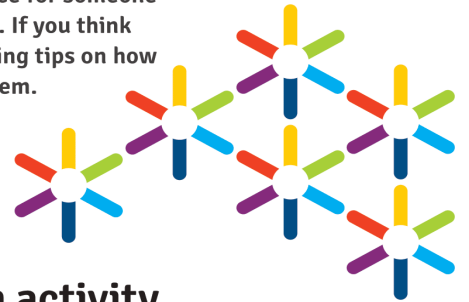


How to check in on someone

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.

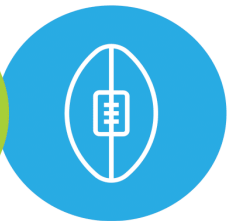
1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



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

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.

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

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.



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

2020 Publishing Dates

Deadline 12 noon	Publishing Date
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
 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



September	No Anglican service
October	Saturday 17 th 11.00am
November	No Anglican service
December	Saturday 19 th 11.00am "Christmas" service

Tenders

Tenders are invited and will be received until 4:00pm Friday 4th September 2020 at the Shire offices, Antares Street, Southern Cross WA 6426 for the outright purchase of the following vehicles:

Tender No. 2/2020-2021 one x 4x2 2015 Mitsubishi Canter Tray Top Personnel Carrier Seven Seats

Tender No. 3/2020-2021 one x 4x4 2015 Isuzu Tray Top Personnel Carrier Seven Seats

Tender No. 4/2020-2021 one x 4x2 Mitsubishi Canter Light Tip Truck

For further information and arrangements for inspection of these vehicles can be made by contacting Robert Bosenberg, Executive Manager Infrastructure, on 0409 791 135 or email: works@yilgarn.wa.gov.au

Tender documents can be obtained by contacting Laura Della Bosca on 08 – 90 491 001 or email: ea@yilgarn.wa.gov.au late tenders will not be accepted. The lowest or any tender not necessarily accepted.

Peter Clarke
Chief Executive Officer
Shire of Yilgarn

**PLEASE NOTE: EARLY CLOSE FOR SOUTHERN CROSS CRC
ON TUESDAY 25th AUGUST.**

The CRC will close at 2:00pm on Tuesday 25th August,
and will reopen for normal opening hours from 8:30am Wednesday 26th August.

We apologise for the inconvenience.



OFF ROAD VEHICLE USE

Concerns have been raised by Southern Cross residents relating to off-road vehicle use **within the boundaries of Southern Cross townsite**, including the bushland up to Three Boys Road.

Due to the nuisances caused to nearby residents, particularly noise issues and damage to the environs, off-road vehicle users are requested to avoid these areas.

What is an Off-Road Vehicle

The Control of Vehicles (Off-road Areas) Act 1978 (the Act), defines an off-road vehicle as:
"a vehicle which is not licensed, deemed to be licensed, or the subject of a permit granted, under the Road Traffic (Vehicles) Act 2012"

This includes but is not limited to motorbikes, quadbikes, some scooters and buggies.

Where can Off-Road Vehicles be Driven

The Act states off-road vehicles are only permitted to be driven/ridden:

- On privately owned land with the consent of the owners: and
- On land designated as a "permitted area" by the Minister of Local Government.

The Shire of Yilgarn has **no** "permitted areas" designated by the Minister, which means off-road vehicles should only be operated on private land, with the consent of the owner.

The Southern Cross Motorcycle Club is located on Southern Cross South Road. Visit their website for contact and membership details: <http://www.sxmcc.com.au/>

The Shire and Southern Cross Police will respond to nuisances around town sites and residences.

Nuisances

When riding, operators must do so in a responsible manner, such that noise and dust does not create a nuisance for residents.

Enforcement

Both the Shire of Yilgarn and WA Police can enforce the requirements of the Act.

