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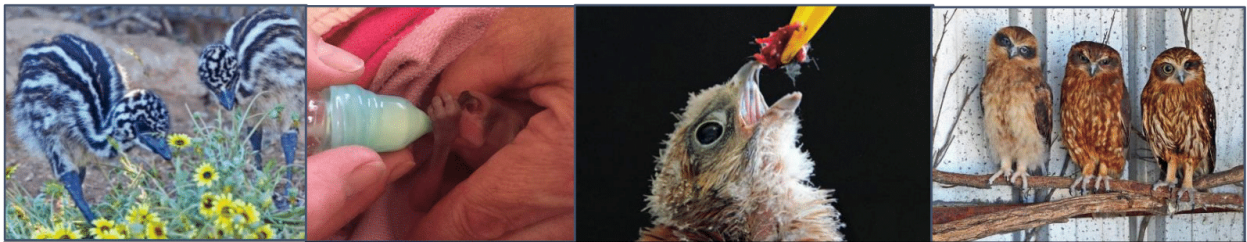
# CROSSWORDS \$1

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EST. 1911  
**PALACE HOTEL**  
PUB & ACCOMMODATION

## FUNDRAISER

In aid of Parnana Pikurtu Wildlife Sanctuary



**SUNDAY 09 AUGUST**

**LIVE MUSIC WITH**



**BENNY  
MAYHEM**



**FREE ENTRY. KIDS WELCOME (accompanied)**

• **Music 4pm – 8pm • Food served 4pm to 8pm •**

**RAFFLE & AUCTION PRIZES**

**Donated by your local businesses, The Palace  
Hotel & Palace Hotel Suppliers:**

AG Implements, BP Southern Cross, Blackman Fabrications, Eastways Merredin, Leonie Coutis Hairdresser, McLoughlins Butchers Perth, Nulla Nulla Farm Retreat Moorine Rock, Southern Cross Foodworks, Shac Electrical, Southern Cross Hardware & News, Southern Cross Coffee Lounge, Skin Agents Guildford, The Palace Hotel 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](mailto: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.

<b>Monday</b>	<b>1:00pm to 4:00pm</b>
<b>Tuesday</b>	<b>1:00pm to 4:00pm</b>
<b>Wednesday</b>	<b>Closed</b>
<b>Thursday</b>	<b>Closed</b>
<b>Friday</b>	<b>1:00pm to 4:00pm</b>
<b>Saturday</b>	<b>10:00am to 4:00pm</b>
<b>Sunday</b>	<b>10:00am to 4:00pm</b>

### Crosswords Advertising Rates 2020/21 (as of 1 July 2020)

Business Advertisements (Business premises outside of the Shire of Yilgarn)	Black		Colour	
	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 vertical	90mm x 120mm
1/4 page horizontal	180mm x 60mm
1/2 page vertical	90mm x 270mm
1/2 page horizontal	180mm x 120mm
A4 Full page	180mm x 270mm

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



**BYO Drinks & Nibblies**



**Book a table of 8 & bring your mates!**

**&**



**Proudly present**

# **Comedy Gold 2020**



**Deter Rowsthorn**



**Cameron McLaren**



**Emma Krause**



**Frankie**

**Southern Cross Community Centre**

**Doors open 6:30pm, 7pm start**

**Friday 14th August 2020**

**Tickets \$10 each**

**Available at the Shire Office, CRC or online at**

**Trybooking:** <https://www.trybooking.com/BKMOJ>

\*\$0.50 fee per online ticket sale applies



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

### 2020 Publishing Dates

Deadline 12 noon	Publishing Date
18/08/2020	20/08/2020
1/09/2020	3/09/2020
15/09/2020	17/09/2020
29/09/2020	1/10/2020
13/10/2020	15/10/2020
27/10/2020	29/10/2020
10/11/2020	12/11/2020
24/11/2020	26/11/2020
8/12/2020	10/12/2020

### 2021 Publishing Dates

Deadline 12 noon	Publishing Date
5/01/2021	7/01/2021
19/01/2021	21/01/2021
2/02/2021	4/02/2021
16/02/2021	18/02/2021
2/03/2021	4/03/2021
16/03/2021	18/03/2021
30/03/2021	1/04/2021
13/04/2021	15/04/2021
27/04/2021	29/04/2021
11/05/2021	13/05/2021
25/05/2021	27/05/2021
8/06/2021	10/06/2021
22/06/2021	24/06/2021
6/07/2021	8/07/2021
20/07/2021	22/07/2021
3/08/2021	5/08/2021
17/08/2021	19/08/2021
31/08/2021	2/09/2021
14/09/2021	16/09/2021
28/09/2021	30/09/2021
12/10/2021	14/10/2021
26/10/2021	28/10/2021
9/11/2021	11/11/2021
23/11/2021	25/11/2021
7/12/2021	9/12/2021

