Industry Funding Scheme Management Committee

WA producers and others involved in the dairy, beef, grain/seed, hay, sheep or goat industries/ supply chain are invited to apply for a position on one or more of the management committees listed above.

The management committees oversee the Industry Funding Schemes. The schemes use authorised funding arrangements for producers to raise funds to address priority pests and diseases at a whole-of-industry level. Support is provided by the Department of Primary Industries and Regional Development.

There is currently one vacancy on the Cattle management committee; three vacancies on the Grains, Seeds and Hay management committee; and two vacancies on the Sheep and Goat management committee. Appointments will be for a period of up to 3 years.

Remuneration for all appointments includes sitting fees and reimbursement of travel expenses.

More information, including the committee terms of reference and the selection criteria, can be found at www.agric.wa.gov.au/n/1934 or contact:

Rebecca Heath

Department of Primary Industries and Regional Development

Tel: 08 9690 2000

Email: rebecca.heath@dpird.wa.gov.au

Expressions of interest consisting of a two-page letter addressing the selection criteria plus a two-page (max.) current resume must be received by Rebecca Heath by **5.00 pm Thursday 27 September 2018** by email at the above address.

The Western Australian Government is committed to ensuring diversity on Government boards and committees, and in particular, increasing the representation of women to 50 per cent by 2019.



Community News

Southern Cross Playgroup Closure Sale!

Unfortunately the Southern Cross Playgroup will now be permanently closed and the resources will be dispersed to other not for profit community groups.

We will be holding a sale on Saturday the 15th of September from 9am-12pm to find new homes for the toys that have not been donated.

Come down and grab yourself a bargain, everything will be going cheap- baby walkers and activity stations, indoor and large outdoor toys, bikes, pantry cupboards, chairs, microwave, old counter, shed, cleaning products and much more!

Strictly NO HOLDS or requests, it will be a first in first served basis. All funds raised will also be donated. We hope to see you there!

MARVEL LOCH PROGRESS ASSOCIATION

For the Community, With the Community, By the Community

The Marvel Loch Progress Association are interested in holding casual Squash and Badminton Games.

Dates and cost to be decided on interest shown.

Please register your interest by texting our Secretary
Shannon Carnicelli on 0447783999

Marvel Loch Progress Association

Pioneers of Pilgarn

Stage 1

Citizens who built this district between years 1887 and 1914

McInnes, Edwin: Came to Southern Cross in 1893 and drove the coach to Coolgardie, before acquiring a carrying business which he developed into the largest in the district. He had 20 teams on the road: Lorries, wood drays, tip drays, and buggies.

Mail contracts were a specialty. In addition he had horse and camel and donkey teams, hauling gold ore, mining machinery, and general freight. His prized possession was a steam driven road tractor with solid wheels nick-named jumbo which worked the Marvel Loch run.

He married Alice James and raised a family of five sons and one daughter who helped him in the business. When farming was thrown open in 1902,

McInnes took up the first block of 160 acres and grew wheat and 40 acres of fruit trees, a pioneer farmer with block No 1. His house in Southern Cross was the first to be connected to scheme water when the town was reticulated in 1903, the house still standing on lot 179.

McInnes was also a town councillor for many years, and was a man who got things done. He died in 1927 and is buried in Southern Cross cemetery.

©Lance Stevens

Southern Cross Gardening Club

will be visiting 2 gardens on Saturday 8th from 2pm to 4pm, Coutis' & Symes'.

We will be meeting at the Rotary Park rotunda at 2pm to give directions.

All welcome!

MOORINE ROCK P&C FOOTY TIPPING RESULTS

Round 23 – Sponsored by Portacrete Concrete with thanks to Paul Thackray

Winner: Thackers

OVERALL COMPETITION RESULTS:

Congratulations to the following winners;

1st - PAGS \$500

2nd- THACKERS \$250

3rd – LMG \$100

Mystery Prize - DENNIS



SPONSORS

A huge thankyou to our Sponsors that kindly donated to the Overall Prize;

AIM MERREDIN **CAPELLI FAMILY**

COCKYMART **EMERALD GRAIN**

HOBBS ENGINEERING JM & AE EIFFLER

LANDMARK MERREDIN

MERREDIN SPORTS POWER

MOORINE ROCK AG SUPPLIES

PASS & ASSOCIATES POBKE FAMILY **SX TYRE & AUTO** TIARRI PRIME

SAMM STUD WFI

YILGARN PLUMBING & GAS

A special thankyou to our Round Sponsors:

BRADELLI FARMS BSS AGSPRAY

CARRIBBER POLL MERINO STUD

CAFÉ 56 **EMERALD GRAIN**

GANGELL AG SOLUTIONS

GRANICH CONTRACTORS JM & AE EIFFLER

LINDA WARREN

MERREDIN REFRIDGERATION & GAS

MERREDIN SPORTS POWER

MOORINE ROCK AG SUPPLIES

POBKE FAMILY PORTACRETE CONCRETE

SX HARDWARE & NEWS **SUBWAY**

THE CUTTING ROOM ON BATES

A huge thankyou to Deb, Louie & Dan from Merredin Panel and Paint for donating the Mystery Prize.