The Shire has been in contact with Southern Cross Police, seeking assistance in policing nuisance riders of off-road vehicles **within the vicinity of the Southern Cross town site and bushland between Three Boys Road**. It should be noted penalties do apply and if caught on gazetted roads, your off-road vehicle may be seized.

For further information, please contact the Shire of Yilgarn on 9049 1001 or Southern Cross Police Station on 9081 2100.



Comedy Gold 2020



Comedy Gold 2020 was once again a great night out in Southern Cross with many, many laughs. Over 80 people turned up for a great show, which was greatly anticipated since COVID-19 began to affect many events and social gatherings since March. The four Comedians this year were: Cameron McLaren, Frankie, Emma Krause and headliner, Peter Rowsthorn and they definitely put on a show to remember! It was a night of non-stop laughs with plenty of light hearted, fun interaction with the audience.

Cameron was the emcee for the night and right off the bat had the audience holding onto their sides. Next up was Frankie who at just 17 and still in high school did a great job on her debut in the bush. Emma Krause followed her with stories about parenthood and family life which contained heaps of laughs. Cameron performed after the intermission with gym tales and jokes about his hometown of Midland. The headliner was Peter Rowsthorn who made everyone laugh with his stories, jokes and dance moves. We knew that with such acts it was a show not to be missed—and it certainly lived up to the hype!

Thank you to Anthony Lamond Productions for bringing such an international class event to our small town. Make sure to keep an eye out at the same time next year to see who will be coming for 2021!



Shire of Yilgarn

Bushfires Act 1954

Notice to all Owners & Occupiers of Land within the Shire of Yilgarn Requirements to Clear Firebreaks

Pursuant to the powers contained in Section 33(1) of the Bush Fires Act you are hereby required to plough, cultivate, scarify, burn or other-wise clear firebreaks on all land owned or occupied by you by 1 November 2020 and thereafter to keep these firebreaks clear of all flammable material until 31 March 2021. Firebreaks are required in locations and to the specifications detailed below.

LAND WITHIN TOWNSITES

- a) On land not exceeding 2023 square metres in area, all flammable material shall be removed.
- b) On land exceeding 2023 square metres in area, a firebreak 3 metres wide shall be constructed inside and immediately adjoining all external boundaries.
- c) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- d) Haystacks must not be located more than 20 metres to an external boundary. They shall be surrounded by a 10 metre wide firebreak situated between 10 and 20 metres distance from stack.
- e) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967.

RURAL LAND

- a) Firebreaks 3 metres wide shall be constructed immediately inside and adjoining all property boundaries.
- b) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- c) Firebreaks 3 metres wide shall be constructed between 10 and 20 metres distance from and surrounding all haystacks.
- d) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967 and which include that a firebreak 6 metres wide will be provided immediately surrounding storage areas.

GENERAL

If for any reason it is considered by the owner or occupier of land that it is impractical to comply with the requirements of this notice, a request may be made to Council to approve alternative fire protection measures. Such application shall be accompanied by a sketch or drawing of the proposed variations and should be lodged at the Council offices no later than 31 October 2020.

Where approval of a proposed variation is not granted by Council you shall comply with the requirements of this notice. The penalty for non-compliance with this notice is a maximum of \$5,000 and notwithstanding prosecution; Council may enter on the land and carry out the requisite works at the owner / occupiers expense.

RESTRICTED AND PROHIBITED BURNING TIMES

Restricted Burning Period: 19 September 2020 to 31 October 2020 and 16 February 2021 to 31 March 2021

(Note: Permits to burn during this period are required. Permits must be obtained from your nearest Bush Fire Control Officer)

Prohibited Burning Period: 1 November 2020 to 15 February 2021

(Note: Permits to burn stubble from the previous seasons crop will not be issued until 1 March 2021)

By order of the Council
Peter Clarke
Chief Executive Officer



SOUTHERN CROSS OVAL

SPRING CARNIVAL

Saturday, 24th October 2020
10am to 3pm

Bouncy castles, stalls, food and fun!
Some stalls include: ENVY Jewellery, Tupperware,
Soft Serve Ice Cream & Slushies, Cakes, Jams &
Relishes, Homemade crafted items and more!