## Church Notices / Updates



48 Altair Street, Southern Cross  
 SX Presbytery: 9049 1049 (Fri to Sun)  
 Kalgoorlie Presbytery: 9021 2100 (Mon to Thurs)  
 Email: [kalgoorlie@perthcatholic.org.au](mailto:kalgoorlie@perthcatholic.org.au)  
 Facebook: Lucy Montserrat  
 YouTube: Yilgarn Westonia Catholic

Public Mass re-commenced at Our Lady of Montserrat church on the weekend of 23/24 May. COVID-19 protocols are posted as a notice on the front door of the church. Please read this notice carefully before entering the church.

#### Mass Times

Saturday 6:30pm\*  
 Sunday 8:30am

\* As well as being open to the public, Saturday evening Mass will be live-streamed each weekend. The live-stream is for those for whom getting to OLM church on the weekend is impractical. Live-streamed Masses will continue to be available in "Catch-up" mode via the parish YouTube channel.



Service held 1st Sunday of the month.

Contact:

John McKane                      9041 1117  
 Mobile                                0435 507 606

Cheryl Auld                        9049 8026  
 Diane Della Bosca                9049 1149



August	Saturday 15 <sup>th</sup> 11.00am
September	No Anglican service
October	Saturday 17 <sup>th</sup> 11.00am
November	No Anglican service
December	Saturday 19 <sup>th</sup> 11.00am "Christmas" service

## **Expression of Interest – Two x 2,500 litre Fuel Storage Tanks on Stands – One x twelve metre x three metre Donga**

Expressions of Interest are invited and will be received until 3:00pm Friday 7<sup>th</sup> August 2020 at the Shire Administration Office, Antares Southern Cross WA 6426, for the purchase of the following items:

Two x 2,500 litre fuel storage tanks

One x twelve metre x three metre donga

The items on offer will be sold in "as is where is" condition with no ongoing support provided by Council. It is the responsibility of the successful applicant at no cost to council to arrange for transport of purchased items from council's depot to required location. Items must be removed from depot within fourteen days of purchase.

Arrangements for inspection of the above items can be made by contacting Council's Executive Manager Infrastructure Robert Bosenberg 0409 791 135

*Expression of Interest, are to be addressed to:*

**Peter Clarke**  
**Chief Executive Officer**  
Shire of Yilgarn  
P.O Box 86  
Southern Cross WA 6426

## Budget Message from the Shire President



Having been elected by my peers as your Shire President following the October 2019 Local Government Elections, I am pleased to present for the first time the Shire of Yilgarn's 2020/2021 Budget that was adopted by Council at its Ordinary meeting held on Thursday, 16 July 2020.

In these times of uncertainty, particularly with COVID-19 wreaking havoc on local economies throughout Australia, Council in setting the 2020/2021 Budget has recognised that it is important to provide necessary measures to lessen the burden upon its ratepayers in these times by maintaining a freeze on the rate in the \$ to those that were imposed in the 2019/2020 financial year. Effectively, this means that there is a zero % rate increase however, due to re-valuations on some properties by Landgate, there will be minor increases/decreases in some rates, which I must point out are beyond Council's control. As per normal, if ratepayers feel aggrieved with their valuations, they do have the right to appeal and the process involved is detailed on the Rate Notice.

In maintaining the 2019/2020 rate in the \$, it still enables Council to undertake its normal obligations in the provision of services to our residents, and this has been assisted by way of a COVID-19 stimulus package provided by the Australian Government under its Local Roads and Community Infrastructure (LRCI) Program. Council has received \$943,522 in funding and has committed this amount to the following projects, subject to the approval of the Australian Government under the guidelines of the LRCI Program:-

1. Swimming Pool Covers	\$ 60,000
2. Upgrade Constellation and Rotary Park BBQ's	\$ 24,000
3. Yilgarn Homes for the Aged Courtyards	\$169,500
4. Skatepark	\$220,000
5. Beaton Road Upgrade and Footpath to Cemetery	\$370,000
6. Construction Turning Lane – Bennett/Moorine Rock South Roads	\$100,000