A special thankyou to Adelle Auld for donating her prize money to put towards camp. Thankyou to all of the competitors who took part in our competition!

Southern Cross Golf Club

<u>Mens</u>

Sun 9 Della Bosca Cup - Lunch supplied,

Hot Dish Tea

27 Hole Combined Stableford

Sun 16 Moorine Rock Ag Supplies 18 Holes Par

Ladies

Sun 9 Della Bosca Cup - Lunch supplied,

Hot Dish Tea

27 Hole Combined Stableford

Sun 16 Moorine Rock Ag Supplies 18 Holes Par

Closing Day Sunday 16th September 2018

Southern Cross Golf Club Della Bosca Cup

27 holes combined stableford. Cards in by 9am shot gun start 9.30am Lunch provided. Steak and salad dinner. Members please supply a salad.

Southern Cross Golf Club \$50 Raffle

Permit No LS211566318 Permit Holder Cheryl Auld

Draw No 7

Drawn on Sunday August 26th

Ticket No 48 Clint, Jess, Cass and Noah

Ticket No 3 David Pasini

Draw No 8

Drawn on Sunday 2nd September

Ticket No 56 Stan Beaton

Ticket No 73 Malcolm Teale

Yilgarn Bowling Club

Opening day will be held on Sunday 30th September 2018 Names in by 1.00 pm

All welcome.

Bring your own barbeque tea and a salad to share.

Ladies bowls will commence on Tuesday October

Names in by 8.45 9am start.

All welcome. Members please bring something for morning tea.

Meetings

Shire of Yilgarn

The Shire of Yilgarn council meetings are held on the 3rd Thursday of each month at 4.00pm in the council chambers.

Local Emergency Management Committee

Please see website for details. www.yilgarn.wa.gov.au

CWA Meetings

Held on the third Wednesday each month. Contact Judy Guerini 0427 904 912

Yilgarn Entertainers AGM

Monday 17th September 2018
Southern Cross Community Centre (Hall)
6:30pm
All welcome!

For more information, please call Chris Martin 0421 695 025.

The Southern Cross Tennis Club Inc,

will hold its **AGM** on Wednesday 19 September 2018, 7.30 pm at the Clubhouse.

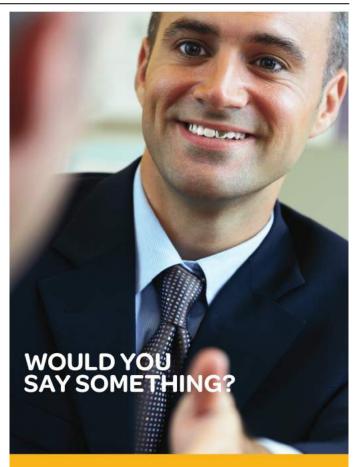
All welcome.

Yilgarn History Museum 47th AGM

will be held at the Museum on Wednesday 10th October 2018 commencing 5.15pm.

All Welcome. Membership \$10 per person includes free entry for 12 months and voting rights.

We hope to see you there.



Then you're the kind of person to ask 'R U OK?' For tips on how to ask, visit ruok.org.au RUOK?

4. Check in





2. Listen without judgement

3. Encourage action

Visit us at ruok.org.au





- 48 Sixth Ave, Maylands WA 6051 PO BOX 462, Maylands WA 6931
- (08) 9272 0000
- www.cccsf.org.au

First regional school to visit Constable Care Safety School

MEDIA RELEASE – FOR IMMEDIATE RELEASE

27 August 2018

Safety first for St Joseph's students

Lucky students from St Joseph's Catholic Primary School in Southern Cross were the first students from regional Western Australia to experience the new Constable Care Safety School in Perth.

The excursion facility is the first of its kind in WA and teaches primary students life-saving road safety skills in a realistic urban environment, complete with fully-functioning railway crossings, traffic lights, roads and buildings.