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

EXPRESSION OF INTEREST!

SENIORS BUS TRIP FOR THE LIZA MINNELLI & DEAN MARTIN TRIBUTE SHOW

Please note we will require 10 people to run the bus, and will need a volunteer bus driver.

If we get the numbers, the bus will run for free thanks to the Southern Cross CRC.

Contact the CRC on 9049 1688 to express interest by Monday 5th October.

*tickets and any food/beverages will be the responsibility of the attendees

Save the date

Westonia

Sat 17th October 11am @ Old Miner Hall



SHIRE OF
WESTONIA
A vibrant community lifestyle

Liza Minnelli
& Dean Martin
Tribute Show

Tickets

\$10.00



RAMELIUS
RESOURCES

Proudly brought to you by

Westonia CRC
Shire of Westonia &
Ramelius Resources.



Westonia

Community
Resource
Centre

NARELLE BELLE & SCOTT VANCE (LIZA MINNELLI AND DEAN MARTIN)



When it comes to performers of class, style and sass you can't go past Liza Minnelli and Dean Martin. For decades these two legendary performers have captivated audiences around the world, with their dynamic talent and unique wit.

You are invited to come on a journey to experience some of the greatest songs in history performed by two of the greatest artists. You will be singing along to For Once in my Life, Cabaret, Mack the Knife, That's Amore, New York New York and many more!

The 'Minnelli and Martin' show will transport you back to the golden era of 'total' entertainment.

Testimonial:

We had booked a Liza Minnelli Tribute for our Morning Melodies series and were delighted to be offered by Narelle Belle this double act, Minnelli n Martin. Narelle (Liza Minnelli) and Scott (Dean Martin) were so easy to work with and both did a fantastic job vocally, made even better by the way they improvised using a set that happened to be on stage - a hair dressing salon for the play 'Steel Magnolias'. Our audience, mainly seniors who remember the original "Minnelli n Martin" well, absolutely loved the show. We will definitely be looking to bring them back.'



COVID-19 Impact Survey – WHEATBELT

Purpose of this Survey

The aim of this anonymous survey is to understand how self-isolation, quarantine and other associated issues that emerged during the COVID-19 pandemic have impacted (and to what level) the mental health and wellbeing of individuals and families residing in the Wheatbelt.

Who can participate?

Participation is only open to individuals aged 18 years and over.

What is involved?

In order to capture the impact (during the pandemic) and also any significant ongoing impact on individuals and families, we will collect data for a period of 6 weeks. This data will then be used to create a de-identified report that will map the mental health and wellbeing of the Wheatbelt, whilst also providing information on information/service gaps and broader community concerns.

*All de-identified data collected may be shared with relevant government and not-for profit organisations for the purpose of ensuring that people living in the Wheatbelt are provided with the information they require, are connected to relevant supports and Wheatbelt Organisations have the service capacity to meet the needs of our region.

To access the survey online, please visit: <https://www.surveymonkey.com/r/5DLB36R>

If you have any queries or would like to discuss this survey please contact Jo Drayton (Wheatbelt Suicide Prevention Coordinator – Holyoake WCADS) via JDrayton@holyoake.org.au

If you would like to obtain a PDF copy of the survey for dissemination please contact Jordyn Drayton (Regional Administration Assistant – Holyoake WCADS) via jordyn.drayton@holyoake.org.au

Completed printed surveys can be sent to PO Box 1132, Narrogin WA 6312.

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

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



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

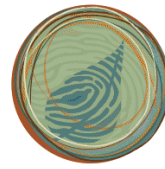
- Help understand some of the motivations of modern volunteers and where to find them
- Look at your club /organisation and identify what systems and processes you have in place for volunteer management. If you have none, don't worry we will help you with lots of free resources
- Help you to identify 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/e/developing-volunteer-engagement-plans-northam-tickets-115150765038>





wheatbelt
natural resource
management



Field Day UWA Future Farm - Bio-amendments

Can straw, compost or biochar fast track your soil health?