In addition to the above works, Council has developed a Budget that continues to provide ongoing services to all residents and ratepayers and additional to these services, the 2020/2021 Budget has a number of significant projects in the coming year which are detailed below:-

- \$24,000 for installation of solar lighting at the Southern Cross Waste Disposal Site and upgrade of CCTV to deter unwanted access to the site.
- \$123,750 for the installation of a containerised filtration and treatment system at the Southern Cross Sewerage ponds to increase the availability of re-use chlorinated water for parks, gardens and the Recreation Ground.
- \$26,500 for new Christmas street lighting and purchasing of new street banners for the main CBD area.
- \$29,000 for replacement of boundary fences at the Yilgarn History Museum.
- \$75,000 for demolition of the old Ablution Block at the Southern Cross Caravan Park and construction of a dedicated Laundry building for use by the Park Managers.

Council has again committed to maintaining its comprehensive fleet of plant and equipment in order that it can continue to look after our vast road network and in the 2020/2021 Budget, \$1,018,000 has been allocated to purchase the following major pieces of plant with a trade-in value of \$338,000, giving a nett expenditure of \$710,000:-

- \$190,000 – Second hand Street Sweeper
- \$249,000 – 2 x new Semi Trailer Tippers
- \$71,000 – new Tractor
- \$185,000 – 2 x new Dual Cab Trucks
- \$87,500 – new Light Tip Truck
- \$65,500 – new 4 x 4 Utility

The above purchases are in line with Council's 10-year Plant Replacement Program which is funded via a well-managed Plant Reserve Fund.

The Southern Cross Swimming Pool redevelopment project continues in the 2020/2021 financial with the anticipated completion date scheduled for mid-November 2020. To complete the \$5.5M project, Council has opted to part fund the project by way of a Loan of \$1M over a 10-year period. Council considered that funding for a project of this magnitude should be spread across current and future ratepayers and with the current interest rates around 2%, the interest payable over the 10-year period is considered minimal in the period of the term of the Loan.

The development of the 2020/2021 Budget has been a team effort between Councillors and staff but I would like to pay my thanks to our Executive Managers, and particularly the Executive Manager Corporate Services, for the work that has been put in to present a responsible Budget to Councillors for their deliberation and final presentation to the residents and ratepayers of the Shire.

I would urge all residents and ratepayers to take ownership of this document and should you require clarification on any matters of income or expenditure, please do not hesitate to contact one of our senior managers who would be more than happy to provide the necessary information.

***Cr Wayne Della Bosca***  
***SHIRE PRESIDENT***

## 2020/2021 Shire Budget

At their meeting held on the 16<sup>th</sup> July 2020, Council resolved to adopt their budget for the 2020/2021 financial year. A hardcopy of this budget document can be inspected at either the Shire Administration or Shire Library and is also available for download from the Shire's website at [www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au).

The budget document includes:

1. Budget message from the Shire President, Cr Wayne Della Bosca
  2. Shire of Yilgarn Statutory Budget
  3. Fees and Charges
  4. Capital Program; and
- Maps showing location of Capital Road Construction works.

Peter Clarke  
Chief Executive Officer

## Our Commitment to You

We believe that partnerships with the community are integral to our success.

This commitment is supported by us seeking your input into our business through surveys, customer feedback and our advisory groups who represent the community, specific interest groups and industry bodies.

**For all concerns, suggestions or complaints regarding Great Eastern Highway, Marvel Loch Road and Bullfinch Road contact Main Roads.**

### Your suggestions... how can we improve?

We welcome any feedback you may have, including suggestions on how we can improve our services to you and your feedback on what we are doing well. **Call 138 138 or email us at [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au).**

We are also committed to an accessible, fair and equitable complaints handling process where we work together with you, our customers, to drive business decisions and improvements.

For more information on how to make a **complaint online** please visit <https://www.mainroads.wa.gov.au/Pages/complaintsFeedback.aspx>







SOUTHERN CROSS OVAL

# SPRING CARNIVAL

Saturday, 24th October 2020

10am to 3pm

Bouncy castles, stalls, food and fun!  
More details to come shortly!