"A must incursion for all students, particularly in regional schools who do not readily experience the various traffic scenarios and rules associated with city life," said St Joseph's Southern Cross Principal Rika Andres. "The students walked away with a clearer understanding of the various road rules and how to keep themselves safe on the road, particularly whilst riding their bikes around town."

St Joseph's students divided their time between navigating the roads on bicycles, and acting as pedestrians whilst learning how to safely interact with hazards such as oncoming cars or fallen powerlines. These hazards are simulated using gaming-style augmented reality.

Constable Care Child Safety Foundation CEO David Gribble said, "few people realise that road trauma is a leading cause of death for children in WA. The Constable Care Safety School helps to reduce the number of kids killed or injured on WA roads by using a best-practise early intervention approach. After all, the best piece of safety equipment we can give our children is knowledge."

"The augmented reality component is especially exciting as it allows the students to practice facing hazards in a real-life environment, without ever being in danger. This gaming-style approach is very engaging for children and helps them retain these life-saving lessons," Mr Gribble said.

Regional and remote schools unable to make the trek to Perth need not miss out entirely. Constable Care Child Safety Foundation has adapted the Safety School's augmented reality road safety lessons for the classroom. They are available for free download on iPads via the Apple App Store under the name 'Arility'.

Constable Care Safety School is located on Sixth Avenue, Maylands. To book an excursion for your school visit www.ccsafetyschool.org.au or call 9272 0000.















Saturday point to point drive Swap meets and stalls FREE Children's entertainment

Vintage to modern cars 4WD, trucks and motorcycles

... and much more!

Thank you to our major sponsors











Some more information about the weekend...

Saturday Social Point to Point Drive starting from the Rotary Park and ending at the Palace Hotel for prizes and a \$25 per head buffet dinner.

All are welcome to come on the drive (with any type of vehicle even the family car) or just rock up for the buffet dinner!

Sunday Car & Bike Show.

Gates open to the public at 10am, FREE kids entertainment, 30+ stalls, food outlets and Cars & Bikes on Show.

The day is followed by a \$20 two course meal at 6pm & trophies.

Everyone is welcome to stay for the dinner or even have a night out and have dinner with us!

Come and join us for a great weekend, bring your family and friends!

Patchwork Weekend October 5/6/7

3 workshops available (see attached notes for requirements)

Beginning 2pm on Friday 5th

Finishing 4pm on Sunday 7th

RSVP to Judy Guerini 90491283 Or Carol Truran 90491272

Requirements

Project #1 (see note below)

1 package of 5" print squares ½ yard for inner border 1 ¼ yards for outer border ¾ yard binding

Project #2 (see note below)

2 packages of 5" print squares 2 packages of 5" background squares (plain or mono) Frixion pen 6 ½' ruler 6" bias square ruler Rotary cutter



Project #3

1 x used magazine e.g. New Idea, Woman's Day I glue stick Paper scissors

ALERT!

5" charm packs may not all be the same size. Try to buy the same brand and not mix brands. Otherwise use your scraps and cut your own 5" squares. Approximately 42 squares in a package.

With Project one you will complete the quilt top in this workshop. If you want to purchase your border etc, fabrics you can do this at a later date and complete the quilt at your own leisure.

With Project two the above fabric requirements make a quilt sized 81" x 94". If you would prefer to make a lap size quilt you will need 45 x 5" print squares and 54 x 5" background squares. If making a cushion top you will need 5 x 5" print squares and 6 x 5" background squares. Once again you can purchase your border etc, fabrics and complete the quilt at your own leisure.

New Website designed to grow farmers' wellbeing



This website has been designed by Australian farmers to help *other* Australian farmers cope effectively with life's challenges and get the most out of every day. It does this by sharing practical ways of coping with difficult circumstances, thoughts and feelings (especially worries about things one can't control). It also helps to work out where it is most useful for farmers to focus their attention and energy.

This free website is designed to be useful for both farmers who are feeling stressed and those who would simply like some tools to improve their ability to cope with uncertainty associated with life on the land.

There are 5 short modules on this website to help farmers take charge and reduce the negative impact of stressful situations, so they have more time and energy to focus on the things that make them happy. More details at www.ifarmwell.com.au/

Originally published in Yirra Koorl Newsletter by Holyoake – see details below on how to sign up for the newsletter!

subscription, queries and submission information

Email: yirrakoorl@holyoake.org.au

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service 4 Elizabeth Place, NORTHAM, WA 6401

Winter Produce Swap Stall



10—14 September 2018 Southern Cross CRC

Available all week to share and swap your home grown produce!