Join us at the UWA Future Farm in Pingelly to see a demonstration of land restoration options using straw, compost and biochar.

How can we use organic materials to restore soil function?

Get your hands dirty looking at the results and contribute to a 'How to' manual that will assist in the use of permeable biomass barriers.

Event Details

When: Thursday 10 September, 10am-2pm with lunch provided

Address: Ridgefield, UWA Future Farm, West Pingelly WA 6308

More information

Visit the link below or contact Jacquie Lucas on jucas@wheatbeltnrm.org.au or 9670 3113

wheatbeltnrm.org.au/events



National
Landcare
Program



Institute of
Agriculture

This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Program

Mia DAVIES MLA

Leader of The Nationals WA

CENTRAL WHEATBELT



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.

Northam Office
171 Fitzgerald Street
(PO Box 92)
Northam WA 6401
Ph 08 9622 2871
Fax 08 9622 1668

Merredin Office
The Old Town Hall, Mitchell St
Merredin WA 6415
Ph 08 9041 1702
Fax 08 9041 2554
FreeCall 1800 673 914

mia.davies@mp.wa.gov.au
www.miadavies.com.au
MaDaviesMLA
[facebook.com/MiaDaviesMLA](https://www.facebook.com/MiaDaviesMLA)

THE NATIONALS for Regional WA

Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam

OPSM  

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.**

**Advocating for
the Rights and
Empowering
people with
disabilities in WA**

PWdWA Free Webinar
NDIS Application and Appeals
Saturday August 29, 2020
11 am – 12 pm



We have produced this webinar in response to requests from our membership.

This webinar is targeted to people with disability and their family, friends and carers who want to assist them. It will help you to make a strong application and understand the appeal process and cover:

- Eligibility criteria
- Medical Evidence Substantially reduced functional capacity
- Early intervention
- Internal review
- External appeal
- Great resources

Book your free ticket through Eventbrite or email us at events@pwdwa.org or call 1800 193 331 for assistance booking.

**Call: 08 9420 7279 or 1800 193 331
for advocacy and information**



TOYOTA

**A free family friendly event featuring local
Wheatbelt businesses including:**

- Autopro • Avon 4WD Centre • Gather York • Lot 39 •
 - Wheatbelt Coffee Time • Northam Indoor Plants •
- plus many more



**AVT
Field
Days**

Wednesday September 2nd
Thursday September 3rd

At the Avon Valley Toyota
dealership, Northam
8.30am-5.00pm

Avon Valley Toyota

32 Fitzgerald St, Northam

OH WHAT A FEELING

WHEATBELT AGCARE



You may have seen the little ads now and again that mention Wheatbelt Agcare. Do you ever wonder what we do? What services we offer? Why we are so cheap (well, actually we're free!).

Here are a few answers:

What do we do? Wheatbelt Agcare is primarily a counselling service for individuals, couples and families. Counsellors must have appropriate training and participate in ongoing learning and reflective supervision (with a more experienced and specialised counsellor). At times the counsellors also undertake other activities, such as the *Mindfulness* workshop and the two *Emotional Wellbeing* talks held in Southern Cross at the CRC last year. These activities are mostly information based. Counselling has a component of providing information but also allows a chance to talk to someone who simply listens, and to build a few new skills. Most importantly counselling helps you clarify what you want from your life.

What services do we offer? Counselling. Occasionally community talks or workshops (let us know, via the CRC or directly, what interests you and we can help). Wheatbelt Agcare is NOT an emergency service. If you need emergency help you should call Lifeline or Beyond Blue or Headspace or Wheatbelt Mental Health. Wheatbelt Agcare provide planned, responsive and steady support as you work through the things that are important to you.