For more information or to book a stall, contact Monica or Jodie at the Shire of Yilgarn: 9049 1001 or the CRC: 9049 1688

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## **SUPPORT SERVICES**

**000 (emergency)**

**Rural Link: 1800 552 002**

**Mental Health Emergency Response Line: 1300 555 788**

**Suicide Call Back Service: 1300 659 467**

**Lifeline: 13 11 14**

**Lifeline Text Service: 0477 13 11 14 (only available 6:00 pm to 10:00 pm EST)**

**Beyond Blue: 1300 224 636**

**Kids Helpline: 1800 551 800**

**headspace (9am till 1am EST): 1800 650 890**

**Samaritans Crisis Line: 135 247**

**The Salvation Army: 1300 363 622**

**Crisis Care (Child Protection & Family Support): 1800 199 008**

**Reachout: [www.reachout.com](http://www.reachout.com)**

**Mensline: 1300 789 978**

**Grief Line (midday to 3am EST): 1300 845 745**

**Alcohol & Drug Support Line: 1800 198 024 or 9442 5000**

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

**Narrogin & Upper Great Southern Domestic Violence Helpline 1800 007 570**

**Wheatbelt Domestic Violence Helpline 1800 353 122**

**Women's Domestic Violence Helpline: 1800 007 339**

**Men's Domestic Violence Helpline: 1800 000 599**

**1800 RESPECT: 1800 737 732**

**Elder Abuse Helpline WA - 1300 724 679**

**Suicide Bereavement Service: 0474 076 849**

**Sexual Assault Referral Centre: 1800 199 888**

**HealthDirect: 1800 022 222**

### **Holyoake**

**Northam: (08) 9621 1055**

**Narrogin: (08) 9881 1999**

**Merredin: (08) 9081 3396**

**Victoria Park: (08) 9416 4444**

**Midland: (08) 9274 7055**

**Freecall: 1800 447 172**

**WACHS Wheatbelt Mental Health Service – (08) 9621 0999**



# Community News

## Expressions of interest wanted!

The CRC are looking at holding the following courses/events before the end of the year or early next year, and we require firm numbers to book some facilitators.

To express your interest in any of the below, please email [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or phone 9049 1688.

- Basic computer course
- Business mini-sessions (such as using Square, Marketing etc)
- Will Seminar
- Kokedama workshop
- Macrame Necklace/Pendant workshop
- Association help workshop



Mentally Healthy WA

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



## NOTICE TO THE PUBLIC

*Development of Mineral Resources' Parker Range Iron Ore Project has now commenced with construction of a 99 person camp at the corner of Burbridge Road and Emu Fence Road to accommodate mine site workers. The Parker Range Project will operate under the existing Yilgarn operations. Ore from Parker Range will be processed at Koolyanobbing mine site and railed to Esperance Port.*

*Works at the mine site area, located off Parker Range Road near the intersection of Emu Fence Road, will commence towards the end of July. This will include construction of a new deviation road for Parker Range Road to the north of the mine, mine establishment, resource drilling program, installation of support infrastructure and internal road network.*

*Upgrades to the Emu Fence Road are also proposed to support road haulage to Koolyanobbing. This will commence in August, with the section from the mine site to Great Eastern Highway commencing first.*

*During construction at the mine site area and haul road, traffic management controls will be implemented. Please be aware of the changed conditions and follow all signage and directions of traffic management personnel.*

*Mineral Resources is proud to work in the Yilgarn and appreciates the local support provided to the operations.*





# ZUMBA

FITNESS



JOIN THE  
**party**



**WEDNESDAY 12 TH**

**AT 5.30PM**

INSTRUCTOR:

**JONA**

WHERE?

**SOUTHERN CROSS**

**SENIOR CITIZENS CENTER**

**5\$ 1 HOUR CLASS**

Made with PosterMyWall.com

FB: FATJONA HALIMI // PH:0452659640

# WHEATBELT CANCER SUPPORT.

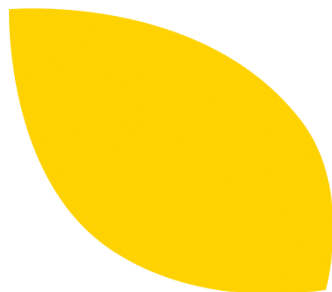
**Are you affected by cancer, or do you care for someone who is?  
Would you like an opportunity to talk to someone about what  
support is available?**

Barbara Brennan from Cancer Council WA is an experienced health professional who is the Cancer Support Coordinator for the Wheatbelt Region.

Barbara can connect you and your family to Cancer Council WA and other community services available in your area.

Please call **Barbara on 08 9621 1810** if you would like to discuss:

- information on all aspects of cancer
- accommodation during treatment in Perth
- practical and financial assistance
- emotional support



**We're your compass through cancer**  
call us on 13 11 20





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## **WA Country Health Service (WACHS) COVID-19 Preparedness Plans**

WA Country Health Service (WACHS) Wheatbelt has put comprehensive preparedness plans in place at all sites across the region to ensure readiness to respond to any local COVID-19 cases.