Please ensure any fruit & vegetables are cleaned prior to placing on the stall.

Eggs and milk products will not be accepted to swap, and all fruits and vegetables must be whole produce and not cut up and portioned.

The swap stall works on an honour system and the CRC will not be policing the volume of swapped goods on the table. Please only bring in what you don't need!



REGIONAL COLUMN - Know Your Rights

Consumer Protection

Suite 4, 37 Brookman Street, Kalgoorlie WA 6430 Tel: (08) 9026 3250 Fax: (08) 9021 8648

Email: mark.ing@dmirs.wa.gov.au

www.dmirs.wa.gov.au www.wa.gov.au

With Senior Regional Officer Mark Ing Get the best out of comparator websites

Using comparator websites can seem like the most efficient way to get a good deal when consumers are faced with a wide variety of options to choose from.

But we all need to be aware of how these sites actually work to make sure we do get the best price, because the way the information has been selected and displayed may not be immediately transparent.

Under the Australian Consumer Law (ACL), you have the right to expect that comparator websites will provide truthful and accurate representations, statements or claims.

The Australian Competition and Consumer Commission (ACCC) has instituted proceedings in the Federal Court against trivago N.V. (Trivago) alleging it made misleading hotel pricing representations in its television advertising and website, in breach of the ACL.

The ACCC alleges that from at least December 2013, Trivago ran television advertisements presenting its website as an impartial and objective price comparison service that would help consumers identify the cheapest prices for hotel rooms. However, Trivago's website prioritised advertisers who were willing to pay the highest cost per click fee to the company.

Trivago's website aggregates deals offered by online travel sites and hotel proprietors for available rooms at a hotel and then highlights one price out of all their advertisers, which the ACCC alleges created an impression that the highlighted price was the best deal. However, in many cases the highlighted price was not the cheapest available at that hotel.

So to get the best out of comparator websites you need to:

- Know what is being compared. The website may not compare all the offers or products in the market, so
 check what's on offer across a range of comparator sites.
- Check if there's a commercial relationship. The website operators may have commercial relationships with, or receive financial inducements from, listed businesses that can influence recommendations.
- Identify the site owner. Sometimes a comparator website is owned and operated by the same business that owns the products being compared.
- Work out what you need. Before you start searching, decide what non-price factors are important to you such as hotel location or a direct flight rather than one requiring a stopover.
- Check offer availability on other websites including the service provider's website. Comparator website
 operators allow service providers to add or remove offers in a number of ways, such as placing restrictions
 on how many products can be sold in a month on that site.
- Double-check what's covered. Product classification can vary and you may need to check the websites of the service providers for the full details.
- Check the site's privacy policy. Some operators use your information for purposes other than comparing products. Make sure you are comfortable with how your data will be used.
- Work out the total cost. Be aware that these websites may compare the headline price only, with additional fees and charges only disclosed further down the track.

There are a number of comparator websites operated by government agencies. These websites are designed to provide consumers with industry-wide information and they are free of charge.

For more information about your consumer rights visit our website at www.consumerprotection.wa.gov.au, call 1300 30 40 54 or email consumer@dmirs.wa.gov.au.

Eastern Wheatbelt Primary Health Service Update

We hope you all have a relaxing Easter break with family and friends. Our team here at Eastern Wheatbelt Primary Health has a lot of exciting news to share this edition! Please share any feedback with us by calling 9041 0444 or emailing easternwheatbelt.phs@health.wa.gov.au.

Services Available for Southern Cross in 2018

Child Health: Weekly Dietetics: On Request

Occupational Therapy: Monthly

Physiotherapy: Monthly

Social Worker: On Request Speech Pathology: Monthly

Community Midwifery: On Request Aboriginal Health: On Request

Please note: This information is a guide and is subject to change. You require an appointment to be seen. Child Health appointments can be made by calling Southern Cross Child Health Clinic on 9049 1321.

Appointments for all other services can be made by phoning Primary Health on 9041 0444.

Our Services

We provide a range of free population health services for both children and adults residing in the Eastern Wheatbelt. These services are delivered through in-person consultations, outreach clinics, home visits, phone and telehealth (video conferencing).

Child and Aboriginal Child Community Health Development Nursing Community Health Dietetics Midwiferv promotion Occupational Physiotherapy **Podiatry** Therapy School Health Speech Social Work Pathology Services

You can self-refer to the majority of our services on 9041 0444 or receive a referral from the GP.

Update from the Manager

Welcome to spring! There are lots of changes coming up for our team.