We are a mobile service. We come to a place near to you.

So, how come we're free? We are free because we're funded by a couple of different sources – a dozen shires across the Eastern Wheatbelt put a small amount of money into their budget each year to contribute to our operations. Your local shire is a generous contributor to our service. The vast majority of our money comes from the Department of Communities. Department of Communities recognise the benefits of early intervention with people – why let a small problem develop into a big one when access to free and confidential counselling may help?

Who do we see? Children with their families, teens with their parents' signed permission, adults, couples. We see people about sadness, anxiety, grief, marital problems, self regulation challenges, parenting struggles, adjustment to aging issues, sexuality concerns, loneliness, lifestyle adjustments, and much, much more. In fact, we see anyone who wants to come, although at times we might need to refer on to more suitable agencies - for example at times your mental health may need to be managed by a psychiatrist and you would be better with Wheatbelt Mental Health and your GP. At other times a specialised service such as Holyoake or SARC may be required.

If you ever want to chat to a Wheatbelt Agcare counsellor there are a couple of simple ways to get in touch. As we are not an emergency service (and the office is only attended a few days per week) we may take a few days to get back to you, however we will definitely be in touch!

Email: wheatbeltfamily@wn.com.au

Phone: 08 9046 5092

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

WHEATBELT AGCARE...

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

Supported by the Shire of Yilgarn



CBH GROUP PRE-HARVEST MEETINGS

The pre-harvest meetings are an opportunity to get involved with the planning for your local sites and hear about any important changes for the coming harvest. We encourage and welcome everyone to come along and provide their input.



Find your local meetings here:

DATE	TIME	LOCATION	SITES
15/09/2020	3PM	BRUCE ROCK REC CENTRE	BRUCE ROCK / SHACKLETON
22/09/2020	9AM	MT HAMPTON HALL	DULYALBIN / HOLLETON / STH YILGARN
22/09/2020	2PM	MUNTADGIN PUB	MUNTADGIN / WOGARL
23/09/2020	8AM	BODALLIN CBH SITE	BODALLIN / MOORINE ROCK
23/09/2020	11AM	SOUTHERN CROSS CRC	SOUTHERN CROSS
24/09/2020	11AM	NAREMBEEN REC CENTRE	NAREMBEEN / SOUTH KUMMININ / MT WALKER
24/09/2020	3PM	MERREDIN BOWLING CLUB	MERREDIN / NUNGARIN BURRACOPPIN / WARRALAKIN

For more information:

Contact your local
CBH office:

Ph | 9041 9000

Monday to Friday
8am to 5pm

www.cbh.com.au



Did You Know?

Did you know that underground brick lined water tanks once dotted the town in the days before scheme water? Their vaulted rooves were a masterpiece of masonry. The remains of these tanks could still be found, and the following directions may help those interested in a treasure hunt:

Near the old railway station: in Railway Hotel yard: behind West's bakery near the Palace: in the State School yard: in police station yard: behind Mining Registrars office: two at the hospital: lot 15: two on lot 14: Exchange Hotel lot 1: Southern Cross Hotel lot 17: and Greens boarding house lot 38. These brick lined tanks have since been filled in but could be re-located by a bit of digging.

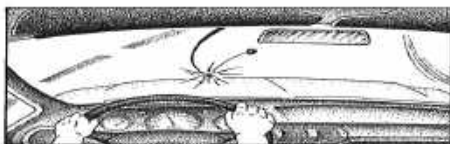
The large square tank which exists in the school yard faces Antares Street, and can be located by drawing a line from the end of the brickwork at either end of the L shaped building. Where the two lines meet the remains of the tank can be found.

Another large square well exists in the police yard, which is now part of the school grounds. This can be found a few yards south/east of the old goal building.

The easiest tanks to find are the two on lot 14, which is the vacant block alongside the old newsagency. These can be accessed via the back lane.