WACHS has worked in partnership with local government authorities, other State Government agencies, as well as private and community-based service providers to cover all possibilities and capture vulnerable people within our communities in the preparedness plans.

A Wheatbelt Operational Area Support Group (OASG) has been established by WACHS to bring together representatives from all partner organisations and agencies to provide input into the COVID-19 planning and preparedness activities, including the development of plans, training and testing of staff and ensuring adequate supplies of personal protective and other equipment to care for the community.

Acting Regional Director, WA Country Health Service Wheatbelt, Rachele Ferrari commended WACHS staff and the OASG representatives for their dedication to ensuring the communities in which they live and work are prepared and ready to respond to any COVID-19 cases.

"The community can be confident there are COVID-19 response plans for every WACHS hospital, multi-purpose site, residential aged care facility and population health service in the Wheatbelt and our staff are trained and prepared to care for patients with suspected or confirmed COVID-19," Ms Ferrari said.

"Each Wheatbelt site has mapped out a patient journey so if someone presents to one of our facilities with COVID-19 symptoms a specific area has been prepared to screen and test those members of the community.

"Since the pandemic was declared, we have had to reconsider the best way to deliver our services and have been offering more care by telehealth and using more innovative ways to support the community, such as offering flu vaccinations at home and proactively calling people managing a chronic condition to ensure they are well informed and receiving the care and support they need," she added.

WACHS Wheatbelt is continuing to test and refine COVID-19 preparedness plans through regular scenario activities across the Wheatbelt with plans for Merredin, Bruce Rock and Southern Cross all being put to the test recently.

"It is important we continue testing our COVID planning and preparedness activity and making improvements so we are ready to take immediate action if there are any future virus outbreaks providing the community with the confidence that we are doing everything we can to make sure they are protected from COVID-19," Ms Ferrari said.

**ENDS**

# FREE WORKSHOP NORTHAM

## Developing Volunteer Engagement Plans

**When:** Wednesday September 2nd 2020 10am - 12pm

**Where:** **Wheatbelt Volunteer Hub (Inside Northam Recreation Centre) 44 Peel Terrace Northam**

- Does your community group need more volunteers ?
- Does your community group need help managing your existing volunteers?
- Want to network with other Volunteer Managers in your area?
- Want to get to the bottom of why all the same old people seem to be doing all the work?
- Need a succession plan?
- Don't want to get left behind?

Volunteers are the backbone of communities in Western Australia. They want a fulfilling experience that will also be of benefit to them and for their efforts to be acknowledged and recognised. Organisations that have a Volunteer Engagement Plan or Program that is innovative and flexible are better able to meet the needs and expectations of the modern volunteer.

### **This workshop will look to**

- Help understand some of the motivations of modern volunteers and where to find them
- Look at your club /organisation and identify what systems and processes you have in place for volunteer management. If you have none, don't worry we will help you with lots of free resources
- Help you to identify an appropriate approach for your organisation in managing volunteers so that you can keep them

### **On the day**

Wheatbelt Volunteer Hub will supply paper materials and resources. Resources will also be supplied electronically post workshop. If you need to contact us on the day please call **Tanya on 0434 078 533**

**Places are strictly limited so be sure to register online today at <https://www.eventbrite.com.au/developing-volunteer-engagement-plans-northam-tickets-115150765038>**





**wheatbelt**  
natural resource  
management

## **Vacancies for Wheatbelt NRM Board**

Do you want to help energise your community to contribute to a healthy Wheatbelt environment with a viable agricultural industry?

Wheatbelt Natural Resource Management has opened nominations for Board Directors.

We are looking for a diverse range of candidates and in particular those that have long term leadership aspirations.

Members of the Board must live, own land, work within and/or operate within the Avon River Basin.

For further information about the role of Board Director, please contact Board Chairperson, Debra Rule on [drule@wheatbeltnrm.org.au](mailto:drule@wheatbeltnrm.org.au) or 0417 910 447.

To receive an application pack, please email [hr@wheatbeltnrm.org.au](mailto:hr@wheatbeltnrm.org.au).

Requests for application packs close Thursday 20 August, and submissions must be received by 4.00 pm on 21 August 2020.