- Rolling out the new Community Health
 Information System, this system will be used to
 capture data about our services and assist us to
 provide the best quality care to all. Staff have
 been going through training and we start using
 this new system on Monday 3rd of September.
- Redevelopment of the Merredin Health
 Service is getting closer to completion! In the
 coming months our office on Mitchell St will be
 moving to this new facility. You will see more
 information about our new location soon.

We strive to provide the best quality care closer to home for all people in the Eastern Wheatbelt. We welcome your feedback at any time, compliments

or complaints, to ensure we are providing you with the services you need. You can provide feedback at any time in many different ways:



- Dropping in to our Mitchell St Facility or contacting Jacinta on 9041 0444
- Filling in a feedback form and providing to a staff member or placing it in one of our feedback boxes.
- Contacting Wheatbelt Regional Office on 9621 0700
- Emailing your feedback directly to our Patient Safety & Quality team: Wheatbelt.consumerfeedback@health.w a.gov.au
- Using Patient Opinion to share your experience www.patientopinion.org.au

Meet The Team!

Meet Zoe our Health Promotion Officer (and Lenny the lamb pictured).

What brought you to Merredin?



After completing my double degree of Population Health and Human Geography and Urban Planning I worked in a range of roles in Perth including Perth Children's Hospital

Project. Itching to get out of my comfort zone and try something new, I moved to Merredin to take up my role here in 2017!

What does your job entail?

Health Promotion is a very diverse role, but my focus is working with community to prevent poor health. I travel across our 12 shires and can jump from running cooking classes at a school one day to exercise classes the next! I also attend meeting to advocate for Public Health Planning, see clients through our Wheatbelt Quit Smoking Program, visit playgroups as part of our Child Development Services and run Stay on Your Feet sessions.

I also help run the My Healthy Wheatbelt
Facebook Page (check it out!) and am the person
who puts together all newsletters and media
releases.



What is an interesting fact about you?

While at university I studied abroad at the University of Vermont (USA). I am about to embark on a 6 week backpacking trip around Europe to catch up with all my exchange mates. Unfortunately Lenny (my lamb) and three piglets Peppa, Harry Trotter and Kevin Bacon can't come!

Community Midwifery

We sadly said good bye to Michelle our local Community Midwife who has moved to warmer climates up North! We are currently recruiting to fill our Community Midwife role.

In the meantime Wheatbelt Group Midwifery Practice will be assisting in providing antenatal and postnatal care to women and their babies across the Eastern Wheatbelt. They can be contacted on 9690 1633.

Healthy Country Kids

Please contact your local Child and Community Health Nurse or call 9041 0444 to ensure your child receives these free vaccinations.

- Free Influenza Vaccination available for 6 month-5 year olds.
- Free Meningococcal ACWY Vaccination available for 1- 5 year olds.
- Free Meningococcal ACWY Vaccination still available for 15-19 year olds.

Healthy Country Kids Ears

The next Healthy Country Kids Ear Health Clinic will be held in Merredin on **Monday 15**th **October**. If you

child experiences recurring ear infections or tonsillitis they could be eligible to access this free service.

This service uses telehealth to link you with an Ear Nose and Throat specialist at Perth Children's Hospital Ear Nose and Throat Specialist without the need to travel to Perth! Speak to your Child and Community Health Nurse and request a referral from your GP.

Social Work

The National Redress Scheme will provide support to people who were sexually abused as children while in the care of an institution. The establishment of a National Redress Scheme was recommended by the Royal Commission into Institutional Responses to Child Sexual Abuse. The Scheme is one way Australian governments are working to acknowledge and help people who experienced child sexual abuse. The Scheme started on 1 July 2018, and will run for 10 years. It is designed so that relevant organisations take responsibility to make amends for sexual abuse that happened to children they were looking after. The Redress Scheme can provide three things:

- Access to psychological counselling.
- A direct personal response such as an apology from the responsible institution.
- A monetary payment.

Kate out Social Worker can support clients to access this scheme for free. Please contact Eastern Wheatbelt Primary Health on 9041 0444 or request a referral from you GP.

Health Promotion

Our eight week Healthy Eating Activity and Lifestyle (HEAL) Programs in Merredin and Southern Cross have wrapped up! Congratulations to our 9 from Southern Cross that completed the full 8 weeks!

Our program included health assessments, an exercise physiologist leading some exercise

sessions and free workbook, recipe books and label reading cards.

The next program will be held in early 2019; you can call to register on 9041 0444.