The tank at the Museum, which was once the Mines Office, can be seen near the back door.

©Lance Stevens



Coming to Southern Cross

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

will be in SOUTHERN CROSS on the

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

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Eastern Districts Panel Beaters
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MERREDIN WA 6415
Email: edpb@bigpond.com

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

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Dr Andrea Roberts BVMS,
PO Box 543 MERREDIN WA 6415
Ph:0428212945
ABN 23036138418

SOUTHERN CROSS 2020 MOBILE VET VISIT DATES

Thurs 3rd Sept Fri 2nd Oct
Thurs 29th Oct Thurs 26th Nov
Wed 16th Dec



HavCon Engineering is a leading provider for Fabrication, Maintenance and Construction services supporting the mining and industrial sectors in Western Australia. Due to increasing demand, we are looking for an enthusiastic and flexible person to join our team on a casual basis in Southern Cross.

The duties that be required for this role will include:

- Cleaning of accommodation rooms
- Maintain cleanliness of common areas at accommodation facility
- Maintain cleanliness of workshop lunch rooms and office building
- Daily communication with Havcon head office
- Be part of a roster for weekend check in requirements

If you would like to be part of a loyal and growing company then we want to hear from you.

To register your interest please send a detailed cover letter and resume outlining your skills and experience to:

Sally Campbell – HR Manager
sally@havconeng.com.au

Eastern Districts Petfood
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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

Burracoppin Daffodil Day Committee Presents

daffodil day

28th August 2020

9.30am - 2pm

Burracoppin Sports Pavilion

Entry \$10

Includes a Scrumptious Morning Tea
(Gold coin donation for Kids)



Raffles, Stalls & Entertainment for All - Lunch available to purchase.

All Profits to Cancer Council

For further details please contact:

Narelle Millington 90453 050 / 0407 774 191
the.millingtons@bigpond.com



Cancer Council
Western Australia

Community
Supporter

LOCAL PEST CONTROL

Domestic and Commercial

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- ~Spiders
- ~Termite Control
- ~Ants
- ~Rodents
- ~Cockroaches
- ~Other Household Pests

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Mobile: 0487 834 002
www.rjslabourservices.com

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And other services

Reasonable rates

7 days a week
8am—5.30pm

House for rent/sale

- 4 bedroom 1 bath
- Big laundry
- New renovated bathroom
- Big underground pool
- Chicken shed
- 2 car shed connected to alley way with power
- Fire place in the middle of the house
- Reverse cycle air con in 4 rooms
- Games room with pool table

Available now

For more details please call
Michael Larke on 0428 022 221



House for Sale

48 Lenneberg Street, Marvel Loch
All offers considered.

- 3 bedrooms with built in robes.
- All rooms are airconditioned. 1.5 bathrooms.
- Spacious and well-appointed kitchen with new gas stovetop and oven. The kitchen also contains a lovely wood stove and ample storage.
- Large entrance way / sitting room. Study overlooking the vegie garden. Large family room with tile fire and glass doors looking out onto an enclosed patio complete with a fish pond.
- Large laundry. New solar power system (6.4kw).
- Instant gas hot water. Reticulated gardens.
- Shade house over the vegie garden.
- Enclosed area for fruit trees. 9m x 6m workshop.
- Double garage. 2,048m² property.
- Plenty of space for storage of equipment via two separate entrances.

For appointment
to inspect please
call 0429 300 546.



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 to register.

Services Listing

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We specialise in All Types Of Pests

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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

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8-10 Spica Street,

Southern Cross WA 6426

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

Website: www.sxtas.com.au

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& Equipment Hire.

Find Us on Facebook!

Calendar of Events

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
Sat 24 Oct	Spring Carnival @ Southern Cross Oval, 10am—3pm, FREE!

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 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

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 Wednesday, 30 September 2020.

Please email information to crc@yilgarn.wa.gov.au

Recycling Days

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