For more information, visit:  
[www.wheatbeltnrm.org.au/board2020](http://www.wheatbeltnrm.org.au/board2020)

## Reminder - Navigating Through Cancer online sessions July-September

Free weekly one-hour online sessions delivered by Cancer Council WA are offered to people impacted by cancer. This series of Navigating Through Cancer online sessions starts on Thursday 23<sup>rd</sup> July and concludes Thursday 10<sup>th</sup> September, so there's still plenty of time to join in. The support and awareness presentations are delivered online straight to your own electronic device or computer and includes topics from financial impact to living well. Online registration can be accessed at this link <https://www.eventbrite.com.au/o/regional-support-services-cancer-council-wa-27664711835>

For more information on any of the eight weekly sessions please contact Monica Graham, Program Coordinator on (08) 9382 9328 or email [monica.graham@cancerwa.asn.au](mailto:monica.graham@cancerwa.asn.au) or call 13 11 20.

For cancer information and support call 13 11 20 or go to [www.cancerwa.asn.au](http://www.cancerwa.asn.au)



OPSM will be  
visiting Southern Cross on

**Friday 28th August  
2020**

For appointments please call  
the Southern Cross  
Pharmacy on 90491056

**Appointments will be  
seen at the Hospital.**



Right at Home Kalgoorlie Wheatbelt is an in-home care and assistance provider dedicated to supporting our older Australians, and people living with a disability and recovering from surgery or disease.

Our mission is to improve the quality of life for those we serve. We live and breathe this mission everyday and are focused on making sure you and your loved one receive the right care, whenever and wherever it's needed.

We provide the support our clients and their families want, when they want it, and how they want it so that they can continue living independently in their homes.

If you require home care assistance but are unsure what kind of help you need or how care would fit within your homecare package, we strongly recommend contacting us about our free in-home care consultation.

Our experienced care co-ordinator will visit your home and assess your needs and provide a care plan that you can use to decide what would best suit you.

We offer:

- Free, no obligation 30-minute consultation by a health professional.
- Get an individualised care plan that you can use with our carers.
- We do not have any administration fees, care management or package management fees.

This means we can offer more hours of care and support to you or your loved one.

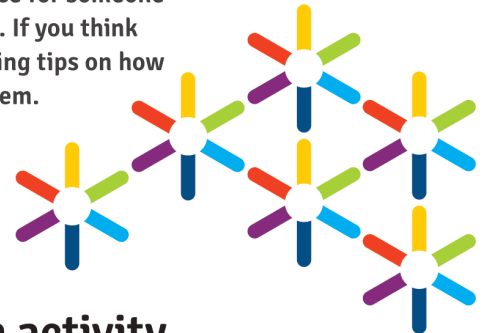
- We work with home care packages, NDIS or we provide private pay.

Feel the difference and experience the Right at Home approach by contacting our office on (08) 9035 0417.



# 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



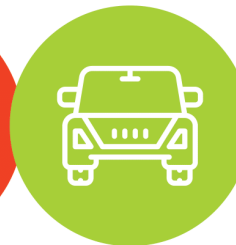
## Listen

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

1. 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.
4. 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.

  
**think**  
MENTAL HEALTH

For more information visit  
[thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)



## FAMILY COUNSELLING SERVICE

# WHEATBELT AGCARE

COMMUNITY SUPPORT  
SERVICES INC.



### Shires Serviced:

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

## FAMILY COUNSELLOR

*...helping rural people meet  
the challenges of change*

Contact: Kaye Bell

**PO Box 101**

**Nungarin WA 6490**

Phone: (08) 9046 5091

Fax: (08) 9046 5063

Mobile: 0488 465 081

**Email:**

[wheatbeltfamily@wn.com.au](mailto:wheatbeltfamily@wn.com.au)

## WHEATBELT AGCARE...

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

Supported by the Shire of Yilgarn



Shire of  
**YILGARN**

*"good country for hardy people"*

# MERREDIN VETERINARY CLINIC AND HOSPITAL

Louise French Pty. Ltd. ABN 46 661 403 944



Dr. LOUISE FRENCH B.V.Sc.(Hons)  
& ASSOCIATES  
Veterinary Surgeons  
& Physicians

Po Box 388  
29 Todd Street  
Merredin WA 6415

**Telephone** (08) 9041 1734  
**Facsimile** (08) 9041 2791

## Southern Cross Clinic Dates 2020

**Location:** Away Side Football Change Rooms Rec Grounds

August 19th  
September 16th  
October 14th  
November 11th  
December 9th

Please contact 90411734 to make an appointment

## *Did You Know?*

**Did you know** that Southern Cross Volunteer Fire Brigade was first formed as a bucket brigade? Headquarters was a tin shed located behind the present Shire Office. The brigade had 25 buckets for filling with water or sand. These were handed from man to man in single file.