Eastern Wheatbelt Primary Health: Phone: 9041 0444 Email: easternwheatbelt.phs@health.wa.gov.au
Address: Corner Mitchell & Queen Streets, Merredin WA 6415 Opening hours: Monday - Friday, 8:30am - 4:30pm
Southern Cross Child Health Clinic: Phone: 9049 1321 Address: Cnr Altair and Achernar Streets, Southern Cross



Circle of Security® PARENTING SERIES

The Circle of Security Parenting group program is a free 6 week course facilitated by a qualified professional. The program is offered to parents/careers of children 0 to 5 years, who want to learn how to:

- Understand their child's emotional world by learning to read the emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- · Honor your inner wisdom and desire for your child to be secure

Where: Merredin Hospital – Ambulatory Care Building

Dates: Every Monday from 15th October till 19th November

Times: 10.30am - 12.30pm

Bookings: Contact your local Child Health Nurse or ring Primary Health on 9041 0444

Bookings essential – Please RSVP by 10th October 2018

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.





Spring Field Walk

Tuesday, 25th September, 2018

Where: 12.15pm meet at Palace Hotel for a 12:30pm sharp departure, returning to the Palace Hotel for Roast dinner & drinks from 6.30pm partners are welcome

Cost: Members, sponsors & speakers: Free. Non-Members: \$30

RSVP: For catering & bus bookings, it is essential to please RSVP To Shai Dunbar, Secretary 0400 811 003 or feargroup@outlook.com

Presentations from:

- Ben White, Kondinin Group Onfarm Grain Storage & Incar repeaters
- Phil Tickle, Cibo Labs Satellite estimates of pasture biomass
- Visiting the National Variety Trial with Living Farm plus the on-farm Morell lime trial
- Machinery Demo from AIMS

Plus much more.....













SUPPORT SERVICES

000 (emergency)

Rural Link: 1800 552 002 (24 hours)

Mental Health Emergency Response Line: 1300 555 788 www.mentalhealth.wa.gov.au

Suicide Call Back Line: 1300 659 467 www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours) www.lifelinewa.org.au

Kids Helpline: 1800 551 800 (24 hours)

Samaritans Crisis Line: (08) 9381 5555 www.thesamaritans.org.au

Crisis Care: (08) 9223 1111

Reachout: www.reachout.com

Mensline: 1300 789 978 (24 hours) www.mensline.org.au

Alcohol & Drug Support Line: 1800 198 024 or 9442 5000 https://www.mhc.wa.gov.au/

Parent and Family Drug Support Line: 1800 653 203 or 9442 5050

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

Holyoake

Northam: (08) 9621 1055 Merredin: (08) 9041 3807

Narrogin: (08) 9881 1999 Freecall: 1800 447 172

Wheatbelt Mental Health Service

Northam: (08) 9621 0999 Narrogin: (08) 9881 0700



Scamwatch radar alert

Beware scammers wanting access to your computer and bank account

Scammers are increasingly catching out people by impersonating well-known businesses or the police so they can get access to computers and steal money or banking information.

The ACCC's Scamwatch website has recorded a significant spike in these types of scams, known as remote access scams, with more than 8000 reports recorded in 2018 so far and losses totalling \$4.4 million.

"The spike in remote access scams is very concerning; losses so far in 2018 have already surpassed those for the whole of 2017, and sadly it is older Australians that are losing the most money," ACCC Deputy Chair Delia Rickard said.

Scammers will impersonate a well-known company, most commonly Telstra, NBN or Microsoft, or even the police, and spin you a very credible and believable story about why they need to access your computer using software such as TeamViewer.

"The scammers are becoming more sophisticated. The old trick scammers used to use was to call people and say there was a virus on their computer that needed fixing but, in a new twist, scammers are now telling people they need their help to catch hackers," Ms Rickard said.

The scammers claim they are tracking the 'scammers' or 'hackers', and tell the consumer that their computer has been compromised and is being used to send scam messages. This is where they say with the victim's help, they can use the victim's computer and online banking to trap the (fake) 'scammer'.

The scammer will then pretend to deposit money into their victim's account. In reality the scammer just shuffles money between the victim's accounts (for example, from a person's credit card account to a savings account), which gives the illusion of money being deposited. The money is then sent out of the victim's account as part of the con to 'catch a scammer', straight to the scammer's own bank accounts.

"Unfortunately there are many stories from people who give a scammer access to their computer and are then conned into giving access to online banking. Some are also tricked into providing iTunes gift card numbers over the phone to these scammers," Ms Rickard said.

Once the scammer has a victim on the hook, if they start to doubt the situation, the scammer will become threatening, stating that the victim would jeopardise the investigation if they refuse to help and may even face legal consequences.

These types of scam can be very scary, as scammers can become threatening and aggressive if they sense they are 'losing' the victim, or starting to cotton on. This is particularly frightening for older people who may not be as tech savvy.

"It's vital that people remember they should never, ever, give an unsolicited caller access to your computer, and under no circumstances offer your personal, credit card or online account details over the phone," Ms Rickard.

"If you receive a phone call out of the blue about your computer and remote access is requested, it's a scam 100 per cent of the time. Just hang up."

There is an election job to suit you

Can we count you in?



Did you know we employ around 80,000 people in over 7,000 polling places across Australia to help deliver federal elections?

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You can choose to work before, on or after election day or throughout the whole election period.

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Looking to get involved in a group or club?

There are many local groups you can join!

Art Group
Country Women's Association
H.A.Y. Committee

P & C Organisations

P & F Organisation

Playgroup

Scrapbooking

Senior Citizen's Centre activities Sh8pes Gym & Fitness Centre Southern Cross Gardening Club Southern Cross Hospital Auxiliary Southern Cross Singers

Southern Cross St John Ambulance Southern Cross Vol. Fire & Rescue

Volunteer Bush Fire Brigade

Yilgarn Agricultural Society

Yilgarn Entertainers
Yilgarn Historical Society

Yilgarn Motoring Enthusiasts

Sporting groups including:

Basketball

Darts

Football

Golf

Lawn Bowls

Motorcycle Club

Netball

Shooting

Tennis

How alcohol can damage your body.

HROAT .

Alcohol is classified as a Group 1 carcinogen. It can damage cells in your body and regularly drinking more than two standard drinks can increase your risk of mouth, throat, breast and bowel cancer.

FEMALE BREAST DID YOU KNOW?

Alcohol consumption causes an increase in levels of oestrogen, which has been suggested to contribute to the development of breast cancer.

In 2013 approx, 13 people died per month from alcohol-related cancers in WA.

In 2014, Western Australians were hospitalised a total of 1,002 times for conditions due to alcohol-related cancers. They occupied a total of 5,292 bed days in the State's hospitals.

Over time, alcohol can damage your cardiovascular system including an increased risk of:

STROKE

HEART ATTACK

HIGH BLOOD PRESSURE

Alcohol can cause blood pressure to increase. This can lead to increased risk of stroke, irregular heartbeat, and enlarged heart.























alcoholthinkagain

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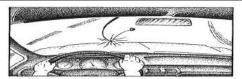
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> PH: 08 9041 1592 MBL: 0407 020 413 FAX: 08 9041 1149

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CBH GROUP

PRE-HARVEST MEETINGS





Find your local meetings here:

DATE	TIME	LOCATION	SITES
17/09/2018	9AM	MT HAMPTON HALL	DULYALBIN / MARVEL LOCH / HOLLETON
17/09/2018	2PM	MUNTADGIN PUB	MUNTADGIN / WOGARL
18/09/2018	12PM	NAREMBEEN REC CENTRE	NAREMBEEN / SOUTH KUMMININ / MT WALKER
18/09/2018	3РМ	SHACKLETON CLUB	BRUCE ROCK / SHACKLETON
19/09/2018	8AM	BODALLIN CBH SITE	BODALLIN / MOORINE ROCK / CARRABIN
19/09/2018	11AM	SOUTHERN CROSS CRC	SOUTHERN CROSS / BULLFINCH / SOUTH YILGARN
19/09/2018	4PM	MERREDIN BOWLING CLUB	MERREDIN / KORBELKA / NUNGARIN / HINES HILL / BURRACOPPIN / WARRALAKIN

For more information:

Contact your local
CBH office:
Ph | 9041 9000
Monday to Friday
8am to 5pm
www.cbh.com.au





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

Mululu Gifts & Homewares

September is a very busy month for Mululu Gifts and Homewares! Here are the opening days for September.

Apologies for any inconvenience in advance!

Weeks commencing:

Week 3.9.18		<u>Week :</u>	Week 17.9.18		
Wed	9—4	Wed	Closed		
Thurs	9—4	Thurs	9—4		
Fri	9—4	Fri	9—4		
Sat	9—12	Sat	9—12		
7		Sun	Mululu is at		
Week 1	<u> 10.9.18</u>		the Car		
Wed	9—4		Show!!		
Thurs	12-4				
Fri	9—4	Week 2	<u> 24.9.18</u>		
Sat	9—12	Closed	all week		

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NEXT VISITING DATE WEDNESDAY SEPTEMBER 19

PLEASE CONTACT OUR OFFICE ON **9041 1734 TO MAKE APPOINTMENTS**

SOUTHERN CROSS CLINIC DATES 2018

LOCATION: Always Side Football Change Rooms Rec. Grounds

October 17th November 14th December 12th



Hutton & Northey Sales

We are now taking applications for **Heavy Duty Mechanical Apprenticeships** commencing in 2019!