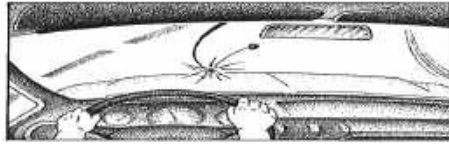
Several water tanks equipped with troughs were placed around the town, with a hole in the ground near the trough making it easier to scoop out water. Three large tanks were in the main street. The tanks were kept full with water from the town dam three miles away, carted in by horse and cart. The water was for sale to the public and for fighting fire.

In 1901 a four-man manual fire engine and hand-drawn hose reel were purchased along with 1,000 feet of fire hose. Although it was likened to an ice-cream cart this did the job for a few years. The local fire brigade came under auspices of the Municipality, but in 1910 the brigade was taken over by newly formed WA Fire Board, which still administers the brigade to this day. The first fire station was situated behind the present Shire Office.

The bell tower being 66 feet high, and handy for drying hoses. The next fire station was built alongside the present town hall. A row of trees growing in Rotary Park mark the fence line. A nice new fire station has since been built opposite the primary school, where Roy Turner's garage once stood.

Our captain, Len Carlson, went on to be the longest serving fireman in the State with 60 years. This record has since been broken by Alan Little who served 61 years. Not bad for our town to have had two dedicated and long serving firemen.

©Lance Stevens



Coming to Southern Cross

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

will be in SOUTHERN CROSS on the

August 19, September 16, October 21, November 18, December 16  
January 20, February 17, March 17, April 21, May 19, June 16

- 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



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

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

FOR ALL BOOKINGS PHONE GRANT DIRECT ON 9041 1592

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



## ACTION CALENDAR: ALTRUISTIC AUGUST 2020



### SATURDAY

1 Choose to be kind to others (and yourself) all this month

8 Give unused items, clothes, food or money to help a local charity

15 Cook your favourite food for someone who will appreciate it

22 Today do something to make life easier for someone else

29 Plan a future project or gathering for your local community

### SUNDAY

2 Send a positive message to someone you can't be with

9 Water some flowers or plants in a public park or outdoor space

16 No plans day! Be kind to yourself so you can be kinder to others

23 Turn your phone off and give people your full attention

30 Today do something to be kind to nature and our planet

### MONDAY

3 Treat everyone you interact with as though they are a friend

10 Contact a friend to let them know you're thinking of them

17 Make a thoughtful gift as a surprise for someone

24 Take time to forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

### TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Be thankful for your food and the people who made it possible

18 Give your time to help a project or charity you care about

25 Give your time and energy to help someone in difficulty

### WEDNESDAY

5 Spend time wishing for other people to be free from suffering

12 Share an encouraging news story to inspire others

19 Check in with someone who may be lonely or feeling anxious

26 Find a way to 'pay it forward' or support a good cause

### THURSDAY

6 Smile and be friendly, even when 'physical distancing'

13 If someone annoys you, be kind. Imagine how they are feeling

20 Look for the good side in everyone you meet today

27 Notice when someone is down and try to brighten their day

### FRIDAY

7 Thank someone you're grateful to and tell them why

14 Try to bring a smile to as many people as possible today

21 Tell someone about a book or article you found helpful

28 Start friendly conversations with people you don't know



In a world where you can be anything, be kind.  
Every act of kindness makes a difference.



ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/altruistic-august](http://www.actionforhappiness.org/altruistic-august)

Keep Calm - Stay Wise - Be Kind

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**

Make the most from your fertilizer investment



**As your local Area Manager, Kobus Marais is keen to assist you with all of your fertilizer decisions this season.**

**So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Kobus a call today.**

**Mobile:** 0427 766 508 **Email:** [kmarais@summitfertz.com.au](mailto:kmarais@summitfertz.com.au)





**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

**R.J.S Labour Services  
Rob Southall**

Home: 9049 5313  
Mobile: 0487 834 002  
[www.rjslabourservices.com](http://www.rjslabourservices.com)

Gardening Services

Handyman Services

And other services

Reasonable rates

7 days a week  
8am—5.30pm

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SANDY SOILS?  
GRAVELS?  
GET MAGNESIUM  
to FERTILISE &  
NEUTRALISE  
WESTONIA AGMAG  
crushed/screened  
MAGNESIUM  
\$16.50/t 0428 467 766  
REPAIR NATURALLY**

**WANT TO PLACE A FOR  
RENT OR HOUSE FOR  
SALE ADVERT?**

Contact the CRC on  
9049 1688 or  
[crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) to  
organise your ad to appear  
in our next edition!





## House for Sale

**11 Omega Street, SX - \$100,000.00 or nearest offer.**

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
- Ducted evaporative air conditioning
- Electric HWS
- Single car garage
- Large established trees in backyard
- Landscaped gardens at the front
- Near new stove
- Immaculate lounge room

A great house that would suit first home buyers, retirees, employee accommodation and young families.

Currently rented.

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

## House for Rent

**3 Bedroom comfortable House**

- ★ Well located
- ★ Air Con
- ★ Clean and tidy
- ★ Partially Furnished

**\$190.00 per week**

**0418 915 652**

## HOUSE FOR SALE

**61 Spica Street Southern Cross**

**\$195,000**

- ✓ 4 bedrooms all with built-in wardrobes and split system air conditioners
- ✓ 1 bathroom with bath and shower
- ✓ 2 toilets
- ✓ Linen cupboard
- ✓ HUGE family room
- ✓ User friendly kitchen with heaps of overhead cupboards, natural light, dishwasher and walk-in pantry. 5 burner gas cooktop, electric oven
- ✓ Split system air conditioners throughout main living area
- ✓ Windows have either blinds and/or curtains
- ✓ Electric HWS
- ✓ Large decking
- ✓ Heaps of storage
- ✓ Great NBN internet connection
- ✓ Carport
- ✓ 3 sheds, one with two roller doors and powered workshop
- ✓ Citrus trees
- ✓ Raised garden beds
- ✓ Chicken coop
- ✓ Rainwater tank
- ✓ Rear access
- ✓ Reticulated garden and lawn

Walking distance to shops, schools and most sporting facilities.

Simply move in and unpack.

**Genuine enquiries only on 0409 049 112**

## Crosswords for

**FREE?!**

If you wish to receive the Crosswords for free via email, send an email to

[crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) to register.

# Services Listing

## LOCAL PEST CONTROL

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

Services Listing space available!

Please contact the CRC for  
further information.

9049 1688

[crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)

## SOUTHERN CROSS MOTOR MART

VEHICLE SERVICING  
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STIHL DEALER  
24 HOUR

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LIC. MRB1159

RAC CONTRACTOR  
ROADSIDE / BREAKDOWN ASSISTANCE

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After Hours 0428491590  
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(On the Highway)



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BUILDERS



### Quality Work at Reasonable Prices

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

**Nick Walsh**  
Owner

Mobile - 0499 465 351

Address - 68 McInnes Street, Moorine Rock

Email - [nick.mrbuilder@gmail.com](mailto:nick.mrbuilder@gmail.com)



## Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street,  
Southern Cross WA 6426  
Ph: 9049 1172 Email: [info@sxtas.com.au](mailto:info@sxtas.com.au)  
Website: [www.sxtas.com.au](http://www.sxtas.com.au)

Tyres; Car, 4WD, Truck, Agricultural &  
Earthmoving

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

Find Us on Facebook!

# Calendar of Events

6, 7, 8 Aug	H & R Block in town—call 6278 6500 for an appointment.
Sun 9 Aug	Benny Mayhem—Parnana Pikurtu Wildlife Sanctuary Fundraiser @ The Palace Hotel
Fri 14 Aug	Comedy Gold @ Community Centre, doors open 6:30pm, 7pm start—Tickets \$10!
Wed 19 Aug	Merredin Veterinary Clinic in town
Wed 19 Aug	Eastern District Panel Beaters in town
Thu 20 Aug	Shire of Yilgarn Council Meeting @ 4:00pm
Thu 3 Sep	Pat & Chat Mobile Vet in town
Wed 16 Sep	Eastern District Panel Beaters in town
Wed 16 Sep	Merredin Veterinary Clinic in town @ oval (change rooms)
Thu 17 Sep	Shire of Yilgarn Council Meeting @ 4:00pm

## 2021 Calendar—CLUBS, WE WANT YOUR EVENT DATES!

**We're starting the collection early this year, and would love to start recording the dates of events held in 2021!**

Please submit all dates by Tuesday, 30 September 2020.

**Please email information to [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)**

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### Recycling Days

August 14	October 23
August 28	November 13
September 11	November 27
September 25	December 11
October 9	December 25