If you:

- Have an interest in the latest technologies in computerised machinery
- Are interested in mechanical systems and components
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Please submit your resume & cover letter along with any:

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- Certificates Completed
- School Reports for the last 2 years

HR Department
Phone: 08 9041 1077
E-mail: HR@hutnorsales.com.au

Applications Close 30th September 2018



Australia's Golden Outback 2018 Wildflower Photo Competition

#AGOwildflowers

Simply upload your images of Golden Outback Wildflowers and be in with a chance of winning \$500 cash!

Visit https://1.shortstack.com/HM64gw to upload your photo using the form, share your entries with your friends to gain votes, and follow Australia's Golden Outback on Instagram to see if they feature your entry and to keep up to date with the latest bloom sightings!



Blackbutt Stud

Suffolk & White Suffolk

-Damian & Marsha Tomas-

Annual Ram Sale

<u>Tuesday</u> 11th September 2018 1 pm

Bencubbin Ram Pavilion

Mt Marshall Show Grounds

SAUSAGE SIZZLE & COOL DRINKS AVAILABLE FOR GOLD COIN DONATION THE PROCEEDS GOING TO BENCUBBIN SENIOR CITIZENS ANNUAL TRIP



Damian Tomas 0429 010 574

Sussan Ogle 0439 036 551

Michael O'Neill 0409 684 332

Please note the change of day and date



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For further information contact:

Heather ~ M: 0427 454 598

E: servicesinthebush@bigpond.com





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Contact the CRC on 9049
1688 or
cro@vilgarn.wa.gov.au.for

<u>crc@yilgarn.wa.gov.au</u> for more information or to place an ad.

Real Estate

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11 Omega Street, SX - \$120,000.00 neg (all offers considered)

A neat and tidy three bedroom, one bathroom home waiting for its new owners.

Built in 1987, this well-loved home features:

- Large sunroom / enclosed verandah with tile fire on the southern side of the house
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- Large established trees in backyard
- Landscaped gardens at the front
- Near new stove
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A great house that would suit first home buyers, retirees, employee accommodation and young families.

The right tenants may also be considered for a rental contract.

Enquiries – Karen Teale (08) 90491 078 or 0428 491 079

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House

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Ca	lendar of Events
Sat 8 Sep	Boots & Shuffles Bootscooting @ Senior Citizen's Centre 1pm
10—14 Sep	Winter Produce Swap Stall all week @ CRC
Fri 14 Sep	Men's Night Out @ Palace Hotel 6:30pm
Mon 17 Sep	Yilgarn Entertainers AGM @ Community Centre 6:30pm
Wed 19 Sep	Merredin Veterinary Clinic in town @ Oval
Wed 19 Sep	Eastern District Panel Beaters in town @ Motor Mart
Wed 19 Sep	CBH Pre-Harvest Meeting @ CRC 11am
Sat 22 Sep	Yilgarn Motoring Enthusiasts Point to Point Drive event starting @ Rotary Park 2pm
Sun 23 Sep	Southern Cross Car & Bike Show and Swap Meet @ Oval. Gates open 10am to public.
Tue 25 Sep	FEAR Group Spring Field Walk
Thu 27 Sep	Pat & Chat Mobile Vet in town today
5/6/7 Oct	Patchwork Weekend—See notice in Crosswords on how to RSVP.
Mon 8 Oct	OPSM Kalgoorlie in town @ Hospital
Sun 10 Oct	Libra Colour Fun Run starting @ Rec Centre 9.30 warm up
Sat 20 Oct	St Joseph's Pre Harvest Swap Meet

HACC activities are on Mondays & Wednesdays @ SX Hospital Happening at the Senior Citizen's Centre:

Fancy Feet is on Tuesdays at 9.30am
Art Group is on Tuesday at 11.00am
Patch working is on Tuesday at 6pm
Carpet bowls is on Wednesday at 10.00am
Singing is on Wednesday at 7.30pm
Movers & Groovers is on Thursdays at 9.30am
Scrapbooking is on Thursdays 10am—3pm
Carpet bowls every Friday

Recycling Days

September 14

September 28

October 12

October 26

November 9

November 23

December 14

Frank and Ernest by Thaves

